



## Gentle Touch Healing

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### How to beat cancer: the 30 point checklist for everybody

#### INFORMATION SHEET ...

How to beat cancer: the 30 point checklist for everybody	
1	Avoid all fats and oils, especially animal fats, and fats and oils in cooking. Use olive oil if you need to, but in moderation.
2	Do not smoke
3	Reduce alcohol intake to two to three glasses of Cabernet Sauvignon per week.
4	Do not be overweight. Ideally be 5 per cent underweight for your height.
5	Eat nourishingly. Consume more carbohydrate and less animal protein. Consume more vegetables, fruits and rice, plus beans, pulses, garlic and ginger. Think vegetables and fruit first. Have three meat-free days per week.
6	Ideally consume slightly less calories than you need per day.
7	Eat raw, steamed, roasted but not microwaved, fried or barbecued food.
8	Juice fresh fruits and vegetables yourself.
9	Drink soya milk, eat soya products. Try to avoid dairy, even small amounts; beware hidden dairy in cakes and biscuits, for example.
10	Don't drink fizzy soft drinks, especially low calorie ones.
11	Avoid sugar, salt and caffeine. Drink green tea. Beware hidden salt and sugar in breakfast cereals or processed foods and remember mass produced juices are big sources of sugar.
12	Remove products, which contain carcinogens from your everyday life.
13	Avoid electromagnetic radiation, near the house or in the bedroom. Beware mobile phones and radon.
14	Avoid all drugs where possible; avoid antibiotics.
15	Be monogamous.
16	Women should avoid extra oestrogen eg. the pill or HRT.
17	Check regularly (once a year) for virus or parasite problems; keep yeast at bay; take acidophilus.
18	Take cod live oil every day.
19	Take supplements, especially the magnificent seven (Vitamin C, D, E, Multimineral, Probiotics, Enzymes). Have short periods during the year when you boost your herbal intake, especially astragalus, Essiac and echinacea, particularly if you've been unwell.
20	Drink filtered water from glass bottles.
21	Spend one hour a day looking after yourself.
22	Take some exercise daily. Try to exercise for seven hours a week. Do some resistance training.
23	Have a body energy service regularly, for example, every three months, with a cranial osteopath and/or an acupuncturist.
24	Love your lymph and move it daily with yoga exercises or some t'ai chi.
25	Calm yourself, free your brain, learn to relax, learn to meditate.
26	Calm yourself, write a checklist of the things (including people) that limit you and avoid them. Don't put up with things that make you unhappy or depressed. Never feel guilty, subservient, desperate to please others or indebted. See friends, go to the gym, see a counsellor and/or doctor. Concentrate on the things that you enjoy and are your skills.
27	Establish your sense of purpose. What do you really want to be doing in three years or with the rest of your life? Write it down and stick it on the bathroom wall so you read it every morning. Remember, you can do it, or you can make excuses.
28	Discover your own spirituality. Think about how you interact with others; your body energy, inside and outside of you; think about how it interacts with the universe. Consider God and a religion. Practise acts of kindness, be helpful and understanding.

29	Fill your days with happiness and real value. Keep moving forward, don't live in the past.
30	Celebrate life.