

Cancer Answers

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Bridges to Beauty, Ltd
www.bridges2beauty.net
caring1@bridges2beauty.net

Are You in a Diet Daze from the Food Maze?

some information taken from: cancer fighters thrive, FALL 2009

Finding your way through the food maze is all about making healthy choices. Having the energy to research, shop and prepare healthy choices during your cancer journey can be overwhelming. There are some simple choices you can make to maintain optimal nutrition. Kelly Minnich, a licensed, registered dietitian at Cancer Treatment Centers of America, calls it "defensive eating".

- *purchase foods that can be delicious steamed, baked or broiled
- *choose leaner cuts of meat (such as sirloin instead of prime rib)
- *keep sauces and dressings - which may have additives, preservatives, colorings and flavorings in them - in a small bowl on the table and dip your fork into the sauce/dressing, rather than pour it over your food prior to beginning your meal
- *desserts can be shared to satisfy a sweet craving without overtaxing your immune system
- *on days that you have a little extra energy - make a double-batch of whatever is for dinner and freeze the 2nd portion for a day when your energy is low.

When it comes to choosing products, especially produce, organic is ALWAYS the best choice, but sometimes the cost is prohibitive. The next time you find yourself pondering the issue over piles of broccoli and bananas at your local market, remember "The Dirty Dozen" and "The Clean Fifteen"...or keep a list of them with you for quick reference.

THE DIRTY DOZEN - these carry the highest levels of pesticide residue

Try to buy organic when purchasing any of these.

Apples	Kale
Bell peppers	Lettuce
Carrots	Nectarines
Celery	Peaches
Cherries	Pears
Grapes	Strawberries

THE CLEAN FIFTEEN - these carry the lowest levels of pesticide residue

If necessary skip buying these organically to keep costs down.

Asparagus	Papaya
Avocados	Pineapple
Broccoli	Sweet corn
Cabbage	Sweet peas
Eggplant	Sweet potatoes
Kiwi	Tomatoes
Watermelon	

Finally - pack these simple snacks for days when you are on the run:

Chopped vegetables	Healthy energy bars (low sugar content)
Fresh fruit	Mixed nuts
Hummus or nut butter	Whole-grain crackers

Budget-Minded Products to Try!

I need to start with a retraction. Last month I put Juice Organics in the list of more expensive organic products. I apologize...that is incorrect.

Juice Beauty, Juice Organic's parent company is the more expensive of the two lines. That said:

Juice Organic products are 100% certified and patent pending organic - juice based, skincare, hair care and lip care products. Juice Organics is one of the first drugstore/mass market brands that meets both the 70% and higher USDA and COPA (California Organic Products Act) organic guidelines.

www.juiceorganics.com price point low

www.juicebeauty.com price point moderate

Badger Healthy Body Care: This great, innovative line of balms, moisturizers, children's skin care and much more uses essentials oils and luxurious creams to create a great priced line of organic products. Shop their overstock department for even better prices.

www.badgerbalm.com

Pharmacopia offers organic bath salts, body and massage oils and soaps in addition to basic skin care products. Here's a fun bit of trivia: Pharmacopia hand creams were featured in the Entertainment Tonight Emmy Party swag bags given to celebrities like January Jones and Jennifer Love Hewitt.

www.pharmacopia.net

derma e has some very good anti-aging products along with products designed to combat specific problems and conditions such as acne and keloids. This line is available in some retail stores also.

Many products are on sale right now at: www.skinbotanica.com or visit their website to see the entire line.

www.dermae.net

ENJOY!