



VIM Cancer Fighting Smoothie

Adapted from Mark Bricca ND by Peggy Wright PhD, RD

Makes 2 portions for 1 day

Ingredients and Guidelines (organic ingredients are preferred whenever possible):

- ½ to 1 cup liquid
 - unsweetened soy, almond, rice milk, coconut milk, simple bone broth, and/or coconut water such as *Taste Nirvana Coconut Water* available at Whole Foods
- 3 scoops (30 grams) Beyond Whey (*Add to blender last and blend on lowest speed to avoid damaging whey proteins.*)
 - Note: If you have an allergy to whey, then consider Thorne's Mediclear Plus, which is made from pea/rice protein and contains some curcumin, resveratrol, and green tea, which will complement the Botanical Treasures.
- 2 tsp (8 grams) Botanical Treasures powder
 - Note: It is best to start with 1 tsp and work up. If the taste is too strong, then decrease the amount of powder until it is palatable and make up the rest with capsules. One teaspoon = 6-7 capsules.
- 2 tsp (8 grams) Immucare I or II powder
 - Note: same as above—start small and work up. Immucare I and/or II can also be added to tea instead of the smoothie, or taken as caps.
- 2 tsp (~8 grams) Greens First or 2 scoops NutriOne powder
- ½ tsp ground cinnamon (cinnamon helps to balance blood sugar and counters some of the smoothie's coldness)
- ½ tsp ground ginger (ginger helps to strengthen digestion and is also a great herb to use when you have nausea)
- 4 oz plain, whole milk yogurt or kefir (or use another liquid if allergic to milk products)
 - Goat milk yogurts from Redwood Hill Farm or SkyHill Dairy are terrific choices, since goat's milk has a composition close to human milk.
 - Good cow's milk yogurt brands include Brown Cow, Nancy's, and Strauss Family Creamery. Lifeway kefir is recommendable as well.
- ½ cup apricot, peach or other *non-acidic* fruit juice (More acidic juices, like orange, can damage whey protein and reduce its medicinal value. An excellent brand that's sold in quart-sized glass jars in many natural foods stores is called Bionaturae.)

- ¾ to 1 cup unsweetened, fresh or frozen berries (Blueberries, raspberries, blackberries, and cherries are all excellent choices.) Alternatively, you may include other fruit such as fresh pears or peaches. I recommend that you minimize the use of bananas.
- 1-2 tsp coconut oil (Sometimes also called coconut butter—you'll find this available in glass jars in your natural foods store. It's an excellent source of easily absorbable fatty acids that are healing to the g.i. tract and beneficial to liver function.)
- You may also add your whole daily dose of *Power Adapt* and/or *Phyto Cyto* (or you can take these separately as well)
- Optional: 2 tsp *Beyond Essential Fats* or other fish oil such as Thorne *Omega Superb Lemon Berry*
 - Note: I would suggest not using the *BEF* in the smoothie because it affects the taste of the whole smoothie. However, the Thorne *Omega Superb Lemon Berry* liquid fish oil can be added to a smoothie. I'd suggest 1 Tbsp for the full 2-portion smoothie. This liquid can be bought either on the web or by phone at Emerson Ecologics.com. Use our special code when setting up an account for a 20% discount.
- Optional: 1 tsp. of Mixed Fruit Anthocyanadins (optional)
 - <http://www.herbalist-chemist.com/item/Pomegranate-Goji-Solid-Extract-PGS-1212>

Optional for Weight Gain as Needed

- 1 heaping scoop *Coconut Milk Powder*
 - <http://www.wildernessfamilynaturals.com/category/organic-coconut-milk-powder.php>
[Note: This coconut milk is free of casein, so it is vegan and organic.]
- 1-2 Tablespoons of almond butter
- ½ avocado
- 1-2 raw egg yolks (This *must* be fresh and from free-range hens.) Raw egg yolks are an excellent source of easily assimilable nourishment, and you needn't fear their cholesterol. They're a great way to help keep your albumin level up. AVOID if you are immune compromised.

Optional Medicinals as Needed

- ½ to 1 tsp astragalus powder (10:1 minimum concentration, not just plain astragalus root powder). Available from Centre for Natural Healing (CNH).
- ½ to 1 tsp BiAloe or Stomatitis Powder. Available from CNH.
- ½ to 1 tsp milk thistle extract powder. Available from CNH.

Mix all ingredients in a blender or blend with an electric hand mixer. Please, divide this smoothie into two equal portions and then consume ½ in the morning and the other ½ in the afternoon or early evening. Reserve the second ½ in the refrigerator in a covered jar to keep it fresh during the daytime.

As the smoothie is cold by nature, I suggest you brew up a cup of chai tea (an Indian tea that can be made with either black or rooibos tea and warming, aromatic spices) or just plain ginger or Eater's Digest tea and sip it alongside your smoothie. Also, you can allow the smoothie to sit and warm up for a few minutes after blending if you find it to be a little too chilly with the frozen fruit. Be sure to "chew" your smoothie a little before swallowing, since this will help your digestion.

Make sure to include other foods in your daily diet as well as this smoothie—it's intended to be medicine but not to be a meal replacement, so please make sure to also eat good quality proteins, vegetables, and plenty of healthy fats on a daily basis as well in order to optimize your nutrition during cancer treatment.

Feel free to adjust the liquid ingredients so that the quantity and consistency is to your liking; just try not to overdo it on the fruit juice, since juice provides a lot of concentrated sugar (which we want to avoid in a cancer fighting smoothie). You can feel confident that, with this medicinal smoothie in your daily diet, you'll be doing something quite significant to address the cellular and biochemical processes that underlie the cancer process.