



Eat To Beat Disease - Anti Cancer Foods

Apples, apricots, blackberries, capers, carrots, celery, chestnuts, coffee, cranberries, dark, chocolate, grapes, green tea, olive oil, oregano, peanuts, peppers, pistachios, plums, pomegranates, purple, potatoes, soy, and walnuts.





Eat To Beat Disease - Stem Cell Foods

Bamboo shoots, blackberries, raspberries, black tea, blueberries, Chinese celery, coffee, collard greens, cranberries, dark chocolate, eggplant, Goji, berries, grapes, green beans, green tea, kale, mango, mustard greens, peaches, peanuts, pistachios, plums, rice bran, Seafood high in omega-3, spinach, squid ink, Swiss chard, turmeric, watercress, and whole-grains





Eat To Beat Disease - Microbiome Foods

Apricots, arugula, asparagus, bamboo shoots, black beans, black tea, bok choy, broccoli, cabbage, cauliflower, cherries, chickpeas, dark chocolate, green tea, kale, Kiwi, lentils, lion's mane mushrooms, mangoes, navy beans, olive oil, oolong tea, peaches, peas, Pomegranate juice, pumpernickel bread, rutabaga, shiitake mushrooms, tomatoes, turnips, walnuts, white button mushrooms, whole grains, Camembert cheese, Gouda cheese, kimchi, Parmigiano Reggiano cheese, sauerkraut, sourdough bread, yogurt





Eat To Beat Disease - DNA Foods

Broccoli, clams, guava, Hake, kiwi, oranges, oyster sauce, Pacific oysters, papaya, pink grapefruit, sea cucumber, tomato, tuna, watermelon, yellowtail fish, carrots, basil, cabbage, coffee, green tea, peppermint, Rosemary, Sage, soy, thyme, turmeric, almonds and almond butter, Brazil, nuts, cashews and cashew butter, chestnuts, flaxseeds, hazelnuts, macadamia nuts, peanuts and peanut butter, pecans, pinenuts, pistachios, pumpkin seeds, sesame seeds, squash seeds, sunflower seeds, tahini, walnuts





Eat To Beat Disease - Immunity Foods

Aged garlic, black raspberries, blackberries, blueberries, broccoli sprouts, Mushrooms including chanterelle, enoki, Maitake, oyster shiitake and white button, chestnuts, chili, peppers, licorice root, olive oil, Pacific oysters, pomegranate, walnuts, acerola vitamin C, cherry tomatoes, grapefruit, green tea, oranges, strawberries





Eat To Beat Disease - 5 x 5 x 5 Food Plan

Sunday - Nectarines, dark chocolate, broccoli stems, salmon, tomatoes

Monday - Chicken thighs, green tea, sourdough bread, walnuts, orange

Tuesday - Capers, whole wheat, pomegranate juice, tomato, dark chocolate

Wednesday - Halibut, soy, Gouda cheese, oolong tea, dark chocolate

Thursday - Tofu, Chinese celery, shiitake mushrooms, mango, chili peppers

Friday - Walnuts, purple potatoes, sourdough bread, tomato, kale

Saturday - Chicken, oysters, yogurt, kiwi, fruit, coffee .





Eat To Beat Disease - Grand Slammer Foods

Apricots, blueberries, cherries, kiwi fruit, lychee, mangoes, nectarines, peaches, plums, bamboo shoots, carrots, eggplant, fiddleheads, kale, black tea, chamomile tea, coffee, green tea, flaxseed, pumpkin seeds, sesame, seeds, sunflower, seeds, walnuts, squid ink, olive oil, dark chocolate.





Eat To Beat Disease - My Simple Plan

Choose from the nut family, daily.

Eat Organic pasture raised meats and Wild caught seafood.

Organic fruits and vegetables as much as possible.

Enjoy green and black non artificially flavored Teas and Organic, mold free Coffee.

Choose wisely from the cheese family.

Legumes.

Seeds: flax, pumpkin, Chia, Hemp, walnuts, sesame, sunflower.

Dried fruits, sparingly.

Green leafy and Cruciferous vegetables.

Mushrooms, onions, garlic

Enjoy Healthy Dark chocolate!

Plenty of Water!

