

Wow it's your life so starve the Cancer

So you have Beast Cancer!!!

Barry, Ria & Marcel (Life on the other Side, - Whoof)

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The book was created using free and open-source software on my Mac:

- *LibreOffice (AltSearch, Sk-spell) – typesetting*
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Editor: Anny Wortley-Millek (Ria's Sister Yer Sister Love)

Please send and print this for anyone that you think just might need a little more hope and to know that someone cares.

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All artwork, the Red Hat and Dress are made by My Ria, After she got Cancer.



Anny, Ria & Marcel (At a Wedding 2 years after the Cancer. Ria is in the Red Hat
(I still think it's a great photo of Marcel)

Dedicated
To all of You
That are looking for
Answers that make sense.

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Introduction



Let's talk about Breast Cancer

First, what is cancer? You are a complex animal made from a few billion cells. Cells have a life, they are created through division, they live a few years and then they die.

What and where a cell does it's life journey is up to your DNA. So in a perfect world without any hereditary issues and living the perfect life you would, oops we don't live the perfect world!!!

So what went wrong

Bottom line we are not sure, smoking increases you chance of getting lung cancer. But what causes breast cancer, the jury is still out on that and at the moment you can pick any one of a number of theories. What we do know for some unknown reason a cell got its program wrong and could not stop itself dividing. That cell just started making copies of itself with the error in its program and the copies started making more copies a lot faster than they should. Some of those copies decide to have a holiday and go for a trip, yep you got it, infecting other cells.

Styles

But there is not one breast cancer :

- **The Slow style** – If you are going to have breast cancer this is probably the one you have from a pea to a marble in two to three months.
- **Mr Aggressive** – pea to golf ball in six to eight weeks and on its way to the lymph nodes on the fast track.

The simple fact that you are reading this means that you have probably had some diagnosis and have some results or are waiting for the answer.

Some basic facts:

- **You are not dead yet** – you and your doctors are in control and until you are dead you can make positive decisions.
- **Lets talk about life** – Even if all the wrong decisions are made and you have just been diagnosed, you will still be alive in a year.
- **Your body needs some help** – The doctors are limited on what they can do. You are not, your body, your life, your cancer! Your positive options.

My Ria

So four years ago..

“I feel a lump”

“Doctor a lump”

“its smaller than a pea, Come back in eight weeks probably nothing”

Eight weeks later.

“OOPS its the size of a golf ball, hospital now”

The Big C cancer breast cancer – So I started reading all over the web. You see, I believe you are what you eat and what you think. And no matter what you think nobody yet has got cancer from thinking and nobody has cured cancer from thinking. Read on positive thinking is a powerful help. So being a chef I also have a serious interest and believe that what you eat plays a massive role in your health.

What did I find

A lot of theories and so many conclusions on what you should or should not do so

- Multiple views from a number of studies (I was only interested if a scientific study had been done)
- I cured my cancer by (you can't believe the number of diets that cured cancer by eating or drinking some food or drink) Anybody can write anything if, no scientific study I was not interested.
- Stop. I'm not saying that they don't work and that the cancer was not cured. But for me I had a small window of time and wanted do something that made some sort of scientific sense. Not put all our hopes on carrot juice or a cure all tablet.
- So what I was looking for something regarding food that followed the following criteria: Theory → Study → Result that made sense.
- I did not want to replace the Doctor's treatment with my treatment, but to supplement their treatment with the right foods (Ask a doctor what you should eat and his standard answer is *“Healthy”*.) So ...

Positive thinking Helps

It's not are you going to die. The answer is yes you are. Everybody does...

The question is "Have you done the most you could do and not given up"

So positive thinking is a huge help. Now don't get me wrong. My Ria had her down days so I would mentally kick her up the rear end.

"I could not do what I wanted today, I'm miserable"

"Hey, if you can feel miserable that means you are still alive, so it's a good day"

The day you die is a bad day but that's another story.

You are alive, yes you and if you can't see that being one of seven billion people means that most of us can't care about your life or death, but to just a few the ones that you know – your life means a lot, so for them and yourself, tell a joke! sing a song! pee on a flower! You are alive so be positive because tomorrow you will still be alive.



Brief History

Your Body is old. Cancer is young. Ok let me explain. Modern man has basically had the same DNA and body structure for a least 25,000 years. Cancer as a disease is really just become the reality in the last 150 years and in the last 60 years the disease on the top of deaths. But I hear you say we didn't get old enough to have cancer 200 years ago. Wrong, check your history and cultures. There are still parts of this planet where cancer is still almost unknown.

But back to our body. 25,000 years ago we had a totally different diet.

Yep, you are what you eat.

We, that's mankind, made a trade off. Stay a hunter gatherer or become a dweller in cities with fine arts culture and education that freed our hands and time to think not spend it trying to find food. So from hunter gatherers we became farmers. We found carbohydrates. From 90% of all free time catching fish (shell fish can't swim away) and fruit don't forget the greens we started milling grains. Now I don't care who you are see an apple tree with ripe apples you just want to pick one and a peach yum yum in my tum tum, see a wheat field lots of them I don't see you running into the field to eat.

Our body did not change, that takes 10's of 1,000's years but our diet changed over night. Don t misunderstand me: Without carbohydrates we would have no civilization! So what's the problem? Lets fast forward to the present day and the research.

Fast Forward

Your body is very complex but the fuel it needs is simple, all cells need fuel. I will not bore you with the scientific reasons and what is happening in the body, you can find that all over the web, but the fuel comes in the form of food. Ha ! You say I know that. So mouth → stomach → energy → blood stream → cells . Now the bit you may not know is: there are two types of fuel as energy is arriving at the cell. Lets call them the old one (Ketones) and the new one (Glucose) why do I say old and new? Well, in the good old days when your body was formed, 90% of the uncooked, raw, unprocessed food when it arrived at the cell was in the form of (Ketones) thats because most of the time you where hungry and getting your energy from the energy you stored, all cells but one just love this energy. And the new fuel (Glucose) ok its not new but in the good old days its was 10% of our diet. As we moved from hunter gatherers to civilized we ate more and more cooked (thank you chef) foods, processed foods and Carbohydrates. So from 90% ketones fuel to 90% Glucose based energy... so what you say.

Cause and effect

Energy is energy so what's the problem? Bottom line if you don't have cancer and you eat in moderation, no problem at all. Damn the big C word. OK just on 80 years of research has found a basic fact that most cancer cells, MOST cancer cells can not turn ketones into the energy they need to grow, and the cancer cell wants to grow at up to 300 times faster than normal cells. They need Glucose and lots of it! Yep all that big research has worked out this simple truth.

So the answer is simple stop eating foods that give us Glucose? In a nut shell yes that's it, but in modern day reality, oops because most of our modern diet is Carbohydrate → Glucose based.

So why was our body designed for two fuels

Ok lets go back a few 10,000's of years. Out you go for food, almost all the time out for food. Not all days are the same. Some days lots of food, other days almost none. Lets check this out. Today you have some cash so you buy some food, your wife says why did you buy so much food that will go rotten, buy some cans or some for the freezer so that when we have no cash we can still eat.

Well your body has a built in storage system that takes the extra glucose and stores it as fat, and when you don't eat enough it takes the fat and turns into ketones for fuel for the cells. Smart system this body of ours. So two fuels: one that store the extra energy (Glucose) and a lean mean one that brings it back from storage (ketones). So you say what's the problem? If the big C is to grow, it needs glucose and most cancer cells can't feed on Ketones. All other cells can feed on both fuels. They prefer Glucose but if it's not around, ketones will do. So any food you eat, the body will try and make Glucose, but when the Carbohydrates and energy are not in the food it will make ketones from your fat storage. That is a great system if you don't have cancer.

What is Ketosis

When the body runs low on Glucose it turns to your stored energy supply fat, it converts the fat to ketones and will keep your body running. It was designed so that easy food goes straight to the cells, no food make some from storage. This is ok for almost all cells, their energy needs are designed to handle this. One cell has a problem with this: the Cancer cell , it needs a lot more energy all that growing and dividing, so they where not interested in Ketones as fuel: too slow; too little energy. The cancer cell has an Achilles Heel: most only feed on Glucose and they need lots.

Now when you body is running on energy from stored fat that is called being in a Ketosis state. And what is so good about that THE CANCER IS BEING STARVED, can't grow and some studies say it can die. So the faster and longer we stay in a ketosis state we are giving the cancer a hard time. Hell it wants to grow and if it can it will and that will kill you so anything we can do to stop it, we should.

One of the biggest issues cancer patients have is that they almost have no part to play in getting healthy again. The Doctors will cut, burn (radiation) and poison you to fight the cancer you just have to hope it works. YOU CAN HELP FIGHT THE CANCER by not feeding the cancer but keeping your body working on ketones. I'm not here to give you the evidence. Google it and all the studies and proof will crowd out your computer screen.

I'm just telling what we found worked and from a lump the size of a golf ball, Ria is now painting, drawing, laughing (at me most of the time) and also eating the food I make- don't worry you can soon have hope to do the things you love too.

So what is a keto diet and why a keto diet.

Why Keto Diet.

Because that's what our Cancer cells can't eat and you know the saying "If you can't eat you can't S..t and if you cant S..t you die":

- *No sugar* Sugar = Glucose cancer cells need Glucose to grow,
- *No Carbohydrates*, The body converts all carbohydrates to Glucose,
- *Very limited amount of fruit* Remember the old days the apple season was only 2 – 3 weeks long, If its sweet its sugar
- *Nothing that grows below ground* . It is all Carbohydrates,
- *No Beans or peas* Ok let me explain: peas and beans have a shell and inside the shell is the pea or bean. The shell is fine the pea and bean inside is, you guessed it carbohydrate. Simple rule if you can store it just by drying it it's carbohydrates.
- *No pumpkins*. It is all Carbohydrate.

Hey, I didn't make the rules your body did and because you have cancer something is wrong. Don't get to upset you are still able to eat some very nice food, see the "So I'm a chef" chapter.

If it's that simple

Don't we wish it was, but we still have a lot to learn. The doctors are getting ready to attack you. The knives are out. The chemicals are being mixed. Cut it out and also take a lot of surrounding tissue, small problem they only need to miss one cell, and you can only see them under a microscope at a high magnification. So hit the chemicals. What is chemotherapy? It's chemicals to kill cells, targeted at the types of cells that contain the cancer. Both the affected and non affected cells. In a nutshell it's poison that will affect your whole body not in a good way. Radiation is another cell killing treatment. None of these treatments affect the cancer cells only, they also give you some serious problems! No not just hair loss. Ok this is a positive story so where are the good bits?

It's not only that

Did you get your 'eat healthy' book? The support people say you must keep your energy up. The treatment is attacking your body, in fact almost killing it so you need to eat healthy to help the treatment. They are so right but they are also so wrong.

My Darling Ria is about to have her treatment and the hospital sends in the dietician. In five minutes she tells Ria that she has to eat carbohydrates for energy to fight the cancer. Just as well we had understood that eating carbohydrates is not fighting the cancer, it's feeding it.

Ria as sweet as she could, said very politely. "No my husband (that's me) is going to give me the food I need."

I don't care who you are but what goes in your mouth has a cause and effect. Deep into her treatment her doctors are seeing that her immune system is staying strong and unlike most patients she didn't have to stop the treatment to help the immune system recover just a little. *"I don't know what you are doing, but keep doing it"* quote from one of her doctors. Its not an either / or situation, let the doctors do the best they can for you, but your diet can also be something you can do, believe me Ria loves the new food and it is helping by starving the cancer. It's not easy, most changes in eating never are, you can put on weight and eat the Carb's when the cancer is dead.

How come

Thats the question I also asked and just don't understand. If diet is so important why oh why don't they tell you. If you look there is so much research on the effects of food on cancer.

Basic fact.

Sugar is a poison and you will find sugar drinks and a huge assortment of cakes all with sugar in the hospital restaurant. Bread is one of the basic carbohydrates that as soon as it hits the stomach it becomes sugar.

Yet with every meal in hospital they will bring around the bread breakfast, lunch and dinner. So you are feeling like a snack – yes you will have some fruit, all sweet ones: some grapes, oranges, an apple and then the carbohydrates. No I will not list them all the page is not long enough. The cold reality is that most modern diseases are reduced or cured by just changing the diet.

The problem is we like the way we eat!

Eating for Cancer



Let's talk about Food Baby, let's talk about you and me and all the good things you can eat, let's.

This is not a research document. Its not going to tell you what you must do. It is telling you what we did and how it is working.

So food, three times a day more or less. Before read about food, let's look at the bits that make the food work for us.

Let's look at some misconceptions. Fat makes you fat. Wrong wrong wrong, your body, the chemical factory in your stomach changes almost all foods eaten into some basic items. No fat cell yes we all have the approximate same amount, does not get fat from the blood stream and stores it. It takes the glucose that is not needed and changes it into fat and stores it and will release it when you need it again as ketones for the all the normal cells to use.

A little question for you? Eat a slice of bread and cover it with butter so that you can't see the bread under the butter, what makes the most glucose: the bread or the butter? It's the bread! In fact around 4 times more. So if you think by smearing a small amount of butter or oil or fat is going to help your weight it's not? It's the bread, potatoes etc... Yep, carbohydrates that make you fat.

Wait you say, what about the fatty cells on the walls of your blood vessels? Where did they come from? I didn't read that paragraph, I was looking for a help for cancer but increasing or reducing the fat, oil in your diet doesn't change it but reduces the carbohydrates and watch yourself get the body you always wanted.

OK enough of this I didn't care about my Ria's weight it's about the cancer. Carbohydrates create glucose that feeds cancer, that's the issue. We don't want to feed the cancer.

Water

- Water - we drink it, wash in it and cook with it. You might think it's great and it is coming from the highland stream taking a 1,000 years filtering through the rocks ... Ok enough of the water sales pitch.
- Tap Water: don't drink it - it has been treated with some heavy chemicals and some research say some of the chemicals are cancerous (that's may cause cancer)
- Cooking with water. Sure but understand that 95% of the good elements will be destroyed and diluted away.
- Steaming is better than water, well it is water but in a different form only 50% of the good elements destroyed.
- So how do I cook my vegetables? Easy: knob of coconut oil with a knob of butter lid on pot the water in the veg is enough but low heat, see later.
- Remember when your body was designed you didn't have a cooking pot that came later. So if you can, eat it raw wherever you can.

Oils

- So you like to fry, don't we all, but fats are bad for you, aren't they? Yes some are and they are not the ones you think.
- How did the oil or fat get to you. Remember: old body designed for old foods. If the oil is only pressed: Ok. But if it went through a cooking process: not good. Temperature creates cancerous changes to some oils and fats and we are trying to kill the cancer not create it. So the good oils and fats.
- Coconut oil. One of the very best, go on the net and you can find 5 liter tubs at a reasonable price. But only cook at low temperature: I like to keep it below 160 C
- Olive oil. Extra Virgin, yes great on salads and on oven vegetables . If you want to fry with it, add another oil because it burns very easily. If it's not extra virgin because heat is generated to get the last oil out and back to the cancerous again.
- Rape-seed oil. Only pressed and double check the label. Most are processed with heat or steam to release more oil.
- Butter. It has got a bad rep but the verdict has changed, it's not as bad as they thought. In fact it's good for you. I have been eating tonnes of it as a Kiwi (New Zealander) with the best butter in the world, STOP ok get real unlike a lot of oils it's not cancerous. Remember, it's the bread that makes you fat, not the butter. Nobody got diabetes or fatty lined arteries from fat or oil, it's the carbohydrates.
- Margarine. A big No No! There is nothing good about it. Manufactured and processed so far away from old food it is a joke.
- Most other oils same problem, they are manufactured.

Flours

- Yep flour, ok I have only found two that are kind of ok. Neither have gluten so you won't get a dough like normal flour, but for all those recipes that you need a batter mixture for they work well. Simple fact: to get them nice and light use extra baking powder and beat up some egg whites and fold in. You can use yeast with a teaspoon of cornflour and it binds to give a funny bread. See below, all the rest don't even think about it. You have now reduced the size of your shopping into three aisles in the super market. No bread, no cakes, no biscuits, no doughnuts, no savory snacks, no sugary drinks.
- Coconut flour is a great flour for certain cakes. So what you do is ... And you can use it as a biscuit or pizza base, ok later you will see.
- Almond flour: My Ria likes pancakes, no not with jam (Bad Bad Bad Sugar, Sugar not just added but also in the fruit) but under her eggs with some bacon. Or a new treat: one or two Almond flour pancakes and a slice of Emmental cheese folded over.

Sugar

- Cane, palm, honey, it's probably the worst food you can have so it's a no.
- Stevia to your rescue. Yes it's processed, so use with care. Now my Ria gets a dessert that is mascarpone, cocoa powder, egg and stevia, almost no carbs and her reaction MMMMMMMMMMM yes OOOH MMMMMM from a desert. I'm doing something wrong.

Nuts

- simple question, simple answer.
- Grown Below ground No. Carbs high
- Grown Above ground Yes. Carbs low

Fruit & Vegetables

- Strawberries, Raspberries, Blackberries, Blueberries. Ria starts her day with a bowl with plain yoghurt and nuts (See nuts or nuts to you no no for you.)
- Under the ground No. Yep carb's
- Pea or bean not the shell No.
- Onion lots of sugar No.
- Pumpkins :Carb's.
- Micro shoots a very big yes
- I can't list them and don't want to. It's your life, if you haven't got one get a smart phone. Google the name and Keto you will get the info you need.

Meats

- If it breathes, has two or four legs and has not been processed, it's a big yes.
- So what is processed you ask. And is bacon or ham processed? Check the label first, if it has a label it's probably processed. So what are we looking for? The carb's that have been added like bread crumbs in a lots of sausages. You are trying to stay below 20grammes of carbs per day. So start counting.

Fish and shell food

- Tinned: almost all good, again turn it over and check.
- Fresh: it's all good no sugars and no carbs.
- If it has legs and a shell just add garlic (yer garlic is from the onion family but you are only flavoring so the grammes of carbs are very small)
- It has a shell but no legs! Check out the recipe for Thai mussels One of Ria's favorites.

MMM Cheese and dairy

- If it breathes and smells - it is a yes (Yes, I like smelly Cheese).
- Check the label low or no carb's. Ok
- Be careful with yoghurts. Most have tonnes of sugar or sweet fruit added.

The Glass of ./..

- If it has alcohol, it's sugar so a big No.
- Beer is a double hit both in the alcohol and also the hops.

Now My Ria likes a glass, as we all do so what did we do. Check the label? No the wine has no food related label, so no carb's per 100ml. But we do have a % alcohol, we could do some fancy calculations. Believe me I have done them, basic fact ...

- Beer is just a No No.
- Spirits also a No No.
- In fact all are a No No but wine (from the grapes) is the least No No.

Now the Greek gods of old and the so called good Book, turned water into wine. And using that argument My Ria is allowed to have a little water after the gods have changed it (Thank you gods). Hey I here you say. MMM well it's just a little break in the diet that lasts just one drink. So I'm not saying you should but I do say test your blood and get yourself back into Ketosis.

So a Chef's look at things

At first you scream: what - no carb's?

What will I make? It's probably the carbs and sugar that have put us in this situation. Your environment and what you eat is by far the biggest influence on modern diseases. The amount of sugar we ate even fifty years ago was less than 10% of what we eat today.

It's your cancer, you got it and it's up to you now what you want to do about it.

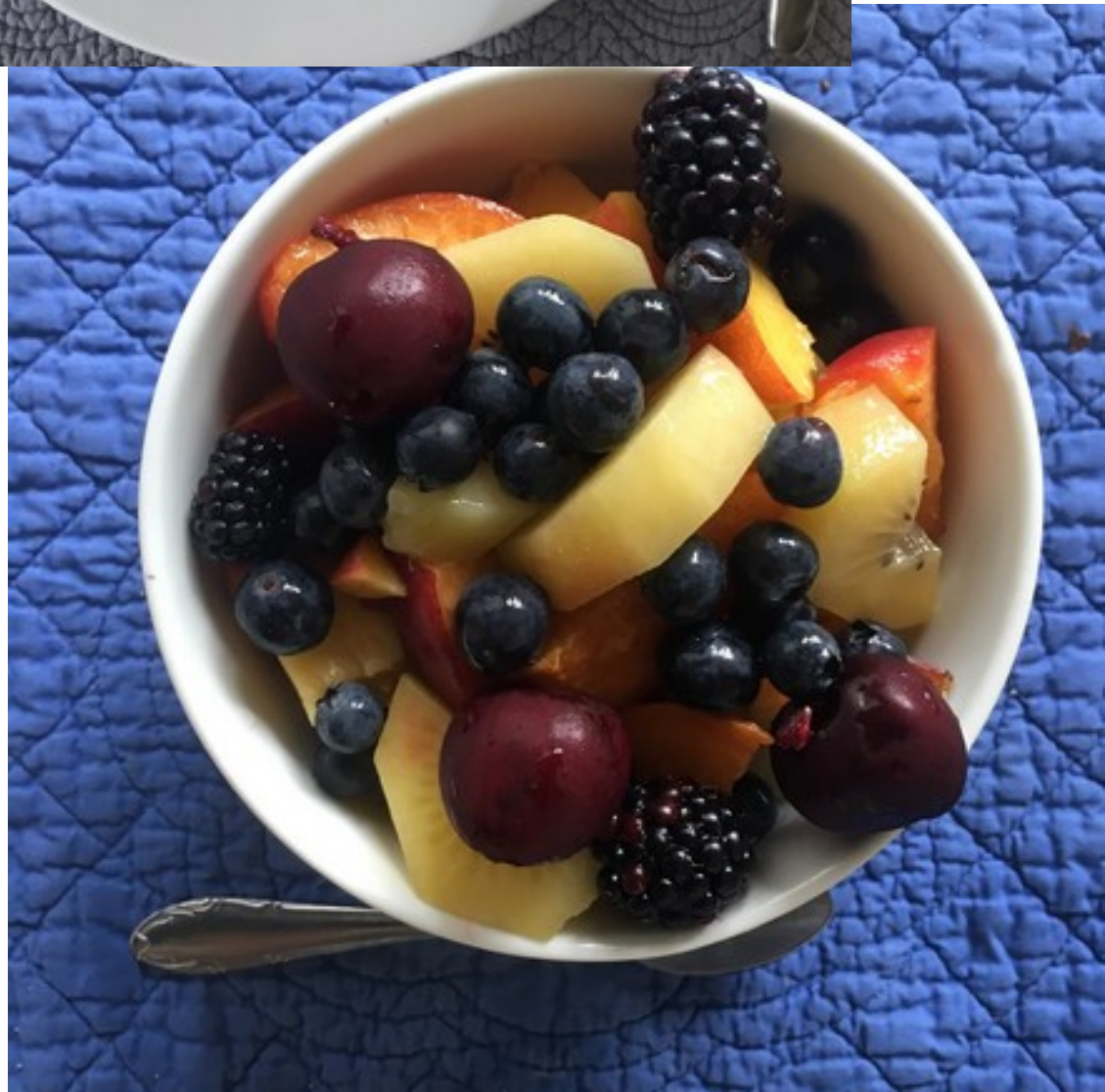
The doctors should and will do what they know to help. Very simple question should I eat this and an even simpler answer: if the cave man didn't eat it you probably shouldn't. But we can do a lot with what cave man was eating. So check out some of the photos and if you are not sure, count the carbs and make no kitchen mistakes. So you want to do everything perfect the first time. Some of man's greatest discoveries are from mistakes. So get into the kitchen and have a go. PS: there are lots of Keto recipes on the web, and you can regain a lot of confidence in yourself trying them out.

Concept of getting into Ketosis:

- It is impossible to eliminate all carbs, we want to get you into a ketosis state to stave the cancer cells. So at around 17 to 20 gm of carbs a day will do that.
- The carb count is grams per 100g of food, It's a guide so get a test blood kit to be 100% sure.
- You must enjoy what you are eating, have a treat on a special day. For Ria it's a croissant on Sunday morning.
- If you want something with a little more carbs make sure the rest of the meal or food for the day is less.

Ria's pic's (For the dietician who questioned that she would not get enough energy with almost no carbohydrates)

Breakfast



Starters



Soups



Salades



Super Healthy



Meat



Something ??



From China



Hello Italian



Pizza, Melon & Ham



Fish



MMM ah



Conclusion



It's Your Life

There are around seven to eight billion people on this place called home. We are in a galaxy of a billion Stars, all with planets. Our galaxy is one of a billion galaxies. Now we are getting into some big numbers. Your body is made from billions of cells having billions of roles that make you YOU.

So some have forgotten what they should do and why they should be doing it. Does it matter? YES, because in all these billions of people on billions of stars in billions of galaxies at least one other person of billions of cells has a few cells that look after that thing called love and they love YOU.

You have just hit a crossroad you did not expect. Now you have to work out what the hell you should do and why. The way we deal with medicine and health is let the doctors sort it out! And they will do their best. But it's your life, not mine not your children's, not any one that is close to you.

My beloved Ria and I hit this reality and did find that we could actively not just leave it up to the doctors but we could just maybe make the difference between life or death.

What you have read above is not asking you for anything except to answer one simple question: does you life matter and if it does You can make a difference. I have written out in very simple terms (All the academics will find a 1,000 mistakes in the details) so that you just may be able to understand that what you eat does matter. If you are not sure google it, ask your doctor but most of all ask yourself: out of all the things that are keeping you awake at night does this very simplistic explanation make sense. It's your life, what you do with it is up to you. So the honest truth I probably don't know you and because of that will not shed one tear if you die, but somebody around you does care and will feel lost without you. So ask them to also read this and see what they say.

I needed hope and did not need to just give up as a chef when the hope was in a small package called food I could make the journey be at least great to eat. My Ria is an easy eater she will eat almost anything. Anny, her sister is the worst in the world and will turn her nose up at almost everything. Most of the food here passed the Anny test . (If it helps to keep you alive you eat it). That's Sister love



References

Best Books. First book is a must read for an in depth understanding.

- How to stop your Metastasized Cancer <http://stop-metastasized-cancer-fast.com/>
- Stop Feeding Your Cancer <https://www.amazon.com/Stop-Feeding-Your-Cancer-Doctors-ebook/dp/B00PAUK9EW>

Ria's I must tell the Dutch speakers selection

- William Cortvriendt (Dutch) Kankervrij
www.amazon.co.uk/sk=William+Cortvriendt+Kankervrij&i=stripbooks&ref=nb_sb_noss

Scientific and editorial papers

3 **Questions** on...The **Link Between Sugar & Cancer**

With Johan Thevelein, PhD, at the Laboratory of Molecular Cell Biology at KU Leuven and the VIB Center for Microbiology

<https://journals.lww.com/oncology-times/Fulltext/>

[2017/12100/3 Questions on The Link Between Sugar Cancer .28.aspx](https://journals.lww.com/oncology-times/Fulltext/2017/12100/3_Questions_on_The_Link_Between_Sugar_Cancer_28.aspx)

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