

Rx A **BIBLE CURE** *Prescription*

Take Some First Steps

Ready to take some first steps in fighting cancer? Here's a summary list of some practical things you can start doing right now. Check the ones you'd like to begin today:

- I'll limit my intake of red meat to 18 ounces or less a week and choose leaner cuts.
- I'll begin reevaluating my diet and thinking about healthier eating habits.
- I'll limit my high-fat foods, especially fried foods and high-fat meats. I'll avoid trans fats.
- I'll avoid cigarette smoke, and I will determine never to smoke or to quit if I do smoke. I'll avoid secondhand smoke.
- I'll take time to read and memorize God's Word, especially scriptural promises for healing.
- I'll determine to choose faith and reject fear, because the Bible says Jesus Christ defeated cancer and disease.

Top Anti-inflammatory Foods (Always Choose Organic When Possible and Do Not Deep-Fry)	
Fruit	Raspberries, acerola (West Indian) cherries, guava, strawberries, cantaloupe, lemons/ limes, rhubarb, kumquat, pink grapefruit, mulberries
Vegetables	Chili peppers, onions (including scallions and leeks); spinach (greens, including kale, collards, turnip, and mustard greens); sweet potatoes; carrots; garlic
Legumes	Lentils, green beans
Egg Products	Liquid eggs, egg whites
Dairy	Cottage cheese (low fat and nonfat), nonfat cream cheese, plain yogurt (low fat and unsweetened), 1 ounce feta or part-skim mozzarella cheese, skim milk
Fish	Herring, mackerel (not king), wild salmon (not farmed; Alaskan preferred), rainbow trout, sardines, anchovies

Poultry (Remove Skin)	Goose, duck, free-range organic chicken and turkey (white meat)
Lean Meat (limit to 18 ounces or less per week)	Pot roast, beef shank, eye of round (beef), flank steak, sirloin tip, prime rib, skirt steak, pork rib chops*, pork tenderloin*, filet mignon, shellfish (including crab, lobster, and shrimp)*
Cereal	All-Bran, Total, bran flakes
Breads/ Pasta	Ezekiel 4:9 bread, sprouted breads, whole-wheat spaghetti (thick noodles), brown rice pasta, couscous, buckwheat groats, barley
Fats/Oils	Safflower oil (high oleic), hazelnut oil, olive oil, avocado oil, almond oil, apricot kernel oil, cod liver oil, macadamia nut oil, flaxseed oil (do not cook with this)
Nuts/Seeds	Brazil nuts, macadamia nuts, hazelnuts, pecans, almonds, hickory nuts, cashews, flaxseeds
Herbs/ Spices	Garlic, onion, cayenne, ginger, turmeric, chili peppers, chili powder, curry powder
Sweeteners	Stevia
Beverages	Carrot juice, tomato juice, black or green tea, club soda/seltzer, herbal tea, spring water

* The Bible states that this food was not intended to be eaten by men. If eating pork or shellfish concerns you for religious reasons, I recommend you avoid it. However, there is no scientific research to prove these foods are harmful if organic, free-range, lean selections are eaten in moderation.

Inflammatory Foods to Limit or Avoid	
Fruit	Mango, banana, dried apricots, dried apples, dried dates, canned fruits, raisins
Vegetables	Corn, white potatoes, french fries
Legumes	Baked beans, fava beans (boiled), canned beans
Egg Products	Duck eggs, goose eggs, hard-boiled eggs, egg yolks
Cheeses	Most all high-fat cheeses, including brick cheese, cheddar cheese, Colby cheese, cream cheese (normal and reduced fat)
Dairy	Flavored or fruit-on-the-bottom yogurt, ice cream, butter, whole milk, 2 percent milk, heavy whipping cream
Fish	Farmed salmon and other farm-raised fish, swordfish, tilefish, tuna, halibut, sea bass, bluefish, king mackerel
Poultry	Turkey (dark meat), Cornish game hen, chicken giblets, chicken liver, chicken (dark meat)
Meat	All processed meats and organ meats, bacon, all veal (loin and shank), pork chitterlings, all lamb (rib, chops, shanks, loin), pork ribs and shoulder roast
Breads	Hot dog/hamburger buns, English muffins, kaiser rolls, bagels, french bread, Vienna bread, blueberry muffins, oat bran muffins
Cereal	Grape-Nuts, Crispix, Corn Chex, Just Right, Rice Chex, corn flakes, Rice Krispies, Raisin Bran, shredded wheat

Pasta/Grain	White rice, millet, corn pasta, cornmeal, lasagna noodles, macaroni elbows, angel hair and regular spaghetti pasta
Fats/Oils	Margarine, wheat germ oil, sunflower oil, poppy seed oil, grape seed oil, safflower oil, cottonseed oil, palm kernel oil, coconut oil, corn oil
Nuts/Seeds	Poppy seeds, walnuts, pine nuts, sunflower seeds
Sweeteners	Honey, brown sugar, white sugar, corn syrup, powdered sugar, agave nectar
Crackers/ Chips/ Cookies	All cookies, chips, and crackers, including corn chips, pretzels, graham crackers, saltines, vanilla wafers, potato chips
Desserts	Sweetened-condensed milk, angel food cake, chocolate and vanilla cake with frosting, chocolate chips, whipped cream, ice cream, fruit leather snacks
Candy	All candy, including chocolate Kisses, jelly beans, Twix, Almond Joy, milk chocolate bars, Snickers
Beverages	All fruit juices and sodas, Gatorade, lemonade, sugar-laden soft drinks, commercial smoothies and coffees

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Healthy First Steps

You can begin to find hope for a better cancer-fighting immune system by taking these simple first steps today. Check off the ones you are now taking, and underline the ones you need to start immediately.

- Limit bad fats.
- Follow the Mediterranean diet.
- Avoid processed meats containing nitrites and nitrates.
- Eat more anti-inflammatory foods.
- Address your stress.
- Stop smoking.
- Stop worrying so much.
- Exercise regularly.
- Get eight hours of sleep per night.
- Consult your physician or a nutritional doctor.
- Pray for God's guidance and healing.

For more information on these topics, please read my book *The Seven Pillars of Health*.



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Choosing Your Power Foods

Are you eating your power foods? From the list below, check the ones you eat regularly, and circle those you need to start adding to your diet NOW!

- | | |
|---|---|
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Mandarin oranges |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Mixed greens |
| <input type="checkbox"/> Broccoli sprouts | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Oranges |
| <input type="checkbox"/> Black currants | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Black raspberries | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Pomegranate (or its juice) |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Red grapes |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Red wine (or extract) |
| <input type="checkbox"/> Cold-water fish | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Cranberries | <input type="checkbox"/> Tangerines |
| <input type="checkbox"/> Dark chocolate (1½ ounces) | <input type="checkbox"/> Tofu |
| <input type="checkbox"/> Flaxseed | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Turmeric (curry powder) |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Green tea | <input type="checkbox"/> Wheat sprouts |
| <input type="checkbox"/> Kale | |
| <input type="checkbox"/> Kumquats | |
| <input type="checkbox"/> Lemons/limes | |

A **BIBLE CURE** Prayer for You

*Dear God, I believe in Your promises. Please
help build my faith in the following ways:*

Thank You, in the name of Jesus Christ, the great Healer! Amen.

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Strengthening Your Faith
to Beat Cancer

Take a moment to consider your level of faith in God's promises as it relates to your battle against cancer. As you do, think about things you can do to continue to build your faith and wisdom about how to live in the health God planned for us all when He first created the earth.

Take digestive enzymes with meals:

1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___
Never Sometimes Often

Resveratrol, vitamin D₃, curcumin, melatonin, DIM, calcium D-glucate, omega-3 fats, selenium, and glutathione-boosting supplements are for prevention of cancer. If you have cancer, take the above and add IP6.

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What Do You Need?

The promise of Scripture is clear when it comes to praying for what you need. This applies to all your circumstances, even when you face cancer and seek healing. Listen to the words of Jesus: “And so I tell you, keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. For everyone who asks, receives” (Luke 11:9–10). Think about what you need most in order to apply these words to your life these days. Mark the lines below with the specific letter(s) denoting your particular need:

I = I need more **INFORMATION** about health and/or insight into God’s will.

C = I need more **COURAGE** to face my enemy, cancer.

C = I need more **COMMITMENT** so I can be self-disciplined and make good choices.

F = I need more **FAITH** in order to believe God’s promises and persevere in my trials.

(I Can Conquer Fear)

___ When you hear about new treatments, medicines, and therapies

___ When your doctor says you need chemotherapy

- ___ When you feel impatient with God's timing
- ___ When you've experienced another health setback
- ___ When you're depressed because of the stress and pain of cancer
- ___ When you must relocate to a new place for health reasons
- ___ When you worry that you might get sick (or sicker)
- ___ When you can't eat the things you want
- ___ When you have to make lifestyle changes because of sickness
- ___ Other: _____

Think: What things help the most when you're discouraged in your battles? What first steps can you take right now to pursue at least one of those things?

I tell patients diagnosed with cancer to reframe how they see the diagnosis of cancer. Instead of feeling fearful, anxious, and hopeless with the diagnosis of cancer, boldly declare, "God can answer," and you are seeing cancer from God's point of view or God's perspective. No longer do you say, "I have cancer." You say, "God can answer."

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X **Your Soul Check**

What are three passages of Scripture that have impacted your life as you read this book?

1. _____
2. _____
3. _____

Name three positive attitude characteristics that you want God to develop further in your life.

1. _____
2. _____
3. _____

What forms of exercise will you commit to pursue regularly from today forward?

1. _____
2. _____
3. _____

APPENDIX A

Supplements below are listed in alphabetical order.

- Broccoli sprouts—OncoPLEX; available at www.drcolbert.com
- Cilantro tablets—available from Dr. Omura, www.micint.com
- Comprehensive multivitamin—Divine Health Multivitamin, Living Multivitamin; available at www.drcolbert.com
- Digestive enzymes—Divine Health Digestive Enzymes with HCL; available at www.drcolbert.com
- DIM—Breast Protect; available at www.drcolbert.com
- Fish oil (pharmaceutical grade, nonrancid)—Living Omega and Divine Health Pure (180 mg EPA/120 mg DHA); available at www.drcolbert.com
- Glutathione-boosting supplement—Max GXL; available at www.max.com. Use distribution #231599.
- Green superfood—available at www.drcolbert.com
- IP6—available at www.drcolbert.com
- Kelley Protocol—contact Pam McDougal, nutritional consultant, at (208) 424-7600
- MAP—take five to seven tablets; available at www.drcolbert.com
- Melatonin, 3 mg—Divine Health Melatonin; available at www.drcolbert.com
- pH paper—available at www.drcolbert.com

- Plant protein—Life's Basic Protein; available at www.drcolbert.com
- Resveratrol—Living Resveratrol; available at www.drcolbert.com
- Vaxa Buffered pH—available at www.drcolbert.com
- Vitamin D₃, 2,000 IU—available at www.drcolbert.com
- Whey protein—Enhanced Whey Protein, undenatured; available at www.drcolbert.com

APPENDIX B

Alkalizing Foods	
Vegetables	Alfalfa • Barley grass • Beets • Broccoli Cabbage • Carrots • Cauliflower • Celery Chlorella • Collard greens • Cucumber Eggplant • Garlic • Green beans • Green peas • Kale • Lettuce • Mushrooms Mustard greens • Nightshade veggies Onions • Peas • Peppers • Pumpkin Radishes • Rutabaga • Spinach, green Sprouts • Sweet potatoes • Tomatoes Watercress • Wild greens • Wheat grass
Fruits	Apple • Apricot • Avocado • Banana Berries • Blackberries • Blueberries Cantaloupe • Cherries, sour • Coconut, fresh Cranberries • Currants • Dates, dried Figs, dried • Grapes • Grapefruit Honeydew melon • Lemon • Lime Muskmelons • Nectarine • Orange • Peach Pear • Pineapple • Raisins • Raspberries Strawberries • Tangerine • Tomato Tropical fruits • Watermelon
Grains	Millet
Nuts	Almonds • Chestnuts
Sweeteners	Stevia
Spices and Seasonings	Chili pepper • Cinnamon • Curry • Ginger Herbs (all) • Mustard • Sea salt
Other	Alkaline antioxidant water • Apple cider vinegar • Duck eggs • Freshly squeezed fruit juice • Ghee (clarified butter) • Green juices Mineral water • Quail eggs • Soured dairy products • Veggie juices
Minerals	Calcium: pH 12 • Cesium: pH 14 Magnesium: pH 9 • Potassium: pH 14 Sodium: pH 14

Acidifying Foods	
Vegetables	Corn • Olives • Winter squash
Fruits	Pickled fruits • Cranberries
Grains, Grain Products	Barley • Bran, oat • Bran, wheat • Bread Corn • Cornstarch • Crackers, soda Flour, wheat • Flour, white • Macaroni Noodles • Rice (all) • Rice cakes • Rye Spaghetti • Spelt • Wheat germ • Wheat
Beans and Legumes	Black beans • Chick peas • Kidney beans Lima beans • Pinto beans • Soybeans White beans
Dairy	Butter • Cheese • Cheese, processed Ice cream • Ice milk
Nuts and Butters	Brazil nuts • Hazelnuts • Legumes Peanut butter • Peanuts • Pecans Pine nuts • Walnuts
Animal Protein	Bacon • Beef • Carp • Clams • Cod Corned beef • Fish • Haddock • Lamb Lobster • Mussels • Organ meats • Oyster Pike • Pork • Rabbit • Salmon • Sardines Sausage • Scallops • Shellfish • Shrimp Tuna • Turkey • Veal • Venison
Fats and Oils	Almond oil • Butter • Canola oil • Corn oil Safflower oil • Sesame oil • Sunflower oil All fried foods
Sweeteners	Corn syrup • Sugar
Other Foods	Catsup • Cocoa • Coffee • Mustard Pepper • Soft drinks • Vinegar
Drugs and Chemicals	Aspirin • Chemicals • Drugs, medicinal Drugs, psychedelic • Herbicides Pesticides • Tobacco

APPENDIX C

EARLY DETECTION THROUGH SCREENINGS

EARLY DETECTION IS extremely important. You need to know your family history and have regular checkups and cancer screening tests. The screening guidelines of the American Cancer Society (ACS) include:

- Yearly mammograms beginning at age forty
- Clinical breast exams (CBE) every three years for women age twenty to thirty-nine and every year for women forty and older
- Breast self-exams (BSE) beginning at age twenty
- Regular testing for colon cancer, such as colonoscopy and virtual colonoscopy, for men and women age fifty and older. (For a full list of tests, visit www.cancer.org.)
- Annual cervical cancer screenings after age twenty-one and Pap tests every two years. After thirty, Pap tests should be done every three years, plus the human papillomavirus (HPV) test.
- At age fifty, men should talk to their doctors about a PSA blood test with or without a rectal exam to detect prostate cancer. If you are at risk due to ethnicity or family history, do this at age forty-five.

Cancer marker screening is also available through American Metabolics. Their Web site is www.caprofile.net, or you can call 954.919.4814.