

Why did I recover from my sickness?

Diet Regimen – Eat to prevent, fight and cure diseases including cancer

Along with the traditional therapies such as chemotherapy and radiation therapy, there is another way--that has got a lot of attention and has been used by a number of people--to prevent and fight a number of difficult-to-cure diseases, including cancer. This method consists of meditation, exercise, Khi Cong and the right diet regimen.

During a fifteen-month long battle with cancer, as an experiment, I have personally applied upon my body what I researched and studied.

On April 30th, 2009, I was declared “cancer free” by the doctors at MD Anderson without going through the traditional cancer therapy: chemo and radio therapy

Ladies and Gentlemen: I have escaped chemotherapy and radiation Therapy.

My sincere thanks to all the people and resources that supplied the latest news for my reference; all my dear friends and those who encouraged me to delve into this experiment. A very special thanks to my master, the venerable Thich Thong Triet, all my friends in the Thien Tanh Khong Meditation club, and my lifetime partner, Giac Tan, my husband.

More over, many thanks to the authors whose research have supplied me the needed resources for the self experiment and application during my cancer treatment period.

With all my sincere gratefulness toward Buddha and Bodisattvas for my recovered health, a zeal for life and serenity facing this difficult disease.

I wish to share all my research with my country fellows, far and near, who may use it as reference. In fact, this sharing of my research is currently helping several of my friends, who are in the stage 3 or 4 of cancer, to overcome their fear and difficulties of fighting against cancer.

This is not an invention of mine, rather, it is a combination of western and eastern diet resulting in nutritious, cancer-fighting foods that is incidentally discovered by me through my battle with cancer. I combined them based on the eastern theory of Yin and Yang (through the guidance and consultation of an acupuncture doctor, Dr. Vy Nguyen Duong) and the western pharmacology that is derived from books like “Food to fight the cancer–Anti-Cancer a new way of life” and several others listed in the Appendix.

Although I know that nothing is permanent, but after a battle with breast cancer, I have learned and experienced more about equanimity facing this deadly disease. From which I had made a plead with Quan Yin to grant me a recovery to discover a method to battle cancer in place of the traditional ways of chemo and radiation therapy.

I have discovered how meditation in fact can improve one’s spirit and illnesses, how ‘Khi Cong’ exercise can speed up the recovery, and that diet plays a crucial role in our daily health and diseases.

Ladies & Gentlemen:

Diseases are caused by pollution, contagious contacts, diet, life style and mental attitude.

There is a number of ways to prevent disease and to resolve mental and spiritual problems. Here I have included 3 methods.

1. *Diet reason: disease comes from our diet*

Research foods and drinks that have good nutrition value and have anti-toxicity properties; and the ways they are prepared and consumed to form natural medicines that will increase the immune system to fight diseases.

2. *Psychosomatic Reason: How mental health affects physiological health*

Practice meditation. Understand the physiology of the brain and its effect on our well being. Because we are constantly under stress, it will be beneficial if we understand why we react (stress-out) and learn how to relax, control our thoughts, and be calm facing the ever-changing surprises of life. Once this is achieved, it will stimulate good bio-chemicals and hormones that improve our immune system.

3. *Khi Cong*

Learn why this is an exercise to increase our blood and air flow that will enhance our immunity, which will help us live more fully and readily to fight any disease.

If we miss or ignore one of the three conditions, cancer can recur in one form or another.

I believe I got cancer because I have made mistakes in my diet; but after adjusting my diet, practicing meditation and Khi Cong I have achieved remarkable result.

I sincerely wish to share my personal experiences with everyone. If anyone has any questions about the books and resources that I used from the MD Anderson hospital, please contact me, Quang Tam. I hope you can prevent and fight cancer and other diseases.

I humbly ask everyone to get back to the natural ways and join me scientifically to this program in hope of benefiting the public as well as our Vietnamese community.

DAILY NUTRITIOUS FOOD TO PREVENT DIFFERENT DISEASES

1. Eat brown rice (Nishiki): Soak the rice 22 hours before cooking with water to the depth of to the first knuckle of your finger. You can also cook without soaking beforehand by using water depth up to your second knuckle plus 2 drops of olive oil.
2. Grind the following
 - a. Black sesame nut -- 2 teaspoon
 - b. Almond nut -- 1 teaspoon
 - c. Pumpkin sees -- 1 teaspoon

Mix the above and add a tiny bit of salt in a rice bowl

3. Nutritious foods that have therapeutic effect: Eat cooked brown rice and the following dishes:

CommandButt

Spiced up with lemon grass, garlic, green onion, cinnamon, and black pepper.

	Vegetables	Fish	Roots & bulbs	Beans	Fruits	Nuts
1	Broccoli	Sardines	Pumpkin	Red bean	Wild berry	Brazil
2	Spinach	Mackerel	Carrot		Red apple	Hazel
3	Brussels sprouts	Salmon	Artichoke	Black bean	Red grapes	Almond
4	Watercrest	Rainbow Trout	Tomatoes	White bean	Avocado	Pumpkin
5	Asparagus	Rexsole Fish	Lotus seeds	Yellow bean	Strawberry	Flax seeds
6	Arugula Salad	Tuna (little)	Bellpeper (red/yellow)	Soybean	Rasp berries	Sesame white/black
7	Cauliflower	Shrimp (little)	Green bean	Kidney bean	Cranberry	Pine nut
8	Corn	Chicken (little)	Beet	Snow Pea	Peaches	Sun flower
9	Mushroom Shiitake		Sweet potato		Blue berries	Oats
10	Mushroom Seaweed				Papaya	Wheat germ

4. What follows are the foods that have Yin properties.

Celery	Milk without sugar	Corn	Potatoes	Green bean	Pineapple
Beet	Non-sweeten soybean drink	Eggplant	Cucumber	Bean sprout	Banana
Water Spinach	Shrimp (little)	Pickled Cu Cai	Beet		Watermelon
Malabar Spinach	Chicken (little)	Chayote	Bittermelon		Cantaloupe
Yu Choy			Bí đậu		Orange
Mustard leaf		Asparagus	Mushroom mèò White mushroom	Squash	Grape fruit
		Sponge gourd		Sweet Potatoes	Mango

5. Avoid following foods that promote the triggering or growing of diseases.
 - a. Sugar, sweeten drinks (soda, etc.)
 - b. Beef, pork, smoked meat
 - c. Cheese, butter, dark chocolate (little)
 - d. Canned food, preserved or fried food
 - e. Alcohol (except red wine 1 glass daily is ok)
 - f. Smoking

6. Should eat a variety of fruit, nuts, legumes, vegetables, beans in a rotating, balanced manner daily for complete nutrition. Of course, it is most important to eat brown rice and variety of nuts.
 - Should not consume too much soybean, not more than 50 gram/day
(Any more may cause breast cancer for women and prostate cancer for men)
 - Tomatoes are more efficacious when eat cooked.
 - Tumeric & black pepper are efficacious

7. When fighting cancer it is best to eat the foods outline above in 1, 2 and 3 only. Never consume sugar, meat, milk, or fruits of Yin property. Instead most of the 5 grains, nuts, many proteins, vitamins B, E, calcium, iron, zinc, omega, potassium, fiber, etc. can be consumed, all of which are good for vegetarians.

What follows is mostly from the “*The Top 100 Immunity Boosters*” by Charlotte Haigh. Please read the book for more information and details.

VEGETABLES

<p>BROCCOLI</p>	<p><i>Vitamins B3, B5, C, E, folate, beta-carotene, calcium, iron, zinc; sulforaphanes</i></p> <p>-----</p> <p>Anti-cancer, antioxidant, antibiotic. Good for the heart, heal fast. Enhance effect if chewed thoroughly</p>
<p>BROUSSELS SPROUTS</p>	<p><i>Vitamins B2, B5, B6, C; folate, beta-carotene; potassium, glucosinolates, fiber</i></p> <p>-----</p> <p>Antibiotic, Anti-cancer and antioxidant. Good for the heart and digestive system.</p>
<p>SPINACH</p>	<p><i>B2, B3, C, E, carotenoids, calcium, magnesium, zinc, fiber</i></p> <p>-----</p> <p>Anti-cancer. Good for the heart and nervous system. Strengthen immune system, Best eat raw.</p>
<p>WATERCRESS Xà lách son</p>	<p><i>B3, B6, C, E, K, beta-carotene, calcium, manganese, iron, zinc, glucosinolates, fiber</i></p> <p>-----</p> <p>Strengthen immune system. Anti-oxidant Filter out toxins.</p>
<p>ASPARAGUS Măng tây xanh</p>	<p><i>B3, C, Beta-carotene, folate, potassium, zinc, asparagin, flavonoids, fiber</i></p> <p>-----</p> <p>Anti-cancer. Natural diuretic. Clean blood. Best way to prepare is steaming to keep vitamin in its tip.</p>
<p>ARUGULA</p>	<p><i>C, beta-carotene, volatile oils, fiber, sulforaphane</i></p> <p>-----</p> <p>Lots of anti-oxidants, anti-cancer, Good source of fiber, Boost resistance to virus and other infection.</p>

CAULI FLOWER	<p><i>B3, B5, B6, C, folate, calcicum. Potassium, zinc, glucosinolates, fiber</i></p> <p>-----</p> <p>Fight against cancer of lung, breast, stomach and colon. Enhance the immune system.</p>
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FISH

MACKEREL	<p><i>B3, B6, B12, D, iodine, potassium, selenium, omega-3 fatty acids</i></p> <p>-----</p> <p>Could be effective against cancer and depression, joints and skin Reduce blood pressure Boosts immune system.</p>
SALMON	<p><i>A, B12, D, iodine, potassium, selenium, omega-3 fatty acids</i></p> <p>-----</p> <p>Anti-cancer and antioxidants. Omega-3 is good regulating activity of white blood cell and has anti-inflammatory properties for arthritis and eczema. Prevent heart disease, cancer and depression.</p>
TUNA	<p><i>B3, B6, B12, D, E, iodine, selenium, omega-3 fatty acids</i></p> <p>-----</p> <p>Rich in healthy oil. Contains vitamin E & selenium necessary for the production of disease-fighting antibodies; has anti-inflammatory properties for arthritis and eczema. Prevent heart disease, cancer and depression.</p>

SHRIMPS

<p><i>B3, B12, Calcium, iodine, magnesium, phosphorous, potassium, selenium, zinc, protein</i></p>	<p>High in immune-boosting nutrients that is anti-cancer, energy boosting and is good to white blood cells.</p>
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CHICKEN

<p><i>B3, B6, potassium, selenium, lysine, protein</i></p>	<p>White meat is better Antioxidants and anti-bacterial Enhance healthy cells growth</p>
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NUTS

<p>BRAZIL NUT</p>	<p><i>B1, E, biotin, calcium, iron, magnesium, selenium, zinc, omega-6 fatty acids, glutathione, fiber, protein</i></p> <p>-----</p> <p>Antioxidants and anti-cancer Most effective of all the nuts.</p>
<p>ALMOND</p>	<p><i>B2, B5, E, biotin, calcium, iron, magnesium, phosphorous, potassium, zinc, laetrile, omega-9 fatty acids</i></p> <p>-----</p> <p>One of the top sources of cancer-fighting vitamin E As well as antiviral mineral calcium. Has Latrile, thought to be a powerful tumor fighting compound. Rich in zinc good for wound healing and immune boosting. It can also lower cholesterol.</p>
<p>SESAME SEED</p>	<p><i>B1, B2, B3, E, calcium, iron, omega-6 and 9 fatty acids</i></p> <p>-----</p> <p>Valuable health booster. Rich in immunity-fortifying zinc and antioxidants Vitamin E Rich in vegetarian protein and omega-6 for healthy skin and circulation.</p>
<p>PISTACHIO NUT</p>	<p><i>B1, B3, E, magnesium, manganese, potassium, calcium, omega-9 fatty acids, protein</i></p> <p>-----</p> <p>Anti-viral. Can help to ease allergic reactions, Detoxify body. Good for healthy nerve and muscle tissues.</p>
<p>PUMPKIN SEED</p>	<p><i>B1, B2, B3, iron, magnesium, phosphorous, potassium, selenium, zinc, omega-3 and 6 fatty acids; protein</i></p> <p>-----</p> <p>Crucial for good immune functions, as well as for healthy skin, blood clotting, digestion, and nerve function. Helps to moderate stress.</p>

BROWN RICE	<p><i>B1, B3, folate, iron, magnesium, manganese, phosphorous, copper, zinc, complex carbohydrates, fiber, protein</i></p> <p>-----</p> <p>Rich in healthy glucose. Anti-cancer, antioxidants and allergy fighting. Good for heart and immune system. Rich in fiber, help to reduce cholesterol preventing and fighting diseases.</p>
OATS	<p><i>B1, B2, B3, B5, E, folate, iron, magnesium, selenium, silica, zinc, flavonoids; fiber, protein</i></p> <p>-----</p> <p>Anti-cancer, antioxidants, and anti-viral. Immune boosting and reduce cholesterol—good for heart. Ease stress and rich in nutrition.</p>
WHEAT GERM	<p><i>B1, B2, B3, B5, B6, E, folate, iron, magnesium, manganese, selenium, zinc, fiber</i></p> <p>-----</p> <p>Anti-cancer, antioxidants, and anti-viral and anti-bacterial. Rich in fiber and reduce cholesterol Boost immune system</p>
PINE NUT	<p><i>B1, B2, B3, E, Iron, magnesium, manganese, zinc, protein</i></p> <p>-----</p> <p>Rich in immune-boosting antioxidants Zinc. Reduce cholesterol and is good for the heart Fight against pollution Calm allergic reactions.</p>
SUNFLOWER SEED	<p><i>E, B1, B2, B3, Calcium, copper, magnesium, manganese, iron, selenium. Zinc; omega-6 fatty acids; Protein</i></p> <p>-----</p> <p>Should never be heated. Rich in immune-boosting nutrition.</p>

	Anti-viral and help to cope with stress Calm allergic reactions.
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FRUITS

APPLE Táo	<i>Vitamin C, malic acid, flavonoids; fiber</i> ----- Rich in fiber that cleans out toxins and reduce cholesterol. Good for stomach, heart and lung Ease allergic reactions and arthritis. Cancer patient should eat red apple.
GRAPE Nho	<i>B3, B6, biotin, potassium, selenium, zinc, anthocyanins, ellagic acid</i> ----- Excellent for improving circulation and heart health. Powerful detoxifier of the skin, liver, kidneys, and bowels. Anti-cancer and moderate allergic reactions.
AVOCADO Bơ	<i>B1, B2, B3, B5, E, K, biotin, carotenoids, folate, potassium, zinc, beta-sitosterol, glutathione; omega-6 fatty acids; fiber</i> ----- Anti-cancer, anti-bacterial, Good for heart and prostate gland. Boost immune system Good fat
STRAWBERRY Dâu tây	<i>B3, B5, C; flavonoids, ellagic acid; fiber</i> ----- Anti-cancer and anti-toxin Boost immunity and good for heart Relieve stress
RASPBERRY	<i>B3, C, biotin, folate, iron, manganese; anthocyanins, fiber</i> ----- High in infection fighting Vitamin C and antioxidants Boost immune system. Preventing cancer of mouth, throat and colon.
	<i>Vitamin C, iron, tannins</i>

CRANBERRY	----- Anti-bacterial, ward off colds and flus. Treat cystitis, Great immune system booster.
PAPAYA Đu đủ	<i>Vitamin C, carotenoids, folate, potassium, papains; fiber</i> ----- Anti-cancer and antioxidants Prevents colon cancer. Aids digestion and reduce inflammation Anti-aging; good for women

ROOTS/BULBS

PUMPKIN Bí ngô	<i>C, beta-carotene; fiber</i> ----- Anti-cancer and antioxidant Good for colon cancer, heart diseases, and fight virus and colds. Fiber helps lower cholesterol and promotes good digestion.
CARROT	<i>K, beta-carotene, folate, calcium, chromium, iron, zinc, fiber</i> ----- Anti-cancer, anti-inflammation. Enhance digestive functions, regulate sugar and good for the eyes and wound healing.
GLOBE ARTICHOKE Bông a-ti-sô	<i>B3, B5, biotin, folate, potassium, zinc, cynarin</i> ----- Anti-viral, anti-cancer and prevent heart diseases. Good for blood clotting and wound healing Stabilize blood sugar—good for diabetics
TOMATO Cà chua	<i>B3, C, E, beta-carotene, lycopene, potassium</i> ----- Anti-viral and crucial for immune system. Protects bodies from toxins.
BEET Dền đỏ	<i>Folate, iron, manganese, potassium; betanin; fiber; protein</i> ----- Anti-cancer, anti-bacterial, and anti-oxidants. Good for digestive system.

RED BELL PEPPER Ớt đỏ	<i>B6, C, beta-carotene; fiber</i> ----- Anti-cancer, anti-bacterial, and anti-oxidants. Good for heart, immune system, reduce cholesterol, clean blood and good for the digestive system.
GREEN BEAN Đậu cô-ve	<i>B3, folate, beta-carotene, iron, manganese; fiber</i> ----- Anti-cancer, anti-bacterial, and anti-oxidants. Clean blood, increases White blood cells, promotes cell growth
SWEET POTATO	<i>B6, C, E, beta-carotene, iron, potassium, fiber</i> ----- Anti-cancer, anti-bacterial, and anti-oxidants. Good for the heart and immune system. Reduce cholesterol. Can help to enhance digestive functions.
LOTUS Hạt sen, củ sen	<i>B3, calcium, iron, fiber, zinc</i> ----- Antioxidant. Good for heart and immune system, digestive system. Sleeping and cool the liver.

BEANS

RED BEAN Đậu đỏ	<i>Folate, potassium, iron, manganese, fiber, protein</i> ----- Antioxidant, anti-bacterial. Rich in protein, vitamin B which is good for kidney; iron for blood. Good for heart and reduce cholesterol. Improve digestive functions. Boost immune system.
BLACK- EYED BEAN Đậu trắng	<i>B1, B2, B3, biotin, folate, calcium, iron, magnesium, manganese, selenium, zinc, fiber, protein.</i> ----- Anti-cancer, antioxidant. Good for the heart, immune system and digestive system.
LIMA BEAN Đậu ván	<i>B3, B5, folate, iron, zinc, manganese, potassium, fiber, protein</i> ----- Anti-bacterial. Good for heart. Boost immune system.

<p>SOY BEAN Đậu nành</p>	<p><i>B2, B6, E, folate, calcium, iron, magnesium, manganese, potassium, zinc, isoflavones; protease, inhibitors.</i></p> <p>-----</p> <p>Anti-cancer, anti-inflammation, antioxidant and anti-toxins. Good for the heart May eat soft tofu and any tofu products such as soybean drinks, sauce, MISO. Should not eat more than 50 grams/ day because too much can increase risk of breast cancer for women and prostate cancer for men.</p>
<p>SNOW PEA Đậu Hoà lan</p>	<p><i>B1, B2, B5, C, Beta carotene, biotin, calcium, iron, fiber</i></p> <p>-----</p> <p>Anti-bacterial, antioxidant. Lower cholesterol and enhance digestive functions.</p>

MUSHROOM

<p>EAR MUSHROOM</p>	<p>Anti-clotting like aspirin.</p>
<p>MUSHROOM SHIITAKE</p>	<p><i>B1, B2, B3, C, Iron, magnesium, phosphorous, potassium, lentinan, protein.</i></p>
<p>Different MUSHROOM RHISHI</p>	<p>Good anti-cancer properties.</p>

Ladies and Gentlemen:

The list presented here is not an absolute one. It is only the result of a small and limited research by me. It is hopeful that others can improve and broaden it by more research and experiments. Nevertheless, the list of food mentioned is full of nutrition that can prevent and fight diseases including cancers. It also is suitable to the daily cooking and the palate of the Vietnamese people like us.

The list of foods in item 1, 2 and 3 above has the potential of stopping the cell division of cancerous cells, thereby stopping their growth, shrink them, and eventually kill them. This is the understanding of “*Nutrition against Cancer*”. Many cancer patients who have followed this regimen exactly as presented for 2 to 4 months long, have found that their cancer have shrunk instead of grown bigger when revisiting their Doctors for imaging,

FEW RECOMMENDATIONS:

1. If you are in the early stages of cancer 1 or 2, which is not as serious yet, try the diet consisting of the food (about 60 items) listed in 1, 2, 3 for 3 months and then revisit the Doctor for imaging. If the cancer shrinks, then continue the diet several more months and take “MAITAKE, REISHI”, a type of mushroom or just take the medications prescribed by your oncologist. You may be able to avoid chemotherapy or radiation Therapy.
2. If you are already in stage 3 or 4 when the cancer is detected, after the treatment, start immediately the strict proper diet regimen. Try to eat “*brown rice, sesame salt*” as guided by the OSHAWA regimen. In case you can not handle it, try following the regimen outlined in this paper (more appetizing, easier to eat and just as quickly and effective), practice relaxation, look for support through friends, practice Khi Cong, Tai Chi, breath deeply through meditation to improve and strengthen your immune system. This will help you go through the traditional western cancer treatment easier and recover faster.
3. After your traditional western cancer treatment, please continue your careful diet regimen. Eat the foods in 1, 2, & 3 and little from 4. Avoid and DO NOT eat food listed in 5 to avoid cancer recurrence.

ATTENTION:

For people who normally eat meat and sugary food: Cancer grow very fast with meat and sugary food. For the vegetarians: Cancer grows slower with their diet.

Why do you still get cancer if you were a vegetarian?

Because it could be due to over-eating sugar and foods with Yin properties, such as the food that make vegetarian 'fish'. Or just NOT eating enough nutrition daily that weaken your immune system.

I sincerely wish to share this with everybody From the bottom of my heart. I wish luck to those to overcome cancer and diseases.

I have been very fortunate. During my cancer period, I have had many miraculous opportunities and help from many people! Sometimes when flashing back of all that has happened, it is as there is an invisible force that has helped and guided me to overcome cancer without a clear understanding due to the fact I knew nothing of this disease. I have 'drifted' into Dr. Anthony Sattilaro (a doctor director of a cancer self-healing hospital by the Oshawa diet regimen) and achieved surprising result like his: I am "cancer free" after 8 months of eating the food listed in the above 1, 2, 3. My lesion has shrunk from 2.5 cm to 0.7cm. Had I been able to continue 3 or 4 months, I believe that it will probably die.

For your information, please read "Physician Heal Thyself" in the August, 1982 issue of LIFE magazine. A detailed, self-telling story of how the director (Doctor) of the Methodist hospital at Philadelphia beat his stage 4 cancer (when detected with the prognosis of less than 2 years). His cancer had disappeared after a 14-month long diet regimen, as proven by the imaging before and after his self-curing treatment. He also had many miraculous opportunities and lucky breaks. Even his colleagues never thought that food plays such a crucial role in fighting cancer. He has shared his experience with his lectures on "Diet regimen and Cancer".

All that I have presented concerning my cancer fighting can be proven by the following.

- *My patient chart*
- *X-rays: before and after*
- *All the books and articles on cancer*

Lastly, I would like to thank you all, and for the help of the following Doctors and friends who have encouraged me, who have provided consultations to me as well as guided me in getting all the referenced materials, and who are the witnesses of my ordeal with cancer.

- Meditation Chief Master Thich Thong Triet and other masters
- Dr. Jay Shas, who has cared for me like a member of the family
- Dr. Jennifer Litton and other Doctors as well as MD Anderson hospital
- Mr. and Mrs. Dai Thanh
- Doctors of acupuncture: Dr. and Drs. Vy Nguyen Duong
- Pharmacist, Dr. Lam Thu of Southwest Pharmacy
- Dr. Jonathan Thinh Wong for the Vietnamese-English translation
- Vietnamese pharmacist Nguyen Dung
- Family of Viet Hoa
- Sister Hanh Thao, Ta Muoi, niece Jennifer Nguyen and all the friends and members of Thien Tanh Khong Meditation Club
- Giac Tan, my husband and family

Sincerely wishing everybody good healthy and good luck. I hope this writing can be helpful to the readers to research and practice meditation, Khi Cong, and follow the proper diet for disease prevention and health maintenance.

Please forgive me if there is anything missing due to my limited understanding, I welcome and ask for any additional information that will make this more complete.

DANG TAM HANH

POSTSCRIPT

An application of the method for treating cancer.

A summary of 10 months of my cancer treatment and cure.

On July 10, 2008, after a thorough examination and testing, I got the news that I have breast cancer measuring 2.5 cm, which was in stage 2 but had not metastasized yet. Dr. Jennifer Litton informed me that I would need 6 months of chemotherapy, surgery and then followed by radiation therapy.

After much thought I asked the doctor for permission to go out of town for 2 months, after which I would return for the surgery. But Dr. Litton told me that, for the first time at MD Anderson, there is a special program for experimental drug cancer treatment lasting 4 months that I could join if I want to. She also told me the conditions for joining: I would take the experimental medication prescribed and in 4 months would have to have 4 samples of cancer biopsy done. I would have to have monthly visit to assess the efficacy and the effects of the drugs. Of course, there may be some unknown side effects that I would have to endure. For whatever the reason may be, if the cancer grows bigger or metastasizes, surgery needed would be performed. Again, This is the first experimental drug-before-surgery program at MD Anderson that includes 50 patients locally out of 350 patients nation wide.

I decided to join the program knowing fully that the cancer can spread simply due to the act of biopsy. I also knew that I would have 4 months to accomplish the following:

1. Contributing to the cancer research experiment at MD Anderson
2. Experimenting with other venues simultaneously like natural diet and spiritual training.

On August 26, 2008 the experiment started. I started taking one pill of Arimidex daily. At the same day, I also rented a beach house at Galveston, TX, and started a regimen consisting of meditation, Khi Cong, a diet and eastern medicines.

One month later I went back for examination. I would never forget the surprise look on Dr. Litton's face. Not only was I healthy but the cancer was no longer detectable by touch or biopsy. Where did it go? Of course, Dr. Jay Shas, the nurse and my niece were just as surprised. To be sure, Dr. Litton asked the nurse to wash her hand and see if she could detect the cancer; after which she smiled and agreed that she could not feel it. Dr. Litton asked me what I did and what medicine I took. I answered that each day I took 1 pill of each of the following: Arimidex,

multi-vitamin, calcium, Vitamin C, Q 10, Nghe, and 2 pills of garlic, plus daily meditation, Khi Cong and a diet regimen.

She told me to continue what I had been doing. I asked :”Has anyone had such similar result like mine after one month of Arimidex?”. “No!, not yet”, she said.

This was the first sign that the method of treatment I applied on myself is effective and has good result. Due to meditation I gained a clear *mind*. My immune system was strengthen and enhanced by practicing Khi Cong, the good ocean air and the diet I devised, thereby shrinking the cancer to the point of not detectable by hand. And it had been like that since then every month I returned to the doctor’s office. It was not clear whether it was gone or just shrank to the point of just not detectable.

Four Months later, to prepare me for the surgery on December 12, 2008, I returned on December 1, 2008, for a complete physical exam that included CBC, imaging of lung, heart and mammogram, ultrasound, etc. The result showed that the cancer had shrunk 50%, from 2.5 cm to 1.2 cm. While arranging for the date of surgery, I asked again to delay the surgery for 4 more months to continue my own experiment due to the good result so far. The doctor disagreed because this is unorthodox to the program. With my best effort I tried to convince the doctor that I had contributed to the experimental treatment program and that I need more time to prove that that my method works through self-application, which could benefit other people that may follow my method.

Due to my determination and insistence, one week later, Dr. Litton agreed to let me have 3 more months to continue with the medication. She said, “*This is the last time. You will have surgery on April*”. I promised that I would oblige.

Three months later, I had my surgery on April 13, 2008 starting at two O’clock and ended at 6 O’clock. Upon awakening in the company of my husband , I felt no bad reaction whatsoever. Perhaps due to meditation and Khi Cong, my recovery had been pretty quick and I was allowed to return home the next morning. The surgery nurse Dr. Babiera congratulated me and informed me that there is no cancerous cells detected in my lymph nodes (one route of metastasis) which was the biggest worry the doctor had with surgery.

On my return visit on April 30, 2009, I got the lab result that the excised cancer lesion was 70% dead on the outside and only 30% alive on the inside. There was no sign of spread, and the doctor declared that I was “cancer-free”, which was the best surprising news I could wish for. I gave her a hug and took a picture with her for souvenir. Dr. Jay Shas greeted me and said that my recovery from cancer is “*truly remarkable and brave*”. I was greatly indebt with Dr. Shas, who had helped to transfer me to MD Anderson after having been introduced to me by my niece Jennifer. During the 10-month long treatment period, he had provided guidance, ideas, and cared for me like a member of my family. I told him: “Medication, meditation, Khi Cong and proper diet helped me to overcome cancer”. He encouraged me to write down my personal experience and method to help other patients. With this opportunity I told him about a Vietnamese-translated book by Dr. Anthony Sataro, in which the doctor presented his self-healing, cancer-fighting method through proper diet. Later, Dr. Jay Shas got me a copy of the same book in English and the cancer research book that Dr. Anthony Sataro used for himself.

Later I met with the big family and relayed my story and advised everyone to pay more attention to their diet and to study and research more on food. People tended to believe me more due to my sickness history, hospital visits and my recovery.

One week later I met with my friends at the meditation club and they happily congratulated me on my recovery. I then shared with them the benefits of meditation, Khi Cong, and diet. I also showed them a few new dishes that I invented that is both palatable and nutritious, which they all enjoyed. I wish that there are restaurants that will serve more nutritious foods, more mothers cooking vegetarian food with less sugar, less desserts, less preservatives to promote health and prevent diseases.

Additionally I would like to thank Mr. Bui Xuan Tung, 46 years of age, for giving me permission to share his story. He is currently sick and is applying the diet regimen and method with a clear understanding of it. He understood and acknowledged the role of proper diet in fighting diseases.

He has one 5-cm lung cancer lesion that had spread to 4 lesions in his brain, with the biggest one measured 3 to 4 cm. After having frequent headaches, a left narrowing eye opening and drooping mouth, he went to see the doctor. Imaging showed that he was in the stage 4D of lung cancer. The doctor gave him about 5 to 6 months to live, even after chemo or radiation therapy. His wife quitted work and stayed home to care for him. Upon hearing the news, I went to share with him my method of fighting cancer along with other references. His wife, Gioi Minh helped him to become a vegetarian although he had difficulty becoming a 100% vegetarian. After a treatment of 9 months, on his re-visit with the doctor, the cancer did not grow but had shrunk somewhat. The doctor was surprised and thought it was a miracle! (Note that cancer cells grow very fast, especially in the last stage).

Gioi Minh was happy and returned to work after the visit. He stayed home and did not follow the proper diet. Instead he ate sugar, milk, coffee, cookies that he deemed vegetarian. One month later, the cancer grew in size and pressed on his eye and causing his mouth to droop again, which necessitated a trip to the emergency room. Doctor discovered a big cancer lesion and had to treat him with both chemo and radiation therapy at the same time. This time he had to stay at the hospital and required stronger treatments; and had to go through the agony of pain without drugs. I advised him to eat brown rice, sesame, nuts and be on a strict diet supplemented by BingHan Dietary ginseng. Painfully he overcame this emergency and realized how much food affect one's health and diseases. He had got better and had been keeping up with a strict diet. He is still under cancer treatment and we wish him the best to recovery.

I met an assistant to a professor of the University of Houston who is doing research on cancer that afflict women, especially Asian women. Her name is Krystal Luong and she said that the American and Chinese community normally have cancer support groups, in which they happily shared the latest medical news on cancer, research and experiences in order to help other people understand the cancer process and how to fight it medically as well as mentally. Vietnamese people are normally quiet and subdue, rarely open up to share their experience and therefore make it more difficult to do her research. Nevertheless, she tried her best collecting data and wrote a book in Vietnamese to help further our knowledge about cancer.

Ladies and Gentlemen,

To further the knowledge about cancer and all that was relevant to the information presented, I have included the references on the detrimental effect of meat and milk during cancer treatment.

And also the latest research by a number of doctors and bio-chemist on the utmost important role of food in preventing and fighting diseases and enhancing health.

If anyone would like more information or my patient record at MD Anderson, please contact me:

Dang Tam Hanh
435 FM 1092 Road Suite B-1
P.O. Box #171 Stafford, TX 77477

TAM HANH

REFERENCES

{Insert all the referenced materials here}

AN WOMAN SCIENTIST HAD CURED CANCER BY ADJUSTING HER DIET

Introduction: Professor Jane Plant is a famous scientist in England. She had been diagnosed with breast cancer since 1987. Normally it is difficult to survive a recurrence of cancer. Although modern medical treatment and cancer specialists have helped her to live longer, her cancer had recurred 5 times and eventually spread to her lymphatic system. Facing death, she refused to give up and insisted on fighting it by adjusting her methodical diet regimen that eventually lead to her recovery. She has published a book **Your Life in Your Hands** to described her personal experiences in surviving and beating cancer. Because we think this is a very beneficial story we would like to share and translate to Vietnamese one section in the book as follows.

After my cancer recurs for the fifth time, other than dying, I think I have no choice but to find a way to cure myself. As a scientist, I already know that breast cancer has killed one in twelve women in England and Australia. Although I have had one of my breasts removed, had chemotherapy and was treated by eminent specialists, it appears that eventually I would die anyway.

I am married. I have a beautiful family with two great kids and a nice cozy house. I wish to continue live on caring for them. This strong will to live has enabled me to discover new knowledge that is now shared by a number of scientists like me.

It is a common knowledge to those who know about breast cancer that there are other dangers that can happen to the cancer patient such as early aging, beauty wilting, late onset of menopause, etc. which are normally outside the realm of regular examination. Although in my opinion these can be prevented by having the strong will to change one's life style, specifically one's diet. One thing I can assure you is that breast cancer can be cured because I had it and had it beat. I would like to describe my personal experience.

My husband, Peter, who is also a scientist, has come back to England from China during my chemotherapy. He has brought some research materials and suppositories from China that are noted for curing cancer--although I am in a dangerous period, we could not help but start laughing--I say that if so then breast cancer must be rare in China. Indeed it is true! Research has shown that very few women in China have breast cancer, only one in 10,000 Chinese women has it as compared to 1 in 12 in America and other western countries. This is not due to the fact that more Chinese tend to live in less polluted environments--such as the farms as compared to city dwellers--because even in a crowded city like Hong Kong with western style of living there is only 34 out of 10,000 fatality of women from breast cancer, which is far superior to the ratios in western countries.

Two cities in Japan, Hiroshima and Nagasaki, have similar fatality ratio to the western societies because of the atomic bomb catastrophe from World War II. Due to the high rates of cancers, people are concern with the relationship between cancer and radiation (and its causal mechanism).

More over, statistics show that for western women who moved to the above Japanese cities, their breast cancer rate is 1.5 times higher than the local women.

Clearly, environment is not the only factor in causing cancers but the main factor is their life style and diet. I also discovered that the big difference in the rate of cancer cases between western and eastern societies is not due to different races. Scientists have proved through statistical research that second generation of Chinese and Japanese immigrants have similar cancer rates as their fellow westerners.

Similar cases have happened in Hong Kong to people who copied and lived the same style as the westerners. Hence Chinese has a saying that **breast cancer is a disease of the wealthy**. The reason: in China, only the wealthy can afford a western life style and diet. Most Chinese people call the fattening food such as milk, cheese and dairy products “**Hong Kong food**” because these are imported from England and are not found in China.

I notice that most breast cancer women are mostly middle class and above, and similarly through research most men who are diagnosed with prostate cancer are also wealthy. According to the statistics of the World Health Organization (WHO), the prostate cancer rate of Chinese men is insignificant: 5 out of 1 million. **It is 70 times higher in western countries** and those afflicted are wealthy. I remember asking my husband how come so few Chinese women are afflicted with breast cancer.

We find the answer through the statistics collected by scientists that perhaps it is because the diet of westerners is full of fat. Statistics show that in the decade from 1980, Chinese people consumed 14% fat compared to 36% fat of the westerners. Although before I had breast cancer my diet was low in fat but high in fiber, I also know that just because an adult woman’s diet is high in fat does not mean that the risk of breast cancer increases, according the research in the past 12 years.

While working next to my husband I suddenly remember that one of us has remarked that Chinese people do not drink milk or consume any dairy products. Although this is not explainable because there is no scientific research, could it be that milk and dairy products are not suitable to the digestive system of the Chinese people? I remember working alongside with a Chinese scientist before who said that milk is reserved for kids and she politely said no to lunch that has milk or dairy products. Traditionally Chinese kids only drink milk from their mother, and if that is not possible, then from a hired wet nurse instead.

Traditional Chinese people have peculiar pre-conception on milk and dairy products, the westerner’s food. Not long after the Chinese cultural revolution in the 1980’s, I remember the Chinese scientists politely said no to ice cream as dessert after finding out that it was made out of milk, which is one of the favorites of us, the westerners.

My research shows that there is a reason why milk, mainly cow milk, causes the significant gastrointestinal reaction. Over 70% of the world’s population can not digest milk because of lactose. It is agreed by most scientists that it is normal for these people and not because something wrong with their bodies. Perhaps humans (westerners) are not eating the food that is naturally suitable to their digestive system.

Before I have breast cancer, my diet was high in dairy products such as skim milk, cheese, and yogurt due to the fact that I regarded them as high sources of calcium. I also ate lean beef for its nutrition. During chemotherapy for the breast cancer after it recurred for the fifth time, I also ate yogurt to increase my bowel movement by increasing the number of bacteria in my digestive system.

But in 1989, the research of Dr. Daniel Cramer of the Harvard University, USA, that followed the diet of a large number of women, shows that yogurt played a big role in effecting and causing the soft-tissue cancers of women. Since then, my husband and I follow the diet of the Chinese people—we **abolish all dairy products, cookies, and even soup that used any dairy products.** In every grocery shopping I would read the food labels carefully. After the fifth recurrence of cancer, I am determined to get a solid good result.

Doctors and nurses have advised me to follow a regular diet that included meat, fish, egg and milk because they are nutritious. By following their advices and after rounds of chemotherapy, I actively examine the results and the cancer was still there and there was no progress. But only **after one week of abolition of dairy products** the cancer appears softer and smaller in the imaging pictures.

One Saturday evening, after 6 weeks of my own diet of no meat and dairy products together, I sit and meditate for an hour. I then try to feel the cancer and it has disappeared: I can no longer feel it. As an diligent self examiner who has been tracking it from the beginning until now, I am elated! I ask my husband to verify and sure he can not detect it either.

The following Thursday at the revisit with the oncologist and after a thorough examination, the doctor said excitedly” **I can not find any sign of cancer in your body anymore!**”

NEW DISCOVERY ON BROWN RICE

Brown rice is much more nutritious than white rice. It is even more nutritious when soaked with warm water for about 22 hours before cooking. This is a new scientific discovery on brown rice.

A group of Japanese scientists have discovered that when brown rice soaked for 22 hours before cooking can activate enzymes that release many nutrients in it. This was reported by the conclusive research done by the group of scientist lead by Dr. Hiroshi Kayahara, professor of biochemistry and biotechnology at the University of Nagao, at the 2000 International Chemical Congress of Pacific Basin Societies.

“Soaked brown rice releases more fiber, vitamins and minerals than non-soaked”, writes Dr. Kayahara in the report. Soaked brown rice releases 3 times of lysine, an important amino acid for the growth and maintenance of cell growth in the human bodies. It also contains 10 times more of gamma-aminobutyric acid, an important substance for the kidneys. They also discovered that it has an enzyme that stop the action of prolylendopeptidase and regulates activities of the central nervous system.

Soaked brown rice is not only nutritious but also easy to cook and tastes sweet because the enzymes activate the sugar inside its nucleus, added Dr. Kayahara. White rice does not have the same value when soaked.

The USDA always emphasize the importance of whole grains, but brown rice is the main nutritious one. It provides lots of complex carbohydrates, fiber, lipids, vitamins and minerals also on its outer wall.

One cup of cooked brown rice provides 230 calories, 3.5 gram of fiber, 5 grams of ‘dam’, 50 grams of carbohydrate and vitamin B6, Thiamin B1, Riboflavin B2, Niacin B3, Folacin, vitamin E, and other minerals.

According to many researches fiber is important in preventing heart and digestive diseases. The Center of Cancer at US suggest 25 grams of fiber daily. Brown rice supplies 3.5 gram of fiber versus 1 gram from white rice.

Another important factor is that the lipid in the walls of brown rice can reduce cholesterol which plays an important role in heart disease. It is called TRF (tocotrienol factor) that filters out the toxins in the blood as well as reducing cholesterol. This is confirmed by the research done by Dr. Asaf Qureshi at the University of Wisconsin, US that TRF indeed reduces cholesterol from 12 to 16%. More over, there is also another substance in the wall of brown rice that fight against an enzyme HMG-CoA that increases LDL, the bad cholesterol.

This is sponsored by the International Chemical Congress, the American Chemical Society, the Chemical Society of Japan, the Canadian Society of Chemistry, the Royal Australian Chemical Institute, and the New Zealand Institute of Chemistry.

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CANCER AND THE THINGS YOU NEED TO KNOW

After many years of conversation with a number of people concerning the cure for cancer, Chemotherapy seems to be the only route to rid of the disease. Today, nutrition doctors have one more way to fight cancer instead of chemotherapy.

- (1) We all have some cancer cells in our body that are normally undetected until its growth is in the billions. So when the doctor says there is no more cancer cells, it means that it is no more detectable by imaging.
- (2) Normally cancer cells have a surge in growth from 6 to 10 times in one's lifetime.
- (3) When one is healthy, one's immune system will fight the cancer cells and stop its growth.
- (4) Cancer can be a sign of inadequate or inappropriate diet, life style or it can be caused by infectious agents, environments as well as stress, worry, fears, sadness, etc.
- (5) To fight cancer one must change one's life style, diet (and drinks), take supplements and practice relaxation, exercise, Khi Cong, Tai Chi to strengthen one's immune system.
- (6) Chemotherapy is effective in killing cancerous cells, but it also destroys some healthy cells alongside in the bone, intestine, stomach, heart, etc.
- (7) Radiation therapy also kills the healthy surrounding cells along with the cancerous cells.
- (8) Normally chemo and radiation therapy shrink the cancer at first. But it can recur if one does not take care of one's health by proper diet and life style.
- (9) Due to the destructive nature of the two treatments mentioned above, one's immune system will be affected and decreased. This is why after these treatments many patients develop or acquire different diseases.
- (10) More over, chemo and radiation can cause the cancer cells to mutate, which will be harder to treat once it happens. Due to its nature, surgery can spread cancerous cells through out the body. Therefore when treating stage 3 or 4 cancer, depending on its type, the doctor would normally apply chemotherapy first to shrink it before surgery. During this chemo period, if one applies the proper diet, life style, rest, and relaxation, the cancer can be overcome and recovery can be facilitated.
- (11) The effective diet is eating food that will not promote cancer growth.

TYPES OF FOODS THAT PROMOTE CANCER CELL GROWTH

What follows is the result of the research of the nutrition doctors that deserve our attention.

1. Sugar: Sugar is a chemical that is nutritious to cancer cells. Not using sugar will cut down the nutritious supply to cancer cells. Sugar like NutraSweet, Equal, Splendid that are made of aspartame is harmful; if possible, use Manuka honey or Molasses instead. Salt has a bleaching chemical in it. It's better to use sea salt or Bragg's Aminos when cooking
2. Milk: Can cause one's body to secrete mucus, especially inside the intestine. Mucus is another favorite of the cancer cells. Instead of getting vitamin D from regular milk, try

Non-sweeten soy milk or Almond milk. Breast or prostate cancer patients should not consume too much soy milk.

3. Meat: Cancer cells love living in an acidic environment. Meat has a lot of acid. It's better to eat fish and small amount of chicken (instead of red meat). Poultry meat has a lot of antibiotic and steroid (both used to increase growth of chicken), which is very detrimental to patients with cancer.
4. Drinks: Avoid smoking, alcohol, coffee, tea, chocolate—anything with high amount of caffeine. Green tea is excellent due to its anti-cancer properties. Avoid faucet water or distilled water because they are acidic.
5. Proper diet: The recommended proportion of a proper cancer fighting diet consists of 65-70% of the five grains, brown rice, beans, nuts; 20% of vegetable & fruit to reduce acidity and promote alkalinity; and 10% of fish or white meat.

Fresh fruit juice contain enzymes that penetrate into the tiniest cells in about 15 minutes and help to maintain the healthy cells. So one should drink fresh juice twice a day. But cooking fruit at or above 104° F (40° C) will destroy these enzymes.

6. Humans ingest food through the mouth consisting of 32 teeth. Twenty of these are flat teeth designed for eating the 5 grains, eight of these for legumes and fruit, and four sharp teeth for tearing meat, fish, etc. Humans also have the longest intestine compared to other animals, so human should consume more fibers, enzymes to facilitate digestion and excretion. Hence the 70% grains, 20% vegetables and fruit, and 10% fish and meat is the most natural combination for our gastro-intestinal system.
Meat protein is difficult to digest because it requires a lot of enzymes. Un-digested meat leftover inside the intestine will produce toxins.
7. The cell wall of Cancer cells are mostly of proteins. Therefore eating the diet consisting of grains, legumes, vegetables and fruits can help destroy their outer layers.
8. Many immune boosting vitamins like IP6, Florescence, Essiac, Anti-oxidants, minerals, etc. help to prevent cancer, destroy cancer cells and promote healthy cells. Therefore, knowing the proper diet (as in medication) is the best way to prevent and fight cancer.
9. Cancer is more than a physiological disease, it is also a mental and spiritual disease. A healthy and positive attitude will help fighting it. Many negative emotions such as anger, jealousy, unforgiveness, etc. will stress the body and cause it to become more acidic, which is harmful to the body. Practice meditation, Khi Cong, exercise, and Tai Chi help boost the immune system. Learn to live positively by practicing relaxation, contentment, and life-loving will produce more alkaline chemicals to fight the cancer.
10. Cancerous cells can not survive in an oxygenated environment. Therefore one should spend more time outdoor with nature, especially the beach—breathing in more oxygen to be distributed through out the whole body to destroy cancerous cells.
11. Please remember:
 - a. Do not microwave food in plastic container.
 - b. Do not put water in the refrigerator or drink the sun-heated water that has been left in a car.
 - c. Do not microwave food in plastic wraps
 - d. Open the windows when entering the car when it is hot before turning the AC on.
12. Be warned not to microwave food in plastic containers or the paper boxes from the restaurant because dioxin will be created in the food from the resulting high temperature and heat. It is better to use containers made for Microwave like Corning, Ware, Men, Phale, Pyrex.

This is the research of Dr. Edward Fuji Moto from the TV Wellness Program Manager at Castle Hospital. He explained that dioxin is toxic to our health. There are similar articles on the net from medical news.

I greatly hope that everyone will pay attention and be concern

WHAT IS IT LIKE AND HOW TO BE A VEGETARIAN?

Have you ever noticed that many difficult-to-cure diseases have started to afflict the people of the developed countries? One of the main factors is because of their daily diet.

Technology is so advanced now that we can explore the universe, map the human genome, communicate instantly via the internet, etc., but today humans tend to get more diseases, tend not to be relaxed and lack the ability to cope with sub-standard environments. After much research “Nutrition Macrobiotics” has concluded that our ancestors are humans who ate vegetables, roots/bulbs and fruits. Later when these foods were in shortage, then they ate meat to survive. And that habit of meat eating stays with us until today.

Although a variety of diseases had surfaced and escalated in many centuries, many patients who followed the vegetarian diet and lived in a happy and harmonious atmosphere have either got better or recovered completely from diseases. Is there a truth in the efficacious effect of a vegetarian diet in combating diseases?

Scientific Discussions

When it comes to the digestive system, humans have a digestive system similar to the herbivores rather than carnivores. The comparison chart below demonstrates a conclusive concept.

Carnivores:

- Have claws
- Have no hair pores in the skin
- Cool down by tongue
- Sharp front teeth for tearing
- Have different small secretions (not needed to digest food)
- Saliva is acidic, lacks ptyalin for digestion of 5 grains
- No flat teeth inside to grind food
- Have high amount of HCL acid to digest bones, meat of animals
- Intestine’s length is only 3 times as long as the body length for faster processing (after the stomach) to excretion

Herbivores (Humans)

- Do not have claws
- Sweat through millions of hair pores (sweat glands)
- No sharp front teeth
- Different secretions for digestion of 5 grains and plants
- Flat teeth inside to grind food
- Have HCL acid but only 1/20 the strength of carnivores
- Intestine’s length is 12 times the length of the body for slow processing of 5 grains and plants

The above shows that the humans’ digestive system is more suitable for plants and 5 grains than for meat. Of course, instead of eating raw meat, humans have developed ways to cook such as grill, roast, steam, etc to make food more palatable; this is why humans like a variety of meat for their diet.

What diseases can meat-eating cause?

It may be exaggerated to say that meat-eating will cause diseases, therefore here I only want to talk about an excessive and unsanitary meat eating diet that can cause diseases.

1. Cancer

In 1982, Life magazine of the US, Paris Match of France, and Atarashiki Sekai E of Japan reported the same news: Dr. Anthony J. Sattilaro, director of a large hospital in the US who, as a cancer patient, had recovered completely from it by following a vegetarian diet regimen. Afterward the importance of food and diet regimen in preventing and healing cancer was recognized at a meeting of 8000 oncologists at Seattle, USA. According to one study, 30% of the cancers are smoking related, 35% are food or diet related, and 3% are food-enhancing chemical related (coloring, preservatives, etc.). If so, then proper diet can prevent 35% of the cancer cases.

Why eating meat make humans more prone to cancer?

One of the reasons is that meat perish quickly. To keep it longer we use nitrite, nitrate and other preservatives, which is not chemically broken down by cooking. They combine with different amino acid to form nitrosamin, which is carcinogenic. Moreover, steroid, antibiotics and other growth stimulating chemicals are used in raising cattle, chicken, seafood, etc. plus the industrial mass raising methods are unnatural for the animals to grow in an unhealthy way that promote diseases. When the animals are sick, they are killed but not necessarily discarded. Therefore the meat we eat is full of chemicals and possibly toxins that can change cell metabolism which can result in cancer. More meat than vegetable diet also contributes to it. This explains why there are more intestinal and stomach cancers in North America and Western Europe (meat-eating) than in India (vegetarian). Women in meat-eating countries also have 10 times the breast cancer rate of the women of vegetarian countries.

2. Heart Diseases

Heart disease is the number one killer in the developed countries. One out of two people die in America dies of heart diseases... Scientists at Harvard University found out that the blood pressure of vegetarians are significantly lower than meat-eating people. The amount of cholesterol is the main factor for heart diseases, which is significantly higher in the omnivores versus vegetarians. The American Heart Association has announced that vegetarian diet can prevent up to 90-97% of heart diseases.

3. Diabetes Mellitus Type II

One causal factor of type II diabetes is a diet rich in meat, fat and sugar that increase fatty acids and triglyceride, which can reduce the effect of insulin; and it explains why although the amount of insulin measured is normal but the glucose can still be high. Similar to heart disease, when changing to vegetarian diet the blood glucose is normalized.

4. Kidney disease

Several researches have shown the kidneys of meat-eating humans work 3 times as hard as the vegetarians to get rid of toxics like Nitrite and especially uric acid, which is especially taxing for the aging kidneys to process.

5. Gout

When the kidneys can not completely process toxins like nitro then researches have shown that the level of creatinin and uric acid increase. Uric acid start to aggregate in joints and cause pain. Gout seems to be mainly a male disease. Here gout can be extremely painful, especially for the men who drink excessively. Although it can also be as painful for women as well.

6. Obesity

95% of obesity is due to excessive eating of foods with high calories: animal fats, excessive sugar, butter, cheese, chocolate, meat...normally fat people are lazy and do not exercise and therefore excessive calories are converted to fat, resulting in excessive body weight. Obesity can have serious consequences in heart, endocrine system, bones and psychological state. Obesity is epidemic in the developed world and is termed “Big enemy” by the medical community.

7. Liver Disease

Liver is a vital organ for detoxification, protein synthesis, and production of biochemicals necessary for digestiion. Diet rich in meat and fat can cause overworking of the liver and cause problem for the liver.

8. Mental problems and Emotions

Toxins from excessive meat eating can invade and affect the brain, reducing its functions and thinking ability, which can cause emotional problems due to a un-clear mind.

What should one eat as a vegetarian?

Vegetarian means more than just eating vegetable. This includes brown rice, a variety of beans (especially soybean), green leaves, fruits. It means we go back to the natural way that is more suitable to our digestive system. Of course, we have to be sanitary as well with our foods as vegetarian to prevent diseases.

Do you get enough nutrition as a vegetarian?

The answer is yes. In fact we eat more meat than our body need. But is the vegetarian protein inferior to meat protein? No. Soybean contains 2 times the protein of meat by weight and has a variety of essential amino acids. It also contains lecithin—wonderful for youth and beauty. Grains and legume/vegetables contain protein also. All the vitamins and minerals such as calcium, iron, etc. are contained in legumes, roots, bulbs and fruits.

How should one eat as a vegetarian?

Brown rice can be cooked normally—it can be bought in the market. But with fruits one should peel it before eating because of the insecticides used. One should choose clean green vegetables. Soybean and derivatives (tofu, soybean...) can be bought in the Asian markets.

How should we eat each meal?

- Do not overeat

Stop eating when you no longer feel hungry. Over-eating is taxing to our digestive system. Half-digested food can produce toxins.

- Eat in a relax, pleasant atmosphere

Laughter and relaxation enhance digestion

- Thorough chewing

When analyzing the feces of different nationality people, scientists concluded that the food is not completely digested, which is due to fast and hurried eating.

- Avoid eating at night

Sleeping with a full stomach is bad due to partially or un-digested food can produce toxin causing insomnia and possible nightmare.

- Limit intake of sugar

Especially white sugar and food with it as main ingredient (cake, candy, etc.)

Should you want to become a vegetarian, you don't have to change your diet overnight and quit eating meat completely. Take your time and you can start by eating 50% meat and 50% vegetarian food and slowly increase the vegetarian food percentage.

Dr. Le Thuy Tuoi