



HCB2 Healing Belly Basket

Nourishment for Cancer Patients and Survivors

Probiotics: these “good guy” bacteria are the foundational support of the immune system and are critical to gut and brain health. *Tip: add organic or homemade sauerkraut to your meals.*

Coconut Oil: one of the only oils that does NOT oxidize at a high temperature. Coconut oil helps to stabilize blood sugar, support liver health, alkalize the body, and decrease inflammation. Eat, drink and use on skin. *Tip: the optimal form of this oil is virgin coconut oil.*

Sprouted Seeds & Nuts: most cancer patients and survivors are low in quality protein, fats, calcium, magnesium, and Vitamin D. The correct balance of these nutrients is necessary to help calm and restore the body while boosting the immune system. *Tip: Soaked and sprouted almonds, pumpkin and sunflower seeds are better digested and absorbed than only raw versions. Avoid roasted, high-temperature heated nuts and oils. For vitamin D, try to get 10-15 minutes of sun each day. There are also a few food sources that contain vitamin D, including wild caught salmon.*

Raw Apple Cider Vinegar or Coconut Vinegar: a prebiotic food when it is raw (or “with the mother”), which feeds those “good guy” gut bacteria, lowers blood sugar, improves digestion and helps the absorption of vitamins and minerals. *Tip: add up to 1 TB in water and take before meals (or anytime); can also use as a salad dressing with virgin olive oil.*

Bone Broth or Pea Protein: easily digested protein. Focus on non-GMO, dairy-free, soy-free, gluten-free and no added sugar. *Tip: add organic vegetables mixed with bone broth pureed in a blender. Easy to digest and gets into the blood stream to help shut down cachexia so the cancer stops eating muscle and bones to thrive. Add a quality pea protein to green smoothies.*

Pink/Unrefined Sea Salt: a natural cleansing and calming salt, which also can provide critical minerals and electrolytes, including magnesium; helps to soothe the adrenal glands. Tastes great too! *Tip: Add to food and water. For additional magnesium, consider applying magnesium oil or lotion to skin each day.*

Liquid Stevia (Stevia Leaf Extract): a natural sugar substitute. Zero calorie and no glycemic index sweetener. *Tip: use to naturally sweeten your beverages (or go without sweetener altogether).*

Lemons and Limes: cleanses, balances blood sugar, and helps to regulate pH level. *Tip: add to water.*

Turmeric Tea: contains curcumin, which is an extremely powerful antioxidant. It is known to inhibit cancer tumors from developing their own blood supply (called *angiogenesis*). *Tip: add a teaspoon of turmeric powder or raw turmeric root to your bone broth and other favorite recipes.*

Cilantro: a heavy metal chelator, which helps remove toxins. It is easily absorbed and contains high amounts of vitamin C. *Tip: add to your green smoothies, guacamole and other favorite recipes. Parsley is also a great herb!*

Garlic: an herb with antioxidant properties that may help prevent cancer. Garlic has immune-strengthening and anti-carcinogenic qualities. *Tip: roast and eat or add to your favorite recipes.*

Ginger: known to have antioxidant and anti-inflammatory properties, and therefore may be protective against cancer. *Tip: store ginger in the freezer and grate a bit into teas, soups, smoothies and your favorite recipes. Steeping a few thin slices in hot water creates a tea that can also help with nausea.*

Peppermint Tea: May help with nausea. Like many herbal teas, contains polyphenols, which have antioxidant properties that fight free radicals and support the endocrine, gastrointestinal, and immune systems. Limited studies have shown that other nutrients in these herbs may help inhibit tumor growth. *Tip: choose organic herbal teas.*

Healing Belly Basket is a gift of natural, organic elements that may help neutralize free radicals caused by pollutants, chemicals, stress, poor diets, etc. Free radicals can damage tissues and cells leaving us vulnerable to chronic disease. Eat unprocessed foods, a rainbow of vegetables and fruits, and avoid sugar. Focus on organic forms of these foods as much as possible. The Environmental Working Group (EWG) is a helpful online resource to help you prioritize your purchases. HCB2 information is for educational purposes ONLY. We are NOT a substitute for medical opinion. Contact info@HCB2.org for more information.

