

INFLAMMATION

Good nutrition can be vital during and after radiation treatments. Eating certain foods can help your body get rid of toxins, repair, rebuild and replenish.

ANTI-INFLAMMATORY

- Eat a plethora of fruits and vegetables – utilizing blending or juicing to increase quantity. This category should make up a large portion of your total daily intake.
- If eating meat, I recommend organic, grass fed meat. Avoid processed and factory-farmed meats when possible, because they contain growth hormones, which causes more inflammation. Iron is most prevalent in meat, followed by green leafy vegetables.
- Consume whole wheat grains and brown rice, carbohydrates that are made using real, organic ingredients and consume in moderation. Avoid refined white sugar, white flour, and white rice as much as possible. The chlorination process used to bleach foods will leave some dioxin residues in the food, because dioxins are always a by product of chlorine. The (white) refined variants of these foods are very inflammatory.
- Honey is actually an anti-inflammatory sweetener, so it too is recommended as the ideal sweetener whenever it is a viable option for sweetening. Next, I recommend molasses, 100% maple syrup or stevia.
- If consuming milk, purchase a full fat, organic product. Personally, I recommend raw milk if the source is notable. The amount of dairy is controversial depending on each individual and their diagnosis. Almond and coconut milk are excellent substitutions as well.
- Consume fermented soy. Examples include: tamari, tempeh and miso. Avoid all unfermented soy products. These contain phytoestrogens, which are compounds that mimic estrogen in the body. They can cause major hormone instability, which will worsen any dysfunction in the body. Dutch Test is an excellent screening tool for your personal ability to metabolize soy.
- Reduce the intake of processed foods. Virtually all of the chemical additives are highly inflammatory to the body.
- Alcohol should be consumed in moderation when possible, 1-2 glasses of red wine a few nights per week. Greater amounts can weaken an already impaired liver.
- Watch out for GMO's – 4 offenders: corn (high fructose corn syrup), canola oil, cottonseed, soy. These should be avoided whenever possible.
- Consume these superfoods to reduce inflammation: Beets, Blueberries, Broccoli, Flaxseeds, Garlic, Ginger, Extra Virgin Olive Oil, Onion, Seaweed, Spinach, Turmeric.

EXTRA SUPPORT

- Bone Broth
- Cod Liver Oil -www.greenpasture.org, Standard Process Tuna Oil, or Nordic Naturals
- Castor Oil Packs
- Probiotic

FUNCTIONAL FOOD SOURCES OF CANCER-FIGHTING COMPOUNDS

*It is not recommended to take any antioxidant supplements during treatment, only to get them from food.

COMPOUND	FUNCTION	FOOD SOURCES
Beta-Carotene	Antioxidant activity	Carrots, bell peppers, other bright orange/red/yellow foods
B-Glucans	Natural polysaccharide and soluble fiber that boosts the immune system	Barley, oats, fruits, veggies, and seaweed
Genistein	May block estrogen receptors, may decrease occurrence of breast cancer	Fermented soy – tempeh and miso
Inulin and fructo-oligosaccharides (FOS)	Exhibits prebiotic activity, which can enhance intestinal health	Onions, shallots, artichokes
Ligans	Phytoestrogen; reduced risk of breast cancer	Flaxseed – grind to improve digestion, sesame seeds, chickpeas, oats, and barley
Lutein	Lutein is a xanthophyll, contains antimutagenic and anticarcinogenic properties	Dark green leafy veggies including spinach and kale, broccoli, squash, green peas, lettuce, onions, corn, pumpkin, and egg yolk
Lycopene	Antioxidant; blocks activity of free radicals	Tomatoes, tomato products (sauce, paste, juice) as well as other red, orange and yellow fruits and vegetables
Omega-3 fats	Anti-inflammatory activity, nerve/brain health	Fatty fish, eggs fortified with omega-3 fats
Soluble fibers (pectin, psyllium)	Promote intestinal health	Oats, lentils, apples, oranges, bananas, pears, strawberries, nuts, flaxseeds, beans, dried peas, blueberries

- Written by Kathryn Holly Mott, RD, ONC