Food vs. Cancer: The Six Foods Dr. Joel Fuhrman Wants You Eating Every Day Transcript

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Introduction and Cancer Crisis

Well, Doctor Joel Fuhrman, it's it's always a pleasure and honor to chat with you and for you to share your knowledge. You. You're somebody that is well respected.

And I'm. It's always a pleasure. Thank you so much for being with me. My pleasure. Looking forward to it. In your view. I mean, cancer is something that's just ramping up and it's, you know, more and more people are touched by it and that we recognize the kind of limitations of traditional oncology.

They've had their run and they seem to only be able to get so far. So in in your view, I mean, why are we dealing with this crisis now? Well, I think it's that cancer has known causes.

They're not unknown. And that we live in the modern world. We live in a manner both our diet and our environment, to put continuous stress on our body, to initiate cancer formation and reforming cancer cells all the time, even at a young age.

And as our immune system gets more, its work gets impeded. Cancer cells then can overwhelm the immune defenses and start to be a major cause of death in the modern world.

So the answer to your question is, I'm suggesting that the environmental impact of toxins is a minor contributor to cancer, maybe 10%. That is about 80 to 90% what people are putting in their mouth and eating.

So it's a 90% diet. And the American diet is 60% of calories, comes from processed foods, and about 35% from animal products, and about 9% from produce.

And out of the 9% from produce, the vast majority of that is white potato and ketchup. So Americans eat less than 5% of all the full colorful produce and were were a produce dependent animal.

Diet, Greens, and Cancer Prevention

And the food that has the the food group that has been shown the most protection against cancer is green or green vegetables. And I'm suggesting that without green vegetables and without an adequate consumption of green vegetables, we do not have a normal immune system.

Americans are not normal. They have abnormal immune function due to a green vegetable deficiency. It's not only green vegetables, of course. I'm just highlighting that as the most significant, the lack of greens being the most significant risk factor.

We know, for example, that childhood cancer, the common childhood cancer, acute acidic leukemia, and even brain tumors and children are now linked in studies to the lack of green vegetables in the mother's diet, not only during pregnancy but prior to two years prior to conception, affecting the damage to the egg from the lack of green vegetables in the diet.

The linking the consumption of luncheon meats, hot dogs and bacon with, and the lack of green vegetables as resulting in cancers in children the first five years of life.

So we're saying that even what our parents eat, even the junk they eat, and the good food they don't eat can have an effect on your cancerous, is the point.

And some people, they it's almost like they don't correlate nutrition with then fighting cancer. I mean they think that they're other you know you've got to go and kill it.

You get with, you know, harsh methods. And they don't see that strong correlation with shifting diet. You know how that then can impact my cancer. Can you expand a little bit on that.

Yeah, that's a great question because you're exactly right. It's this is incredibly powerful to prevent cancer and even powerful when people have cancers.

It's already been shown to be powerful. We can go through some of those studies. But but yeah, what I'm saying right now is that the dietary portfolio that you can put into place with to prevent cancer could most likely prevent more than 90% of cancers, maybe 95%.

Obviously, they're cancers due to, you know, it's pestis and cigarette smoking and chemical exposure and benzene and things. But still, even your exposure to cigarette smoking, lung cancer is affected by what the person ate through their life.

Like the Catawba Island study showed that no, the Fiji Islands studies show that the Fiji Islanders did more smoking than the Hawaiian Islands, had lower rates of lung cancer because they eat more green vegetables in Fiji.

So even though they smoked a lot more, they had lower rates of lung cancer deaths. So we're saying even that even that even food even affects when you have other environmental exposures.

But say what's about 90%? I'm saying cancers could be wiped out. So you have a very high degree of prevention. But I'm saying the same dietary portfolio that prevents cancer is effective when people have cancer always advances to a later stage cancer and a non-aggressive cancer becomes more aggressive.

That's not the case. It's that cancers can be reversed, especially in the earlier stages, and they can grow erratically or stop growing. So cancers do not always expand linear.

And what you're eating can affect that trajectory of the cancer. And I'm highlighting on a diet these six foods that have an immense amount of research took that to prevent cancer.

Let's just mention those six foods. Now I use the acronym G bombs to highlight greens, beans, onions, mushrooms, berries, and seeds like flax seeds, cheese seeds, sesame seeds, things like that.

And we can go over all those individually. So, so what I'm saying, when you put a dietary portfolio together that includes regular consumption of these foods almost daily, then we see dramatic protection against cancer.

But let's look at each one of the G bombs individually and see what if you just raised the berries in your diet? What if you only ate more mushrooms? What if you only eat more onions?

What if you only eat more green tea? Or what if you only green Christopher's vegetables? Because we have data on multiple studies on people who just their only variable is eating more green vegetables.

Right. And the effects on the studies of people who have cancer is remarkable to reduce. We can go over the just to mention a few of those studies, if you like.

So here's the, the Shanghai Breast Cancer Survival Study, a 62% reduction mortality. Chemotherapy for breast cancer doesn't extend mortality in 80% of cases.

That's, you know, most common garden variety of breast cancer like invasive ductal carcinoma and invasive lobular carcinoma is not is not significantly affected by breast cancer by chemo like 80% not affected by chemo.

So we're saying here that just that's just the green vegetables alone is more effective than chemo. Kind of. Not only

that, all the other teams. So here's the Shanghai breast Cancer study.

Women who were diagnosed with breast cancer followed 5000 breast cancer survivors over, over a decade.

G-BOMBS Research and Survival Studies

The women who consume the highest vegetables, like Berkshire, had a 62% reduction in the risk of total mortality and a 35% reduction of cancer recurrence compared to those with the lowest intake.

Okay. We can go on to that's just one study, but we can go to ten more of those, do the same thing. And what I'm saying is there is a double digit reduction of cancers, you know.

Right. Well it's fascinating is that when people think I got cancer and they feel that the safer route is to go down with the traditional oncology route.

But then we look at statistics. This is the safer route. It sounds like. Yes, it's safe for him, more effective. Instead the side effects are better mental function, feeling better, getting your weight better, reducing cardiovascular death.

The side effects of chemo is very often increased risk of cardiovascular death. So even if we're even, the incidents for certain common cancers may lower that cancer death and increase other causes of death from the treatments, letting for no significant increase in overall survival.

So the benefits of conventional chemotherapy is greatly exaggerated, particularly in common cancers. The most common cancers, of course, are breast cancer, prostate cancer, and colon cancer.

And those common cancers. You don't you know, we're getting very we're not getting great outcomes. But of course we have a lot of overdiagnosis and misdiagnosis.

And you know, and believe in it's like marketing. You know, it's like a marketing thing. All right. So we can that was just one study. Go on to the study on beams. Right.

We can do a being study with people who prevent cancer or people who are being studies with people who have cancer. Here's a San Francisco Bay area breast cancer study that this was people who the inverse association was strong estrogen, breast cancer.

So the study of women who had breast cancer, the higher intake of beans and being fiber reduce the incidence of breast cancer by 20 to 25%. And the inverse association was strongest for ERP and progesterone receptor negative breast cancer, which is more an aggressive subtype.

So it was showing that the more aggressive cancers were more significantly impacted, the ones that could kill you more impacted by high being intact. Here's another Nigerian integrative breast cancer study.

A matched case control study found a higher being intake greater than one portion a week, was associated with a 45% reduction in breast cancer risk among African women by calling out, this just could fly through a lot of these on any of these foods.

But look at the study on onions and garlic, onions and garlic. Show of 55 to 80% 88% reduction in breast cancer death from high intake. You know, if you put a.

So let's go on to mushrooms. The I think one of the biggest reasons was the Korean postmenopausal study 84% reduction and high level of postmenopausal women with the highest mushroom intake over ten grams a day had a 84% more risk of breast cancer compared to those with the lowest intake.

So it's a natural aromatase inhibitor. But this study the joint effect study was over 2000 Chinese women showed a 64% of breast cancer to non consumers of mushrooms.

While people. This is the most interesting thing. The synergistic effect combining mushroom intake with drinking green tea regularly, the risk of breast cancer dropped by nearly 90%.

It was 89% reduction. Moving on to berries. Just highlighting a couple of studies on each. And I'm going to go 10 or 15 studies in each food. But just a couple.

But but we're putting together a dietary portfolio as you know that encompasses all these foods. Right okay. The triple breast cancer study, the city of Hope study.

Let's see. Researchers found that blueberry intake reduced tumor volume by 60 to 75%. It wasn't just tumors grew slower. They inhibited the cancer's ability to metastasize, showed a 70% reduction liver metastasize, and significant decrease in lymph node spread.

Kathy. Benefits with humans would achieve by eating about two cups of fresh berries a day. But keep in mind that it's the wild blueberries and the blackberries that have more of the flavonoids that prevent the pathway and interferes with cancer cell replication and blocks.

You know, you could say, but metastatic pathway like block one, we're talking here that that some berries are more powerful than others, like, you know, and this is just regular blueberries still had a so I'm saying wild blueberries are more than blackberries, even more potent than the regular blueberries studied in this study.

And moving on to the anthro science and meta analysis, The Arona Findings 2023 2024, published in the Frontiers of Oncology Berry Research. They actually turned back tumor suppressor, turned back on tumor suppressor genes that the cancer has silence and observed a significant decrease in my my selectivity turned the volume of fast cancer cells to could survive and that you know we're talking about even causing some cancers to recede.

And then there's moving on to nuts and seeds like flax seeds. She is seeds. So flax seeds have the most lignin, which a very powerful anti-cancer substance found in seeds.

The second most powerful source of ligands is unholy sesame seeds, and the third is chia seeds. So we usually advising people for breakfast on their wild blueberries and blackberries they put and maybe a spoonful of raw which and protein.

They put a tablespoon of ground flax seeds and a tablespoon of ground chia seeds in there with the, you know, the milk with their, you know, unsweetened sonic or walnut milk or whatever is their doing and whatever it isn't going to eat there that they get those seeds in tremendous lignin potential.

You know, that breast cancer study that followed breast cancer patients for ten years, that that followed their lignin intake, it was a third of a milligram of lignin that reduced recurrence of breast cancer.

I think by think it was more than about 70% reduction of breast cancer recurrence. They follow these women for a decade after their breast cancer diagnosis.

It was a 71% decrease risk of death from people who had more than a third of the milligram of lignin. Get a teaspoon of flax seeds has seven milligrams, so a tablespoon has 21mg US nutrition US following US nutrition following the anti-cancer dietary portfolio, we're probably getting about 50mg of lignin a day, compared to the one third of one milligram in that breast cancer intervention study.

Right. So we're getting 100 times the amount of lignin in our diet than they were used in that study.

Fats, Fried Foods, and Addiction

It's just like the people using those supplements to prevent macular degeneration from taking thing and crypto examining. And we're getting 20 times that amount in our good diet as the pills are giving you.

What I'm saying is you're getting much more in the food, and plus you're getting the full symphony of nutrients that go along with it, you know? So yeah, to finish shock that another trial.

So we're talking about there was a randomized contained a flat seed containing muffin until about one month after surgery caused significant a pop ptosis tumor cell death reduced tumor cell proliferation.

The flaxseed group from the muffin, which was greater than the benefits of chemotherapy meaning a flax seed muffin. This is like insanity, right? So and I recommend we could just give you an overview here, but I recommend that people actually use use their omega use their nuts and seeds.

So they category the four of them that are high in omega three, Ala and the other six nuts that are high in the other six months, their high omega six fatty acids.

And they strive to have at least half their nut and sit in a nut and seed intake from the ones that are highest in Ala, the omega three. And those four are flax, chia, hemp, and walnuts.

So that means I might make a salad dressing for lunch with walnuts and hemp seeds, you know, with tomato paste and, you know, roasted garlic and, and or garlic granules and nutritional yeast and maybe a little mustard in there, or maybe, maybe tomato paste and garlic and balsamic or fig vinegar, or maybe a Caesar dressing with.

So, you know, there's I take that nut and sea bass. We're not using all as a dressing. We're using an anti-cancer base that includes like the substances like the garlic and the walnuts and blend it to like a nice salad dressing because alls have a an opposite effect.

See, the also have such a high light rush into the bloodstream like climate load. I think people are familiar with that turn glycemic load, which means how much sugar is rushing into the bloodstream after you eat some high, you know, some refined carbohydrate or something, and light load, because all are refined.

They're not growing on a tree, on a bottle of all. You know, when you're getting a nut, like a walnut or an almond compared to walnut or almond oil, it feeds the that's from mechanically bound to fiber that are eaten away so slowly as they're digested that it bathes the whole small intestines with a fuel to fuel the role of healthy bacteria and support the tight junctions, the lining of the gut, as opposed to the oil, which is absorbed very rapidly in the proximal portion of the small intestines, which leads to leaks in the gut, which then allows the lipopolysaccharide from the gram negative bacteria as the endotoxins to penetrate the bloodstream.

I'm saying Americans get their fats from animal fats and oils, and US nutrition get our fats from nuts and seeds in avocado, which have a different biological effect when you eat the whole food versus the processed food or the animal source of fats.

So that's just a broad overview of your question. But you know. Yeah. So when you talk, I mean, because a lot of people, they do, you know, fish oil capsules, you know, think we've all got to have the fish oil capsules.

So sounds to me what you're saying by taking those capsules, it's almost like in the if we do the comparison to sugar, it's like eating a tablespoon of sugar essentially.

Yeah. Instead of having the, you know, with sugar, the glycemic quick glycemic absorption, if you do just straight all like that, you have a quick absorption then of the Omega, you know, in the early part, just like you have that spike.

And that sounds to me like you're saying it actually triggers on leaky. Yeah. It kind of degrades the lining so that more toxic debris can enter into the bloodstream from from the intestinal tract.

That's correct. I'm saying the fried foods, when people people eat fried foods like they and they, they go to fast food restaurants and the oil is cooked all day long to fry a potato or whatever they're frying in there and there.

And the more the oil is heated, the more rancid and reactive oxygen species are formed in the oil. So they're eating

foods that are so they're eating fried foods and everything about the calories from both.

So the cow, the fried foods create more carcinogenic and mutagenic effects to the oil. And so you have more toxins that can be absorbed and also the caloric rush of eating.

All because there's no fiber to slow its absorption creates a light pink tide in the blood of fat all at one time. And that stimulates the brain. The dopamine centers in the brain, just like the glycemic load does.

I'm saying the glycemic load of sugar and white flour, combined with the load from fried foods and putting all on your cooking foods in all, combines for this new caloric rush that gets the brain habituated.

So it turns down dopamine receptors and makes you feel unsatisfied unless you replicate. That strong caloric rush is one of the reasons why processed foods and high caloric, these hyper palatable fast foods and caloric foods people can't stop eating them.

And why? Everybody's overweight, and they need drugs to control their ravenous appetites because they're disconnected between their instinctual desire for calories, because the foods are unnatural and are absorbed in an unnatural fashion and affect their brain and their effect, the appetite in their digestive track and the APA stat in the brain are both negatively affected to make them driven to over consume calories and become addicted to these foods.

They want to have fried foods. They want to have sweetened foods, sugary foods, you know? So yeah, the natural foods don't supply that brain high and that brain addictive drive to make you want to overeat, to become, you know, obese.

And and let's be frank here, you know, that fat on the body is a driver of cancer in proportion to the amount of percent body fat goes up. So does the risk of cancer, because the fat cells itself are pro-inflammatory and and excrete cytokines and little kinds.

So I'm saying there's a lot of different mechanisms via which fried foods and excessive consumption drives cancer promoting pathways. You know. So yeah, the explosion, when you first ask me a question, what's driving the explosion of cancer in modern society?

And it's increasing younger people, I'd have to say a fast food revolution's driving it because the lag of 20, 30 years. And when I was a kid in the 1960s, I guess there weren't any fast food restaurants around.

You couldn't go and get fried foods and French fries and pizza and burgers and all the stuff that people you didn't eat so healthy, but at least you ate at home and you carried a lunch with you to school. So.

But but maybe I don't know. Well, the diet wasn't that great then either. But you see, now we have the advancements in nutritional science, which really can make us delineate exactly what we can do to relieve us tremendous amount of protection.

So what we have society moving in direction to get more cancer. We have a small segment of society becoming more learned in factors that can control our health destiny.

Yeah. And so essentially chips French fries would be then the worst type of combination because here you get them the fried fried oils and the, you know, the refined, you know, potato that's just going to hit sugar and fat into system.

And then and that's why people get addicted to that type of food, because it has that kind of dopamine. It kind of it taps into that survival reptilian brain that this hard wired for survival and, and to find food way back when was difficult.

So so you had to have that reward system really to drive that individual for survival.

Transitioning to a Cancer-Preventive Diet

And now the, you know, foods all, all the food marketers, I mean that that's what they're using. They're using that technology using kind of tapping into our reptilian brain, you know, for give that satisfaction.

And that's what's driving obviously disease. Yeah. And it's difficult for people to habituate once you become habituated to that high caloric intake in those foods, then they feel ill when they don't have them.

And that's called withdrawal. With any addiction, there's a high you get when you imbibe in the addictive substances, but then there's discomfort you get when you try to stop.

And it's the discomfort because people think fatigue is hunger. And when people you put them on a healthy diet, they'll say, oh, I couldn't do what? I was too fatigued.

I was wiped out. I couldn't go to the gym. I have to eat before I go to the gym. I'm too wiped out. They equate food with fatigue, and they don't realize that the fatigue is the withdrawal of the body's in the phase one and phase two detoxification from the liver.

That's enhanced in the catabolic phase of the digestive cycle. And when your body is toxic and cancer prone, you're going to experience fatigue for a week or two when you the body is now an enhanced cleaning.

I'm saying that there's two phases of the justice cycle. The anabolic phase is while you're digesting and that holds detoxification. And then when you start to eat right, need less calories, you still getting enough calories.

And plus you got fat on your body to burn calories. The person who's 50 pounds overweight claims and not that enough calories waking up to eat the calories that are already on their body.

It's like they missed the whole point, but in any case. So they're when they eat a meal, let's say you have a salad and a bowl of vegetable being soup, and you finish digesting that in two hours.

Then you move into the catabolic phase of the gesture where you're burning up the store glycogen. And in the catabolic phase, where you're not busy absorbing calories, you're utilizing the calories that were already absorbed.

That's when the liver can go into an enhanced mode of self cleansing and repair, and the body works in conjunction with the liver to help the body start to repair and heal itself.

Repair is enhanced in the non feeding state. And then people feel ill and they're not eating with two hours after they eat and they think they're hypoglycemic or they got to keep eating to keep their energy up.

So they think they falsely think that fatigue is a symptom of hunger. And they suppress fatigue by continually having to overeat, to inhibit the catabolic detox that occurs when you eat unhealthy to people who are.

So when you're eating a healthy diet, you don't feel anything. You can just go without eating, without feeling sick or weak or fatigued until the point when you utilized all your stored glycogen and then you get hungry.

You don't get fatigued. Hungary's felt in the upper part of the lower part of the neck, upper part of the chest. It's not painful. It just makes you want to eat food and it makes food tastes better even.

But so people think headaches and shakiness and agitation and fatigue are symptoms of hunger, and they're never going to succeed unless they realize there has to be some payback and some withdrawal that occurs, and some discomfort that occurs when they go from an unhealthy diet to a healthy diet.

While the enhanced detoxification channels are turned on. It's almost like you're getting off opioids in a way, you know, because you have that that dopamine kick from today's food.

And then withdrawing from that means that those receptors, you know, they're waiting for that dopamine kick, they're still there and they're going to start to kind of they need to break down in order for us to not have that same addiction to that food.

That's and you're right, it's it's the actual same center of the brain, the, the the high these hyper absorbable and hyper palatable foods affect the same area of the brains that are affected by opiates.

Yeah. And so in in your mind. Let me say here a person that wants to start on this journey to shift and from today's society food to more a cancer preventative, nutrient dense type of diet.

What does that transition look like and how what should a person expect? Well, even though I'm describing how much discomfort that occurs for the most, the vast majority of people, that discomfort is relatively mild.

And there's no reason to ease into this gradually to to you just might as well go into it. So people that we just give them tell them exactly what to do.

We they understand the skeleton and the recipes to make it taste good. And they do it and they feel better. You know, they might have a couple of days of feeling poorly.

And some people have prolonged, you know, feeling a little poorly for a week or more. But the vast majority don't feel bad. It's worth it. It's usually worth it to jump right in, because when you start to go baby stepping away in, you still lighting the fire under your desires.

It's like trying to cut out alcoholism by still drinking every other day. It just keeps making you want the alcohol more. And once you cold turkey the processed foods and you know the high fats and the fried foods, you stop wanting them and your body just gets quicker.

It no longer desiring them. And then also that people generally feel so much better that their blood pressure normalizes, their blood sugar normalizes, they feel more alert.

They lose brain, their brain fog, they think more clearly and they really start to feel more optimistic and positive. So I think it helps the cancer patients psychologically and emotionally as well, because they know they're doing something positive for their life and they're actively doing it themselves and their involved in their own care.

And they know from the data that this can have remarkable effects, which gives them some hope as well.

Keto Myths and Patient Success Stories

So I think it's one of the most important elements in their recovery plan is to give them this anti-cancer diet program. And some people we have the composition that's there.

You know, sugar feeds cancer. And you know, we know refined sugar and all of that. That's what it does. But then when it comes and eating things like beans, like you're talking about how important beans are and all these other foods, and people start thinking in their head, well, that's high in sugar and that's high, you know.

Am I going to feed my cancer or talking about glutamine? Yamaga not feed on my cancer with glutamine. What are what do you say to people that have those reservations or have that running in their head?

Well, they're getting a lot of misinformation on the internet. And now keto diets have become popular because people are afraid of eating sugar. And they think if they keep their carbohydrates very low, it'll help them beat the cancer.

That's not what the studies show. There's there's quite a few studies that show now there's one published in 2022 and one published in 2025, 2026 that showed that it wasn't true, that the cancer that we do best with low glycemic carbohydrates and the lowest glycemic hydrate is beans.

And they because the starches they have a lot of resistance starts. And the reason distortion means that there's not resistant starch are called slowly digestible carbohydrates.

So they absorb very slowly. They don't strike a strong glycemic load. So true. White potatoes and white rice and white bread. White bread has the same syndic load as sugar almost does.

And honey, you know. So yes, I agree that those foods shouldn't be eaten. But when you start to eat vegetables and beans as a source of carbohydrate, the glycemic load of the meal is favorable.

And don't forget that the body fat, the two things that make the make for insulin resistance. When the insulin resistance creates a prolonged, heightened glucose curve after you eat a meal, and the two factors of insulin resistance that work synergistically are body higher, body fat and the high light load of that meal.

So when you put all in the food and you're overweight, that combines to make whatever glucose is absorbed stay elevated and maintained to a longer elevation in the bloodstream.

So the sink so the diabetes and the prediabetes are caused by the fat, not just by the sugar. So it's not just avoiding it's avoiding the oil and animal fats.

So we're saying that you're getting the wrong you know, the wrong type. We want to do both. We want a relatively low glycemic diet from being vegetables, beans and nuts.

But we don't want to move towards a diet with and animal fats and absorbing and avoiding all carbohydrate. When people do that, the event is what happens is the tumors activate the back one mechanism and and leads her early metastases.

You know so we're talking here that keto diets when you give more fat in the diet and more animal products it turns on the pathway which accelerates tumor cells have a heightened expression of our hydrocarbon receptors.

Those our hydrocarbon receptors are blocked by garlic and onions in and saves and parsley blocked by certain plant compounds right and there by animal protein but particularly by methionine tryptophan combination.

Activate the canary pathway. When you combine that with a keto type diet, then you're activating another mechanism where with a tumor is escaping a low sugar environment.

By producing earlier metastasize, it actually activates things, you know. So we're talking here about the right diet for cancer patients clearly is not just is not fearing all carbohydrate, it's how it's eating these foods with the most powerful cancer effects.

And, you know, because we have a lot because we're listening to the science and we're modifying our advice based on more evidence we have ever before to know the cancer protective effects of certain dietary portfolios.

Yeah, I love that. Then I mean, you've helped so many people. Do you have one story that kind of sticks in your head in regards to somebody coming to you, you know, going through cancer and they've shifted their diet to shifted their lifestyle and, you know, and really turned their life around.

Yeah, I have hundreds of stories. But just to give but a good stories of people who were to took my advice 25 years ago. That's the best stories because the outcome, you know, you see the person's doing well.

But yeah, but you got to follow them for ten years to see. They really did well. Right. They go to these cancer treatment places and they you don't know if they did.

Well, you got to wait ten years to see if it really helped them. So here's a woman who had metastatic ovarian cancer. She had four liters of metastatic fluid in her breast, collapsed the lungs.

She needed a chest tube. And she was given about six months to live. And she's still alive as 27 years later, since she's been following this program.

That's just one case. But she's not the only case of ovarian cancer that's survived now more than 15 years. You know, I had one woman, just one, though, who had metastatic breast cancer to the bones that went away, you know, and I've had more I've had multiple women who had nine Hodgkin's lymphoma that with no treatment, no chemo, just the program they just control for their tumors, just gradually shrunk, shrunk, shrunk, shrunk, shrunk and melted away.

I've had more than what happened with more than one person that's been on and and and that's the thing is that people equate these harsh treatments as being powerful weapons.

When we look then at this, the simple solution of using food as our drug, essentially, I mean, using food as our medicine the way it was meant to be and seeing then the impact of that long term and and changing a picture that is so dire for an individual that you would think because it is so dire, you got to bombard it with all these drugs and, and radiation and all all the things that they have now.

But the, the simple thing, just shifting nutrients, body responding and, and the body is then moving towards what is meant to be, to be in a state of health. Exactly.

Now, this case I talked about ovarian cancer. She did receive chemo, but even with chemo, because it was too much of a bulk of of tumor cells there and chemo reduced that bulk.

But even when we reduced the bulk of keep tumor cells with chemo, there's some stray cells that escape. And these women invariably come back and we have recurrence within five years and pass away.

So what the in this case, what the diet and lifestyle did, is it any stray cell that escaped it enabled the immune system to clean up the map? The aftermath? It's the same.

So we're talking here about with a cancer that's aggressive with a large tumor burden. Even when chemo is needed, the nutritional information still changes.

The long term life expectancy here when tumor is not needed. But most cases of breast cancer and prostate cancer, those garden variety cancers, that chemo is not effective.

Then the nutritional approach becomes the major factor protecting their longevity, you know, so with with pressed and prostate cancer, I'm suggesting that especially in the early stages, you don't have to.

You can actually change the trajectory of growth of those tumors with aggressive nutrition. That's the best therapy you could use. Yeah. And how do people find out more about your program?

I know you had a lot of amazing books, and we we've discussed them in the past and they've I mean, powerful information. But what I love about your program is that it is so it is so complete, meaning that a person can step into it and it's it's very easy to follow.

They have all the tools that they need to kind of move through this journey. So I really love that aspect. So where can people go? Thank you. It's drfuhrman.com just like dr in my last name.

Fuhrman.com. And they have, you know, menus and recipes and all kinds of things. They can get assistance there. And if they would pick one book to start reading of yours, which, which one would it be in your mind?

I think the most recent one Eat for life, because it has the most updated references and is more than 2000 scientific references in that book, you know, so I think it's better to get the earlier books have similar information, but not with the references that are as updated as that one.

A lot of that. Well, always a pleasure, Doctor Fuhrman, thank you so much for what you're doing and how you're changing the world and changing health for so many people.

Thank you so much. Thanks. Thank you too. Thanks for what you do to.