

*Chapter One:*

**Real Survivors...  
Real Recipes...  
Real Results**

## Wholism for cancer management and prevention

Everyone wants health. Most people have the desire and ability to achieve it, but few of us have the knowledge and resources for successfully implementing healthful change.

There is increasing confusion with regard to diet and food choices. Fad diets have focused on complex numbers and percentages, and it seems no one can agree on the correct figures for optimum health. Our nutrition education is limited to sensationalist exposure in the news media or from corporations with vested interests and advertising dollars that influence our daily food choices both directly and subconsciously.

The greatest need at this time is a return to a common sense approach to food. A style of eating where a fork, not a calculator, is required. Where portions can be generous and there's no need to master percentages or nutrition labels. A return to natural sources for nutrition helps us focus on foods as nature provides. Oranges come with their own wrapping and have no nutrition labels! The structure and content of this book provides inspirational stories from those people who have "survived" their cancer, either by going into remission, achieving "spontaneous healing" or who are simply living a full, vital and active life with their cancer.

Based on my experience, helping thousands of people understand how their food choices affect their health, I have included step by step instructions for implementing healthy food choices and building immunity on a daily basis. Instant dramatic dietary change is attainable for some people, but for most it is a process of transition. Rather than focusing on eliminating "bad" foods, this book reveals the magnitude of adding powerful healing and cancer fighting foods first, and reducing potentially damaging foods second.

In order to make healthful choices we need comprehensive education on the latest cancer-fighting foods. The Top 40 cancer fighting foods are listed and clearly explained so they can be purchased and incorporated into delicious, satisfying meals.

Adopting a healthy diet is easy! If you already buy food each week and eat every day, you're 80 percent there! This book features new shopping lists and a Balanced Meal Wheel, which assists you in making meals and snacks that are optimally nourishing and disease fighting, in just three easy steps.

Changing foods and lifestyles can be overwhelming, fortunately in this book, you'll find more than 100 recipes. Each of them tried and tested with proven results. Imagine being let into the kitchen of someone who has survived their cancer, listening to their story, receiving their words of wisdom and in addition to that, receiving their precious cancer-fighting recipes! Each of our survivors has contributed their favourites, whether they have been perfect for family potlucks, decreased nausea after chemo or boosted energy.

Maybe you've tried new foods and recipes before on your own, and I have to admit, there can be plenty of opportunity for disaster. Not understanding weird ingredients and trying to cook new foods from scratch without recipes or hints from the chef can lead to bland, boring and sometimes inedible results. This book will help you avoid these pitfalls. Everything you need is now collected in one place and ready for you to start straight away.

## What is cancer-free living?

Imagine your body being strong and in a stable condition for upcoming treatments or surgery. Foods nourish us at a cellular level, with fats, proteins vitamins, minerals, phytochemicals and nutrients we don't even know about yet. With the information in this book you can take charge of how your body feels and potentially influence the outcome of your treatment, maybe even shorten a hospital stay through improved healing capacity.

Cancer-free living is focusing on the whole person. Whether a tumour exists or not, there are many parts to the whole and it is the experience and quality of life of that person that counts. This differs dramatically from the traditional medicinal tumour-centred approach of eradicating the tumour. All too often, at the cost of the body's own defense system. Alternatively, in a whole-person approach to healing, the person, or "self", plays a fundamental role in healing and recovery. Although surgery, radiation and chemotherapy can play a role in cancer treatment from this perspective, it is the person, or "self", that is the focus of care, and every effort is made to enhance the patient's well-being and immune system, and support their mind, body and spirit in the healing process. Personal empowerment and self-care is honoured and supported, and participants are encouraged to explore various options and make choices that are right for them. This is the model of cancer care at the Centre for Integrated Healing, and we believe it is the model of the future of cancer care.

For more information on this approach visit the Centre's website via [www.stayingalivecookbook.com/links](http://www.stayingalivecookbook.com/links).

Imagine supporting your immune system on a daily basis and feeling your body's innate ability to heal kicking in. People following the recommendations revealed in this book have reported more energy, better sleep, easy weight management, reduction in headaches and body pains, less sugar cravings and regular bowel movements – whether they have cancer or not.

In addition, you can fully enjoy your food, knowing that it is in-line with healing and nourishing your body. Better yet, you can go back for seconds without even a pang of guilt! In fact, the more healing foods you eat, the better you'll feel and the stronger you'll be. What a pleasant change!

## Live your potential

Of course, no one can guarantee the outcome, but through our daily food and lifestyle choices we can aim to enhance the quality of life and boost our potential for health.

The secret is, I believe the body can heal itself. If you break your arm, it starts to heal immediately, not once it's in a cast or when we take some vitamins. Ultimately, it is our responsibility to provide that healing environment on a daily basis. No one can do that for us. As we will see in each survivor's story, a healing environment isn't just about food. A healing environment might also contain healthy relationships, visualizations, a positive attitude, body and energy work and exercise.

The biggest challenge you might face is managing the energy and enthusiasm that comes from re-experiencing health and vitality, let alone observing the role of your mind and having a deeper spiritual connection.

The chapters that follow describe in detail, your roadmap to regaining health: what to buy, why to buy it, how to use it, sample daily menus and tasty recipes. Remember, some of these recipes aren't just my philosophy but real recipes from real survivors. Dietary and lifestyle change worked for them and it can work for you too.

It's time for you to invest in yourself. Don't throw your health away. Make cancer-free living your number one priority and experience the results, one bite at a time.

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