



Dr. Fuhrman®

DR. FUHRMAN'S CANCER-FIGHTING DIET:

Tasty Foods That Reduce Your Risk of
Prostate, Breast, and Colon Cancer



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WELCOME

Most common chronic diseases, such as heart disease, stroke, diabetes, and many cancers, are primarily caused by dietary factors. Most people assume that due to genetics, age, or other factors we can't control the development of these diseases. However, the human body is powerfully resistant to these common diseases when we provide the right raw materials, in the form of a high-nutrient diet.

With more health education surrounding the power of nutritional excellence to protect against cancer, Americans can end the suffering of a society experiencing the highest rate of cancer ever seen in human history. Populations that eat mostly fruits, vegetables, seeds, nuts, and beans always have a low incidence of cancer. Consuming green vegetables helps reduce cancer because these foods contain high amounts of cancer-protective compounds.

My name is Joel Fuhrman, M.D. I am a board-certified family physician, nutritional researcher, and the author of 7 *New York Times* bestselling books on health and nutrition. I have practiced lifestyle medicine for more than 30 years, and have helped thousands of patients lose weight, reverse diseases such as cancer, and push the envelope of human longevity with one simple prescription: Nutritional Excellence. And that is why I designed the Nutritarian diet.

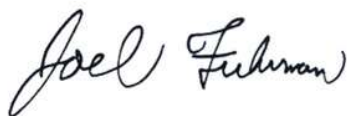
In this eBook, I share some of the most important cancer-fighting foods and strategies I recommend to my patients. But there's so much more you need to know if you want to prevent cancer and even potentially reverse a cancer diagnosis.

After reading this eBook, be sure to join me for the complimentary 3-day airing of the Body Renewal Blueprint, presented by Health Truths and Nathan Crane.

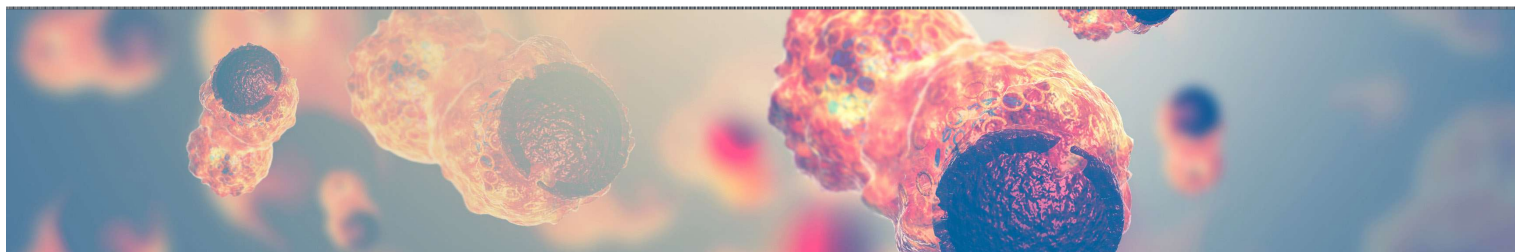
In this program, I will share my biggest secrets for losing weight while living a long, healthy life free from the pain of chronic diseases like diabetes, heart disease, cancer and more.

Watch your email for details on how to access these videos during the 3-day viewing window. Or if you prefer to skip the wait and watch everything on your own time, [click here to explore upgrading your ticket to VIP access](#).

Wishing you the best of health,

A handwritten signature in black ink that reads "Joel Fuhrman". The signature is fluid and cursive, with the first name "Joel" and last name "Fuhrman" clearly distinguishable.

Joel Fuhrman, M.D.



CANCER'S STARK REALITIES

Our toxic food environment

Many people believe that diseases strike us because of misfortune, genetics, old age or unknown factors beyond our control. When serious disease “strikes,” we run to doctors and expect them to fix us with a pill. Many people have no idea that most of the common health conditions that affect Americans are the result of nutritional folly.

If we were taught from childhood that most common modern diseases are the tragic consequence of our toxic food environment, we wouldn't be in today's disgraceful situation—where people graduate from high school, college, and even graduate school without learning how to protect, preserve, and restore their precious health. With proper health education, we would learn that our bodies are powerfully resistant to disease when nutritional needs are met. Instead, we have become the victims of the high-tech, mass-produced food culture that is fueling a cancer epidemic unrivaled in human history. The public remains

confused and largely unaware of the power of excellent nutrition to prevent common cancers.

How normal cells become cancerous

Human cells have all the features necessary to protect themselves from damage to their DNA that eventually results in carcinogenic changes. A cancer cell is essentially a normal cell whose DNA has been damaged to the point that it can no longer control its growth and proliferation. Normal human cells have inherent capabilities to remove or destroy toxic substances, inhibit DNA damage, repair broken DNA cross-links, and remove cells that are injured or abnormal before they become cancerous.

There are two major factors creating our modern epidemic of cancer. One is the exposure of our cells to carcinogenic stresses, including dietary and other environmental exposures. The other is an insufficient dietary intake of plant-derived micronutrients and phytochemicals, which renders our cells incapable of optimal repair and maintenance.

The American Institute for Cancer Research estimates that 50 percent of common cancers are preventable by not smoking, limiting sun exposure, maintaining a healthy weight, exercising regularly, and following a healthful diet.¹

I propose that the percentage could be much higher if we optimized our diets with powerful, anti-cancer foods and lived healthy lifestyles.

Cancer deaths are declining, but cancer is still a leading cause of death, and rates of some cancers are rising

Cancer has surpassed heart disease to become the leading cause of death for Americans between the ages of 45 and 64.² Although overall rates of death from cancer in the United States are decreasing, there have been increases in the incidence of some cancers, including breast cancers. The rise in breast cancer incidence in recent years is thought to be due partly to rising obesity rates.³

ANTI-CANCER SOLUTION:

A dietary protocol to promote maximal health potential

Cruciferous vegetables

(such as broccoli, Brussels sprouts, cauliflower, kale, bok choy, collards, arugula, watercress, and cabbage)

Cruciferous-derived isothiocyanates have potent anti-cancer effects, inhibiting several cancer-promoting cellular processes, including cancer cell growth and proliferation and angiogenesis.⁴⁻⁹ Cruciferous phytochemicals also affect gene expression, promoting the expression of genes involved in our detoxification and antioxidant defenses.¹⁰ Eating cruciferous vegetables regularly is associated with decreased risk of breast, prostate, and colorectal cancers.¹¹⁻¹³

The important step in the production of anti-cancer compounds in cruciferous vegetables is the conversion of glucosinolates to isothiocyanates. If we blend or juice these greens when raw, or chew them well when they are raw, we maximize the formation of anti-cancer compounds. We can also chop them finely before cooking. Once isothiocyanates are formed, they will remain stable through cooking.

Carotenoid-rich vegetables and fruits

Oxidative stress leads to chronic inflammation and is

a major contributor to the development of cancer.¹⁴

The body has its own system of antioxidants that slow or stop oxidative damage, plus systems that repair oxidative damage, and others that cause cell death if there is too much damage.¹⁵ Vitamins and phytochemicals with antioxidant activity from the diet complement the body's antioxidant system. Examples are vitamins A, C, and E and carotenoids.

Observational studies have found a link between higher dietary intake of carotenoid-containing fruits and vegetables and lower risk of lung, prostate, breast, and head and neck cancers.¹⁶⁻²¹ Lycopene in particular is associated with a lower risk of prostate cancer.¹⁷ Circulating carotenoids also travel to the skin, where they help to prevent oxidative damage from sun exposure, protecting against skin cancer.

^{22, 23}

Vegetable juices (including carrot, tomato, kale, and other greens) are a great way to get concentrated carotenoids. Also, it's important to note that cooked vegetables provide more absorbable carotenoids compared to raw vegetables, and if eating vegetables raw, such as in a salad, using a fat-rich nut, seed or avocado-based dressing also improves absorption.^{24, 25}





Cruciferous vegetables (broccoli, Brussels sprouts, cauliflower, kale, bok choy, collards, arugula, watercress, and cabbage) contain a symphony of phytonutrients with potent anti-cancer effects.

Carotenoid-rich foods

Alpha-carotene: orange and green vegetables (pumpkin, carrots, collards)

Beta-carotene: orange and green vegetables (sweet potato, carrots, spinach, collards)

Lycopene: red/pink fruits and vegetables (tomato, guava, grapefruit, papaya)

Lutein and zeaxanthin: leafy greens (kale, spinach, mustard greens, turnip greens, collards)

Beta-cryptoxanthin: orange/red fruits and vegetables (butternut squash, persimmon, papaya, tangerine, red peppers)

Beans and other legumes

Higher intake of legumes is linked to a lower risk of colorectal and prostate cancers in many studies.²⁶⁻²⁷ Beans, lentils, and split peas are rich in fiber and resistant starch, which are fermented by intestinal bacteria into short-chain fatty acids (SCFA) that are important for the normal functions of colon cells and help prevent colorectal cancers.²⁸⁻³² For preventing breast cancer in particular, fiber has the additional benefit of facilitating the excretion of estrogen.³³⁻³⁵

Soybeans may be especially protective against hormone-related cancers because of their isoflavones, a type of phytoestrogen.^{36, 37}

However, soybeans also have anti-cancer effects that do not involve estrogen. In addition to breast, endometrial, and prostate cancers,³⁸⁻⁴⁰ higher soy intake is also linked to a reduction in the risk of stomach, lung, and colorectal cancers.⁴¹⁻⁴³

I recommend cooked soybeans, edamame, and tempeh; tofu is acceptable but is missing some of the original fiber from the soybean.

Onions and Garlic

The anti-cancer properties of the Allium family of vegetables, which includes onions, garlic, shallots, scallions, and leeks, are due largely to their organosulfur compounds, which are produced when the vegetables are chopped or chewed.⁴⁴⁻⁴⁷

Similar to cruciferous vegetables, to optimize intake of these valuable compounds, eat some raw and always chop finely before cooking. Garlic specifically is linked to a lower risk of prostate cancer and gastric cancer, and Allium vegetables overall are associated with a lower risk of many different cancers.⁴⁸⁻⁵²

Onions are also rich in flavonoid phytochemicals, especially quercetin, which alters cell signaling pathways, leading to anti-inflammatory effects and inhibition of proliferation and migration in cancer cells.⁵³

Mushrooms

Mushrooms' cell walls contain polysaccharides called beta-glucans that can interact with receptors on several types of immune cells.⁵⁴ These immune cell-activating effects are thought to aid the body's attacks on bacteria and viruses as well as cancerous cells.⁵⁵⁻⁵⁷

Mushrooms also have direct anti-cancer effects not involving immune cells.⁵⁸⁻⁶⁷ Furthermore, mushrooms may be especially helpful for breast cancer prevention because of their anti-estrogen effects, specifically white button, cremini, and Portobello mushrooms.⁶⁸ A pooled analysis of 10 studies reported a 3 percent reduction in breast cancer risk for every 1 gram of mushrooms eaten daily.⁶⁹

I recommend only eating mushrooms cooked, because several raw mushrooms contain a potentially harmful substance called agaritine, and cooking significantly reduces agaritine content.^{70, 71}

Berries and pomegranate (and flavonoids)

Berries and pomegranate are rich in flavonoids, the phytochemicals responsible for their deep blue, red, and purple colors.⁷² Flavonoids modify cell signaling pathways that enhance the activity of the body's detoxification and antioxidant systems, counteract inflammation, and inhibit proliferation and promote cell death in cancerous cells.^{73, 74, 75}

In addition to flavonoids, ellagic acid (also found in pomegranate), resveratrol, and other polyphenols also contribute to cancer-preventive effects of berries.⁷⁶ Berry powders and gels have shown promising results in human studies on pre-cancerous lesions in the digestive tract.^{77, 78, 79} In clinical trials on men with prostate cancer, supplementation with pomegranate juice or extract was found to slow the rise in their PSA levels.^{80, 81}

Nuts and seeds

Large analyses of many studies on nut consumption and cancer risk found that as nut intake increased, cancer risk decreased.⁸²⁻⁸⁴

Nut and seed phytochemicals have antiproliferative effects in cancer cells, in addition to antioxidant and anti-inflammatory effects, and benefits on the gut microbiome.^{83, 85, 86}

Flax and chia seeds are rich in phytoestrogens known as lignans (sesame seeds also contain lignans), and these compounds have anti-estrogen effects thought to protect against breast cancer.⁸⁷⁻⁹³ The gut microbiome is important to producing enterolignans, the active metabolites, from plant lignans.⁹⁴

Flaxseeds are the richest source of lignans, followed by chia seeds and sesame seeds:

- Flaxseeds (85.5 mg/ounce)
- Chia seeds (32 mg/ounce)⁹⁵
- Sesame seeds (11.2 mg/ounce)⁹⁶

FOODS TO LIMIT OR AVOID ENTIRELY

Animal products

There is evidence that populations with a greater proportion of calories from animal products have higher cancer rates.⁹⁷ Also, red and processed meats are associated with an increase in the risk of several common cancers.⁹⁸ There are several aspects of animal foods that may contribute:

Animal protein, which elevates circulating levels of insulin-like growth factor 1 (IGF-1).^{99, 100}

Arachidonic acid, a pro-inflammatory omega-6 fatty acid.¹⁰¹

Heme iron, which promotes oxidative stress in excess.⁹⁸

Heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs), carcinogens formed in meats during cooking.¹⁰²⁻¹⁰⁴

Nitrosamines (or N-nitroso compounds), which are used as preservatives in processed meats.^{105, 106}

Excess carnitine and choline, which are converted to a pro-inflammatory compound (TMAO) by gut bacteria.¹⁰⁷⁻¹⁰⁹

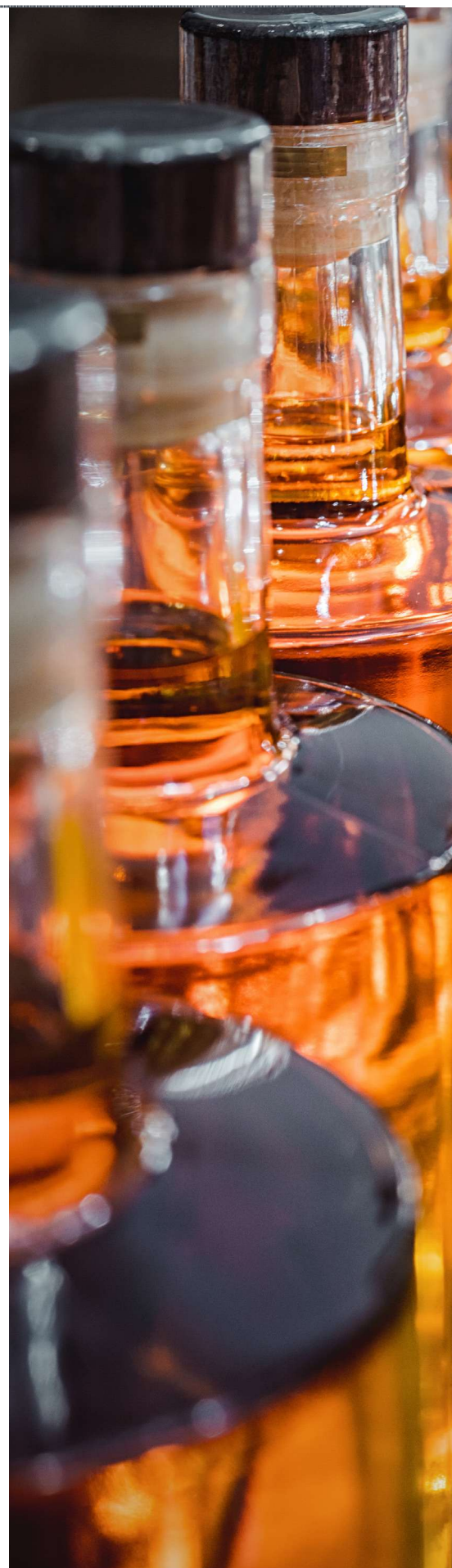
Alcohol

A 2014 report by the International Agency for Research on Cancer concluded that—regarding cancer risk—there is no safe amount of alcohol intake.^{110, 111} In women, alcohol may also increase estrogen levels, leading to greater breast cancer risk.¹¹²

High-glycemic refined carbohydrates and processed foods

Insulin resistance is a common thread that connects obesity, type 2 diabetes, and cancers. Excess fat tissue creates an environment of inflammation that promotes insulin resistance, leading to elevated circulating insulin levels. Obesity increases the risk for several cancers and also poorer outcomes in patients who have been diagnosed with cancer, such as recurrence of breast cancer, poorer survival rates in colorectal cancer, and in prostate cancer, more aggressive disease.¹¹³⁻¹¹⁷

Repeated exposure to high-glycemic foods also contributes to insulin resistance and hyperinsulinemia. Insulin and IGF-1 signaling pathways lead to proliferation and survival of cancerous cells.¹¹⁸⁻¹²⁰



HOW EXERCISE AND SLEEP IMPACT CANCER

Exercise and sleep

Regular exercise is linked to a reduced risk of several cancers, and exercise is also associated with better quality of life and better survival in patients with cancer.¹²¹⁻¹²⁸

Adequate sleep is a prerequisite for good health. In addition to feeling rested and alert, good quality sleep is essential for the immune system to work properly, and there is even some evidence that poor sleep could impair the immune system's ability to eliminate small, newly established tumors before they become dangerous.^{129, 130} It is also important to stop eating several hours before bed and have a long, at least 13-hour, overnight fast between dinner and breakfast. Prolonged nightly fasting has been linked to a reduction in breast cancer recurrence.¹³¹

If You Already Have Cancer

Overall, the same behaviors that help to prevent cancer also help to promote survival and prevent recurrence in those who have previously been diagnosed with cancer. A high-nutrient, high-cruciferous diet, as an adjunct to conventional treatment, will provide the body the nutrients for optimal natural defenses. A high-nutrient diet can make a difference, help to prevent recurrence, and improve prognosis.

Eat to prevent cancer, to slow cancerous progression, and, possibly, to beat cancer. No treatment—not even a program of nutritional excellence—is consistently effective for “curing cancer.” Cancer is a bizarre end-stage disease that responds in an unpredictable fashion, but dietary protocols that include vegetable juicing and high intake of cruciferous vegetables offer the most potential for treatment and for increasing the survival of cancer patients.





CASE HISTORY: BEATING THE ODDS

THOMAS JOHNSON

“At age 41, I was diagnosed with a form of testicular cancer called a classic seminoma. The doctors wanted to remove the tumor and follow up with chemo and radiation, but given my history of ulcerative colitis, they—and I—were very concerned that my body was not going to react well to this treatment. Also, the immune-suppressing drugs I was taking for the colitis would be problematic with such treatment.

That spring I saw Dr. Fuhrman’s PBS special on healthy eating and was greatly inspired by his message. The doctors were talking to me about five-year and ten-year survival rates, but I had a 2-year-old boy at the time—so I wanted the fifty-year plan! Dr. Fuhrman’s special made me think that there might be another way—a way that also addressed the cause of the disease in the first place.

I had learned from Dr. Fuhrman that if you give your body the right foods, and care for your body through exercise and rest, your body will be able to heal itself and transform itself. Within only a few weeks of adopting these dietary changes, my body began to transform. My energy level, clarity of mind, and overall physique made dramatic changes for the better.

Sonograms of the tumor taken that summer showed that it was beginning to shrink in size, and I began pulling myself very slowly and gradually off the medication for the ulcerative colitis because I was feeling no symptoms in my gut. My immunologist monitored my progress. Eventually, I was able to completely remove myself from medicine for the colitis, and the tumor shrank to nothing. I was able to rid myself of cancer and ulcerative colitis without any of the conventional treatments and without any of the side effects associated with them.

Now, at age 47, I can report with amazement that the cancer remains undetectable, the ulcerative colitis is gone, the allergies that plagued me my whole life are also gone, and I have not needed to take an antibiotic or medicine of any kind since 2012. I have never felt better, stronger, healthier, and more emotionally balanced. I thank him for saving my life and allowing me to thrive physically for the first time ever. This is the gift he has given me, and I am forever indebted and grateful.”



“There Is a Special Type of Soup That You Can Eat Once Per Week... That Protects You From Cancer, Heart Disease, and Osteoarthritis...”

That’s just ONE of the many secrets that you will discover inside the Body Renewal Blueprint. When you downloaded this eBook, we also sent you a FREE ticket to the 3-day airing, and you won’t want to miss it.

Why? Because Dr. Joel Fuhrman is revealing the biggest weight-loss and disease-reversing secrets that he’s learned over the past 34 years. Circle your calendar. Make a reminder. Do whatever it takes to watch this live airing.

Here’s just a taste of what you’ll learn...

- Do you like ice cream? This delicious 3-ingredient “ice cream” recipe loads your body with SO MANY fat-burning ingredients... that in a matter of 1-2 weeks, you could fit into your favorite pair of jeans again.
- How Dr. Fuhrman has helped thousands of people get off of a constant merry-o-round of new medications... and serious side effects from those medications.
- This study on 2,000 women showed how women who ate more of this had a 64% lower risk of getting breast cancer.
- The “Toxic Hunger” pandemic that has been sweeping across America, and how it makes it almost impossible for you to lose weight. (Unless you do this.)
- The real reason why most diets fail. *Hint, if you ever have stomach grumblings, headaches, fatigue, or irritability, then you are falling prey to this.
- The most powerful protection that you can give your body against disease. And how it’s possible to live a DISEASE-FREE life, with a healthy weight and the energy of a 25-year-old.
- If everyone ate enough of this, many of the COVID deaths would never have happened.
- How to lower your LDL cholesterol without medications. (Just add this one thing to your cereal!)
- And so much more!

Are you excited? Are you ready to be handed the biggest weight-loss and longevity SECRETS that Dr. Fuhrman has learned from 34 years of medical practice and researching seven NYT best-selling books on reversing disease?

If so, then don’t miss the Body Renewal Blueprint free 3-day airing. Circle it on your calendar, create a reminder, and tell all your friends!

Want to skip the wait and watch everything on your own time?

[Click here to explore upgrading your ticket to VIP access.](#)

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ABOUT JOEL FUHRMAN, M.D.

Joel Fuhrman, M.D. is a board-certified family physician, seven-time *New York Times* bestselling author, and nutritional researcher who specializes in preventing and reversing disease through nutritional and natural methods.

Dr. Fuhrman is the President of the Nutritional Research Foundation. His work and discoveries are published in medical journals, and he is involved with multiple nutritional studies with major research institutions across America.

Dr. Fuhrman runs the Eat to Live Retreat in San Diego, California and takes over the medical care for his guests, enabling them to transform their lives as they recover from diabetes, heart disease, autoimmune disease, cancer and other serious conditions.

Dr. Fuhrman has appeared on hundreds of radio and television shows. Through his own hugely successful PBS specials, which have raised more than \$50 million for public broadcasting stations, he has brought nutritional science to homes across America and around the world.

Dr. Fuhrman is the author of seven New York Times bestsellers: *Eat for Life* (HarperOne, 2020), *Eat to Live* (Little Brown, 2003; updated, 2011); *Super Immunity* (HarperOne, 2012); *The End of Diabetes* (HarperOne, 2013); *The Eat to Live Cookbook* (HarperOne, 2013); *The End of Dieting* (HarperOne, 2014) and *The End of Heart Disease* (HarperOne, 2016).

He is also the author of the Transformation 20 guides to health and weight loss. The titles include: *Transformation 20 Diabetes*; *Transformation 20 Blood Pressure and Cholesterol*; *10 in 20: Lose 10 Pounds in 20 Days Detox Program*; *10 in 20: More of What You Love*; and *T20: Infection Protection in 20 Days*.

To date, Dr. Fuhrman has sold more than three million books.

In 2017, Dr. Fuhrman released *Fast Food Genocide* (HarperOne 2017), an examination of how fast food is destroying the physical, mental and emotional health of our society — and what we can do about it. He also introduced legions of food lovers to the joys of Nutritarian cooking with his *Eat to Live Cookbook* and his *Eat to Live Quick and Easy Cookbook* (HarperOne, 2017).

Dr. Fuhrman has written several other popular books on nutritional science, which include: *Eat for Health*, *Disease-Proof Your Child*, *Fasting and Eating for Health* and the *Nutritarian Handbook* and *ANDI Food Scoring Guide*.

