



Body Soul Nutrition Healthy Eating Guidelines

Whole-foods: we recommend that you consume natural whole-foods that have as little added or taken away as possible. Please avoid ready meals and pre-prepared foods as much as you can. We suggest that you avoid most tinned foods, apart from organic beans/lentils, fish and tomatoes for convenience, and choose only tins without a white plastic lining. Frozen vegetables are a good back-up when fresh vegetables are unavailable but fresh is always preferable. Whole foods are recommended as they are nutrient-rich and free from added chemicals.

Plant-based diet: the recommended healthy eating plan consists largely of plant foods. Plant foods are rich in powerful nutrients (phytonutrients) with a range of health-giving actions. For example, many of them have antioxidant, anti-inflammatory and anticancer properties. Plant foods to consume in greatest abundance are vegetables, herbs and spices. Other recommended plant foods are pulses, nuts and seeds, fruit and whole grains, although fruit and whole grains should be consumed in moderation to help stabilise blood glucose levels.

A note about soya – while soya products can be a healthy addition to a balanced diet, we do not recommend consuming large amounts. To convert the humble soya bean to the myriad of products available in our supermarkets a lot of processing needs to take place. Soya is relatively difficult to digest but the traditional Asian soya foods such as miso, tempeh and tofu are much easier on digestion so choose these rather than the Westernised soya foods. Sometimes we recommended avoiding soya completely; if this is the case we will state it in your personal healing plan.

Animal products: animal products are meat, fish, eggs and milk products (dairy foods). It is important to include some animal products in the diet as they are a rich source of a range of nutrients including protein, vitamins, minerals and healthy fats, for this reason a vegan diet is not usually recommended except in special circumstances. The amount of animal products a person requires depends on their genetic make-up, their state of health and their lifestyle. For information on the amount of animal products that are suitable for you at this time refer to your personal healing plan. Please note that it is important to buy the best quality animal products that you can afford, ideally free-range and organic. With regards to fish, please avoid farmed non-organic salmon, tuna, sword fish and shark (thought to be some of the most contaminated fish). Eat in moderation larger fish such as cod, seabass and halibut, as these tend to have higher levels of mercury. Choose regularly smaller fish such as tilapia, whiting, mackerel, dab, sprats, herring, sardines, anchovies. Shellfish are also recommended.

A note about dairy – for some people animal milk products are not supportive to health as they can cause digestive upsets and increased mucous production. There is also some research suggesting that dairy may increase the risk of certain cancers,



particularly hormone-related cancers such as prostate, breast, ovarian and endometrial (although a link between dairy intake and cancer is far from proven). We generally encourage people to minimise dairy intake and to choose goat or sheep products rather than cow's as these are usually better tolerated. We also regularly recommend kefir which is beneficial because of its live bacteria. If we feel you should avoid dairy products we will state this in your personal healing plan and give you alternative suggestions.

Whole grains: all grains that you eat should be in their whole form, for example whole grain bread, pasta, pastry and brown rice. Refined grains have had the fibre and a large proportion of the vitamin and mineral content removed. Many people have grain products as the main focus of a meal whereas the main focus should be vegetables. Whole grains are high in starch which can lead to unhealthy rises in blood glucose and they can also be difficult to digest for some people, for these reasons we usually recommend that people limit their intake of grains. You will find details of the type and amount of grain that is right for you in your personal healing plan.

A note about gluten – gluten is a protein found in many grains but particularly wheat, barley and rye. Gluten acts as an irritant to the gastrointestinal tract and it can also create inflammation within the body and undermine immune function. Some people have strong negative reactions to gluten whereas others have no outward symptoms (although their body may still be reacting). To give your body a break from gluten we recommend that you choose grains such as oats, rice, quinoa, millet, buckwheat and amaranth instead of wheat, barley and rye on a regular basis. If we feel you should avoid gluten completely we will state this in your personal healing plan.

Healthy fats: a healthy balance of fats is vital for supporting good health and in particular regulating the inflammatory response. To ensure a balanced intake of fats, regularly consume foods rich in the essential fatty acids - fresh, unsalted nuts and seeds and small oily fish (mackerel, herring, sardines, anchovies). Moderate intake of foods high in the saturated fats – red meat and full fat dairy products but don't avoid saturated fats completely, we do need some to maintain health. The fats to avoid completely are the damaged fats – those found in processed foods such as manufactured mayonnaise, crisps, manufactured cakes and biscuits, cheap vegetable oils and margarine.

To avoid damaged fats it is recommended that you buy only cold pressed or extra virgin oils and that you only ever cook with animal fats such as butter or ghee, lard or dripping or more stable vegetable oils such as coconut oil and olive oil. Even when cooking with these fats you should avoid heating them to very high temperatures (for more on cooking see below).

Sugar-free: sugar has many negative effects on health and is best avoided as much as possible. Sugar and also refined carbohydrates such as white bread, white pasta and



white rice have a negative impact on blood glucose levels, which over time can lead to serious metabolic disturbances and contribute to inflammation within the body. It is a well-established fact that cancer cells use up glucose at a faster rate than healthy cells and research indicates that a high sugar diet may increase the risk of developing cancer. For this reason it is particularly important to keep sugar intake very low.

The sweet aspect of your diet should come mainly from fruit. Fruit can be eaten raw or cooked and can be used to sweeten puddings and cakes.

Moderate salt: use small amounts of rock or sea salt to add flavour to food when cooking. To add extra flavour and richness to dishes use other natural flavouring agents such as herbs and spices, lemon or lime juice, onions and garlic, sun dried tomatoes and tomato puree, dried mushrooms, low-sodium bouillon and tamari sauce.

Organic: try to ensure that as much of your food as possible is organic. This will help to minimise the number of potentially toxic chemicals entering your body. Another reason for choosing organic food is the higher levels of certain nutrients compared with conventional produce, as verified by the research. We particularly recommend that all animal products are organic.

Fresh: the food you eat should be as fresh as possible to ensure maximum nutrient content. Foods produced locally and in season are the most fresh. Look out for a local farm producing organic food and consider buying direct from them.

Variety: aim to include as many different health foods in your diet as possible this will help to ensure that you obtain the correct balance of nutrients you require. One way to do this is to choose your vegetables in a rainbow of colours.

Raw and cooked: it is a good idea to include a little raw whole fruit and vegetables in your diet on a daily basis if your digestion will allow. However cooked vegetables and fruit are also important as we absorb more of certain nutrients from cooked foods.

Cooking: ideally foods should be cooked in a way that retains as many nutrients as possible e.g. baking, stir-frying and steaming. To prepare a stir-fry without damaging your oil, place a little water in the heated pan with the vegetables (rather than oil) to effectively steam the vegetables. Once the vegetables are cooked, stir through a good quality oil to taste. In a similar way rather than roasting vegetables in the oven I advise that you bake them in a covered dish and then add olive oil for the final minutes of cooking. Alternatively you can roast in animal fats which are much more stable. It is recommended that you avoid char-grilled foods and foods cooked in a microwave.



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Maximise your cancer healing potential

Drinks: it is very important for you to stay well hydrated and we recommend that you drink 1.5-2 litres of water per day. We recommend that you purify your water or drink bottled water from glass bottles. Other fluids you can have in addition to water are freshly prepared vegetable juices and herbal teas such as chamomile, peppermint, and nettle. Sugary drinks, commercial fruit juices and alcohol should be avoided and tea/coffee should be kept to a minimum.