



Organic Vegan Foods to Help Recover from Chemotherapy

So it breaks my heart to even think about this topic, especially with so many people (and pets) suffering from cancer these days. I have my own theories about its causes (household cleaners and chemicals, personal body care products, lawn and garden chemicals, chemicals in clothing & mattresses, and non-organic food, as well as too much sugar, chocolate, meat and dairy intake), but these are my thoughts and I know there are still many mysteries around this. However, I do know that many people have found healing through an organic, whole foods, raw vegan diet, and there are rejuvenation centers and programs to help people be at their optimal health.

One such healing center (in India, if you are up for taking a long trip!) that I would love to visit one day is the Isha Rejuvenation Center offering Siddha and Ayurveda Therapy. For more information -

<http://www.ishafoundation.org/Inner-Transformation/isha-rejuvenation.isa>

Their US center in McMinnville Tennessee also now offers rejuvenation programs -

<https://isha.sadhguru.org/global/en/yoga-meditation/yoga-program-for-beginners/isha-rejuvenation>

I have a few friends who are going through chemotherapy, and found these links and selected information from a quick Google search for "foods to help chemotherapy". I hope this is helpful to you, please let me know if you have other sources, suggestions, etc. Would love to be able to share this collective knowledge with others as well!

<http://health.howstuffworks.com/diseases-conditions/cancer/facts/10-healthy-foods-for-cancer-patients.htm#page=0>

- Vitamin E (get from organic avocados, safflower/vegetable oils, sunflower seeds, raw wheat germ, nuts, peanuts, green leafy vegetables, whole wheat flour, whole grains, spinach.)
<http://gentleworld.org/vegan-sources-of-vitamins-minerals/> - helps with antioxidants, immune system, nausea, **peripheral neuropathy**
- Selenium (get from raw organic brazil nuts) - those given "selenium treatment had less nausea, vomiting, abdominal pain, intestinal gas, mouth sores, hair loss, weakness, malaise and loss of appetite"
- Ginger - "ginger supplements may help reduce nausea from chemotherapy treatments by up to 40 percent "



- Acai berry - "their antioxidant concentration helps fight premature aging, promotes cardiovascular and digestive health and, according to some studies, aid in combating cancer."
- Peas (dried), beans & legumes - mung beans, split peas and lentils cook super fast (20 minutes) and no pre-soaking needed. Yummy cooked together with brown rice or potatoes/yams/sweet potatoes, add organic sesame oil, sea salt, cumin seed at end.
- Soy, soy yogurt
- Spinach, kale, Romaine lettuce and collard greens, broccoli and cauliflower

<http://www.webmd.com/ovarian-cancer/features/15-nutrition-tips-chemo>
<http://www.cancer.org/treatment/treatmentsandsideeffects/physicalsideeffects/nauseaandvomiting/nauseaandvomiting/nausea-and-vomiting-eating-right>

<http://www.dana-farber.org/Adult-Care/Treatment-and-Support/Patient-and-Family-Support/Nutrition-Services.aspx#Meal Planning>
<http://www.dana-farber.org/Health-Library/Daily-Menu-for-a-Person-Undergoing-Chemotherapy.aspx>

Google Search for "vegan foods to help chemotherapy"

<http://uvahealth.com/blog/2012/01/16/antioxidants-and-vegan-diets-the-role-of-a-cancer-center-dietitian/>

[http://www.sharonkleynehour.com/Archive2011/Vegan Diet and Cancer Survival.php](http://www.sharonkleynehour.com/Archive2011/Vegan_Diet_and_Cancer_Survival.php)

<http://voices.yahoo.com/natural-cancer-cure-woman-cures-breast-cancer-with-1386785.html>

<http://www.cancercompass.com/message-board/message/all.65741.0.htm>

<http://www.collective-evolution.com/2013/07/21/man-with-stage-3-colon-cancer-refuses-chemotherapy-cures-himself-with-vegan-diet/>

<http://gentleworld.org/vegan-sources-of-vitamins-minerals/>

<http://ruthheidrich.com/> - an inspirational lady!

Interesting video on signs of cancer -

http://www.newsmaxhealth.com/MKTNews/Brownstein-cancer-video-documentary/2013/02/11/id/489887/?promo_code=14D15-1

I hope this information is helpful, and again, please send other ideas that have worked for you or those you know my way and I will be happy to consolidate them here!

Best wishes and prayers for a full healing, mind, body, and spirit!



Christina Borland, Owner
Go Veggie Girl, LLC