



# Preventing Cancer with Natural Foods

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# CHAPTER 1

# The Front Line

How to Strengthen Your Immune System against  
Cancer with these Precise Foods

In the Name of the Most High, the Universally Merciful, and the Singularly Compassionate.

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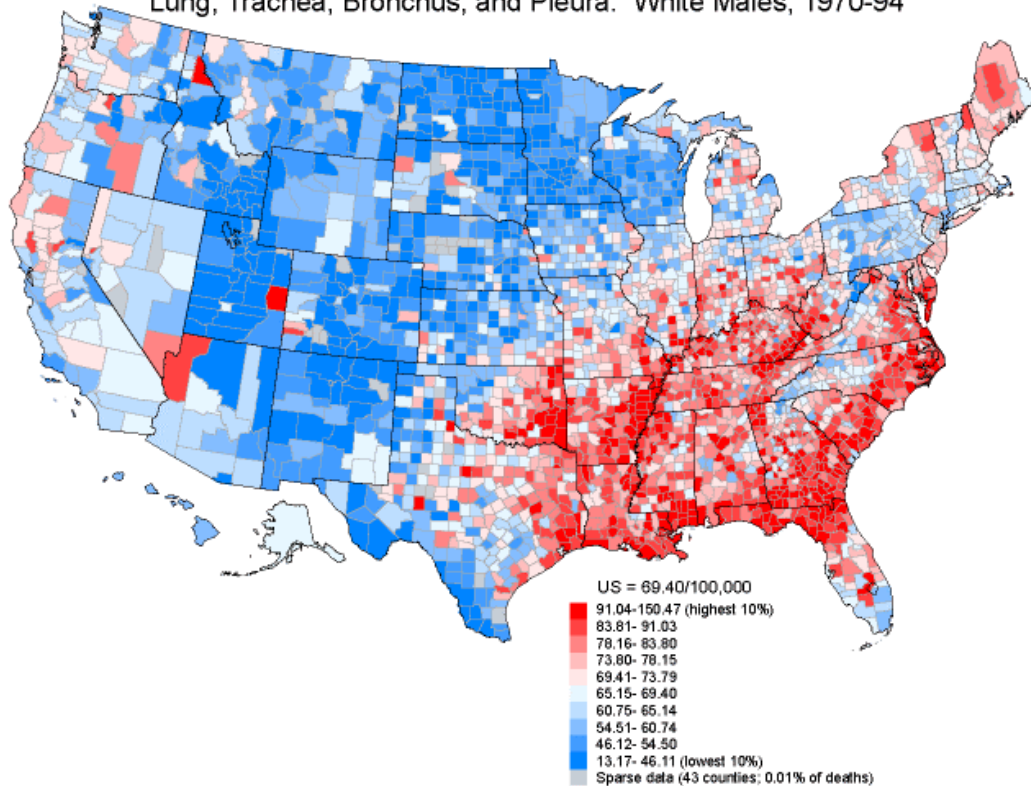
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# The Front Line

*How to Strengthen Your Immune System against Cancer with these Precise Foods*

You probably know someone who has been diagnosed with cancer. Here is a map of cancer mortality rates from 1970 -1994 in the US of white males. If you are living in an area with red or pink, then you are in the top 50% of the country with cancer mortality rates for white males from 1970 – 1994.

Cancer Mortality Rates by County (Age-adjusted 1970 US Population)  
Lung, Trachea, Bronchus, and Pleura: White Males, 1970-94



## All the right things may not be enough

At a recent lecture on cancer, one physician who has survived breast cancer for over five years shared her story. She said that she did all the right things: ate healthy, breast fed her kids, and exercised. She didn't have a family history of cancer. And she still got it.

I spoke with her afterwards about what she believed were the factors in her getting it. She thinks that pollution in the environment is probably why she got cancer. We talked about a map similar to the picture above. She referred to the high incidence in the southeastern US. She talked about industrial pollutants that all get dumped into waterways and flow down the Mississippi river. We also talked about cities that have high incidences of toxic chemicals. These pollutants are found in the water you drink, the air you breathe, and in the ground you walk on. Many of the plastic items in your home off-gas volatile organic compounds (VOCs) that are similar to estrogen hormones that get directly absorbed in a women's reproductive system. You can see these compounds in chemical analyses of a nursing mother's breast milk.

She is not surprised to hear that even more people without a genetic history of cancer in their family are getting diagnosed. So if environmental toxins are a factor in increased cancer rates and you don't want to live in a remote area, how can you strengthen your immune system to deal with these invisible pollutants?



*We often eat  
the foods  
that we were  
shown  
growing up*

## **You are what you eat**

As a child in school, you learned about basic nutrition. You know about eating the foods from the basic food groups. You know about getting enough vitamins and minerals to help you to be healthy. What is missing in most nutrition education is how foods can strengthen your immune system to deal with cancer cells. Also missing is how the wrong foods actually gunk up and overtax your immune system.

In order to get this information, you need to look beyond the US. By looking at a country that has dealt with food and famine for thousands of years, you can learn a lot about how food helps to fight cancer. This knowledge can be found in several different healing systems. The first system we'll look at is Chinese medicine. Next we'll look at anti-cancer foods and herbs from a healing tradition from the Middle East call Sufi Healing. Both offer you powerful tools for using everyday foods to fight off cancer.

## **Ancient Chinese healing secrets**

In China, medical practitioners have had to deal with food shortages, famine, and malnutrition for hundreds of years. Food and herbs are an integral part of the healing process in cancer hospitals in China. There are several strategies for using food and herbs to prevent and destroy abnormal cancer cells.

In Chinese medicine, the body, mind, emotions, organs, and organ systems are often described with elements found in nature. Your organs and organ systems are seen as being intricately linked to the elements of nature in the outside world. This link provides a model for explaining how environmental pollutants can affect certain organs or parts of the body. For example, the mammary glands, stomach, and spleen are associated with the element of earth in nature. Earth has the associations of eating, nourishing, transforming, and bringing things to completion or ripeness.

## **Clues for solving the mystery of cancer**

Most people see cancer as a mystery that happens to those people who have a history of disease in their family. Or they believe it happens when people get exposed to cancer causing substances like asbestos, toxic chemicals, or radiation. But once someone has exposure to these kinds of substances, what leads some people to develop cancer and others to stay healthy?

Here is one of the clues for decoding how your body can be strengthened with food against cancer. Cancer is the condition where the DNA in cells is not splitting properly. In Chinese medicine, the spleen is seen as a critical regulator in how your body creates healthy cells. The spleen "governs" the correct splitting of DNA. There are recommended foods which support the spleen's ability to produce healthy cells. Other organ systems are also critical to preventing and healing cancer. This report will focus primarily on how to support the spleen's role in a strong immune system.



*The snake is  
a powerful  
metaphor for  
cancer*

### **Gu Syndrome**

Cancer, as seen from from Chinese Medicine, is an illness that is translated to “your body eating itself out of control” or Gu Syndrome. When you look at a cancer patient’s blood under a microscope, you often see lots of microorganisms floating around. These are yeast, bacteria, parasites, and viruses that are eating a cancer patient from the inside. They often look like little snakes swimming amongst the blood cells. With a lot of these organisms in your body, there is a greater amount of their toxic waste products that accumulate in the blood than in a normally healthy person. These factors place a greater strain on your immune system’s ability to effectively combat illness.

### **The snake represents the ability to transform**

The snake is also a metaphor for the ability of the spleen to transform food into nutrients for your cells and into waste products. Nutrients, which would normally feed healthy cells, become the food for invading organisms that are multiplying in the blood stream. As a result, healthy cells do not receive the nourishment that they would normally get. They get exposed to more and more toxins and waste products from invading organisms. At some point, these toxins build up and eventually interfere with how cells divide. Instead of one cell dividing into two cells, you get multiplying abnormal cells rapidly dividing from one cell.

### **Dampness be gone**

The spleen also helps in transforming the waste that these organisms dump into your bloodstream. These waste products and their organisms are collectively referred to as dampness. There are certain foods that help your spleen to resolve excess dampness. By avoiding foods that increase dampness, you reduce the amount of gunk that your spleen has to transform. Reducing your intake of dairy, wheat, and refined sugars helps to reduce the amount of dampness in your system. In the next chapter, you will learn about which foods to avoid so you don’t add more gunk to your system.

**One of the basic strategies for treating cancer in Chinese Medicine is to restore the spleen’s support of healthy cell division.** Restoring the spleen’s healthy ability has many components. One component is to diagnose and treat the dysfunction of the spleen. Since the spleen affects how we transform food, significant improvements in cancer patients can be seen by modifying their diet. Specific diet modifications help to reduce the load that is placed on the spleen. A certain class of cancers is due to excess dampness. There are other cancers that are associated with internal stagnation. This report provides recommendations for dealing with cancers that are primarily associated with excess dampness.



**An important change you can make is to reduce the amount of carbohydrates and most types of sugars that you eat.** Especially limiting or eliminating refined cane sugars from your diet will help your spleen tremendously. Many patients have an increase in healthy spleen functioning when increasing the amount of mushrooms in their diet. Mushroom sources currently under clinical research for strengthening the immune system include reishi, shiitake, cordyceps, and almond Portobello to name a few. The sugars in these mushrooms are reported to strengthen the spleen's ability to fight cancer cells.

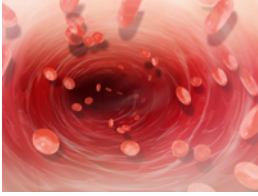
Another resource is [The Cancer Prevention Diet](#), by Michio Kushi, which explains how a macrobiotic diet helps to cleanse the toxins from the body and supports the normal functioning of the spleen. There are many diets that are available. If you are considering dramatic changes in your diet, please consult the advice of a health care practitioner that understands the effect of diet on the immune system.

**Another way that food helps you to prevent cancer is to reduce any masses or tumors that have grown in the body.** There are certain foods like pearl barley and certain types of seaweed that are used in current cancer hospitals in China for reducing tumors. Soft masses are seen in Chinese Medicine as accumulations of dampness in the body.

**A third component is to eliminate toxins that have accumulated in your blood and your body.** There are many ways to detoxify. Fasting is a highly effective way to give your spleen a rest. Especially in the US, one factor of cancer is a diet that is "meat sweet." By reducing the amount of high fat and highly sweet foods through fasting will reduce the toxins in your system. There are many kinds and varieties of fasts that you can use.

Another way to detoxify is by cleansing. Colonics and other cleanses help to eliminate toxins through the stool and the urine. A third way to eliminate toxins is through sweating using saunas, steam baths, or sweat lodges. Consult with a qualified health care practitioner for safe guidelines for any kind of fast, cleanse, or sweating method.

**A fourth component is to increase the anti-cancer foods and herbs that you are taking.** These foods kill the "snakes" or microorganisms that you can see with a microscope in a cancer patient's blood sample. Dandelion, turmeric, and rhubarb are some of the more well known Chinese herbs that have these properties. Other foods that also help are raw garlic and raw onion. Please consult a trained Chinese herbalist to see which foods or herbs would work best for your system.



**A fifth component is using herbs that open up your microcirculation to deliver anti-toxins where they are needed.** Cinnamon is one example of a Chinese herb that improves circulation. This also helps the blood to flush out toxins that may be stored in areas of the body which have poor circulation. Exercise and massage also help to increase circulation. Consult with a trained health care provider that can advise you on what methods you can safely use to improve circulation without increasing the risk of spreading cancer cells.

**A sixth component is using herbs that direct herbal medicine to specific areas of the body.** Depending upon your condition, specific foods are used to guide anti-cancer foods and herbs to particular areas of the body. When used together in a formula, these herbs act as carriers for delivering the active components to where they are needed in your system. Dandelion is an herb which is used to direct herbal formulas the breast area. In a one-on-one consultation with a trained Chinese herbalist, you can get herbs in a formula which delivers the anti-cancer herbs and foods the areas you want.

**Many of these components are dietary and lifestyle changes that you can easily apply now.** In summary, under the guidance of a trained health-care practitioner you can take these steps to improve your immune system in preventing or fighting cancer and having a greater sense of well-being:

1. **Reduce foods made with dairy, wheat, refined sugars, and carbohydrates to reduce internal “dampness.”**
2. **Increase your intake of mushrooms, especially those under clinical study.**
3. **Increase your intake of foods that help to eliminate “dampness” like pearl barley.**
4. **With the guidance of a qualified health care practitioner, use safe methods for detoxifying your system.**
5. **Increase your intake of foods and herbs that have anti-cancer properties.**
6. **Increase your intake of foods that improve circulation.**