



Conquering Cancer™ Digest

BY NATHAN CRANE

Why Eating Organic Matters

(and Why You Need to Avoid Glyphosate)

BY NATHAN CRANE

In the 1990s, the first wave of produce created through genetic engineering became available to U.S. consumers.¹

In the 30 or so years since then, the term “GMO” (which stands for genetically modified organism) has become rather polarizing. On one side you have government departments (including the Food & Drug Administration & U.S. Department of Agriculture), big agriculture, and powerful chemical companies such as Monsanto defending it as a safe and useful technology that helps to feed the world.

On the other side are many consumer advocates, health practitioners, researchers, and everyday citizens who have been sounding the alarm that we need to avoid consuming GMOs at all costs if we want to retain our health.

I stand firmly in this latter camp.

Many people really don't understand just why avoiding genetically modified foods is so important for both cancer prevention and when working to heal yourself from cancer.

The science of GMOs is complicated, so we'll stick to what I see as the biggest problem with genetically modified plants.... glyphosate.



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Glyphosate is the main ingredient in Roundup™, the world's most popular herbicide used to kill vegetation.

Monsanto, which is owned by the pharmaceutical company Bayer, is both the inventor of glyphosate and the manufacturer of Roundup.

When Roundup is sprayed onto food crops, glyphosate enters the plant. While some is broken down or eliminated through the roots, significant glyphosate residues remain. Because it's on the inside of the plant, it can't be washed off – no matter how much you scrub or peel.

More than 80% of genetically modified (GM) crops are "Roundup Ready." This means the crops themselves aren't destroyed when farmers spray copious amounts of Roundup over the whole field to kill the weeds.

There are six main Roundup Ready crops grown in the U.S.:

- Corn
- Soybeans
- Cotton (used to make both fabric & cottonseed oil)
- Canola
- Sugar beets (used exclusively for sugar)
- Alfalfa

These crops are turned into ingredients that are found throughout the human and animal food supply.



Another serious issue relating to glyphosate is that more than 70 non-GMO crops including oats, grains, beans, almonds, apples, lentils, chickpeas, peas, grapes, rice, and sunflowers are often sprayed with Roundup just before harvest in order to increase yields and make harvesting easier.² **Significant glyphosate residue can remain on these crops and enter the food supply that way.**

4 Ways You're Exposed to GMOs & Glyphosate Through Food

As a consumer, you are exposed to GMOs & glyphosate^{3, 4} in 4 key ways:

1. Consuming a genetically modified food directly.
 - E.g., genetically modified zucchini, papaya, or yellow squash, canned soybeans or corn.
2. Consuming derivatives of the crop.
 - E.g., tuna canned in soybean oil, tortillas made with GMO corn, salad dressing made with canola oil, or cookies made with beet sugar.
3. Consuming animal products from animals given genetically modified feed.
 - E.g., eggs, milk, meat, and any products made from animal products (yogurt, cheese, deli meats, jerky, etc.)
4. Non-GMO crops such as oats, wheat, beans, and more are sprayed with glyphosate to help dry them out and increase yield.
 - E.g., breakfast cereals, whole wheat bread, oatmeal, baked goods.





5 Key Ways That Glyphosate Destroys Your Health

Now that we've covered the primary ways that you might ingest glyphosate through the foods you're eating, let's review why it's such a problem. **Peer-reviewed research shows that glyphosate harms human health in multiple ways:**

1

Glyphosate is a chelator that binds with minerals and makes them unusable by your body. So even if you're consuming minerals through foods and supplements, your body isn't getting the benefit from the minerals it needs to function.

2

Glyphosate acts as an antibiotic that preferentially kills good (beneficial) bacteria in your gut and allows harmful bacteria such as E. coli to reproduce.

3

Glyphosate is an endocrine disruptor, meaning it disrupts hormones, including sex hormone balance.

4

Glyphosate is a mitochondrial toxin, meaning that it can damage mitochondria (the "energy factories" of our cells).

5

Glyphosate is a teratogen, meaning that it can lead to birth defects.

Glyphosate Causes Cancer: Case Closed

In **March 2015**, the International Agency for Research on Cancer (the specialized cancer agency of the World Health Organization) announced the results of its study into the health impact of glyphosate. The agency found sufficient evidence to classify glyphosate as probably carcinogenic to humans (Group 2A).⁵

By **May 2017**, more than 800 Non-Hodgkin's Lymphoma cancer patients had already filed lawsuits against Monsanto, the manufacturer of Roundup, which contains glyphosate and other ingredients that attorneys claimed made the glyphosate even more carcinogenic.

A Monsanto spokesperson brazenly told CNN at that time that "Glyphosate-based herbicides, including Roundup-brand formulated products with surfactants, all have a long history of safe use and do not pose any unreasonable risk to human health when used according to label directions."⁶

In **June 2018**, the first case against Monsanto went to trial in the U.S. A statement from Monsanto's vice president of strategy at that time claimed that "More than 800 scientific

studies, the U.S. EPA (Environmental Protection Agency), the National Institutes of Health and regulators around the world have concluded that glyphosate is safe for use and does not cause cancer."

By **July 2019**, more than 11,000 cancer patients were suing Monsanto with three cases having gone to trial. All three patients won their cases with huge payouts from Monsanto awarded by the courts.^{8, 9, 10}

In **June 2020**, Bayer announced they would make a total payment of over \$10 billion to resolve approximately 125,000 current and potential future Roundup™ claims but that "the agreements contain no admission of liability or wrongdoing."¹¹

Based on the evidence presented in these trials by expert witnesses and the outcomes of these trials, it is clear that glyphosate and Roundup do indeed cause cancer.

Roundup is still sold in many home and garden stores for home use and it is used in many golf courses, parks, and recreational areas. If you value your health and the health of your family and pets... do NOT use Roundup in your own yard or willingly expose yourself to it.

What's the Best Way to Avoid Glyphosate in Your Food?

The #1 best way to avoid genetically modified foods and glyphosate residue is to buy organic food. USDA certified organic foods are all non-GMO. Plus they have the added benefit of minimal pesticides and much tighter regulation over how they're processed.

For processed/packaged foods, a "Non-GMO" label on the packaging means the product does not contain genetically modified organisms... but it can still contain or have been processed using other health-harming processes and this label does NOT mean the ingredients are organic.



There's a relatively new certification program and label you may also now be seeing on products. "Glyphosate Residue Free certification" was launched by The Detox Project in 2017. Companies can pay to have their products tested for glyphosate residue and use the badge if they meet the certification requirements.



Shopping Tip:

If you're shopping at a farmer's market or signing up for a CSA box (community supported agriculture), always ask about how the produce was grown. Ask if they use genetically modified seeds and what kind of pest control methods they use.

Many small farmers can't afford the fees for certified organic but follow the same principles or use no pesticides at all. These local fruits and vegetables are just as good (if not better) as certified organic produce that you'll find in the grocery store... especially if you can get produce picked fresh that same day!

Another helpful resource is the Environmental Working Group's (EWG) "Dirty Dozen" and "Clean Fifteen" lists that rank the crops that are the most and least likely to be contaminated with pesticides. While all organic/pesticide-free is best... at a minimum you want to buy organic for anything on the [Dirty Dozen list](#).





Warning: Even Non-GMO & Organic Foods Can be Contaminated with Glyphosate

While buying organic is by far and away the safest and healthiest option, the results from the most comprehensive glyphosate testing of food products ever conducted in the U.S. are very concerning.

The test was conducted by The Detox Project and the results released in February 2022.¹² Their findings showcase the extent to which glyphosate spraying is infecting the entire food chain — including non-GMO and organic crops.

- Out of 37 **conventional** food products tested, 23 were contaminated with glyphosate (62%)
- Out of 26 **certified Non-GMO** products, 18 tested positive for glyphosate (69%)
- Out of 23 **organic** products tested, 5 contained glyphosate (22%)

[YOU CAN DOWNLOAD THE FULL TESTING REPORT HERE](#)

28 Diseases & Health Conditions Improved on a Non-GMO Diet

Making the switch from GMO foods to organic food not only reduces your cancer risk, it can make you feel better in so many ways. According to a survey of 3,256 respondents¹³ (mostly from the U.S.), the following health conditions were improved by eliminating GMO foods from the diet:

Digestive Disorders	85.2%
Fatigue / low energy	60.4%
Overweight / Obesity	54.6%
Clouding of consciousness ("brain fog")	51.7%
Mood problems such as anxiety or depression	51.1%
Food allergies & sensitivities	50.2%
Memory & concentration	48.1%
Joint pain	47.5%
Seasonal allergies	46.6%
Gluten sensitivity	42.2%
Insomnia	33.2%
Other skin conditions (not eczema)	30.9%
Hormonal problems	30.4%
Musculoskeletal pain	25.2%
Autoimmune disease	21.4%
Eczema	20.8%
Cardiovascular problems	19.8%
Asthma	14.8%
Menstrual problems	13.1%
Diabetes	10.6%
Other mental disorders	7.9%
Underweight	6.5%
Cancer	4.8%
Kidney disease	4.5%
Infertility	3.8%
Autism spectrum	2.6%
Alzheimer's disease	2.4%
Parkinson's disease	1.4%

It's important to note that almost three-quarters (74.4%) of the respondents switched to an organic diet and many made additional changes such as cutting out processed foods, going gluten-free, and eliminating dairy products.

Dr. Lodi Recommends

Dr. Thomas Lodi, MD(H), is a founding member of the International Organization of Integrative Cancer Physicians (IOICP) and an active-allied member of the American Society of Clinical Oncology (ASCO).

For his patients who suffer from sensitivities to chemicals, including glyphosate and pesticides, he recommends the following two products:

Biome Medic by Purium

- This is the first product certified by The Detox Project as a glyphosate detox solution.

Isopathic Phenolic Rings® by Energetix® is a homeopathic remedy for multiple sensitivities.



Key Takeaway

Although certified organic crops are no longer safe from contamination by glyphosate through particles carried by the wind and rain... it's still the best and safest food option we have available to us today. Whenever you can, stick to organic foods (or foods you know are grown using non-GMO seeds and no pesticides) to minimize your cancer risk and improve a broad range of health issues.

SOURCES:

1. <https://www.fda.gov/food/agricultural-biotechnology/science-and-history-gmos-and-other-food-modification-processes>
2. <https://detoxproject.org/the-poison-in-our-daily-bread-glyphosate-contamination-widespread-in-essential-foods/>
3. https://www.ichnfm.org/_files/ugd/93e00d_fc0371813bf846fe808ebe81ab453de2.pdf
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6. <https://www.cnn.com/2017/05/15/health/roundup-herbicide-cancer-allegations/index.html>
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10. <https://www.cnn.com/2019/05/14/health/monsanto-2-billion-dollar-roundup-cancer-verdict/index.html>
11. <https://www.media.bayer.com/baynews/baynews.nsf/id/Bayer-announces-agreements-to-resolve-major-legacy-Monsanto-litigation>
12. https://detoxproject.org/wp-content/uploads/2022/02/Glyphosate_Contamination_Report_Final1.pdf
13. https://www.ichnfm.org/_files/ugd/93e00d_fc0371813bf846fe808ebe81ab453de2.pdf

Dr. Simonton's Relaxation & Mental Imagery for Cancer Healing

BY NATHAN CRANE



Stress is one of the major contributors to disease and is also a barrier to healing from cancer. To counteract the stressors we encounter on a daily basis (and the fear generated from a cancer diagnosis), **we need to develop effective relaxation techniques.**

While it may seem relaxing to lie on the couch after a hard day and binge Netflix or meet up with a friend for a coffee or glass of wine, these types of pleasurable activities don't actually discharge the physical effects of stress.

As a result, they aren't truly healing for your body – especially if you're dealing with cancer or other serious illnesses.

The relaxation and mental imagery process I'm sharing here come from the book *Getting*

Well Again: A Step-by-Step, Self-Help Guide to Overcoming Cancer for Patients and Their Families by Dr. O. Carl Simonton.

“

Learning to use
mental guidance to
produce physical
relaxation should help
strengthen your belief that
you can use your mind in
support of your body.

- DR. O. CARL SIMONTON

Dr. Simonton was a specialist in radiation and oncology who became an early proponent of mind-body medicine, starting back in the 1969. **Cancer patients that Simonton and his team worked with had a survival rate twice the national norm and often experienced dramatic remissions and complete reversals of their cancer.**

As Dr. Simonton explains in the opening pages of the book, “Understanding how much you can participate in your health or illness is a significant first step for everyone in getting well. For many of our patients it is the critically important step.”

This relaxation technique may be particularly beneficial if you're someone who finds the idea or practice of meditation challenging because there's no expectation of emptying your mind or not thinking. It's not difficult and anyone can learn to do it.



Dr. Simonton recommended that cancer patients complete the combined relaxation and mental imagery activity 3x/day for 10-15 minutes at a time.

If you don't have a cancer diagnosis, the relaxation technique can be used by itself and is highly beneficial for anyone as a general stress reliever. The relaxation and mental imagery technique can also be used for other health conditions.

Keep in mind that the more you practice your relaxation technique, the faster and more easily you'll be able to enter into increasingly relaxed states.

A woman with long dark hair is lying on her back on a light-colored sofa. She is wearing a light pink long-sleeved shirt and light-colored pants. Her arms are raised behind her head, and her eyes are closed, suggesting a state of relaxation. The background shows a bright window with sheer curtains and a small potted plant on the left.

How to do the *Relaxation* Technique

1. SIT COMFORTABLY

Sit in a quiet space in a comfortable chair with soft lighting. Have your feet flat on the floor and eyes closed. Become aware of your breathing

2. TAKE SOME SLOW, DEEP BREATHS

Each time you exhale, mentally say to yourself “relax”.

3. NOTICE ANY TENSION

Feel any tension in your face & eyes. Make a mental image of the tension (e.g., clenched fist, rope in a knot, etc.) and then imagine it going limp like a rubber band.

4. TENSE & RELEASE

As your face & eyes relax, feel a wave of relaxation spread through your body. Tense & squeeze them, release again, and feel the relaxation spreading down your body.

5. REPEAT FOR EACH BODY PART

Repeat this tensing & releasing process for your jaw, neck, shoulders, back, arms, hands, chest, stomach, thighs, calves, ankles, feet & toes. For each body part, mentally picture the tension, imagine it melting away, tense the area, and then relax it.

6. REST IN THIS STATE FOR 2-5 MIN

After relaxing each body part, rest in this relaxed state for 2-5 minutes. Open your eyes slowly and go on with your day.

TIP: *Make a recording of the instructions on your phone that you can play to guide you through the steps.*



Adding on the Mental Imagery Process *(For Cancer Patients)*

The mental imagery that Dr. Simonton prescribed to his patients has the exact same first 5 steps as the Relaxation Technique above. But this time you'll go deeper with your imagination, while keeping your eyes closed.

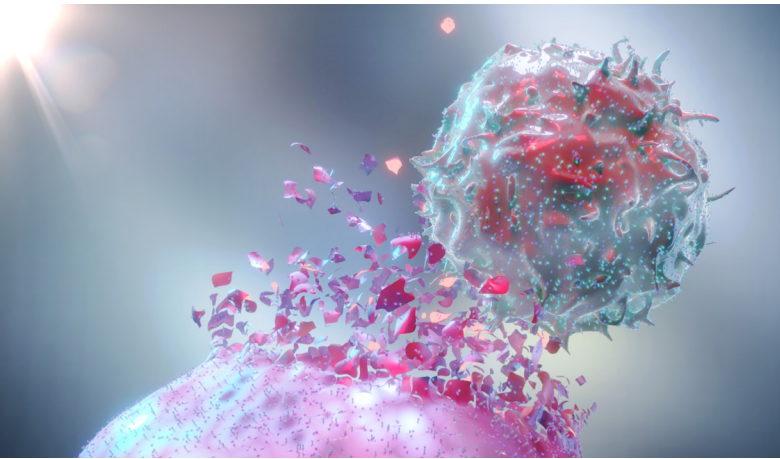
7. PICTURE YOURSELF IN BEAUTIFUL SURROUNDINGS

Imagine yourself somewhere pleasant and natural. Maybe it's a beautiful meadow, beside a stream, or whatever makes you feel most comfortable. Imagine as many details of the scene as you can.

8. CONTINUE PICTURING YOURSELF IN THIS ENJOYABLE PLACE FOR 2-3 MINUTES MORE

9. MENTALLY PICTURE THE CANCER CELLS IN YOUR BODY

Think of them as weak and confused cells that don't know what they're doing. Remember that our bodies are constantly destroying cancer cells throughout our lifetimes and know how to do that. Understand that your recovery requires your immune system to return to its natural, healthy state.



10. (IF YOU'RE RECEIVING TREATMENT) IMAGINE THE TREATMENT COMING INTO YOUR BODY AND EASILY WIPING OUT THE WEAK AND CONFUSED CANCER CELLS

It might be a laser beam blowing up the cancer cells, a Pac-Man eating them up, or any symbolic representation that makes sense to you. Visualize all your normal, healthy cells as being strong and intelligent and the treatment not harming them at all.

11. PICTURE YOUR WHITE BLOOD CELLS

Imagine your white blood cells as a vast army flowing into the area where the cancer is. They easily recognize the weak cancer

cells and destroy them. The white blood cells are smart, strong, and aggressive and there is no contest between them and the cancer cells.

12. PICTURE THE CANCER SHRINKING

Imagine the dead cells being carried away and flushed from your body and flushed down the toilet. See the cancer shrinking until it's all gone. See yourself strong and healthy with lots of energy. Feeling loved and happy with your family as the cancer disappears.

13. IF YOU HAVE ANY PAIN, SEE THE WHITE BLOOD CELLS FLOWING TO THE AREA AND SOOTHING IT

Whatever the problem, see your body healing and becoming well.

14. IMAGINE YOURSELF FULL OF ENERGY AND FREE OF DISEASE.

See yourself reaching your life goals, feeling happy, and being surrounded by people you love.

15. GIVE YOURSELF A MENTAL PAT ON THE BACK FOR PARTICIPATING IN YOUR OWN RECOVERY

Visualize yourself doing this mental imagery exercise 3x/day and being alert and awake while you do it.

16. RELAX YOUR EYELIDS AND SLOWLY OPEN YOUR EYES, BECOMING AWARE OF YOUR SURROUNDINGS

Let your eyes open fully and go on with your day, knowing that you are actively contributing to your own healing.



Mental Imagery for *Ailments* Other Than Cancer

For pain and illnesses other than cancer, simply adjust steps 10-13 with creating a mental picture of your condition in whatever way makes sense to you. Imagine any treatments you're using working and strengthening your body's natural ability to heal itself.

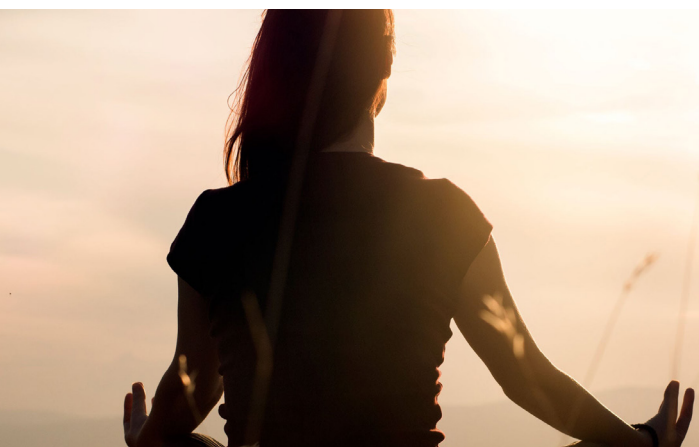
Additional Tips

Use whatever sense is more natural to you. For instance, you may "feel" rather than "see". There's no right or wrong way to do this.

Dr. Simonton also recommends drawing a picture of your imagery after completing your first mental imagery session. This will help you to identify your beliefs and attitudes toward the cancer or other ailment.

SOURCE:

<https://www.amazon.com/Getting-Well-Again-Bestselling-Revolutionary/dp/0553280333>



[W]ithin one's mind is a power capable of exerting forces which can either enhance or inhibit the progress of this disease.

- DR. O. CARL SIMONTON

Easy Avocado Dressing

BY JOEL FUHRMAN, M.D.

SERVES: 4

Directions

Place all ingredients in a high-powered blender or food processor and puree until smooth. Add additional water if needed to adjust consistency.

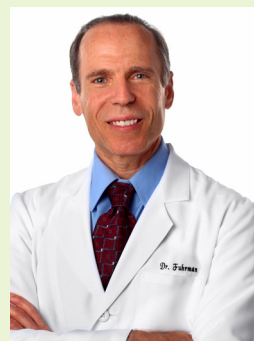
PER SERVING: Calories 137, Protein 3 g, Carbohydrates 9 g, Sugars 1 g, Total Fat 10.7 g, Saturated Fat 1.5 g, Cholesterol 0 mg, Sodium 8 mg, Fiber 5.7 g, Beta-Carotene 59 ug, Vitamin C 10 mg, Calcium 17 mg, Iron 0.6 mg, Folate 64 ug, Magnesium 27 mg, Potassium 376 mg, Zinc 1.3 mg, Selenium 0.4 ug

Ingredients

- 2 avocados, peeled and pitted
- 1 lime, juiced
- 1 clove garlic, minced
- 1/4 cup minced onion
- 2 tablespoons nutritional yeast
- 1/8 teaspoon cayenne pepper or more to taste
- 1/4 cup water

Joel Fuhrman, M.D.

is a board-certified family physician, nutritional researcher and six-time *New York Times* best-selling author. He serves as the President of the Nutritional Research Foundation. Dr. Fuhrman has authored numerous research articles published in medical journals and is on the faculty of Northern Arizona University, Health Science Division. His two most recent books are *Eat to Live Quick* and *Easy Cookbook* and *Fast Food Genocide*.





What You Need to Know About Enzymes for Better Health & Cancer Prevention

BY NATHAN CRANE

Enzymes are no less than a miracle of evolution. They have evolved over millions (and perhaps billions) of years to facilitate, or catalyze, a number of chemical transformations (known as biochemical reactions) in living beings, including us humans.

There are more than a thousand different enzymes present in every one of our body's cells.

These enzymes combine with various coenzymes to form thousands of protein-chemical complexes that help to maintain every aspect of life. [A coenzyme is an organic chemical molecule, usually a vitamin or a derivative of a vitamin, that binds to enzymes and assists them in catalyzing biochemical reactions.]

For example, Dr. Richard Wolfenden, Alumni Distinguished Professor Biochemistry and

Biophysics and Chemistry at the University of North Carolina at Chapel Hill, stated that without a particular enzyme, a biological transformation that was “absolutely essential”

What's amazing is that certain enzymes can accelerate the speed of conversion of one chemical compound to another up to 10^{20} (that's ten with 20 zeros after it) times faster than it would be possible without the enzymes.

That's how powerful they are.

in creating the building blocks of our genetic material would take 78 million years to complete.¹ Similarly, Dr. Wolfenden also identified another biochemical reaction, which he stated would take 2.3 billion years to complete in the absence of an enzyme!

Fortunately for us, enzymes make these vital biochemical reactions (and thousands of other processes that keep our bodies alive and functioning) happen in mere milliseconds, and they do it over and over again without us having to give them any thought... at least until something goes wrong.



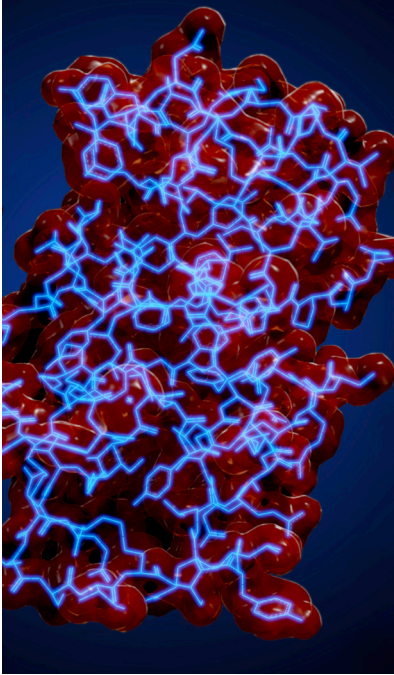
The Food Enzyme Concept

Dr. Edward Howell was one of America's pioneering biochemists and nutrition researchers, along with being the author of the groundbreaking book *Enzyme Nutrition*.² In his book, he stated that all enzymes are endowed with a vital "activity" factor, or life energy, that gets depleted over time. For example, in our 20s we have 30 times more enzymes than we do after the age of 69!³

The capacity of a living organism to make enzymes and maintain their functional activity (known as the organism's "enzyme potential") is also limited and exhaustible. In other words, **our body eventually runs out of enzymes, and, when it does, our life is over.** That's why it's important that we do everything we can to support our body's enzyme potential.

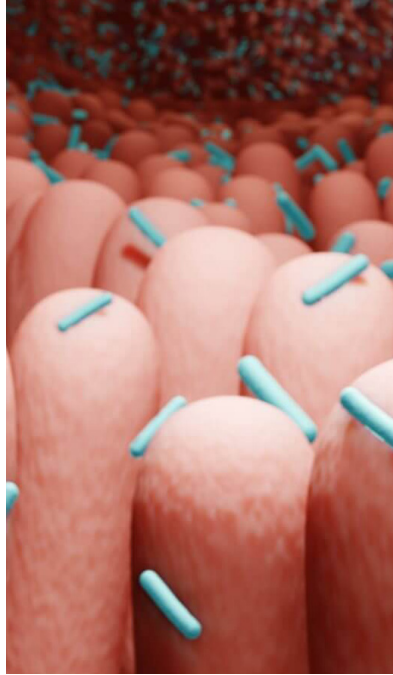
The 3 Types of Enzymes

There are 3 basic types of enzymes that we need to be concerned with:



Metabolic enzymes

(also known as systemic enzymes), manage daily maintenance and repair activities such as cleaning up damaged/abnormal cells (i.e., cancer cells).



Digestive enzymes

which digest our food and extract nutrients to generate energy that fuels our daily activities.



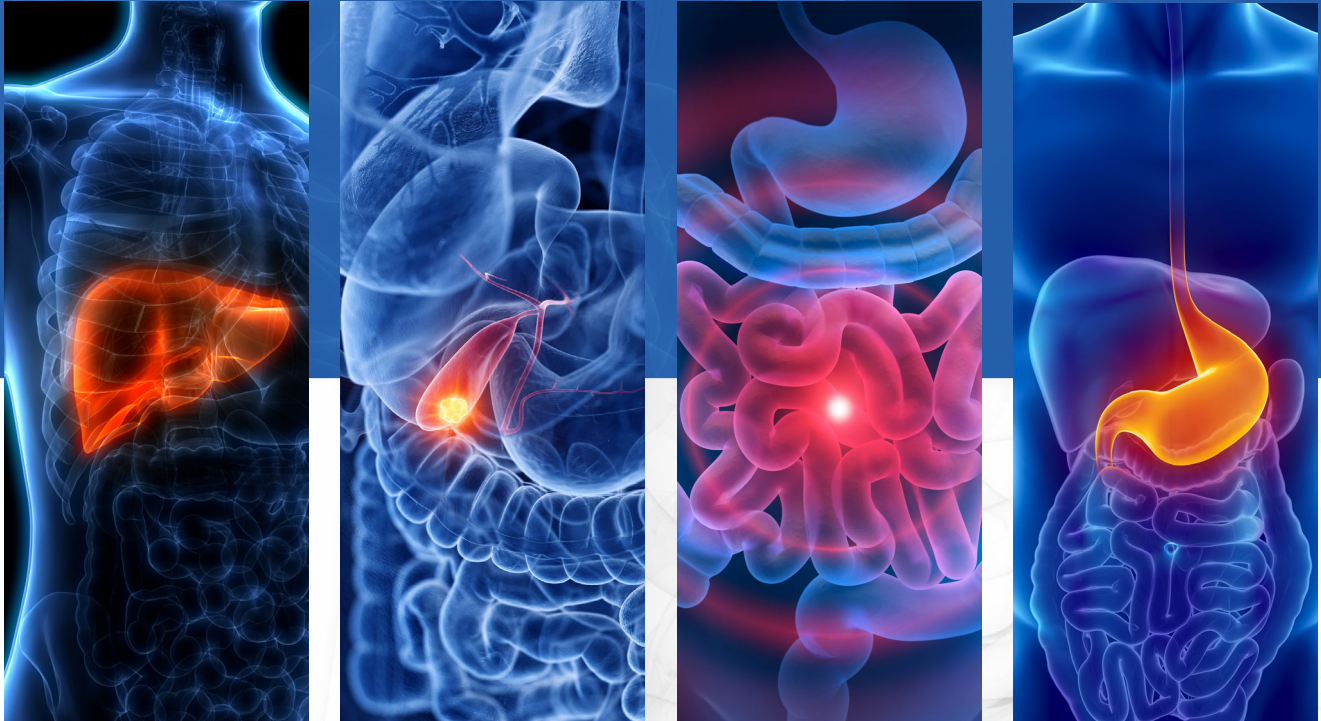
Food enzymes

which are naturally present in raw or lightly cooked whole foods.

Metabolic and digestive enzymes are manufactured in the body. But it's the food you consume that supplies these enzymes with the raw materials needed to effectively do their jobs.

Metabolic enzymes take sugars, starches, and polysaccharides from carbohydrates; amino acids from proteins; and lipids from fats; and use them to maintain and repair the body's tissues and organs.

Every organ and tissue also has its own set of metabolic enzymes, which do specialized work. For example, the liver contains hundreds of unique enzymes that are necessary for its daily activities, many of which are not present elsewhere in the body.



Digestive enzymes, which are mainly produced in the pancreas, help us digest our food and generate energy. The liver, gallbladder, small intestine, stomach, and colon also play important roles in digestive enzyme production.

Our body requires different types of digestive enzymes to break down different foods. The three broad categories of digestive enzymes are:

proteases - which digest protein

amylases - which digest carbohydrates

lipases - which digest fats

But within these broad categories, there are also many other subtypes of digestive enzymes which are needed to efficiently break down all the different kinds of foods we consume.

What Happens When You Don't Have Enough Enzymes?

The first sign that your enzyme production is waning is usually digestive troubles. As we age and our bodies produce fewer enzymes, we often find we can't digest the same foods we did when we were younger. We can experience food intolerances and mild to severe digestive distress including burping/belching, flatulence, bloating, stomach rumbling sounds, and diarrhea or constipation.

But people of any age can have trouble with digestion if they lack certain enzymes. For example, you've likely heard of people who can't easily digest the lactase found in dairy products – a condition known as *lactose intolerance* that affects up to 70% of the world's population.⁴

How to Prevent/Overcome Enzyme Deficiency

When we lack certain digestive enzymes or sufficient quantity, our body has trouble breaking down and extracting the nutrients from the food we eat. Therefore, the best way to support your body having a good, ongoing supply of enzymes is by consuming the right kinds of foods.

Since all forms of life need enzymes to maintain themselves, all plant and animal foods in their raw state contain enzymes. However, enzymes exposed to heat are no longer functional and cannot catalyze biochemical reactions.

This means that cooked, pasteurized, and processed foods are enzymatically “dead” and are completely devoid of food enzymes once they've been cooked at 145°F (63°C) or above for dry foods and 118°F (44°C) for liquids.





This puts a lot of stress on the body, particularly the pancreas.

What's even worse is if there's not enough enzymes available to digest your food (remember, you have far fewer enzymes as you age), your body has to "borrow" resources from your metabolic enzyme supply. This takes away from the important detoxification and repair processes that these systemic enzymes take care of, and can result in disease gaining a foothold, or the body being unable to heal.

The most important point to remember here is that the more cooked and processed foods you eat, the harder your body has to work at digestion and the more enzyme potential it uses up.⁵

15 Plant Foods That Are Excellent Sources of Digestive Enzymes ^{6,7}

All whole raw foods contain food enzymes, but these 15 plant-based foods are considered among the best sources of food enzymes.

- Apricots
- Avocados
- Bananas
- Garlic
- Ginger
- Kimchi
- Kiwifruit
- Mango
- Miso, tempeh, and soy sauce*
- Mushrooms
- Onions
- Pineapple
- Papaya*
- Sauerkraut (raw)
- Sprouted seeds (ideally consumed 3-5 days after sprouting)

**Look for organic and non-GMO. The majority of papaya and soy grown in the U.S. is genetically modified.*





Other Ways Your Body Uses Up Enzymes

In addition to digesting cooked food, there are many other conditions that use up enzymes at a fast rate.⁸ This includes:

- coffee and alcohol consumption
- pregnancy
- extreme physical exercise
- rhinitis and viral diseases
- stress
- poor weather conditions

The body also loses enzymes through sweat, urine, and feces.



Benefits of Digestive Enzyme Supplementation

While I strongly recommend consuming plenty of fresh vegetable juice, smoothies, salads, and sprouts on a daily basis to supply both nutrients and food enzymes, there are some situations when enzyme supplementation can offer notable health benefits:

How to Help Your Body Focus on Healing & Repair

Many of the health experts I've interviewed through the years stress the importance of finishing eating early in the day. One major reason is so your body can focus on detoxification and repair processes throughout the night, instead of putting efforts toward digesting food.

Dr. Thomas Lodi, MD(H), is a founding member of the International Organization of Integrative Cancer Physicians (IOICP) and an active-allied member of the American Society of Clinical Oncology (ASCO). He recommends this rule-of-thumb to his patients:

In your 30s – stop eating at least **3** hours before bed

In your 40s – stop eating at least **4** hours before bed

In your 50s & beyond – stop eating at least **5** hours before bed

01.

A significant proportion of our body's energy resources are spent on digestion. By supplementing our diet with enzymes and enabling a more efficient breakdown of the foods we eat, we can free up energy and improve our vitality. As our body regains its strength and vigor, its capacity to maintain its normal weight, fight disease, and heal itself is enhanced.⁹



02.

Each year 62 million Americans are diagnosed with one or more digestive disorders, the incidence and prevalence of which tend to increase with age. For instance, as mentioned earlier, a deficiency of the enzyme lactase leads to lactose intolerance, which is usually seen in adulthood and later years. Lactase replacement therapy has been shown to provide relief.¹⁰

03.

Diseases such as chronic pancreatitis, cystic fibrosis, and pancreatic cancer lead to insufficient amounts of pancreatic enzymes being made and related gastrointestinal issues.¹¹ Supplementation with pancreatic enzymes has been shown to offer relief.



04.

Bromelain is the name given to a group of proteolytic enzymes (enzymes which digest proteins) obtained from the stems and fruits of the pineapple. Consumption of bromelain, along with other enzymes, has been shown to have anti-inflammatory properties and relieve osteoarthritis symptoms.^{12,13}

In a clinical trial, oral consumption of a commercial enzyme preparation which included bromelain was seen to relieve pain and joint stiffness, while also helping to improve physical function in patients with osteoarthritis of the hip.¹⁴ Bromelain has also been shown to have anticancer effects in laboratory experiments.^{15,16}

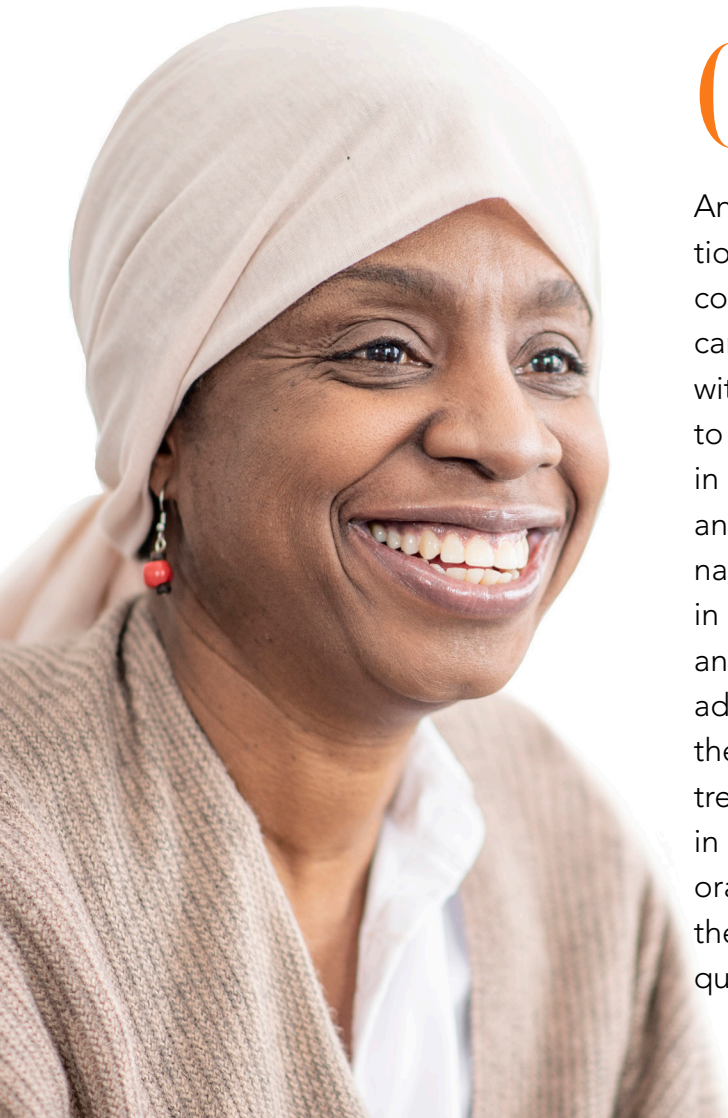


05.

An oral enzyme preparation, when consumed as a complementary therapy to cancer treatment in patients with colorectal cancer, led to a significant reduction in disease-associated signs and symptoms, including nausea, vomiting, changes in appetite, stomach pain, and many others.¹⁷ Further, adverse reactions to chemotherapy and radiotherapy treatments were reduced in all patients receiving the oral enzyme preparation, thereby improving their quality of life.

06.

Patients suffering from inflammatory bowel disease and irritable bowel syndrome reported a reduction in abdominal pain, bloating, and flatulence after standard treatment supplemented with digestive enzymes, beta-glucan, and the sugar inositol for 4 consecutive weeks.¹⁸



3 Ways to Preserve Your Enzyme Supply

According to Dr. Edward Howell, pioneer enzyme researcher and author of *Food Enzymes for Health and Longevity*, there are only 3 ways to preserve your enzyme supply¹⁹:

- Eat only organically grown raw food (all cooked food is enzymatically “dead”)
- Take digestive enzymes every time you eat cooked food
- Take digestive enzymes on an empty stomach

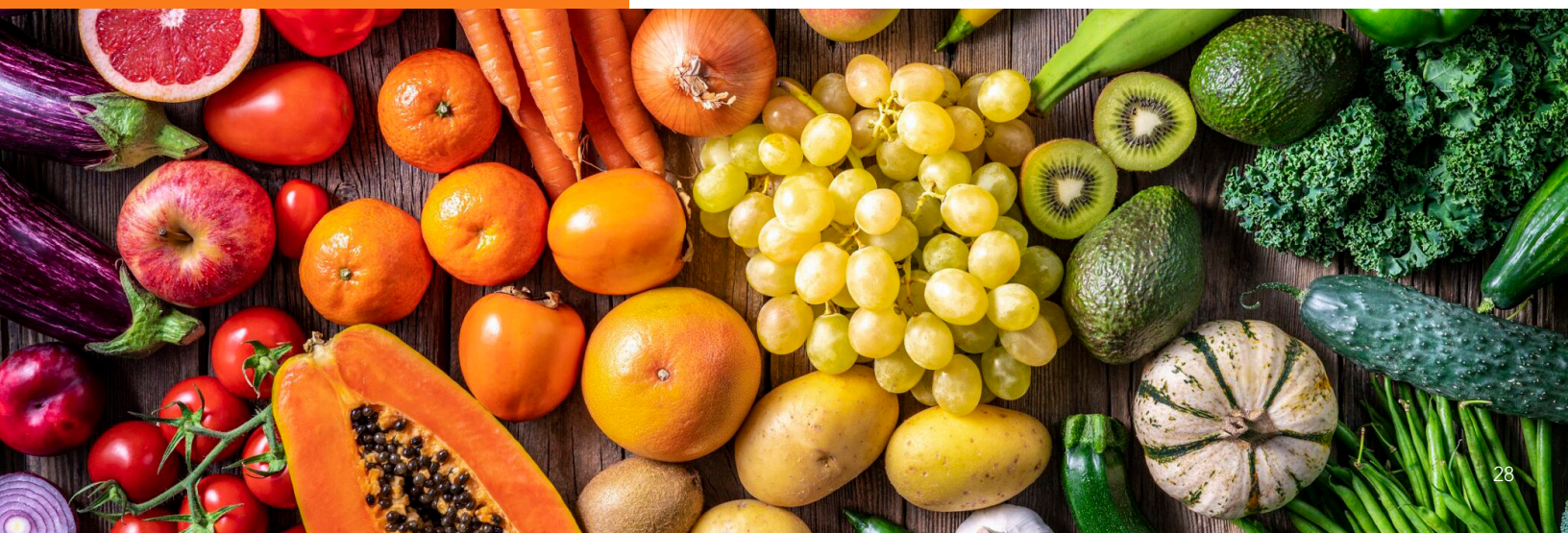
Dr. Howell recommends opening up 1-3 capsules per meal and sprinkling them directly on the food or chewing them up to maximize pre-digestion in the upper stomach.

SOURCE: Food Enzymes for Health and Longevity, 3rd Edition by Dr. Edward Howell

The Special Importance of Proteases for Repair & Healing

Proteases (also known as proteolytic enzymes) are enzymes that digest protein. What makes them especially important is that almost everything that makes us sick (e.g., bacteria, viruses, mold, allergens, cancer cells) is either made of protein or protected by protein.

When you take a digestive enzyme formula with your meal, the enzymes speed up the breakdown of food. When you take a proteolytic enzyme supplement between meals, they're able to enter into your bloodstream and aid with cleaning the blood, optimizing blood flow, breaking down excess fibrin (scar tissue), controlling inflammation, attacking pathogens, and much more.





Recap & Takeaways:

Enzymes facilitate chemical reactions in all living beings. There are 3 types of enzymes: metabolic enzymes, digestive enzymes, and food enzymes.

Most of the foods we eat are cooked or processed and do not contain food enzymes, which means our body is unable to function optimally, maintain health, and fight disease.

Consuming raw foods and enzyme supplements is the best way to protect your "enzyme potential." Supplements with proteases (proteolytic enzymes) can be taken with meals to support digestion or between meals (away from food) to help with detoxification, support the immune system, and reduce inflammation.

Nathan Recommends

There are many different digestive enzyme formulas on the market, but not all of them contain the protease enzymes to make them systemic (metabolic) enzymes as well.

Enzyme 17 from Organixx is a vegan supplement that can be used as both a digestive enzyme supplement and a systemic enzyme supplement, depending on when you take it. Take it **WITH** meals for digestive support or **AWAY** from meals to help break down pathogens and allergens.

In addition to its advanced digestive enzyme blend, Enzyme 17 contains 5 different kinds of powerful protease enzymes designed to work in three distinct pH levels within the digestive tract. This means it can break down virtually any plant or animal protein for superior digestion and nutrient absorption.

[FIND OUT MORE HERE](#)



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Nutritarian Zoodle Poke Bowl

BY JOEL FUHRMAN, M.D.

SERVES: 4

Directions

Blend water and dates in a high-powered blender, then add the peanut butter, ginger, garlic, lime juice, curry powder, chili powder and ground cumin and blend until smooth and creamy.

Heat one cup of the sauce in a large skillet, add the zucchini and cook for 2 minutes or until the zucchini starts to soften. Add additional sauce as needed to reach desired consistency. Divide among four bowls.

Top with grated carrot, shredded cabbage, avocado, mango, and bean sprouts.

Ingredients

- 1 1/2 cups water
- 7 regular dates or 3 1/2 Medjool dates, pitted
- 1/3 cup no-oil, no-salt-added peanut butter
- 1 teaspoon minced ginger
- 1 small garlic clove
- 1 tablespoon fresh lime juice
- 1 teaspoon red curry powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon cumin
- 4 large zucchini, cut into noodles using a spiralizer or vegetable peeler
- 1 large carrot, grated
- 2 cups shredded red cabbage
- 1 avocado, chopped
- 2 cups chopped fresh or thawed frozen mango
- 1 cup bean sprouts

PER SERVING: Calories 378, Protein 13 g, Carbohydrates 52 g, Sugars 39 g, Total Fat 17.8 g, Saturated Fat 3.3 g, Cholesterol 0 mg, Sodium 67 mg, Fiber 11.6 g, Beta-Carotene 2740 ug, Vitamin C 117 mg, Calcium 124 mg, Iron 3.1 mg, Folate 189 ug, Magnesium 138 mg, Potassium 1650 mg, Zinc 2.4 mg, Selenium 3.1 ug





How to Grow Your Hair Back After Cancer Treatments

BY NATHAN CRANE WITH SABRINA ZIELINSKI

Hair loss can be common with certain conventional cancer treatments and anecdotal evidence supports that it often doesn't grow back quite as thick and with the same texture as before.

In Issue 2 of the Conquering Cancer Digest, we shared Sabrina Zielinski's recipe for her Skin Cancer Salve. As a reminder, Sabrina is also known as "Mama Z" from Natural Living Family which she runs with her husband Dr. Eric Zielinski ("Dr. Z").

Sabrina swears by her method for helping friends and family members grow their hair back after cancer treatments. While her instruction to shave your hair "sproutlets" twice during this process may be hard to do... Sabrina promises you'll end up hair that's so much thicker and stronger that it's totally worth the temporary sacrifice.



What you'll need:

- Organic castor oil
- Rosemary essential oil
- Lavender essential oil
- Peppermint essential oil
- Tea tree essential oil
- Magnesium gel
- Old towels to protect clothing
& bedding



Step 1: Morning & Evening

Combine one ounce of castor oil (approximately 2 tablespoons) with 3-4 drops each of rosemary and peppermint essential oil (6-8 drops of essential oil in total). **Gently massage your scalp every morning and evening with this mixture.**

TIP: You may not need to use the full ounce each time. Just use enough that you feel you're adequately able to massage it into your scalp. You can also make up larger batches to have on hand; just stick with the same ratios.

Step 2: Mid-Day

In the middle of the day you'll massage your scalp with a different mixture made from magnesium gel and 4 different essential oils.

Combine one ounce of magnesium gel with 2 drops each of lavender, rosemary, peppermint, and tea tree essential oil. Again, don't feel like you need to use the full ounce if it seems like too much. Just use what seems appropriate so you can massage it in and it's not dripping off your scalp.

Step 3: After 2-3 Weeks, Shave Off the Hair “Sproutlets”

After 2-3 weeks you should have small hair sproutlets starting to show. When these come up, **you need to shave them off.**

Step 4 Repeat Steps 1-3 for Another 2-3 Weeks

You are then going to repeat steps 1 to 3 (massaging the scalp 3x/day and then shaving your scalp) one more time.



“
So you want to
then shave that
again. And it’s
going to be real-
ly hard because
you’re like,
‘Oh my gosh, I
want to keep it.’
Don’t!

- SABRINA ZIELINSKI

Step 5: Repeat Steps 1 & 2 Until Hair Starts Growing Back for the 3rd Time

Now that you’ve shaved your head twice, it’s finally time to grow hair that you’re going to keep. Keep massaging your head 3x/day using the two different mixtures.

Step 6: Switch to the Castor Oil Mixture at Night

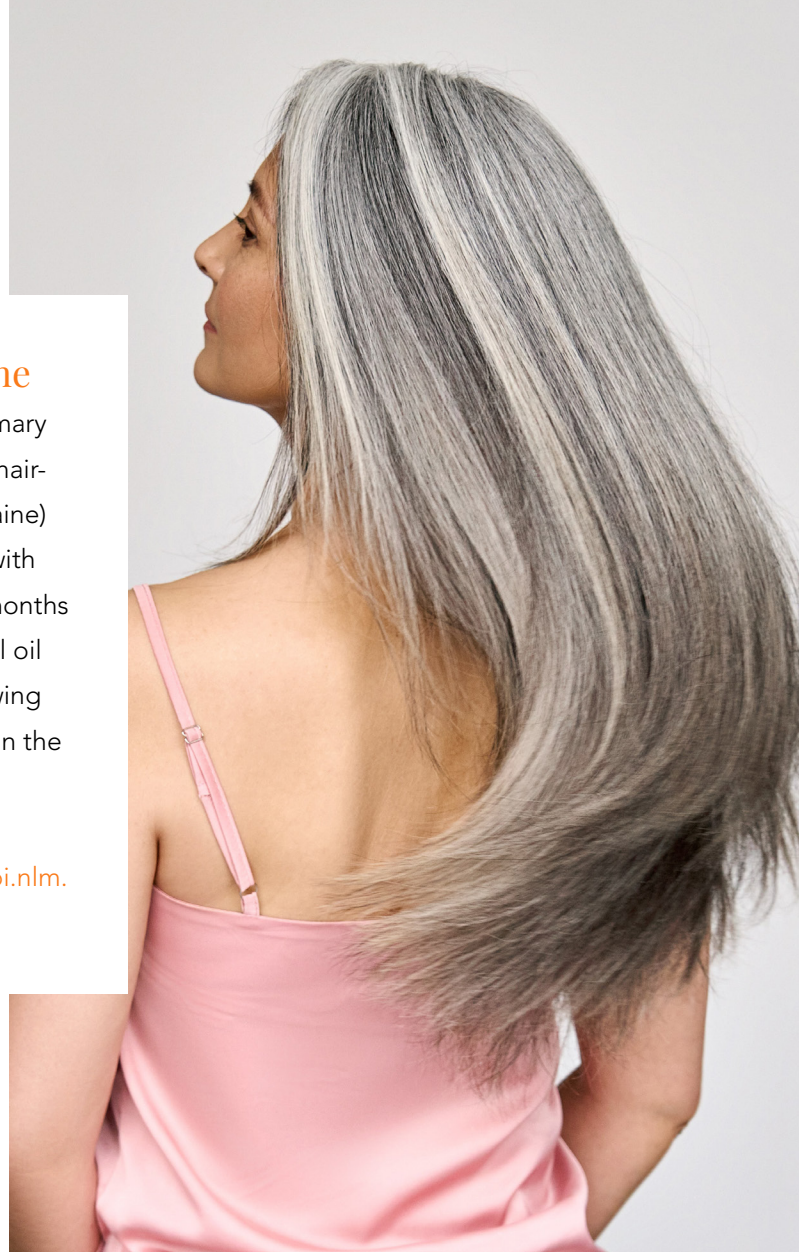
Once your hair is long enough that the oil is making it look greasy, switch to just applying the castor oil mixture at night, being careful to protect your pillow and bedding.



Rosemary vs. Rogaine

A 2015 study compared rosemary essential oil and the popular hair-growing drug minoxidil (Rogaine) for growing hair on people with androgenetic alopecia. After 6 months of use, the rosemary essential oil was just as successful at growing hair (with less scalp itching) than the minoxidil.

Reference: <https://pubmed.ncbi.nlm.nih.gov/25842469/>



Sabrina's Tips Once Your Hair Grows Out:

As your hair gets longer, use the castor oil mixture as a hair mask. Apply a liberal amount, and then put a soft shower cap over your head at night to let it really soak in. (Making sure to protect your pillow and bedding.)

In the shower the next morning, rinse your hair with apple cider vinegar before using shampoo & conditioner.

After showering (when your scalp pores are wide open), apply the magnesium gel mixture to really help stimulate hair follicle growth.

Nathan Crane



Nathan Crane is a natural health researcher and holistic cancer coach. He is an award-winning author, inspirational speaker, Amazon #1 bestselling and 20x award-winning documentary filmmaker.

Nathan is the Director of the Health and Healing Club, President of the Holistic Leadership Council, Producer of the Conquering Cancer Summit, Host of the Conquering Cancer Documentary Series, and Director and Producer of the award-winning documentary film, *Cancer; The Integrative Perspective*.

Nathan discovered powerful holistic solutions to overcome years of trauma, homelessness, depression, and suicide attempts to find a life of meaning, purpose, health, and fulfillment.

He has received numerous awards including the Accolade 2020 Outstanding Achievement Humanitarian Award, and the Outstanding Community Service Award from the California Senate for his work in education and empowerment with natural and integrative methods for healing cancer.

With more than 15 years in the health and wellness field as a researcher and advocate, Nathan has reached millions of people around the world with his inspiring messages of hope and healing.

His website is NathanCrane.com