

# Cancer-free living

Everyone wants health. Most people have the desire and ability to achieve it, but few of us have the knowledge and resources to successfully implement healthy change.

In order to make healthful choices we need to understand the latest disease-fighting foods. That's why I included the Top 40 cancer-fighting foods in my new book, *Staying Alive! Cookbook for Cancer Free Living*—so that you can

incorporate them into delicious, satisfying meals.

Unprocessed, whole foods include natural medicines such as phenols, sulfurophanes, indole-3 carbinol, resveratrol, and anthocyanins, which are fancy

long words that can be translated into simple items like brown rice, ginger, carrots, apples, blueberries, flax seed, garlic, and green tea. These are Mother Nature's way of helping prevent cancer or stop it in its tracks.

## Mild curried ginger and carrot soup

Scientists have found that cooking and puréeing carrots increases the availability of their antioxidants more than three times. Keeping the outer skin on carrots (as with other fruits and vegetables) retains numerous extra cancer-fighting compounds. Carrots belong to the "umbelliferous" group of foods, which contain rich sources of plant chemicals, including beta-carotene and canthaxanthin.

- 2 tsp (10 ml) extra-virgin olive oil
- 2 cloves garlic, finely chopped
- 1 medium yellow onion, chopped
- 2 Tbsp (30 ml) ginger root, grated or minced
- 1 tsp (5 ml) ground coriander
- 1/2 tsp (2 ml) ground cumin
- 1/4 tsp (1 ml) curry powder
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) pepper
- 4 cups (1 L) carrots, chopped
- 3 cups (750 ml) vegetable stock
- 2 cups (500 ml) low fat milk or enriched soymilk
- 1/4 cup (60 ml) chopped fresh cilantro

In a large saucepan, heat oil over medium heat and cook the garlic, onion, ginger root, coriander, cumin, curry powder, salt, and pepper. This releases the aroma of the curry. Cook until onions are soft, five to 10 minutes. Stir in the carrots until well coated, add the stock, and bring to a boil. Reduce heat, cover, and cook until carrots are very soft, 20 to 30 minutes.

Turn off heat. Using a hand blender, carefully blend the soup until creamy. (If no hand blender is available, transfer the soup in batches to a blender. This gives best results if you're having company over.)

Return pot to heat and add milk or soymilk, reheating gently until just hot. Serve in bowls and decorate with cilantro. Serves 4.

## Signy's homemade power bars

"It's great to have healthy snacks handy and it means I don't have to resort to 'power (read: sugar) bars' when my blood sugar levels drop. There are so few good snacks or quick food that you can buy when you're away from home, so I love having my own on hand."—Signy Wilson, cancer survivor

### Dry ingredients

- 3 cups (750 ml) quick-cooking oatmeal
- 1 cup (250 ml) finely chopped dried apricots or any dried fruit
- 2 Tbsp (30 ml) sesame seeds
- 4 Tbsp (60 ml) sunflower seeds
- 4 Tbsp (60 ml) pumpkin seeds
- 2 Tbsp (30 ml) almond slivers
- 2 Tbsp (30 ml) ground flax seeds
- 4 Tbsp (60 ml) coconut
- 1 tsp (5 ml) cinnamon

### Wet ingredients

- 1/2 cup (125 ml) organic butter, melted over low heat, or cold-pressed walnut oil (preferred)
- 3/4 cup (185 ml) maple syrup
- 3/4 tsp (3 ml) salt
- 1 tsp (5 ml) lemon zest

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