

Diets for Lung Cancer Patients

Out of all cancers, lung cancer ranks as the second most common and causes the most cancer deaths in the U.S. A loss of appetite is common in cancer patients, especially among those undergoing chemotherapy. However, getting the nutrition that you need can help you to stay strong and retain energy. Below are some of the [foods](#) to add to your diet if you are a lung cancer patient.

Fruits and Vegetables

- Fruits and vegetables are essential to your diet and are rich in antioxidants. Some fruits and vegetables are referred to as healing foods, or natural chemotherapy. Antioxidants found in fruits and vegetables eliminate the chain reaction that produces free radicals in our bodies. Free radicals are caused by oxidation, which damages our cells. Green tea, garlic, onions, tomatoes, soy, broccoli, cauliflower and cabbage are high in antioxidants and should be part of your regular diet. Green tea contains many antioxidant chemicals and has 500 times the effect of vitamin C. Garlic and onions can help limit the production of cancer-causing chemicals. Tomatoes contain antioxidants called lycopene, which help prevent some types of cancer. Fruits such as watermelon and papaya also contain lycopene. Green, leafy vegetables such as broccoli, cauliflower and cabbage contain sulforaphane, which boosts production of Phase II Enzymes. These enzymes remove carcinogens from cells.

Healthy Fats

- Bodies require healthy fat to function, so it is important to identify the good fats in order to include them in your diet. Healthy fats and oils help regulate the nervous system as well as blood pressure, heart rate, blood vessel constriction and blood clotting. They also have many other benefits, including carrying fat-soluble vitamins such as vitamins A, D, E and K from your food into your body. Healthy fats include olive oil, flaxseed oil and essential fatty acids such as Omega-3. Essential fatty acids aid in preventing cancer cell growth. Omega-3 fatty acids can be found in salmon, shrimp, walnuts and raw tofu, but they may also be taken in pill form.

Eating the proper foods and getting the proper nutrients is important to help fight lung cancer. All of the foods mentioned above should be included for a well-balanced diet. Consult your doctor before you start any diet or [exercise](#).

Lung Cancer Diet

Let's start with most simple part of this program: **Lung Cancer diet**. When it comes to diet, it is very important to avoid eating [Toxins](#) and [Foods that Kill](#). Please follow those links and learn what are [The Toxins](#) I am talking about and what are those "[Foods that Kill](#)". Now, important part of your diet should also be [Water Cure](#). Please, become familiar with [Water Cure](#). Your Diet should contain: [Foods That Heal](#), [Vegetable juices](#), [Fats that Heal](#), [Unrefined Sea Salt](#). Also, try to understand [food tolerance](#). You can not find the right Lung Cancer diet, unless you fully understand and learn about [food tolerance](#).

Fresh Vegetable Juices

"When you don't feel well, stop eating and go to juices."



Juices are like a blood transfusion.

A glass of fruit and vegetable juice takes very little digestion, if any. It goes right into your body. We look at juices in the same way a doctor would look at an I.V It's something that can go right into your bloodstream.

Enzymes Vitamins Minerals Juicers - The most powerful healing diet !

Vegetable juices

Drink every day 1 - 20 cups of freshly pressed vegetable juices !

Choose vegetable that you can [tolerate](#)

Each cup of juice may contain one, two or a few of the following:

- carrots
- beets
- daikon
- radishes
- FRESH celery (root and greens),
- ginger, garlic, cayenne



You can test them and create your own

Carrots, parsley and celery
Carrots, cucumber and celery
Carrots, spinach and kale

Carrots, wheat grass and kale
Carrots and small amounts of garlic, onion and ginger

Tomato, cucumber parsley, celery and broccoli

Tomato, green pepper, celery, cucumber, parsley and a bit of sea salt

- wheat grass, barley grass, dinkel grass
- parsley (root and greens)
- dark green vegetables
- kale
- cucumber
- pepper
- dandelion

Fats that Heal Fats that Kill

Healing fats are required, together with other nutrients, to prevent and reverse so-called "incurable" degenerative diseases: heart disease, cancer, and Type II diabetes.

Healing fats also help reverse arthritis, obesity, PMS, allergies, asthma, skin conditions, fatigue, yeast and fungal infections, addictions, certain types of mental illness, and many other conditions.

Healing Fats

Much of the information found on this Web Page comes from Udo Erasmus' book,

[Fats that Heal Fats that Kill](#)

I learn a lot from that book. Mr. Erasmus is largely responsible for North America's increased awareness of Essential Fatty Acids and is one of the recognized authorities on the subject.

Healing fats are oils that contain Essential Fatty Acids.

What Are Essential Fatty Acids?

Word Essential is used in nutritionistic fashion meaning something our body can not produced, we must get it from outside (from food) (like vitamins).

The essential fatty acids are two of the most important of all the essential elements, ranking right up there with protein, as protein and the EFAs work hand-in-hand with each other.

[Oils that contain Essential Fatty Acids](#)

[Fatty acid composition of seed oils \(%\)](#).

Essential Fatty Acids (EFAs) - are the building bricks of our health:

Omega 3 Alpha Linolenic Acid (LNA) and Omega 6 Linoleic Acid (LA)

The more you are eating saturated fats and simple [sugars](#) , the more Essential Fatty Acids you need!

Foods That Heal

Healing Foods & Natural "Chemo Therapy"

- [Water Cure](#)
- [Unrefined sea salt](#)
- [Vegetable Juices - juicing](#)
- [Fats That Heal](#)
- [Stevia](#)
- [Essential fatty Acids](#)
- [Calcium, magnesium, Vitamin D](#)
- [Trace Minerals](#)
- [Imoplex](#)
- [Organic foods](#)
- [Enzymes and cancer](#)
- [Udos Choice](#)
- [Essiac tea](#)
- [Flaxseed oil / Linseed oil](#)
- [Algae and seaweed](#)
- [Chlorella algae](#)
- [Spirulina algae](#)
- [Barley grass](#)
- [Bovine cartilage](#)
- [Chaparral \(Larrea tridentata\)](#)
- [Iscador \(from Viscum album\)](#)
- [Lemonade in the morning](#)
- [Blood type diet : O A B AB](#)
- [Nutrients Detoxify And Rebuild An Overwhelmed Immune System](#)
- [Olive Oil For Health](#)
- [Ocean Vegetables](#)
- [Coenzyme Q10](#)
- [Maple Syrup](#)
- [Sea Vegetables](#)
- [Laetrile, vitamin B 17 amygladin Apricot seeds, apple seeds,...](#)
- [Aloe Vera](#)
- Use [Lemon and Olive Oil](#) drink daily, if you are underweight, or you are suffering from gallstones attacks!
- [Digestive enzymes](#)
- [Probiotics](#)- beneficial intestinal flora
- [Pau d'Arco tea \(Taheebo, ipe roxo , lapacho\)](#)
- [CoEnzyme Q10](#)
- [Colloidal silver](#)
- [Imoplex](#)
- [Olive leaf extract](#)
- [Mistletoe](#)
- [Colloidal minerals](#) Contain: selenium, zinc, chromium, vanadium, germanium, manganese, magnesium, and 70 other elements.
- [Castor oil Packs \(Ricin oil\) packs](#)
- [Epsom Salts Bath](#)
- Green tea
Green tea contain many antioxidant chemicals known as polyphenols. One of them called EGCG has 20 times the radical quenching effect of Vitamin E, and 500 times the effect of vitamin C.
- Garlic, Onion
Garlic and onions contains chemicals: (allyl sulfides) which help limit the production of cancer causing chemicals.
- Tomato contain antioxidants "lycopene"
- Soy (best products are miso, tamari and

shoyu):

Soy products contain chemicals called "isoflavones" which act as weak estrogens and leave less room for strong ones.

Estrogen promotes fast growth of breast cells in women.

- Antioxidants are able to stop free radical chain reactions.

Antioxidants :

polyphenols in green tea

lycopene in tomatoes

- Antioxidants are quenching free radicals !
- Cox-2 Inhibitors such as "resveratrol" in red grapes and "curcumin" in Turmeric suppress tumor's production of growth factors. It may inhibit blood vessel growth in tumors. Tumor without blood vessel can not grow.

Broccoli, cauliflower, cabbage ... have

"sulforaphane" , which boost production of Phase II Enzymes.

Phase II Enzymes remove carcinogens from cells.

What's really a "Healthy Diet" ?

It is time to admit that almost all diets explained in hundreds of diet books could actually be dangerous for your health.

Why ?

Because we humans are not all identical. I will try to introduce you to the term "**food tolerance**".

Not **all people** tolerate **all foods**!

Because each of us is one and only, unique, unrepeatable, different then anybody else, we can hardly learn about diet just by reading the "old fashion" books listing foods: "this is good food", "this is bad food".

What is Food Intolerance?

It is a sensitivity to elements/chemicals found in food. Unlike an allergy, an amount of the food identified may be able to be eaten without producing illness. The amount varies from person to person. During times of stress or hormonal change a person may become more sensitive/intolerant.

Intolerance to salicylate, amines, lactose and gluten (celiac disease) are examples of intolerances to natural elements/chemicals. Salicylate is found in most food that grows in or out of the ground. Amines are found in approximately 70% of the same foods as salicylate. They are also found in some meat, fish and cheeses. Gluten or

gluten like substances are found mainly in wheat, barley, oats and rye. Lactose is found in milk and some other dairy products. Intolerance to different lectins, surface proteins is most common intolerance. Most often, foods that we do not tolerate, we can not properly digest. There are also many people who are intolerant of introduced chemicals/elements, such as MSG, sulphites (a preservative used in many processed foods, including wine) and other common food additives. MSG and salicylate are found naturally in some food. Extra amounts of MSG and salicylate are introduced into some foods and beauty products to enhance flavor, freshness or fragrance.

What About Science and Food Research?

You must have read dozens of studies entitled like: "This food prevents cancer", or "this food prevents cardiovascular diseases", or "Eat this food, it has a lot of this-or-that nutrient, and that nutrient prevents Alzheimer or Parkinson's or diabetes" ...

The problem with all those studies is that all studies are based on statistics, averaging from a large group of people.

Most medical and nutritional science is based on statistics.

BUT, You are not some virtual statistical human!

You are one and only, unique, unrepeatable, and you may have nothing in common with people from who statistics are derived!

If something is good for majority of people (90%) as suggested by some famous research, there is still the possibility that that particular food is NOT good for you! Bare that in your mind!

What if you are not like majority, like 90% of people?

What if you are one if those 10%?

Especially be suspicious on studies done on people of other race, or other geographical region, or other age group, or other gender!

There is a high chance that food tolerance of that group of people is different then your own!

It may happened you tolerate this food. It may happened you don't.

If you tolerate it, it is good for you, if you don't tolerate it, it is not good for you!

That is the point! That is the wisdom!

The bottom point is: forget everything you read and start from ZERO.

Can I Improve my Tolerance to Foods?

Yes, You can improve your food tolerance!

To improve your tolerance, [cleanse your gut](#) and [cleanse your liver!](#)

What is the perfect diet for me considering my health condition?

This question can be shared in four different questions:

1. What foods should I eat / avoid eating?
2. What foods/How should I combine them with others ?
3. How should I prepare those foods (Raw / Juice/Cooking methods)?
4. How often / which quantities should I eat ?

One of the most important question, and most complicated to answer is the first question.

It is not easy to answer all those questions without seeing experienced dietary consultant few times a year!

The answer, certainly, can not be generalized. It must be individualized!

If someone, without knowing much about you, tells you: "This is a good diet for you", or "Good diet for you is to eat "this and that" and avoid "this and that", it is most likely that this advice is NOT complete !!!

Why ?

Because all people are not identical.

"One man's bread, another man's dead."

So, how to know what to eat ? How to know what is a healthy diet ?

Healthy diet is diet that excludes foods that you don't tolerate and that includes foods that you tolerate and that are beneficial for you, while in the same time you are eating large variety of food items, that will provide body with all the essential nutrients and all the accessory nutrients...

To not tolerate some food or to be sensitive to some food does not automatically mean that you are allergic to that food ! It only means that your body/mind/spirit will not give the peak performance while using this

food. Signs of intolerance could be, but are not limited to: gas and bloating, abdominal pain, headache (immediately, or even many days after eating that food), constipation, diarrhea, sweating, fever, freezing, nervousness, excessive anger, fear, sadness, pain in different parts of body, reaction on the skin, reaction in the eyes, eye twitches, muscle twitches, cramps, tremor, mood swings, hot flushes, depression, anxiety ...

What is an Allergic Reaction to food?

Allergic reaction occurs in blood and in different organs, and is the worst and last stadium of food intolerance. You don't have to be allergic to any particular food item, but you still may be intolerant of long list of food items.

How can I find out what foods I am able to tolerate?

There are several different ways:

1. [Elimination - rotation diet](#)
 2. [Blood Typing - Blood Type diet - Eat Right 4 Your Blood Type](#)
 3. [Food tolerance testing - muscle response testing - applied kinesiology](#)
 4. **Intuitive choosing of food items**
 5. **Combination of 1 - 4**
 6. **Others**
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1. Elimination - rotation diet

The elimination/rotation diet starts out with one or two foods being allowed at any particular meal. For the first week, wheat and milk are avoided because many people does not tolerate those foods. The easiest is to start with foods that are listed to be beneficial for someone's blood type Any of your favorite, commonly eaten foods are also avoided. If any food triggers a reaction, it is replaced with another, until no symptoms are experienced. When all symptoms have cleared, favorite foods are returned to the diet one-at-a-time. Foods that produce symptoms twice are withdrawn for three months. If you are already receiving cortisone therapy when they come for treatment, it is discontinued as soon as possible, because the drug hides symptoms and makes it more difficult to pinpoint offending foods.

"Dr. G. Borok, a general practitioner in South Africa, has had considerable success with intestinal problems using an elimination and rotation diet developed by Dr. Marshall of Norwalk, Connecticut. In more than 5,000 patients with irritable bowel syndrome (IBS), 99.9% have experienced relief of all bowel symptoms. In cases of ulcerative colitis (UC) and Crohn's disease (CD) (IBD), the response rate is between 85% to 90%. Other symptoms, such as those affecting muscles, joints, lungs, and kidneys, as well as emotional symptoms such as depression and anxiety,

improve in the 80% to 90% range." -- Based on information in: Townsend Letter for Doctors & Patients, April 1998

About Elimination - rotation diet by [ROBERT MCFERRAN](#)

THE ELIMINATION DIET from: [ELIMINATION DIET](#)

THE ELIMINATION DIET

I've often talked with folks that were confident that foods didn't have any impact on their symptoms. I ask if they've ever run a good 'elimination' diet and a surprising number assure me that they have. Upon further questioning I always find that they have only eliminated a couple of foods, say milk or wheat or nightshade vegetables (tomatoes, eggplant, peppers, etc.). Even though milk and wheat are common food allergens and nightshade vegetables create problems for those possessing one specific metabolism, this should not be considered a true elimination diet.

Over 85% of people with chronic disease have food allergies. Most will find not one, but a handful of foods acting as the major culprits. This is the reason why eliminating just one or two random foods is all but useless. If you were allergic to a large number of tree pollens, springtime grasses and weeds, the removal of only one of these airborne allergens would usually have little impact on your total allergy symptoms. If the allergen was added back into the mix you probably wouldn't notice. The effect from this one allergen would be hidden or 'masked' by your already prominent symptoms to the other allergens. The same phenomenon occurs with foods.

How could we find whether the airborne allergen in the above example was a significant factor in triggering our allergic symptoms? The best way would be to place ourselves in a room with perfectly filtered air (in essence eliminating all airborne allergens) until our allergy symptoms abated. The specific allergen would then be re-introduced and any allergic reaction noted. In this way the impact of a single, specific allergen can be isolated and tested. What was previously thought to be a rather insignificant allergen would often deliver a surprisingly strong allergic response.

We can do the same thing with foods. Historically 'spring water fasts' have been employed. Patients would drink only spring water for the initial 4-5 days. This type of 'fast' would obviously eliminate all food allergens from the diet. It was maintained for 4-5 days to also allow physical elimination of all foods eaten prior to the start of the 'fast' from the digestive tract.

Spring water fasts have one major problem. A significant percentage of individuals cannot tolerate them and should not try them. Their metabolic demands make any kind of extended water fast dangerous. Fortunately years of previous testing has provided a list of 'safe' foods that can be temporarily substituted for your usual diet. These foods are not completely hypo-allergenic but they do have a low allergenic potential. In other words they are rarely found to induce a reaction. The foods include cod, trout, mackerel, pears, parsnips, turnips, rutabaga, sweet potatoes, yams, celery, zucchini, carrots and peaches. Any foods routinely eaten more than

twice a week should be removed from the list. All the foods must be fresh and in their 'whole' or natural form. No cans or other packaging allowed.

Spring water or sparkling water are the only acceptable liquids. The only allowed condiment is sea or mineral salt. Steaming is an excellent method of preparing foods during your elimination diet.

Prior to starting the diet you'll need to purchase a bottle of magnesium citrate (found in the laxative section) and alka-seltzer 'gold' (it's found only in the gold colored box). All drugs should be continued. Smoking should be ceased when initiating the diet. You will not be able to eat at restaurants during the diet.

If you work, Thursday evening will be the best time to begin. Wait two hours after dinner and pour one-half of the contents of the bottle of magnesium citrate into a tall glass. Add an equal amount of water and some ice and drink slowly. Repeat the same procedure with the remainder of the magnesium citrate just prior to retiring.

Friday morning's breakfast and all subsequent meals for the next six days should consist exclusively of the 'safe' foods (cod, trout, mackerel, pears, parsnips, turnips, rutabaga, sweet potatoes, yams, celery, zucchini, carrots and peaches). You may eat them in any combination and in any amount as often as you want throughout the first six days. Take note of what you are eating and how often you are eating it. You won't be able to remember so keep a diary. You will need that information later.

By Friday evening (day 1) you should start feeling your first 'withdrawal' symptoms. You won't be getting the temporary lift provided by your allergenic food(s). Withdrawal symptoms can take many forms. The most obvious is an increase in joint swelling and pain. Headache, muscle aches, fatigue and other flu-like symptoms are very common. Strong hunger pangs and cravings are usually present. It's not unusual to still feel hungry shortly after a meal.

Withdrawal symptoms will worsen on Saturday and Sunday (days 2 and 3). The intensity of these symptoms should not be underestimated. In fact many will feel completely crippled during these days. Withdrawal symptoms can be somewhat ameliorated by taking one tablet of alka-seltzer (in the gold box) in a large glass of water. This can be repeated every 4 hours if needed. You should try to drink plenty of water. It will help speed elimination and the 'clearing' of symptoms.

By Monday (day 4) some will feel significantly better as their withdrawal symptoms begin to clear. This 'clearing' will continue on Tuesday and Wednesday (days 5 and 6). While younger people tend to clear their symptoms earlier, 85% of all arthritics will clear a large part of their arthritis symptoms by day 6. After clearing most report that they feel better than they have in years.

Now that symptoms have cleared new foods can be introduced, one by one, to the base diet of 'safe' foods that you've been eating the past 6 days. Up to 3 foods can be tested each day if there is no reaction.

NB : If fresh/frozen mackerel not available, can substitute cod, or other white fish even. People who are pretty sure they are H-G can add in lamb.

2. Blood Typing - Blood Type diet - Eat Right 4 Your Blood Type

If you want quickly to get close to good diet, then blood type diet might be the first thing that you should try. By following this diet you can get very close to the list of food items that you may tolerate.

[Blood Type diet](#) is based on the fact that people with same blood type (O, A, B, AB) and same race (Asian, Caucasian, African, Native American, Australian) are very similar in the way how they tolerate different foods.

You can find food lists here:

- **[Blood type Food Lists](#)**

To learn more about Blood Type Diet, please visit Blood Type Diet Forums:

- **[Blood Type Diet O Forum - Eat Right 4 Your Blood Type O](#)**
 - **[Blood Type Diet A Forum - Eat Right 4 Your Blood Type A](#)**
 - **[Blood Type Diet B Forum - Eat Right 4 Your Blood Type B](#)**
 - **[Blood Type Diet AB Forum - Eat Right 4 Your Blood Type AB](#)**
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3. Food Tolerance/Intolerance Testing - Muscle Response Testing

Muscle response testing is one relatively reliable way to determine what every individual person may or may not tolerate any particular moment. It is also called applied kinesiology, and most often tested muscles are muscles of the arms. It is also called compatibility test. You are tested for compatibility with different foods, medicines or different objects.

You can be tested for different medications, different foods, tooth fillings, clothes, compatibility with certain house, compatibility with certain room, compatibility with certain bed, and just about anything else. You can't test yourself. Testing must be done by an experienced practitioner of muscle response testing + one person who will be a helper.

If person's muscle is weak when a sample of a food item or medication is hold on the stomach, that means that person does not tolerate that particular food or medication that moment.

If you repeat testing for many different foods many times, you can get very reliable lists of foods that you tolerate.

For this test to be reliable ... you must be tested by someone else, and for the best results ... there should be 2 persons performing testing, person A and B.

Person B is choosing foods, and writing down what is your reaction on the food.

Second person, person A is doing muscle testing with samples of food. All samples must be equal by size and weight. The best is to have all samples inside identical glass jars. Jars with samples must be hidden inside a cotton bag, and person A who

is doing muscle response testing, as well as you who is being tested, should not know what particular food you are tested for. The only person with that knowledge is person B, the person who is preparing bags and jars ...

When A determines to what degree you are able to tolerate (or not tolerate) the tested sample, A reports results to B, and B writes it down.

There could be 3 different results: Beneficial (+), Neutral (+-), Avoid (-)

If the sample is extremely beneficial for you, B writes down (+)

If the sample is neutral, B writes down (+-)

If the sample is something that you should avoid, B writes down (-)

In the end, B is holding a list of all foods, and beside each food item that you have been tested for, there is a sign explaining what is your relationship with that food. Once test is finished, you are allowed to see the list.

If this kind of testing is repeated several times, in the end you will have a reliable list of foods that you can tolerate or that you should avoid.

If you are sick, you should emphasize on eating only "beneficial" foods, with some amount of "neutral" foods occasionally.

If you are healthy, you can eat both "beneficial" and "neutral" foods, and occasionally you may taste some of the "avoids".

If you want to get sick, you eat only "Avoids" food.

Beware that our tolerance to foods changes with time ... and it is smart to repeat testing at least once a year.

Climate, Seasons and Food Choices

If you can, you should always choose food grown in the same climatic region and mainly food that has been traditionally available during the present season. Next best choice is food grown in the neighbor climatic region, or food grown during the previous season. Climate consideration and season considerations are especially important when we are talking about fruits, nuts and vegetable. You don't have to consider climate and season when it comes to fish, sea food, eggs, meat, milk products, spices, oils ...

Some fruits and nuts are naturally available during cold winter. There is nothing wrong in consuming it, even if you would consider it "autumn food".

FAQ - Climate and Foods

- Can eating mainly tropical fruits and nuts make me sick? I live in USA, **mid-latitudes - moderate climate?**
 - **Answer1:**
 - **Most likely not**, not on the short run, not within just a few years.
 - **Let me make one thing clear:** Consuming foods from different climate may not cause illness or symptoms as quickly as if you would consume large percentage of processed foods.
 - 1 year of abusing your body with junk foods may be equal to 15 or 30 years of abusing your body with tropical foods.
 - Be aware that some people have so strong genetic inheritance, so strong health, that even 30 years of processed foods is not enough to cause illness. For such people, it would take several generations of consuming tropical foods to encounter illness. There are many factors to health, like physical activity, love, mind, emotions, ... food is just one part of the much bigger picture.
 - Just because some people are very healthy and very strong, it doesn't mean that everybody is!
 - There are people who have to consider climate when choosing foods, and there are people who don't have to. If you are ill, you should consider it.
 - **Let me make one more thing clear:** Just because you are able to tolerate tropical foods, it doesn't mean that your kids will be! Food allergies and food intolerance are more and more common between kids. One of the reasons is: parents have been over-consuming foods from tropical climate.
 - Not all tropical foods are alike. [Check lists for your blood type!](#)
 - **Answer2:**
 - **There is a great difference** in climate of southern USA, and climate of northern USA.
 - If you live in California, Texas, Florida ... such diet could be the best choice. BUT, if you live in Maine, or Canada, or Scandinavia, it may not be the the best choice, at least not for longer then 10 - 15 years. Trust to your body, it will tell you what is right, and what is wrong!
 - If you feel constantly cold, cold feet, cold hands, cold nose, then one thing is sure: Something is wrong with the foods you are eating ... most likely its too much of fruits and nuts.
 - Coffee can be worst then any fruits or nuts!
- Is it bad to consume virgin Coconut oil in USA? I live in Maine?
 - **Answer:**
 - You tell me! How do you feel? Does it make you feel good? Listen to your body!

Why are climate and season so important?

Climate is an essential aspect to understanding the world around us. It is the long term summation of weather patterns for a region. It affects the region physically (i.e. vegetation and soil patterns) and culturally (i.e. agriculture and population).

Can you think of a few things in your own life that are affected by climate? Try the inverse: can you think of anything in your life that is completely *unaffected* by climate?

Climate and seasons are the most important physical components of our world that shape human lifestyles, behaviors, wealth and health.

Different climate classifications are primarily based upon (1) the seasonal variations in temperature, and (2) the annual rainfall amount and seasonality-- that is, what time of the year the rain comes. **Temperature** is determined by the length of time the sun's most intense rays are focused on a area. **Precipitation** is the amount of rain and snow a region receives. The major factors which influence temperature and precipitation, and therefore shape climate, are (1) [Latitude](#), (2) [Air Masses & Ocean Currents](#), (3) [Continentality](#) , and (4) [Topography](#).

- **You are living in polar latitudes (polar climate) or close to it (Northern Canada, Alaska, Scandinavia, Northern Asia ...):**
 - most of the fruits, vegetables & nuts you consume should be growing in the same climatic region, not necessary on the same continent. Some of your food (on average less then 15%) still can be from mid-latitudes, while foods from tropical latitudes (tropical climate) should be rare, or just a small percent (less then 5%) of total food your eat. This is especially important if you are sick! Healthy people may not be very much affected by foods grown in distant climatic regions.
- **You are living in mid-latitudes - moderate climate (over 50% of world's population):**
 - most of the fruits, vegetables & nuts you consume should be growing in the same climatic region, not necessary on the same continent. Some of your food (on average less then 20%) still can be from tropical latitudes or polar latitudes.
 - Beside climate and season, your genetics, your blood type and your age are also very important factors, that will shape your food tolerance and food needs.
- **You are living in tropical latitudes (tropical climate) or close to it:**
 - most of the fruits, vegetables & nuts you consume should be growing in the same climatic region, not necessary on the same continent. Some of your food (on average less then 20%) still can be from mid-latitudes climate, while foods from polar latitudes

should be rare, or just a small percent (less than 5%) of total food you eat.

3 Major Subdivisions of Climate

Based on latitudinal variation, there are 3 major subdivisions of climate; **the tropics, mid latitudes and polar**. Each has distinctive characteristics which make it unique. Vegetation, animal life and people all exist in each.

- In [tropical latitudes](#) (those near the equator), there is little difference in the amount of solar heating between summer and winter. Average monthly temperatures therefore do not change much during the year. However, amount and seasonality of precipitation vary greatly, and is the reason that we further subdivide the tropics into Tropical Rainforests, Monsoon, and Savanna.
 - In [mid-latitudes](#), from the Tropic of Cancer to the Arctic Circle and from the Tropic of Capricorn to the Antarctic Circle, solar heating is considerably greater in summer than in winter. Mid-latitudes experience seasonal shifts between warm summers and cool winters.
 - In [polar latitudes](#), north of the Arctic Circle and south of the Antarctic Circle, the sun never rises during large portions of the year. Therefore, the contrast in solar heating between summer and winter is extreme. Summers are cool to mild, and winters are bitterly cold. In addition, daylight hours in the summer are close to 24 hours and in the winter there are times when the sun does not rise; short, cool summers; long, frigid winters.
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Another Important Climate Consideration

Not all foods are equal, when it comes to climate considerations.

Grains, seafood and animal products are more or less equal in all climatic regions (except polar region, where very few plants grow). For those foods, it is not very important to follow "climatic rules".

Vegetable grown in the warmer climatic regions is far more sweet than vegetable grown in colder climatic regions. Vegetable tends to be more climatically distributed, and in case of vegetable you should follow climatic rules: choose vegetable grown in the same climate.

Fruits, berries and nuts seem to be the most climatically distributed. Fruits, berries and nuts grown in tropical climate should not represent more than 3% of

total food intake if you live in polar climate, and not more than 20% if you live in mid-latitudes (moderate climate).

Here are some general rules to follow:

- Eat as often as it fits you ! At least 3-5 times a day. Each meal can be replaced with fresh vegetable or fruit juice. Frequency may depend on your age, lifestyle, climate, season,If you are fasting, follow fast rules.
- Percentage of raw foods can vary from person to person, and depend of climate, season, part of the day, physical activity, sex, race, blood type, age, condition, health, intestinal health, geography ...At least 50% of food you eat should be raw! (Raw can be eaten: vegetables, fruits, seeds, nuts, sprouts, eggs, raw milk, yogurt, squid, fish ...fresh juice from vegetable or fruit. Avoid fresh meat because of parasites ! Always cook or bake meat! Certain fish may also infect you with parasites. Avoid eating raw fish too often!
- About food combining: avoid eating deserts with protein rich foods, it is not easy to digest it. Generally, no desert is really healthy. Eat fruits and nuts instead.
- Avoid drinking while eating. Make at least 30 min break between drinking and eating, and at least 1 hour break between eating and drinking.
- If you are consuming fermented soy products (miso, tamari, shoyu,...), avoid drinking milk/eating milk products. If you are drinking milk/eating milk products, avoid fermented soy products, they are not compatible inside body!
- Some of diets listed below give an answer on what foods should one eat/avoid eating. It will certainly make you confused after seeing that many health experts have different opinion about what you should eat in order to stay healthy or in order to promote or regain health.

**Important factors when choosing your diet:
Lifestyle and Climate**

Climatic adjustments !	
Colder climate and/ or colder season	Warmer climate and / or warmer season
<p>Eat less fruits ! Eat more root vegetables ! Eat often foods from animal kingdom, mainly fish, occasionally eggs! Avoid concentrated sweeteners !</p>	<p>Eat more fresh vegetables, grain sprouts and fruits...! Eat less foods from animal kingdom, avoid meats, eat fish ! Use occasionally good quality concentrated sweeteners: (barley and rice malt, fruit juice ...)</p>

Lifestyle adjustments !	
Physically active people	Physically passive people

<p>Working very much physically</p> <p>"Sportsmen"</p> <p>"Body builder"</p>	<p>Sitting in the office</p> <p>"Watching TV "</p> <p>"Yogi"</p>
<p>You may eat bigger quantities of food. You may need to eat more often foods from animal kingdom like fish, eggs, meats and milk/products!</p>	<p>You should eat less generally. You should eat less often foods from animal kingdom, fish, eggs, meats and diary !</p>

Understand this:

Diet may not be enough for every person to promote health or to regain health, once you loose it!

Combination of healthy diet, cleansing and healthy lifestyle will help most of people to achieve health!

If diet does not help you, you may have any combination of those: [gallstones inside liver/gallbladder](#), [intestinal/internal parasitic animals or other parasites](#), poor lifestyle, poor attitude, poor thoughts, unresolved emotional issues, stressful lifestyle, [toxic teeth](#), [toxic house - toxic air](#), sedentary lifestyle, injury/trauma that have damaged body beyond the possibility of body to heal, others ...!

Diet is only one of many aspects of healthy lifestyle!

Learn also about [cleansing](#), Negative Emotional Charge, suppressed emotions, stress, [dental cleanup](#), house cleanup, importance of sweating and importance of physical activity,....

Harmful foods - foods to avoid

Those foods are harmful for everyone !

[EVERYDAY TOXINS](#) and [Foods that kill](#)

- [ASPARTAME](#)
- [MSG - Mono Sodium Glutamate](#)
- [Pesticides](#)
- [Mercury poisoning](#)
- [Amalgam](#)
- [CARCINOGENS](#)
- [Fluoride](#)
- [Nickel](#)
- [Hormones - MILK](#)
- Food additives
- Antibiotics (by killing beneficial flora and causing Candidiasis)
- and many other poisons

Avoid eating [foods that kill](#)
AVOID [Sugar](#)