Summit Introduction and Cancer Prevention Message

Hi, I'm Doctor Fuhrman and welcome to my Plant Based Anti-cancer Summit. My purpose in putting on this summit is to describe in depth how powerful nutritional interventions are to protect against cancer, and how incredibly powerful effect they are even when people are diagnosed with cancer.

What I'm saying is we can almost wipe out cancer deaths in the modern world. If people would learn this information and apply it early enough in life.

That's right. I'm saying that the advances nutritional science in the last decade gives us an unprecedented opportunity in human history to live healthier and longer than ever before.

Contrary to popular belief, cancer is not predominantly genetic. It's an environmental and dietary disease. So for us now, it's a lifestyle choice. You can choose remember, your genes can be damaged or repaired based on your diet and your exposure to dangerous chemicals.

And when you eat a diet really rich in cancer protective nutrients, your inherited genes do not predict your health destiny. What I'm also saying is, what's very clear from the sign of literature is that the same foods shown to maximally protect against getting cancer are also the most effective for treating cancer.

These highly protective, fighter, nutrient rich foods slow aging, extend lifespan, and when you have cancer, they can slow cancer growth and even have the potential to induce and maintain a remission of the cancer, which all can explain further later.

So this summit is very different from maybe any other summit you've heard in the past. And I'll tell you why. It's because rather than pick those experts and physicians to interview based on the size of their email lists and their marketing savvy, I've instead populated the summit with people who have something worthwhile to say that can contribute to your education and really impact your life.

In other words, I've chosen not to maximize profits. I've refused most speakers and advertisers who wanted to participate and instead chose to have a smaller, more potent, and more useful summit to help those who really need to know this important information.

Why Nutrition Matters More Than Genetics

Plus, I'm giving four presentations out of the 20 myself to make sure you take home the main important points and leave knowing exactly what you need to do to protect yourself and even save your life.

And this is just the first of my presentations. My purpose is also make it clear so people know exactly what to do if they have cancer. That means all the nutritional strategies they should put into place, and they don't have to see multiple specialists and alternative practitioners and natural paths, and dietitians and other nutritional gurus that will charge them $10,000 to give them some IV nutrients ozone, apricot pits, and coffee enemas from Starbucks.

You can save him money and implement the most effective natural adjuncts to enable you to survive and even thrive, even after diagnosis of cancer. Because the most effective nutritional and natural interventions that have the most scientific support are safe and easily available.

Most Americans over the age of 60 likely have cancer cells or cancer precursor cells in their body. Cancers grow and replicate so slowly for decades, and even become more aggressive as the years pass, without any symptoms or findings on screening tests.

My point is, don't wait to receive a diagnosis of cancer to begin this cancer fighting program. Begin it right now. You know what they say. Announce a prevention is worth a pound of cure.

All right. The other fallacy of view, not well supported by science, is that you need to be evaluated with thousands of dollars of the blood work or hair analysis to discern the perfect nutritional interventions to customize your individual needs based on genetics or cancer type, or to get the to get the right advice to know what to do.

And I say bull donkey. That's not well supported by science. My review of over 10,000 studies on this issue say the exact opposite. They show the same beneficial mushrooms, plant extracts and phyto nutrients, and herbal compounds and fermented foods benefit all types of cancers.

And there's only a few exceptions where the recommendations should be slightly modified, but those are relatively rare. Plus, we know your nutrient levels in your cells are poor if you have cancer.

And that is what we're addressing with this diet and with the supplemental regiment. That's why you're here, right? You don't need expensive testing to figure this out.

You just need to start doing it. Nutritional interventions are safe there without the serious side effects, right? They don't have these the possible effects of conventional medical care.

G-BOMBS and the Power of Protective Foods

And they're very effective and even can be more effective than chemotherapy, for example, for many cancers. And I'm going to review this with you so you will know how and when chemotherapy is necessary and when it's not, and how to navigate the choices that you're going to hear from cancer specialists.

And in many instances, nutritional excellence is the best nutritional therapy and works the best. This next part of this first lecture is to highlight the prescriptive diet, highlight this with precision, and then we can discuss these elements that make it so protective and why it's designed this way.

So little by little, you'll absorb more and more of the convincing science that support this program. And by the way, if you read my latest book, eat for life, you'll see over a thousand scientific references that support this program.

This diet that I'm talking about here, of course, is very high in green vegetables and as high as possible in raw scallions, mixed sprouts, and a mixture of cooked mushrooms.

Now, you may have heard of my acronym G bombs, of course, which represents the six most powerful anti-cancer food categories that you're supposed to consume every day.

And of course, the g bomb stands for greens, beans, onions, mushrooms, berries and seeds. Six of them. Right now, I'm not going to present the studies on all these foods here.

It'll take too long, but I want you to know that there are hundreds of scientific studies that show the remarkable effects of each one of these food categories.

I'll just give one example a make a point. Here's a study that followed women who had breast cancer for ten years. Those were in the highest quintile of lignin consumption, showed a 71 low risk of death over that ten year period.

Lignin, their polyphenol compounds found in seeds, beans and vegetables. While most research on phyto estrogen rich diets have focused on soy isoflavones, lignin are the principal source of dietary phytoestrogens in the typical Western diet and the richest in flax seeds.

Now, they're also rich in whole sesame seeds and Shia seeds, too. In fact, a tablespoon of ground flax seeds has over 20mg of ligaments, and a tablespoon of sesame seeds is almost the same amount.

So in this study, the highest lignin containing group was only eating about a third of one milligram of lignin daily. So little I wouldn't even expect to see much benefit.

Yet that small amount reduce risk of death by over 70% right now, as nutrients eat over 20 to 30mg of lignin a day, ten times the amount in the highest group in that study.

So not only did they have very low exposure, but the intervention was started so late. We're talking about starting the intervention after diagnosis of breast cancer.

Imagine if they really ate a new diet with over 30mg of lignin a day. And what if they started that a decade before the breast cancer diagnosis, maybe even earlier in life?

So we're saying just showing you the power of even one intervention, plus the fact that this is not even the most protective part of the nutritional diet, the lignin.

Right.

Building the Anti-Cancer Daily Diet

It's the it sees the isothiocyanate that come from cruciferous vegetables and sprouts and the many compounds in mushrooms, two that are the most protected or for the most protection.

When you put together a dietary portfolio of all the different G bonds, you get a powerful synergistic protection against cancer. Each one of those things individually are powerful, but put them all together.

It's magic. The right anti-cancer foods and plant derived compounds all put together in your daily diet are our most potent prescription against cancer.

If you want a cancer proof your body or if you've been diagnosed with cancer, the next step is to build the phytonutrients concentration inside your cells, right?

We want your cells to contain these nutrients, and we do that by making every bite count and by chewing the food very, very well. Right. So I want you to have a small class of green vegetable juice twice a day to enable you to consume extra vegetable compounds without getting too full to overeat.

This juice should be continued about a year until the level of nutrients are optimized in the cells. And I'm describing the mechanism of the diet and exactly what to put in that juice.

And you'll also be able to download a booklet with this diet written out in detail, with full menus and recipes to. We're striving for about ten ounces of fresh vegetables use a day, so you typically make about 20oz in the morning, and that's enough for two servings on the first day, and then two servings in the second day.

And then after that, you know. Two days later, you can make another 20oz of juice, right? We're also using about 2 to 3oz of raw nuts and seeds a day, spaced out evenly with the three meals.

So that means that each meal has at least a half an ounce of nuts and seeds a day, with about half the nut seed intake coming from the high omega three containing nuts and seeds.

Of course, there are four of them, and they are flax seeds, chia seeds, hemp seeds, and walnuts. Those are the four that contain the most omega three fatty acids, and you want that to be at least half your nut intake.

So by using a small amount of these high fat foods with every meal, it ensures we absorb about 40 times the phyto nutrients from vegetables compared to the same meal without the nuts and seeds.

Of course, you need the fat to absorb these fat soluble compounds, right? We're also using about half a cup of

beans a day, or at least half a cup of beans a day, right?

And then at least one large salad a day. And let's discuss this salad for a little bit, because we're eating raw vegetables, a big salad for lunch and add some additional raw vegetables before dinner.

Menu two and a large portion of cooked greens with dinner. Right. So a larger. So having the raw vegetables and the cook green vegetables to maximize green vegetable exposure.

An important part of this anti-cancer diet. Now I want you to remember, you can say one important tidbit of information here. And that is it's kind of interesting.

Urinary ITC's the isothiocyanate was saying the most protective anti-cancer substance in green vegetables. Right. It's urinary. It's not dietary. It sees that have the best association with reduction of cancer.

I want you to understand this because the study referenced, I'm giving you all the references that I'm going to talk about in these lectures. But the study referenced below showed a 50% reduction in breast cancer occurrence in those who had more urinary ITC's.

Right. So it's important I explain this to you understand it. The ITC's form in the mouth based on how well you break, break open those cruciferous vegetables.

Right. So that are plant cells. And if you eat foods like arugula and collard greens and broccoli, but you don't shoot them very well in your in your salad, you're not going to get enough ITC concentration in your tissues or in your urine to have maximum protective effect against cancer, right?

So in other words, it's not what you put in your mouth, it's how well you chew what's in your mouth. So if you want your ITC concentration, your tissues to be high, then you have to eat the foods mostly raw, and you have to pay attention to how well you chew the salads, because that's where you're eating the sprouts, the arugula, the baby CL, the bark choice.

And you really want to think about this in a way that uses tremendous amount of concentration in mindfulness to chew the mouthful to a complete liquid before you allow it to be swallowed, so as to break the open the cells.

You're forming these it sees in your mouth. And that's how they get into your blood, your body and your cells. Right? Because people are just eating them and not doing well aren't going to get the concentration to the maximum effect.

Meal Examples and Recipe Framework

So just to be clear, the nutrition diet is the dietary portfolio I've put together. After more than 40 years of study and reviewing thousands more than 10,000 scientific studies and putting together what the foods that are most protective against cancer, and putting them into a diet that makes them taste great and makes this doable.

So here's a sample of what a new anti-cancer diet looks like. Right? So let's just go through the diet breakfast lunch and dinner. So breakfast we're using vegetable juice.

And we might use vegetables twice a day. But we have five ounces of juice not that much. And here we have in the juice we put in tomato right. Maybe some beaten carrot cruciferous vegetables like bok choy and some lettuce.

Right. And then all that's mixed in there. Besides the juice, you're having a small amount like a third of a cup to a half a cup, depending on your caloric needs.

Right? A small amount of a cooked intact grain, such as amaranth or commute or oat groats or quinoa. Right. And then you're having some ground seeds with that one tablespoon of ground chia seeds and one tablespoon of ground flax seeds.

And then so you have one tablespoon of ground chia and flax mixed in. And now we put in a tablespoon of raw which. And then you're putting in a cup of mixed frozen berries like frozen wild blueberries.

And then about a half a cup of organic unsweetened soy milk or plant milk. But usually we're going to use unsweetened soy milk. So that's a rough rough sample of of breakfast.

Let's go on to lunch. Now your lunch is a large chopped salad right. You're going to put in scallion red onion, tomatoes, lettuce arugula baby kale or bok choy or maybe some spinach.

Don't forget we're using a lot of lettuce. And we'll mixing the cruciferous part with the lettuce. That's the arugula baby kale sprouts that are mixed with the lettuce and spinach.

And right. So having both types. And then we're putting in some beans in there maybe tablespoon or two of cooked soybeans, maybe tablespoon of black lentils or red beans.

So we want to put some beans in there. And then a dressing made from nuts and seeds, which is very important to have the fat mixed in there to maximally absorb those nutrients.

Like my Russian fig dressing as an example, made with fig vinegar, almonds, walnuts and a rich tomato sauce or and roasted garlic, that's maybe one type of dressing or another.

Dressing may be a fruity dressing, like my orange sesame dressing with cashews and lightly toasted sesame seeds. Remember, those sesame seeds are very rich in anti-cancer ligands if they have the hull on them.

So they're on hold. Sesame seeds, right? That's of course, it's blended with a naval orange. And then we use blood orange vinegar and a squeeze of lemon to make that delicious dressing.

So we make it taste really good to eat the salad. And still at lunch we may have with that salad, a bowl of vegetable being soups that's cooked in a liquid made from about making a lot of soup at one time, like two quarts water and two quarts fresh vegetables juice, which maybe the juicy made in the morning and the juice were usually putting in the soup has carrot and celery and tomato and onion in the juice, and the soup then has in it mushrooms, variety of mushrooms and beans in there, and then maybe some fruit for dessert, such as frozen cherries, a frozen pomegranate arrows.

Note the half a teaspoon of raw garlic granules are used on the salad of the soup, so we use garlic granules liberally because they have a powerful anti-cancer effect.

We're using some fresh a frozen fruit for dessert. So we're mixing some vegetables with some fruit. And almost every meal we're mixing vegetables, beans, nuts which all the full mixture of all these different compounds at every single meal.

Now we're moving on to dinner, and dinner gets another five ounces of vegetable juice, followed by more raw vegetables, ones you did not eat lunch like red peppers, snow pods, raw broccoli, celery, jicama or sprouts.

Right. And then we have a salsa dip or roasted garlic hummus. And then we maybe have a walked vegetable dish. We're putting in things like collard greens, broccoli, snow pea pods, mushrooms, onions, water chestnuts with maybe a Thai curry sauce that served over a chickpeas or black lentils.

Then maybe some a dessert, maybe with frozen pomegranate arrows and frozen cherries or vanilla ice cream made from real vanilla bean powder mixed with some macadamia nuts or little walnuts mixed together with unsweetened salmon and frozen bananas.

So we're going to make this.

Closing Studies and Next Presentation Preview

So we're going to put this whole program together to include all these foods. And remember this. Half a teaspoon of raw garlic granules are used here on the dinner choices to right.

Because we're flavoring some of the menus, most of the vegetables by putting some raw garlic granules on there too for that and effect extra anti-cancer effects. Okay.

So now you have an idea what the basic food plan is like. The next step is to start learning the recipes to make these foods taste great. So to close this first presentation, I'm alerting you to three scientific studies discussed here in this presentation that's posted with this video that you may want to look at.

The first one is a study on the ligands of breast cancer. The second one is the study on urinary isothiocyanate or and cancer. And of course, and the third one is a sign of a journal publication presenting an expert multiple cases of advanced cancer that were put in remission with patients still alive now 15 to 25 years later, from following this recommended approach.

The approach that I put together, we followed people look at these cancer patients and the effect that it had. Thanks for joining us here. Get ready for my next presentation.