Repleneshing Foods for Radiation/Chemotherapy

The following recommendations are for persons who are receiving or have recently received radiation or chemotherapy. The foods restore vital energy to the kidneys and liver which are greatly depleted during these therapies and help to remove dampness or phlegm. According to your symptoms one of the following cleansing strategies will work better for you. Please stay with the level recommended, stronger cleansing does not necessarily mean faster healing.

Mild *cleansing for weak, deficient, cold symptoms, loose stool* - cooked grains, vegetables, seaweeds, legumes, sprouts, herbs, micro-algae, flax seed oil, spices. Whole fruits.

Medium *cleansing for strong pulses, no loose stools, no coldness* - fruits and vegetables and juices. Wheat-grass juice, seaweeds, legumes, sprouts herbs, microalgae, flax seed oil, spices. Cooked grains only 1x day.

Aggressive *cleansing only for persons who are strong/constipated/excess* - raw foods, sprouted grains, up to 10 oz of fruit juice/day, 2oz of wheat grass/day

---

Seaweeds are highly recommended. They contain 10x-20x the minerals of land plants are also higher in vitamins, amino acids, iodine, calcium and iron than land plants. Boil these in soups or other liquid based foods. Add slices to rice or salads.

Hijiki, arame, wakame = cooling, detoxifying, moistening, thyroid
Agar-agar = a combination of seaweeds, *removes toxic and radioactive waste*
Kombu, Kelp = cooling, used for goiter, arthritis, rheumatism, high blood pressure, all phlegm stagnations.

Aloe Vera gel – for soothing the skin after radiation

Fennel seeds – to soothe an upset stomach, can be chewed or made into a tea.

Astragalus – Chinese herb which enhances the healing process, builds energy

Flax Seed Oil – refrigerated, cold pressed, unrefined- 1 tablespoon 2x/day

Chlorophyll Rich Foods

- *Spirulina*
- *Micro-algae*
- *Wheat Grass*

Eat Sparingly

Sweets – sugar taxes the spleen and creates dampness in the body, thereby actually feeding the growth of tumors, cysts, fibroids (all of which are damp-phlegm).

All meats (This is because most meat is considered toxic due to antibiotics, malnutrition of animal, poor diet, stressful living conditions and potential bacterial diseases; However, if you have to have the meat, try to obtain ORGANIC – hormone free.

All refined foods: refined flour, refined sugar, refined oils
Eggs, Crab meat, Buckwheat, Soy products including edamame, tofu & soy milk