

THE CANCER SURVIVOR'S COURSE FOR

Thriving Through Cancer *Toxic Foods*

*Causes stress, hormone imbalance, acidity
inflammation, & brain fog

- **Alcohol**
- **Artificial Food Additives**
- **BPA**
- **Dairy; conventional**
- **Fruits; non-organic**
- **Genetically Modified Organisms (GMO).**
- **Meat; non-organic, hormone treated animals**
- **Meat; processed**
- **Microwaved Plastics**
- **Partially Hydrogenated Oils**
- **Pasteurized Foods**
- **Refined Sugar**
- **Seafood; farmed**
- **Soda**
- **Trans Fats (Trans Fatty Acids)**
- **Vegetables; non-organic**
- **Wheat & White flour**

Alcohol: increases sugar, decreases judgement.

Artificial Food Additives: when metabolized they release free radicals.

BPA: an endocrine disruptor. Metabolizes in the liver, accumulates in tissues, increases blood pressure, linked to cancer.

Dairy; conventional: increases inflammation, weakens immune system, cows fed unnatural diet of GMO grains and artificial hormones.

Fruits; non-organic: laden with toxins, pesticides, fungicides, increases super pests.

Genetically Modified Organisms (GMO): glyphosate, linked to cancer. Common crops- corn, soybean, cotton, canola, squash, zucchini.

Meat; non-organic, hormone treated: increases hormones, inflammation.

Meats; processed: nitrates and nitrites linked to gastrointestinal cancers.

Refined Sugar: triggers insulin then glucose.

Seafood; farmed: less minerals, more calories, more omega 6 fatty acids, fed unnatural diet of GMOs grains and fish by-products, artificial hormones and antibiotics.

Soda: has additives, tonics full of salt.

Trans-fats: damaged fats creates inflammation.

Vegetables; non-organic: laden with toxins, pesticides, fungicides, increases super pests.

Wheat & White flour: causes inflammation that weakens immune system and digestion.