

This is from a TV showing on 3-12-08 with Benny Hinn's physician, Dr. Don Colbert, MD – Founder, The Divine Health Wellness Center in Longwood, FL. They talked about preventing diseases and I was able to catch their talk about preventing cancer. These are the notes I took which also had a little information about Diabetes. I added a few links and elaborated in a few places, but this is what the show covered:

### **Diabetes can be reversed**

- Cilantro (Chinese Parsley) – helps to remove most metals (like mercury) in body
- Cinnamon
- Cut sugars
- Visco Fiber – comes from barley and oats. Most powerful fiber.
- Sunshine
- Tart Cherries – decreases inflammation and is an anti-inflammatory medicine. Helps prevent and treat gout. Helps treat breast and colon cancer.

### **Prevent Cancer**

You can treat cancer nutritionally as patients go through chemotherapy.

Diet foundational principles:

- Cancer starts as an inflammatory process in the body. If you eat lots of sugars, fried foods, polyunsaturated fats (refined oils and foods like chips, crackers, white bread and rice), and processed food, then you are setting yourself up for cancer. We want only very small amounts of those foods (e.g., eat very little meat - maybe once a week).
- Red meat and pork set the stage for cancer – grilled and charred meat have carcinogens. When you charcoal grill food and the meat is burned/charred, it creates a powerful carcinogen called benzopyrene. Burnt toast creates a carcinogen called acrylamide that's also found in French fries and potato chips (stay away from the dark ones). Overcooking food causes carcinogens. The best way to prepare the food is to stir fry, bake, grill little slices, or don't grill the food too hot.
- Be careful of processed meats like hot dogs, ham, turkey, bologna, etc. Shellfish is a highly inflammatory food that inflames the body. Arachidonic acid is a type of acid that creates inflammation in the body and is found in pork, red meat, egg yolks, [shellfish](#) (shrimp, lobster, crab, mussels, etc.).
- **The worst foods** are [trans fats](#) which are the hydrogenated or partially hydrogenated fats found in margarine, shortening, icing in cakes, and many processed foods. Fried foods - frying a hamburger creates tremendous free radicals and inflammatory chemicals that set the stage for cancer.
- Polyunsaturated fats (soybean oil, corn oil, safflower oil) which are processed, refined oils all create carcinogens in the body.
- These all decrease inflammation. **Do eat:**
  - Lots of vegetables - green and cruciferous vegetables such as Arugula, Broccoli, Cauliflower, Brussels Sprouts, Cabbage, Watercress, Bok Choy, Turnip Greens, Mustard Greens, Collard Greens, Mizuna, Tatsoi, Rutabaga, Napa or Chinese Cabbage, Daikon, Horseradish, Radishes, Turnips, Kohlrabi, and Kale
  - Fruits like berries (which are high in antioxidants) and citreous (vitamin C)
  - Good oils - e.g., [fish oil](#) - salmon, tuna, and mackerel
  - Nuts and seeds
  - Whole grains

Picture this: eating inflammatory foods is like someone shooting each of your cells a thousand times with a BB gun, so that eventually it damages the cell membrane, breaks through the cell membrane and goes to

the nuclear membrane, breaks through the nuclear membrane, starts to damage the chromosomes, and then we have chromosomal damage or mutation which creates cancer. Most cancer starts with inflammation.

The cancer found most commonly in men is prostate cancer and in women is breast (excretes milk) cancer. #2 is colorectal (excretes waste) cancer and #3 is lung cancer. These are all excretory organs. We excrete toxins out of these organs. We excrete solvents, chemicals, heavy metals, and toxic materials that are not getting out. Instead, they are staying in these excretory ducts creating inflammation in the organs, creating free radical hits (like the BB gun example above), and it starts cancer.

Everybody in this world forms a few cancer cells a day, but our immune system detects and eliminates the cancer cells. We have to keep the immune system strong by getting adequate sleep (about 8 hrs), cope with stress, and laugh ☺

Okinawa has the highest percentage of the world's centenarians (people who are at least 100 years old). They eat about 2000 calories or less per day, no processed, man-made food, and consume brown rice, fish, and nuts.

You want to eat **free range or organic meats** that are grass and grain fed (high in omega-3 fatty acids). Don't fry foods. Eat them raw or steamed. Apricots, apples, berries, cherries, and grapes are all good. One group of centenarians ate dried apricot, millet, and ground flaxseed on top (as porridge for breakfast). They also took beans, peas, lentils, and legumes, put them in water for a few days until they sprouted, then ate them raw. Sprouted legumes are especially important for cancer because they are much more nutrient dense.

**2 oz Pomegranate juice a day** – pomegranate juice is a healing food found in Deuteronomy 8:8 – it's a super food that gets rid of plaque out of arteries, lowers blood pressure, decreases inflammation, and increases antioxidants in body.

<http://www.bennyhinn.org/articles/articledesc.cfm?id=1816>