

## **Top 5 FOOD TIP SHEET FOR GOING THROUGH CHEMO**

These tips are based on Chinese Dietary Recommendations, since Chinese medicine works to restore balance in the body.

These food suggestions are guidelines, of course, but I found that they helped me enormously while going through cancer treatment.

### **TIP #1**

We all know that the liver is responsible for processing nutrients from food but it works very hard every day to remove toxins from our bodies. When you start a chemo regimen you know that the “strong medicine” is doing it’s job to kill cancer cells but it’s still an assault on the rest of the body. During chemo your liver is working double and triple time to rid the body of the chemo toxins so you don’t want to overstress the liver. If you minimize or avoid eating these foods, you’ll be giving your liver a real break to focus on ridding the body of those toxic chemicals even faster.

These foods are :

- 1) Alcohol
- 2) Caffeine (even decaf)
- 3) Sugar and white flour
- 4) Greasy, oily foods
- 5) Nuts (they’re hard to digest)
- 6) Spicy foods
- 7) Red meat
- 8) Overeating in general

### **TIP #2**

In addition to the liver digestion is key when it comes to overall good health. These are also foods to minimize eating or avoiding all together to give your body the best possible “leg up” when going through cancer treatment.

These foods are :

- 1) Raw salads, fruit and veggies
- 2) Sugar and sweets of any kind
- 3) Cold drinks
- 4) Frozen or chilled foods
- 5) Dairy
- 6) Beer
- 7) Melons, strawberries, bananas
- 8) Lettuce, radishes, celery
- 9) Fruit juices and large doses of vitamin C
- 10) Buckwheat
- 11) Tomatoes-keep to a minimum

\*If you’ve noticed the common theme of “chilled” foods, you’re right on. It’s best during to eat warm, cooked foods, especially veggies, soups and stews. Make sure your grains are also well cooked and easy to digest. Try to drink a cup of warm water, broth or soup, or herbal tea with each meal. You can use these spices-black and white pepper, cardamom, fresh ginger, ginger powder, cloves, nutmeg and fennel.

### TIP #3

Cherries and grapes are actually very good for you and your digestive track. In addition, cherries remove excess body acids and stagnant blood. As we all know, it's excess acid in our bodies that can cause disease. In addition, cherries reduce inflammation, are powerful antioxidants, they boost the immune system AND they help promote melatonin so a little before bedtime will help you sleep when you have insomnia. I buy frozen cherries when they aren't in season and let them thaw, put them in baggies in the fridge and eat them at room temperature throughout the week.

### TIP #4

For blood richness the ideal foods to eat (and what I ate) are:

- 1) Cooked leafy greens
- 2) Small portions of animal protein
- 3) Cherries, beets, grapes and raspberries
- 4) Orange and yellow veggies
- 5) Meat and marrow broths and soups
- 6) Easily digestible grains
- 7) \*Black beans

\*I note this because if you like them like I do, go crazy! Everyday before my next chemo session I would have a large black bean burrito to give me tons of protein for the coming days. I didn't do cheese or other "interesting" toppings but rather just the beans in the tortilla and it was one of the few times I indulged by eating the white flour tortilla.

### TIP #5

Tip #5 is Exercise. If you are going through chemo or about to start, I can't stress enough "moving" at least 2 days after your last treatment. Movement is good **ANYTIME**, but seriously, if you can get out for a short 20 minute walk each day, you'll be flushing those toxic chemicals out of your body and your body will thank you for it. I was fortunate to have a treadmill at home and I did jump on for 20 minutes every day that I could.

Granted, the first two following chemo treatment were tough with the nausea and fatigue but 20 minutes of gentle walking and drinking room temp water really made me feel like I was helping my body to rid itself of the toxins in a faster way. And thus, I came out of all of my sessions not feeling so beat up. After my walk I jumped back in bed for a nice nap.

***Everyone responds to chemotherapy differently and some folks seem to not feel the debilitating effects that others do. Whether you do or not, you've had a heavy duty chemical put into your body to eradicate cancer cells, so let it do it's job and then get it flushed through.***