



#### QUESTION

I am concerned that even though I use European butter, that the fat is fueling breast cancer. I also like almond butter which I bet is also damaging.

#### ANSWER

I'm not exactly sure what you mean by European butter. As with all foods, the first question is quality -- high quality organic butter that is derived from cows grazing on pesticide free wild grasses can be a good source of nutrients like vitamin A, possibly some vitamin D, butyrate (a short chain fatty acid needed for colon health), and possibly phytochemicals from the grasses. Non organic/conventional butter can be a source of pesticides, growth hormones and other unwanted compounds. As with any animal product, you want to know what the animal ate, how it was kept/its environment and whether it was treated with any antibiotics, hormones, etc. Dietary needs vary greatly from person to person, even within the umbrella of breast cancer, as type, stage and many other factors including genetics go into determining what foods are best for you. Almond butter -- first examine the quality. Is it organic? What are the ingredients - anything besides almonds? Is the product within its best by date? How is the almond butter stored? The oils in nuts can go rancid which you would want to avoid as they are very inflammatory. Usually, rancid nuts/oils have an off-putting smell to them. I don't see a problem with consuming high quality almond butter in moderation.

#### QUESTION

What supplements do you recommend. My oncologist says to get everything from your food, but what if you're deficient? What about things not found in food for maintenance post cancer treatment.

#### ANSWER

Another excellent question. Food is the foundation of health - I agree (in part) with your oncologist...in a perfect world we derive all of our nutrients from our food. However, it is a fact that the food we eat is significantly lower in nutrients than food decades ago, due to industrial agricultural practices that deplete the soil of nutrients as well as the pesticides/toxins that are present on our food which contribute to GI issues which impact our digestion and absorption of nutrients. In addition to that, it is often very, very difficult if not impossible to achieve therapeutic levels of certain nutrients that might be impactful during the cancer journey through food intake alone so I am a supporter of targeted, high quality supplements individualized to each person's unique needs. I would encourage you to find a trusted naturopathic oncologist and/or nutritionist that can guide you regarding your specific needs. Remission Nutrition is one such resource.

#### QUESTION

I'm having a hard time understanding "How to Starve Cancer without Starving Yourself." How can I better understand how to apply her principles to my diet, post cancer?

#### ANSWER

I have not yet read Jane McLelland's book, but I have heard her speak and am familiar with the overview of her journey. McLelland's journey is remarkable and her wisdom and tenacity incredible. However, much of the focus of her healing was based on the innovative cocktail of off label drugs - a subject beyond the scope of my expertise. I am unfamiliar with any specific dietary recommendations she makes other than low glycemic. The important big picture thing to remember is this -- stress about what to eat at some level is counterproductive. Unquestionably, food can have a tremendous impact on your health -- but so does stress!! I have heard many cancer survivors turn authors say that they share their story to encourage and support others in their journey (since traditional medicine dismisses such success stories), not as an absolute statement that their choices are in fact the best ones for someone or anyone else. That being said, if you feel strongly that McLelland's methods are best for you, you should seek the care of a physician willing to help you with her protocols. If you are simply overwhelmed with all the information out there and just happen to be reading McLelland's book currently, take a step back and know that there are thousands of cancer survivors out there who have beat incredible odds -- Dr. Kelly Turner has interviewed them for her books Radical Remission and Radical Hope -- and Dr. Turner repeats in her book quite frequently that the details of each person's journey were always unique to them but the categories in which each person sought to make changes were the same. I highly recommend Dr. Turner's books if you haven't read them yet, to give you a fresh and hopeful perspective. Trust that you will find the best way for YOU, that the journey itself is incredibly meaningful, unique and every bit as special as you are. Listen to your instincts. Your body is designed to heal itself. Trust in that. Assemble the best team of medical and other experts that align with your values and desires and trust that your body will show you the way.

#### QUESTION

How about fruits and the sugar content in them?

#### ANSWER

Fruits contain fructose which is a type of naturally occurring sugar with a lower glycemic index than glucose or sucrose. Fruits also contain many important compounds - such as water, fiber, phytochemicals, anthocyanidins -- which are beneficial. Some fruits are much more potent sources of phytochemicals and are thus more prized and studied regarding health benefits - berries, dark cherries,

**FACE IT. FIGHT IT. OVERCOME IT.™**

4821 Butler Road, Suite 1D • Glyndon, MD 21136 • (888) 317-5850 • [www.believebig.org](http://www.believebig.org)



# BELIEVE BIG

pomegranates, acai, for example. The most nutrient dense fruits are also very low glycemic thus can have great benefits in moderation. Choosing organic is important - we will discuss that next time in depth. Consumption of fruit and in what amount will depend on the person - type of cancer, where they are in their cancer journey, their blood sugar profile, etc.

## QUESTION

Do you have an opinion on iodine and breast cancer?

## ANSWER

Iodine and cancer is an ever evolving subject. I have books published in the last 10 years that advocate the use of iodine, indicating that it has been shown to down regulate estrogen receptor stimulated growth of breast cancer cells and increase apoptosis; however, more recent data suggests there is a link between iodine, breast cancer and thyroid cancer.

I refer you to two studies that you should discuss with your doctor: Dong, L., Lu, J., Zhao, B. et al. Review of the possible association between thyroid and breast carcinoma. *World J Surg Onc* 16, 130 (2018).

<https://doi.org/10.1186/s12957-018-1436-0>

He S, Wang B, Lu X, et al. Iodine stimulates estrogen receptor signaling and its systemic level is increased in surgical patients due to topical absorption. *Oncotarget*. 2017;9(1):375-384. Published 2017 Sep 4. doi:10.18632/oncotarget.20633

## QUESTION

Here's my ironic situation. I had been eating whole food, low sugar, low fat, no sodas, no fast food, low dairy & have been taking supplements that I was lack of for many years comparing to almost everyone around me. But I ended up to be the one being diagnosed with cancer instead & I was being told my body is "too clean", therefore... What's your opinion on that?

## ANSWER

First, I'd like to empathize with how terribly upsetting and shocking it must have been for you to be diagnosed with cancer despite taking such great measures to nourish and care for your body. I can somewhat relate as I try to eat well, exercise and take great care of myself, yet was diagnosed with a melanoma several years ago. It came as quite a shock to me! Melanoma and many other cancers can be driven by immune dysfunction, genetics and a combination of many other things not within our control. I don't know what kind of cancer you have or had, but what's important now is that you seek to understand the systems that are associated with that type of cancer and gain an understanding of how those systems are functioning in your body. A knowledgeable and thoughtful physician should be able to help you do this. Having had all

those years of eating well and taking care of yourself puts you at a wonderful advantage for rapid recovery and remission -- celebrate that you already know so much and how to put it into action! But also keep an open mind and seek to learn what habits or environmental exposures might have played a role in your disease process. Sometimes we have blind spots - things we don't see about ourselves - and the answers take us far beyond what's on our plates into emotional, spiritual and relational issues. Any health crisis is a call to action - a call to pause and reflect and learn. I highly recommend Kelly Turner's books *Radical Remission* and *Radical Hope* for another perspective and areas of exploration in your healing journey.

## QUESTION

one acupuncturist told me not to buy hummus with tahini but it all has tahini.

## ANSWER

My guess is that your acupuncturist is concerned with the potential exposure to aflatoxins through tahini. Tahini is made by crushing sesame seeds. Seeds and many other foods are vulnerable to contaminants like aflatoxins which can occur on the farm itself or during harvesting, storing, and transportation of the food. Aflatoxins are mostly found on grains, dairy, oilseeds, spices and nuts. If you are concerned about aflatoxins in your hummus and can't find any without tahini, your best bet would be to make your own which is pretty quick and easy to do actually! You can then modify it to your tastes and even bump up the nutritional value by adding in things like herbs, spices and garlic. If you'd like more information on tahini and aflatoxins, you can read more here:

Heshmati, A., Khorshidi, M., & Khaneghah, A. M. (2021). The prevalence and risk assessment of aflatoxin in sesame based products. *Italian Journal of Food Science*, 33(SP1), 92-102.

The information in this document is for educational purposes only. It is not intended as a substitute for the diagnosis, treatment and advice of a qualified licensed professional. We assume no responsibility for how this material is used and the statements regarding alternative treatments for cancer have not been evaluated by the FDA.

**FACE IT. FIGHT IT. OVERCOME IT.™**

4821 Butler Road, Suite 1D • Glyndon, MD 21136 • (888) 317-5850 • [www.believebig.org](http://www.believebig.org)