

**EATING TO AVOID OR REVERSE**  
**THE "BIG C" - CANCER**  
Dr. Mary Ruth Swope

Four nutrients are very strongly correlated with cancer-free persons - **Vitamin A, Vitamin C, Vitamin E and Carotene. Selenium and Chromium** are also "friendly nutrients" in relation to cancer prevention/treatment. Carcinomas respond well to nutritional factors. Sarcomas, leukemias, lymphomas are less influenced by dietary factors.

**What are the best foods to use as weapons against disease?**

- Fruits & supplements of Vitamin C
- Vegetables Vitamin E & Beta-carotene
- Grains (oats, rye, barley, millet) Selenium & Chromium
- **Fiber intake to total 25-35 gms. daily (grains/vegetables)**
- **Lower fat calorie intake to 30% of total calories (fewer foods from animal sources.)**
- **Eat more "cruciferous" vegetables**
  - a. Brussel sprouts & Cauliflower
  - b. Cabbage Rutabagas
  - c. Broccoli Turnips
- **Eat more yellow foods**
  - a. All kinds of squash Carrots
  - b. Sweet potatoes, Apricots
  - c. Pumpkin Canteloupe
- **Eat more deep-green leafy vegetables**
  - a. Kale Endive
  - b. Mustard greens Turnip greens
  - c. Spinach Beet tops

**If you are serious about cancer and your body, here are my nutritional suggestions:**

1. **Concentrated chlorophyll: 1-2 tsps. of AIM's [BarleyLife](#) daily.** If I had cancer I would consume from 6-10 tsps. of AIM's [BarleyLife](#) daily - 2 tsps. every few hours - always on an empty stomach. I have presented the benefits of AIM's [BarleyLife](#) in my book: [GREEN LEAVES OF BARLEY](#) .

2. **Concentrated protein from plants: [AIM's LeafGreens](#)** is a powerful source of protein from plants. It is a source of complete amino acids – without the fat of animal protein. One to two tsps/day is all that is needed.

3. **Concentrated vitamin "A": [AIM's JustCarrots](#)** supplies a variety of vitamins and minerals in a concentrated form of carrots. Mix with water to release this nutritional powerhouse. Two to three tsps per day meets your nutritional needs.

4. **Essential fiber intake: [AIM's Herbal Fiberblend](#)** is the easiest way to get the necessary dietary fiber to clean and maintain a health colon. Start with 1 to 2 tsps per day and increase weekly until normal, regular elimination is established.

5. If possible, avoid all alcohol, caffeine, and sugar in all forms.

6. Avoid fried foods/ bar-b-qued meats/ soft drinks.

7. Drink 8 glasses of distilled water per day.

The bottom line: **Sick cells can be changed into healthy cells through good nutrition.** If I had a degenerative disease (cancer, heart disease, diabetes, arthritis, chronic fatigue syndrome or a host of others), I would take even more drastic steps than the **Genesis 1:29 diet**. I would eat only "live foods" - **raw fruits and raw vegetables including the AIM products listed above.** I would increase the suggested daily amounts until the stools become very loose. Then, I would reduce the amounts slightly. The body is in a survival fight and it needs all the nutritional ammunition you can supply.

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