



CANCER ALKALIZING FOODS

BY PROFESSOR DR. DANA FLAVIN, MD

ALKALINE FOODS

Note: Use organically grown foods whenever possible

Cruciferous Vegetables

Sulfur-containing vegetables are all excellent. Cruciferous vegetables, such as broccoli, cauliflower, cabbage, kale, brussels sprouts, turnips, bok choy and kohlrabi, are rich sources of sulfur-containing substances known as glucosinolates. Also onions, garlic, shallots, and leeks.

Garlic	Chlorella (algae)	Parsnips (high-glycemic)
Asparagus	Collard greens	Peas
Fermented veggies	Cucumbers	Peppers*
Watercress	Eggplant*	Pumpkins
Beets	Kale	Sea veggies
Broccoli	Kohlrabi	Spirulina (algae)
Brussels sprouts	Lettuces (all types)	Sprouts (all types)
Cabbage	Rutabaga	Squashes
Carrots	Mustard greens	Alfalfa grass
Cauliflower	Nova Scotia dulse	Barley grass
Mushrooms	Dandelions	Wheat grass
Celery	Edible flowers	Wild grass
Chard	Onions	

Fruits

Apples	Dates	Raspberries (all berries)
Apricots	Figs	Peaches
Avocados	Grapes	Pears
Blackberries	Grapefruit	Tangerines
Blueberries	Limes	Tomatoes*
Honeydew	Strawberries	Tropical fruits
Cantaloupe	Nectarines	Watermelon
Cherries	Oranges	
Currants	Lemons	

* Nightshade family foods

Protein

Organic Tofu
Beans
Broccoli
Almonds

Chestnuts
Pumpkin seeds
Hemp seeds
Squash seeds

Sunflower seeds
Millet
Sprouted seeds
Nuts

Other

Apple cider vinegar
Bee pollen

Lecithin granules
Dairy-free probiotic cultures

Beverages

GREENS+
Veggie juices
Quality water

Fresh fruit juice (unsweetened)
Mineral water (non-carbonated)

Teas

Green tea
Ginseng

Herbal tea
Kombucha

Dandelion tea
Bancha tea

Sweeteners

Stevia

Manuka honey

Spices & Seasonings

All herbs
Cinnamon
Ginger

Curry
Chili peppers
Mustard

Tamari
Miso
Salt (Sea, Celtic)

Oriental Vegetables

Maitake
Coriolus
Cordyceps
Daikon

Dandelion root
Shiitake
Kombu
Reishi

Nori
Umeboshi
Sea veggies
Wakame

Acidifying Foods Allowed

Fats and Oils

Avocado oil
Cod liver oil
Hemp seed oil

Grape seed oil
Ghee
Olive oil

Sesame oil
Fish oil

Fruits

Cranberries

Grains

Rice cakes
Wheat cakes (no white flour)
Amaranth
Quinoa

Buckwheat
Barley
Kamut
Rice (brown, basmati)

Rye
Oats (rolled)
Hemp seed flour
Spelt

Nuts & Butters

Cashews
Filberts
Brazil nuts

Peanuts
Peanut butter
Pecans

Tahini
Walnuts

Pasta (organic)

Quinoa, Kamut, or Spelt (noodles, macaroni, spaghetti)

Other

Distilled vinegar
Brewers yeast

Wheat germ (organic)
Potatoes*

Sweets & Sweeteners

Molasses
Manuka Honey
Maple syrup (1x/week)

Stevia
Xylitol
Fruit-flavored drinks (no added sugar)

* Nightshade family foods

Alcoholic Beverages

Alcohol-free beer

Red wine (1 glass per week)

Beans & Legumes

Black beans
Chickpeas
Pinto beans

Lentils
Lima beans
White beans

Kidney beans
Green peas
Red beans

Milks

Almond milk

Rice milk

Hazelnut milk

Probiotic foods improve the health of your microbiome, thus improving your overall health:

Apples	Fennel bulb	Onion
Asparagus	Garlic	Persimmon
Bananas	Grapefruit	Pistachios
Beetroot	Green peas	Pomegranate
Almond milk	Jerusalem artichokes	Savoy cabbage
Burdock root	Jicama	Seaweed
Cashews	Konjac root	Shallots
Chicory root	Leeks	Snow peas
Couscous	Nectarines	Tamarillo

The Best Anticancer drugs are found in vegetables containing sulforaphanes:

Sulforaphane belongs to a group of phytochemicals, or disease-fighting compounds in plant foods, known as the isothiocyanates. Along with related phytochemicals, it helps to prevent against the development of cancer. Sulforaphane prevents certain enzymes from activating cancer-causing agents in the body and increases the body's production of other enzymes that clean carcinogens out of the system before they can damage cells, according to sources such as the Breast Cancer Research Program. Sulforaphane is produced in cruciferous vegetable plants only when two enzymes in separate "sacs" react, myrosinase and glucoraphanin.

Broccoli Sprouts

Broccoli sprouts are the richest food source of glucoraphanin, the precursor to sulforaphane, or SFN, also known as glucoraphanin sulforaphane.

Three-day old broccoli sprouts are concentrated sources of this phytochemical, offering 10 to 100 times more of it, by weight, than mature broccoli plants or cauliflower, according to research published in September 1997 in the "Proceedings of the National Academy of Sciences."

A 1-ounce serving provides 73 milligrams of sulforaphane glucosinolate. Per 100-gram serving, broccoli sprouts offer approximately 250 milligrams.

You can purchase broccoli sprouts at many health food stores and certain grocery stores. Lightly cooked, they taste similar to steamed spinach.



Brussels Sprouts

Another vegetable within the cruciferous or Brassica family is the Brussels sprout. According to the Linus Pauling Institute for Micronutrient Research, while all cruciferous vegetables are rich in these disease-fighting phytochemicals, some cruciferous vegetables are better sources of specific glucosinolates, or sulforaphane precursors, than others.

A 1/2-cup serving or 44 grams of Brussels sprouts, raw, provides approximately 104 milligrams of total glucosino-



lates. Glucosinolates are water-soluble compounds that are leached into cooking water. These phytochemicals are easily destroyed.

Boiling cruciferous vegetables for just 9 to 15 minutes decreases total glucosinolate content by 18 to 59 percent, according to research published in September 2003 in the "British Journal of Nutrition." Cooking methods that use less water, such as microwaving or steaming, may reduce losses.

Cabbage

There are several varieties of cabbage – many of which are rich in glucosinolates. Two varieties in particular, are high in this sulforaphane precursor, Savoy and red cabbage. As with other cruciferous vegetables, cooking destroys the phytochemical and may inhibit the reaction between myrosinase and glucoraphanin, necessary to produce sulforaphane.

A 1/2-cup or 45 grams of chopped Savoy cabbage provides 35 milligrams of total glucoarphanins while the same amount of chopped red cabbage offers 29 milligrams. The best way to prevent losing the phytochemicals in cabbage is to enjoy it raw.



Professor Dr. Dana Flavin, MD



Dr. Flavin currently holds an honorary professor title from The Leicester School of Pharmacy at De Montfort University in the UK where she teaches the pharmacology of anti-cancer nutrients and off-label drugs.

She received her Degree in Psychology and Chemistry from Loyola University and completed graduate school in pharmacology at Chicago Medical School.

Four years later, she was appointed Science Assistant to the Associate Bureau Director for Toxicology at the Food and Drug Administration in Washington D.C.

During this time, she researched the molecular biology of cancer and tumor promotion, investigating the application of translational medicine into potential therapies for cancer.

She was then appointed Science Advisor to the President of the Nutrition Foundation and began graduate studies at Howard University in Nutrient Biochemistry under the Department of Nutrition.

Several years later, with a Summa Cum Laude in Nutrition she moved to Germany and began her studies in medicine and completion of her M.D. degree in Innsbruck, Austria.

With a total of 37 years devoted to research, Dr. Flavin started the [Foundation for Collaborative Medicine and Research](#) in Connecticut, a non-profit organization where she shares her knowledge in the areas of medicine, pharmacology and nutrition with patients and colleagues from around the world.