

## The Principles of a Cancer Diet

The Center for Advancement in Cancer Education puts it simply: low fat (a low fat diet lowers "bad" estrogen levels in women), low animal protein, high fiber, high enzyme diet whose acid/alkaline balance approaches a ratio of 1:4, eliminating heavily refined, highly heated, over-processed, artificial, and chemically adulterated foods. In other words, organic, unprocessed or minimally processed foods. However, there is a problem here in that the Mediterranean diet is high in fat and breast cancer rates are lower there. So it is not just fat, but the types of fats we are interested in here. Olive oil contains essential acids as does flax oil. Diets low in fat can kill a cancer patient. PMGs that promote cells to stop this crazy out-of-control growth needs to work with fats. For more information on PMGs [click here](#).

Also keep in mind the condition of the animal who's fat you are about to consume. Butter from an organically raised cow is so much better for you than butter from conventionally raised cows.

## What Else to Eliminate

Coffee, tea (with too much caffeine), sugar, white flour, white rice, milk, oils (except olive oil), liquor, fried food, meat from animals that have been raised with hormones or antibiotics, citrus (one or two oranges is maximum), vitamins that are not indicated for you specifically, refined salt ([Celtic Sea Salt® Brand](#) has been given the ok by many naturopaths and nutritionists), cocoa, over-processed foods, foods with additives and drugs (these include all over-the-counter remedies, i.e., pain relievers, antacids, cough and cold medicines). Keep in mind that these are just general guidelines. Some people actually need coffee to counteract the alcohol created by their pancreas. Some people need animal proteins. Some need citrus. Only a thorough chemical analysis can tell you specifically what to eat and what to avoid. However, everyone with cancer should avoid all sugars and any foods containing partially hydrogenated oils (which means you must learn to read labels as the food industry is slowly slipping these fats into nearly everything: frozen foods, cream soups, cocoas, cheese products, you name it). [Top](#)

A special note on sugar: **CANCER LOVES SUGAR**. Your oncologist knows this, yet most feed their patients cookies and Ensure®. Click here to learn what your doctor knows, but refuses/forgets to tell you: [SUGAR](#).

## **Foods to Use**

Raw vegetables and vegetable juices, fruit (fresh and dried but rehydrated—avoid sulphurated), whole grains, lightly cooked vegetables, sweet potatoes, white potatoes, beans, yogurt and kefir, small amounts of organically raised meat, small amounts of poached fish, nuts and/or nut milks, herb teas, vegetable soup, and cruciferous vegetables. Cancer experts recommend a 70% raw food diet (uncooked), however, others seem to feel that 50% is recommended. Check with your own nutritionist.

Another reason for eating organic foods is of special interest to women wanting to prevent or fight breast cancer. Pesticides mimic the action of estrogen in your body in that they can lock onto receptors in the your breasts and stimulate cell division. Even small amounts of pesticides can be dangerous to women, because they tend to concentrate to high levels in fat cells, and breasts are comprised mostly of fat cells. [Top](#)

# HISTORY AND FOOD

Israel's diverse population makes its cuisine unique. People from more than seventy different countries, with many different food and customs, currently live in Israel. Many people began arriving in 1948, when the country, then known as Palestine, gained its independence from Great Britain. At this time, large numbers of Eastern European Jews hoped to establish a Jewish nation in Israel. They brought traditional Jewish dishes to Israel that they had prepared in countries such as Poland, Hungary, and



Russia. The Palestinians, most of whom were of Arab descent, enjoyed a cuisine adapted from North Africa and the Middle East.

The struggle to establish a Jewish nation heavily impacted the Israeli diet. People lived in small, crowded homes without most modern conveniences, including refrigerators. Because of the turmoil, Israel was not known for the quality of its food. Fresh fruit was considered one of the country's best meals. Israel's orchards produce some of the world's best citrus fruits. U.S. grocery stores often carry grapefruit and oranges with stickers identifying them as "grown in Israel."

## Fresh Oranges

*Fresh-squeezed orange juice—or oranges cut into wedges as a snack—are favorites all over Israel.*

### Ingredients

- 6 oranges (with "Jaffa" or other Israeli stickers, if possible)

### Procedure

1. Cut the oranges in half lengthwise.
2. Cut each half into thirds, to make six wedges.

3. Arrange on a plate and serve as a snack.

Since the 1970s, new farming technology and long periods of relative peace have allowed Israelis to pay more attention to food, building on their rich and diverse cultural heritage.

## **Blintzes**

### **Ingredients for crepes**

- 1 egg
- ½ cup milk
- ¼ teaspoon salt
- ½ Tablespoon salad oil
- ½ cup flour
- Oil for frying

### **Procedure**

1. Break egg into bowl. Add the milk, salt, and oil. Beat the ingredients with the fork until mixture is blended.
2. Add flour to bowl and mix ingredients until all lumps are gone. Mixture should be as thick as heavy sweet cream.
3. Oil skillet lightly and heat. Turn heat to medium.
4. Pour 2 Tablespoons of batter into the skillet. Quickly tilt the skillet from side to side until the batter coats the whole bottom.
5. Let the batter lightly brown on one side until firm—this takes less than 1 minute.
6. Turn the blintz out onto a paper towel or dishtowel, brown side up.
7. Repeat the process until the rest of the batter is used up.



*Blintzes are a favorite sweet treat of Jews around the world.*

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## Ingredients for filling

- 1 cup farmer cheese or drained cottage cheese
- 1 egg
- 1 teaspoon sugar
- ¼ teaspoon cinnamon or ½ teaspoon vanilla extract

## Procedure

1. Mix all ingredients together in bowl.
2. Place a heaping teaspoon of the filling toward one end of the blintz leaf. Flatten the filling slightly.
3. Roll up the blintz like a jelly roll. Fold each end into the center to seal.
4. Repeat until the all the filling and all the wrappers have been used.
5. To heat: Blintzes may be fried or baked. To fry, heat oil in a frying pan until the oil sizzles.
6. Place blintzes in the pan with the folded-over edge down. Fry the blintzes over medium heat until they are golden brown.
7. Turn the blintzes over, and brown the other side.
8. To bake: Heat the oven to 400°F.
9. Place the blintzes in a buttered baking pan with the folded-over edge down.
10. Bake the blintzes until they are golden brown (about 15 minutes).

Serve the blintzes hot with sour cream or yogurt, garnished with berries. Serves 8 to 10.

## Shakshooka (Egg-and-Tomato Dish)

*This is a traditional Sephardic recipe. The Sephardic Jews came from North Africa.*

## Ingredients

- 5 ripe tomatoes
- ½ large green pepper
- 3 cloves of garlic
- 1 medium onion
- 2 Tablespoons oil, for frying
- Salt, to taste
- Red pepper, to taste
- 6 eggs

## Procedure

1. Cut the tomatoes into cubes and the green pepper into thin strips. Place them in the bowl.
2. Peel the garlic and onion, and chop both into tiny pieces.
3. Heat oil in the frying pan until it sizzles. Add the onion and garlic.
4. Turn the heat down to medium and fry vegetables until they turn golden brown.

5. Add tomatoes, green pepper, salt, and red pepper.
6. Cover the pan, and simmer the mixture over low heat until the tomatoes are soft.
7. Carefully crack open the eggs (try not to break the yolks) and drop them on the vegetables.
8. Cover the pan and keep cooking the mixture at the lowest heat for 10 more minutes or until the eggs are set.

Serve on a platter or in a warm pita. Serves 6.

## **3 FOODS OF THE ISRAELIS**

Typical foods of the Middle East include flat bread, lentils, fresh fruit and nuts, raw vegetables, lamb, beef, and dairy products, including goat cheese and many types of yogurt. Some dishes feature grilled meats and fish, stuffed vegetables, and traditional spicy Mediterranean salads and spreads, such as fava bean spread. Typical dishes are stews, schnitzel (veal, chicken, or turkey cutlets), cheese-filled crepes (blintzes), matzo balls (dumplings eaten with chicken soup), and latkes (potato pancakes). Israel was called the "land of milk and honey" in the Bible. Sweets, such as candy made from honey and sesame seeds, are favorites among school children.

### **Fava Bean Spread**

#### **Ingredients**

- One can of fava beans, drained
- 1 Tablespoon olive oil
- 1 Tablespoon lemon juice
- ½ teaspoon salt
- ½ teaspoon pepper (more if you like pepper)
- Pita bread, torn or cut into triangles

#### **Procedure**

1. Drain the can of beans, and empty the beans into a saucepan.
2. Heat over low heat, mashing the beans against the side of the saucepan with a wooden spoon as they heat.
3. Continue mashing until the beans have become thick, pasty, and warm.
4. Add lemon juice, olive oil, and salt and pepper to taste.
5. Serve warm or at room temperature with triangles of pita bread.

### **Sesame Candy**

#### **Ingredients**

- 1 cup sugar
- 24 ounces honey
- 24 ounces sesame seeds

- Juice squeezed from one orange (or ½ cup orange juice)
- Grated rind of orange
- Peanut oil

## Procedure

1. Measure honey and sugar into a saucepan. Heat over medium-low heat until the mixture boils vigorously.
2. Lower the heat just enough to keep the mixture bubbling. Add the sesame seeds, orange juice, and rind.
3. Cook, stirring constantly, for about 10 minutes.
4. Lightly grease a 9 x 13-inch baking sheet with peanut oil.
5. Pour candy mixture onto it and press down on the surface with a wooden spoon to flatten it.
6. Set baking sheet on a cooling rack and allow to cool for about 10 minutes. Cut into rectangles or diamond shapes.
7. Allow to cool completely. Wrap pieces in wax paper to store.



*Fava beans resemble large brown kidney beans. While fava beans may be unfamiliar to many North Americans, they are widely available, canned, in supermarkets.*

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Israel does not have a universally recognized national dish because the nation is young and its people are so diverse. However, many believe it is *felafel*. *Felafel* is made from seasoned mashed chickpeas, formed into balls and fried.

The most common way to serve *felafel* is as a pita pocket sandwich, smothered in tahini, a lemon-flavored sesame sauce. Street vendors throughout Israel sell *felafel* sandwiches.



*To complete a felafel "sandwich," drizzle tahini sauce over hot felafel balls stuffed in a fresh, soft pita half.*

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## **Felafel**

*Note: This recipe involves hot oil. Adult supervision is required. Many grocery stores now sell prepared felafel in the deli section.*

### **Ingredients**

- 1 cup canned chickpeas, well-drained
- 1 clove garlic
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ⅔ cup fine breadcrumbs
- 2 eggs
- 2 Tablespoons oil
- Oil for deep frying, enough to fill the pot about 3 inches
- Pita bread

### **Procedure**

1. Mash the chickpeas in a large bowl.
2. Cut the garlic into tiny pieces. Add the garlic, salt, pepper, and bread crumbs to the chickpeas. Mix the ingredients together.
3. Add the eggs and oil to the mixture and mix thoroughly.
4. Heat oil in the pot until little bubbles rise to the surface.
5. Shape the mixture into 16 balls, each about 1-inch across.
6. With the mixing spoon, gently place a few of the balls in the oil—do not drop them in because the hot oil may splash.
7. Fry a few at a time until they are golden brown—about 5 minutes.
8. Remove the *felafel* with the slotted spoon. Drain them on a plate covered with paper towels.



9. To serve, cut pita bread in half to make pockets.
10. Put two or three *falafel* balls into each pocket and drizzle with tahini sauce (see recipe).

Serves 6 to 8.

## **Tahini Sauce**

*Some grocery stores stock tahini sauce, already prepared, or packaged tahini mix.*

### **Ingredients**

- $\frac{3}{4}$  cup tahini (sesame seed paste; can be purchased in stores that sell Middle Eastern foods)
- $\frac{1}{3}$  cup lemon juice
- $\frac{1}{8}$  teaspoon garlic powder
- $\frac{1}{3}$  cup water

### **Procedure**

1. Mix tahini, lemon juice, and garlic powder in bowl until you have a smooth sauce.
2. Add the water, 1 teaspoon at a time, until sauce is thin enough to pour.
3. Pour tahini sauce over pita sandwiches; can also be used as a dip for raw vegetables.

## **Israeli Vegetable Salad**

### **Ingredients**

- $\frac{1}{2}$  head of lettuce
- 2 medium tomatoes
- $\frac{1}{2}$  cucumber, peeled
- 5 radishes
- 6 scallions
- 1 green pepper
- 1 carrot
- 4 Tablespoons olive oil
- 2 Tablespoons lemon juice
- Pinch of salt and pepper
- 2 Tablespoons fresh parsley, chopped

### **Procedure**

1. Chop all vegetables except the carrot into small cubes and put them in a bowl.
2. Grate the carrot and mix it with the other vegetables.
3. Just before serving, put the lemon juice, oil, salt, and pepper into a small pitcher and mix with a fork.
4. Pour the dressing over the salad and mix well. Sprinkle the parsley on top.

1. **Size the Crutches:**

The crutches should be properly sized so they are used appropriately and do not cause problems. Crutches should:

- Be about one to two inches below the armpit when you are standing straight;
- Have handles at hip height, so that your elbows are slightly bent when grasping.

Crutches that are not sized appropriately cannot be used properly, and may cause problems.

2. **Check the Padding and Grips:**

Check the crutches to ensure they have ample cushion on the armpit, grips, and especially on the base that contacts the floor. These parts of crutches can be replaced by a medical supply store if they become worn.

3. **Getting Up From A Chair:**

Place both crutches in the hand on the affected side (i.e., if you injured your right leg, grasp both crutches by the handle with your right hand). Grasp the handrest of your chair with one hand, and the crutch handles in your other hand. Place your weight on your uninjured leg and push up with your arms.

4. **Walking:**

Move both crutches together a short distance in front of you (about 18 inches). While supporting yourself with your hands, allow your body to swing forward as if you were going to step on the injured leg, but instead of placing weight on the injured leg, rest your weight on the crutch handles. Do not allow the crutch top to touch your armpit - keep your body supported with your hands.

5. **Going Up Stairs (option 1):**

Stand close to the step, and place the crutches on ground level. With your weight on the crutches, pick the uninjured foot up to the step. Then bring the crutches up to the step level. Repeat this for each step.

6. **Going Up Stairs (option 2):**

An alternative, if there is a handrail, is to hold both crutches in one hand and hold the handrail with the other. Again, lead with the uninjured leg.

Tips:

1. Take short steps.
2. Don't let your armpits rest on the crutches, even when resting.
3. When going up and down stairs, go one step at a time, and rest at each step.

## **Moving Forward**

For safety, keep your hands on the handgrips at all times while using a walker.

- Stand in the center of the walker frame with your hands on both handgrips. Balance your weight between your intact limb and your hands.
- Shift your weight slightly back, onto your intact limb. Lift or roll the walker forward about 12 inches.
- Shift your weight onto your hands, pushing down on the handgrips. Move your foot forward, to the center of the walker frame. Make sure your toe does not go past the front of the walker.
- Repeat to take your next step.

Note: Don't step too far inside the walker. Always aim for the center of the frame.

## **Sitting Down**

- Position yourself in front of the chair, keeping your residual limb slightly forward.
- Be sure the chair is braced so it can't slide out from under you as you sit.
- Bend forward at the hip, reaching behind you with one hand.
- Grasp the armrest or side of the chair.
- Do the same with the other hand.
- Lower yourself onto the center of the chair, then slide back.
- To get up, reverse the steps above.

Note: This method can also be used to get into and out of a car.

## **Moving Through Doorways**

- To push open a closed door, stand facing the doorway with the walker close to the door. Use one hand to turn the knob and push the door so it swings open. Then move the walker into the doorway to keep it from closing. Walk through the doorway, using the walker to hold the door open as you pass through.
- To pull open a closed door, stand to the side opposite the direction the door will open. Use one hand to turn the knob and pull the door so it swings open. Move the walker into the doorway and keep the walker firmly planted to keep the door from closing. Walk through the doorway. The walker will keep it from closing until you are through.

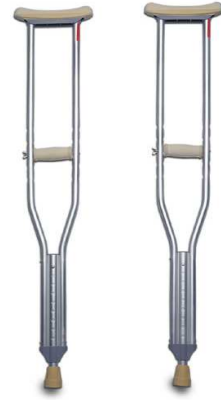
Note: For safety, never remove both hands from the walker at the same time. Avoid revolving doors when using a walker.

## **Curbs and Steps**

Your walker may be used to climb a single step, such as a curb. Before climbing a curb, look for “curb cuts.” These are places where curbs are cut down to street level. Use curb cuts whenever you can. To step onto a curb, position the walker as close as possible to the curb. Step into the center of the frame. Lift the walker onto the curb. Step up and into the frame with your intact leg, pushing down onto the handgrips with your hands. To descend a curb or step, position the walker as close to the edge as you safely can. Place your foot close to the edge of the curb. Lower the walker to the street. (Brace the frame against the curb to keep the walker steady.) Holding the handgrips securely, lower your foot down into the center of the frame.



**WHEELCHAIR**



**CRUTCHS**



**PROSTHETIC LEGS**





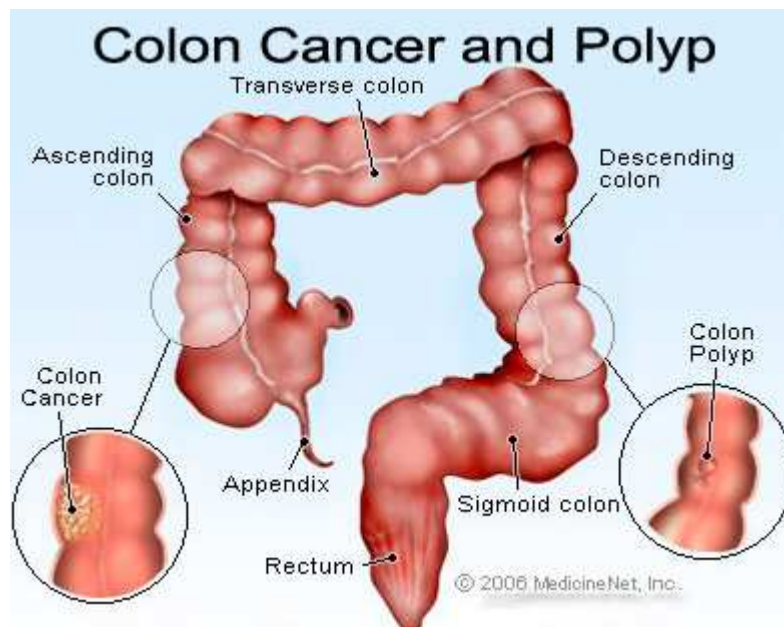
**CANE**



**WALKER**

## Colon Cancer Brief History

The colon is the part of [the digestive system](#) where the waste material is stored. The rectum is the end of the colon adjacent to the anus. Together, they form a long, muscular tube called the large intestine (also known as the large bowel). Tumors of the colon and rectum are growths arising from the inner wall of the large intestine. Benign tumors of the large intestine are called polyps. Malignant tumors of the large intestine are called cancers. Benign polyps do not invade nearby tissue or spread to other parts of the body. Benign polyps can be easily removed during [colonoscopy](#) and are not life-threatening. If benign polyps are not removed from the large intestine, they can become malignant (cancerous) over time. Most of the cancers of the large intestine are believed to have developed from polyps. Cancer of the colon and rectum (also referred to as colorectal cancer) can invade and damage adjacent tissues and organs. Cancer cells can also break away and spread to other parts of the body (such as liver and lung) where new tumors form. The spread of colon cancer to distant organs is called metastasis of the colon cancer. Once metastasis has occurred in colorectal cancer, a complete cure of the cancer is unlikely.



Globally, cancer of the colon and rectum is the third leading cause of cancer in males and the fourth leading cause of cancer in females. The frequency of colorectal cancer varies around the world. It is common in the Western world and is rare in Asia and Africa. In countries where the people have adopted western diets, the incidence of colorectal cancer is increasing.