I was not planning to add a chapter with recipes, but I decided that I need to understand my patients' diets and test recipes myself. The recipes in this chapter have been inspired by the authors Sally Fallon, Mary Enig, Dr. Pierre Dukan and Dr. Robert Atkins.

**You Will Lose Weight Unless You Eat Enough Fat**

When you remove carbohydrates from your diet, you will lose weight. Cancer patients will need to make sure portions are adequate so weight loss is not a problem.

It is not easy to remove carbohydrates from your diet. It is critically important to find foods that you like that you can substitute. When you plan a meal, think about whether you've selected a food or beverage with enough fat. My objective in this chapter is to provide you with options to get you started. Once you've learned to use the ingredients in a few recipes, you can experiment on your own to expand the variety of foods in your meals.

**Diets of the World's Healthiest Populations**

Once you have conquered your cancer, carbohydrate foods should still be limited. In the 1930s, Dr. Weston Price discovered the world's healthiest societies ate bread made from sourdough, or sprouted grains. They also ate fermented vegetables containing beneficial bacteria.

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**Want to Contribute a Recipe?**

If you're a talented cook and you would like to contribute a recipe, I'll include your dish in my newsletter and next book. Contact my office at 314-432-7802.
Recommended
Fat Additions
For Your
Recipes

Adding fat to your diet may be more challenging than eliminating carbohydrates. Many people will miss carbs, and they may be confused about a diet that is high in fat. Both of these strategies are important, or the diet does not work.

How to Add Fat to a Meal
I've included a “Fat Additions” box on the recipe pages to highlight the need for fat. Many of the recipes will have a sufficient amount of fat, but if fat needs to be added, you may see suggestions as follows:

**Fat Addition Necessary**

This dish supplies high-quality protein, but not enough fat for the ketogenic diet. Add one of the following:

- Coconut Yogurt (plain yogurt with coconut oil)
- Coconut Cottage Cheese (cottage cheese with coconut oil)
- Coconut Shake (yogurt, half & half and coconut oil)
- Coconut Avocado Shake (avocado, yogurt, half & half, and coconut oil)
- Cheesecake
Equipment

This chapter assumes that you have no equipment or food in your kitchen. If you have a well-equipped kitchen, you'll be able to try recipes immediately. In our fast-paced society, most people spend very little time in the kitchen preparing food.

Microwave Cooking: Worse Than What Is Known

If you're reading this book, you probably do not own a microwave oven. In case you're in a position to educate friends, or relatives about the dangers of microwave cooking, author Paul Fassa, who writes for Alignlife.com, has written a well-researched article:

Microwave Cooking Worse than What's Known
- It Causes Chronic Disease and Cancer

According to Paul, Russia conducted testing on radar microwave emissions and the danger of microwave oven cooking in 1957. Paul writes:

The scientific conclusions of their studies resulted in emission restrictions for radar workers and a ban on microwave ovens in 1976. Russians tested food cooked in microwave ovens and found an incredible array of nutrient destruction accompanied by the creation of cancer causing agents, especially with microwaved meats.

The Russian research was laboratory, clinical, and epidemiological, and took place over almost two decades. It was very thorough. USA researcher William Kopp published those findings, but he’s been marginalized as a kook or quack by mainstream western “science.”

Never mind though. The Russian ban was lifted during Perestroika, which elevated “free market” principles over health in Russia. This created a greatly expanded market for microwave ovens throughout Russia. Ka-ching.

Paul's article was posted on February 8, 2013. To read the details of what microwaves do to your food, search the alignlife.com site.
Hidden Dangers in Cookware

In January 2013, Republican Congressman Ed Markey from Massachusetts, expressed concern over a Department of Energy (DOE) proposal to allow up to 14,000 tons of its radioactive scrap metal to be recycled into consumer products. In February 2013, Tim Worstall, contributor writer for Forbes, ridiculed Markey's concern saying that scrap reprocessors check the radioactivity of incoming materials and would never accept radioactive metal.

Bloggers who reacted to the DOE proposal reminded readers of a January 2012 incident involving radioactive metal tissue boxes that were recalled by Bed, Bath and Beyond. The tissue holders were made in India and they were contaminated with the radio-isotope cobalt-60. Those products were shipped to 200 stores in 20 states.

According to the Cookware Manufacturers Association (CMA), “Housewares are not regulated. It is incumbent on the manufacturer to ensure that ingredients are safe for use in contact with food” (Source: CMA, www.cookware.org).

While it's unlikely that you'll ever have to deal with radioactive metal in your pots and pan, this story makes it clear that consumers need to research the subject of safe cookware themselves. Here is important information I've gathered:

- **Nickel Stainless**
  If a kitchen magnet does not stick to the sides or bottom of a pan, it is made of a cheap stainless called “nickel stainless” named for its high nickel content. Nickel stainless loses its magnetic property which is why magnets do not stick. According to the U.S. Department of Health and Human Service’s 12th Report on Carcinogens, released on June 10, 2011, nickel is also a carcinogen. Surgical stainless steel, also called 18/10 stainless, is a better option because it contains less nickel and holds tight bonds. The following celebrity chefs are selling 18/10 stainless steel:

  Wolfgang Puck
  Emeril Lagasse
• **Non-Stick Surfaces Made of PFOA or Nanoparticles**

Since the 1940s, non-stick (Teflon) pans have been made with a chemical called perfluorooctanoic acid (PFOA) that is considered a “toxicant and carcinogen in animals.” Orgreenic (www.orgreenic.com) is an example of a company that sells pans with a nanoparticle surface that’s called “natural ceramic.” When you visit the Web site, you may recognize the products because they’re aggressively sold on TV. Nanotoxicology is the study of the toxicity of nanomaterials. If you visit the Wikipedia page for Nanotoxicology, you’ll notice a toxicologist named Eva Oberdörster, Ph.D. who found brain damage in fish exposed to nanoparticles—after 48 hours.

• **Borosilicate and Other Glass**

Glass pans and storage jars are considered safe because they do not leach chemicals into food. Here are some famous varieties:

- **Borosilicate (Pyrex) Glass**

  Borosilicate glass is tempered (bakeware) glass most known as Pyrex first made in 1893. Although Corning Glass no longer manufactures Pyrex glass themselves, they license the name to several other manufacturers.

- **Soda-Lime-Silicate Glass**

  Anchor Hocking manufactures a line of soda-lime-silicate bakeware that are sold at Wal-Mart and large supermarkets.

- **Mason Jars (Wide-Mouth)**

  Mason jars are food storage containers made of soda-lime-silicate glass. The jars were invented in 1858 by Philadelphia tinsmith John Landis Mason. Ball and Kerr are both Mason jar brands that are both part of the Jarden corporation based in New York.
Accidental Cure for Cancer: The Art of War on Cancer

After quart-sized Mason jars the pint-size is the next most useful size. Replace the lids with Ball plastic lids if the metal top does not have a plastic coating. Pint-sized Mason jars require a smaller plastic lid than quart-sized jars.

### Equipment Section Added to Recipes
Cooks who write cookbooks have years of experience with pans and other kitchen equipment. For those who are navigating this area for the first time, I have included an equipment section on the recipe pages.

### Getting Started
Check your local supermarket, Target and Walmart for the following items:

**Mason Jars (Box of Nine Quart-sized Wide-Mouth Jars)**
Nearly all large retailers sell Mason jars. Target sells Mason jars with metal lids that have a plastic coating on the inner surface of the lid that is a different color than the metal rim. If your Mason jar lids are not coated, discard the metal lids that come with the jars and replace them with Ball plastic lids (available on Amazon.com).

**Slow Cooker (7-Quart)**
A 7-quart slow cooker can accommodate a whole chicken and the ceramic liner can be removed and placed in the dishwasher. You'll need a slow cooker for the Fennel and Thyme chicken recipe (and soups made from leftover broth).

**Electric Hand-Beater**
You'll need an electric hand-beater to make baked custard. Walmart sells a basic model from Rival for about $6.

**Blender**
You'll need a blender to make a coconut shakes.

**Food Processor (10-cup)**
Hamilton Beach makes an inexpensive 10-cup food processor that you'll appreciate if you make baked cheese cake. Although an electric hand beater can be used, your cheesecake will have lumps unless you use a food processor (I don't mind the lumps).

**Glass Batter Bowl (2 Quart)**
Anchor Hocking makes a 2-quart batter bowl with a spout that is convenient for pouring. It looks like a large measuring cup.
Nylon scrubbing pads are usually donut-shaped.

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**Care and Handling Instructions for 18/10 Stainless Steel**

Avoid discolorations and stains on 18/10 stainless steel by handling your cookware with a little care.

**Equipment**

- Nylon scrubbing pads (sold at Walmart stores)
- Vitamin C powder

**Nylon Scrubbing Pads**

Most scrubbing pads will scratch the surface of stainless steel. Nylon scrubbing pads that are recommended by stainless steel cookware makers.

**Steps to Remove the Cooked Food and Stains:**

1. Wash the stained area to remove any loose food.
2. Scrub the surface with dish soap and a nylon scrubber.
3. If there are burned stubborn areas, add a small amount of Vitamin C powder and continue scrubbing. Vitamin C is a “universal electron donor” in an oxidation-reduction reaction and can bind with food particles.
4. Once the food is removed, wash the entire piece as normal with water and dish soap.
5. Rinse with clean water.
6. Dry with a soft cloth.
Herbs, Cacao Powder, Coconut Oil, Mayonnaise

You'll need a few herbs for low-carb recipes. Herbs lose their potency after a few months, so you will want to purchase a few ounces from a retailer who turns over their inventory. Resources include:

  Jean's Greens is an herb and tea store in Schodack, New York (near Albany) that also sells herbs online.

- **Frontier Natural Products Co-op** ([www.frontiercoop.com](http://www.frontiercoop.com))
  Your local health food store may have a bulk herb department. Health food stores carry Frontier herbs that can also be purchased in one-pound quantities online.

- **Wilderness Family Naturals** ([www.wildernessfamilynaturals.com](http://www.wildernessfamilynaturals.com))
  Wilderness Family Naturals is a Minnesota-based family business that is a source for raw, organic unsweetened cacao powder (also spelled cocoa).

**Getting Started:**
Herbs for introductory recipes in this chapter include:

- **Dried Thyme**
  This herb is used in the Fennel and Thyme chicken recipe. Besides having a delicious flavor, Thyme is also an antiparasite (Source: Gary Young, founder, Young Living Essential Oils).

- **Fennel Seeds**
  This herb is an important ingredient in the Fennel and Thyme chicken recipe. It also has antiparasite properties (Source: Dr. Hulda Clark)

- **Stevia Powder**
  Commercial Stevia contains dextrose (a sugar). If you need a sweetener, purchase pure Stevia extract (a clear liquid) or powder made from a Stevia plant for the cheesecake and baked custard recipes. The powder works as a sweetener but adds a pale green tint to most recipes.

**Notes:**

1. Buy 6 ounces of each herb.

2. In his book *The Holistic Health Guide: Natural Care for the Whole Dog*, Veterinarian Doug Knueven recommends Thyme as an antiparasite. He explains how to give the herb to pets (dry, tea) and also provides a dosing chart (per animal's weight).
In the ketogenic diet, a make-ahead cheesecake is no longer just a dessert. It's a versatile, make-ahead recipe that can be kept in the refrigerator for 3 days providing slices with extra fat for breakfast, lunch and dinner.

Fat Addition Not Necessary
This dish supplies high-quality protein and enough fat for the ketogenic diet (and body builders who understand that fat is a preferred fuel for human metabolism). You will feel energy from this dish.

Two Types of Cheesecake
Cheesecake is not really a cake, but rather a cheese and egg custard. The two main types of cheesecakes are baked and refrigerated. We will bake the cheesecake for the following reasons:

1. The recipe includes eggs that need to be cooked.
2. The low-carb crust (made of oat bran instead of Graham crackers) is unpalatable raw.

Shopping For Ingredients
Be sure to buy regular cream cheese and not low-fat. Read the ingredients on vanilla extract bottles because some brands contain high fructose corn syrup. Oat bran is a slightly confusing product to buy because the package is labeled "Hot Cereal." Supermarkets are likely to carry Quaker Oats (owned by Pepsico) in a red cardboard box (16 ounces). Whole Foods sells a brand called Bob’s Red Mill “Oat Bran Hot Cereal” in clear plastic that is a better grade of oat bran than the Quaker Oats product. If you use both, you'll notice a difference when you press the oat bran to form a crust.

Equipment
9 inch pyrex baking dish
Small saucepan (for melting butter)
Small mixing bowl (for the crust)
Medium to large mixing bowl (for the filling)
Electric hand beater or food processor
Set of measuring spoons
Crust Ingredients
1 cup oat bran
4 tablespoons of melted butter (half of one stick)

Filling Ingredients
1 pound (two 8 ounce bars) cream cheese
1/2 cup sour cream
2 eggs
1/2 teaspoon vanilla (without high fructose corn syrup)
(Optional) 1/2 teaspoon Stevia powder

Steps:
1. Preheat your oven to 350 degrees.
2. Melt the butter.
3. Mix the oat bran and melted butter.
4. Press the oat bran and butter mixture into the bottom of a 9-inch pie plate and one third to one half way up the sides of the plate.
5. Beat or process the cream cheese, sour cream, egg, vanilla and Stevia powder. Don't overbeat the filling if you are using an electric beater. The texture will have small lumps. The top of the cheesecake will appear lumpy, but the lumps will have no effect on the taste.
6. Fill the crust leaving a thin edge of crust showing around the edge.
7. Bake for 35 minutes.
8. Cool the dish on a trivet, or potholder.
9. Refrigerate and serve chilled.

Notes:
1. The cheesecake should be consumed in 3 days.
2. Instead of mixing Stevia powder into the recipe, consider storing Stevia in a confectionary sugar shaker and dusting the top of single pieces.
3. The Pampered Chef makes Flour/Sugar shaker with a storage lid that protects your stored Stevia powder (www.pamperedchef.com).
Oat bran contains a type of fiber known as beta-glucan. Since 1963, several studies have shown the beneficial effects of beta-glucan on cholesterol levels.

An article on beta-glucan’s anti-tumor properties was published by Feng Hong, et al., in *The Journal of Immunology* (J Immunol 2004;173:797-806). The authors of the article have addressed the tough, yet vital, questions about how beta-glucan enters the body, arrives to the key immune areas of the body and is effective in aiding in tumor cell death.

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### Oat Bran is High in Nutrients and Soluble Fiber

Oats are the preferred grain for thoroughbred race horses due to a high nutrient content and unusually high fiber. One cup of oat bran contains the following hard-to-obtain minerals and vitamins:

- **Calcium**: 54.5 mg
- **Iron**: 5.1 mg
- **Magnesium**: 221 mg
- **Phosphorus**: 690 mg
- **Potassium**: 532 mg
- **Sodium**: 3.8 mg
- **Zinc**: 2.9 mg
- **Copper**: 0.4 mg
- **Manganese**: 5.3 mg
- **Selenium**: 42.5 mcg

One cup of oat bran also contains the following vitamins:

- **Vitamin C**: 0.0 mg
- **Vitamin E (Alpha Tocopherol)**: 0.9 mg
- **Vitamin K**: 3.0 mcg
- **Thiamin**: 1.1 mg
- **Riboflavin**: 0.2 mg
- **Niacin**: 0.9 mg
- **Vitamin B6**: 0.2 mg
- **Folate**: 48.9 mcg
- **Pantothenic Acid**: 1.4 mg
- **Choline**: 30.3 mg
- **Betaine**: 18.4 mg
Dr. Pierre Dukan’s diet uses oat bean to prevent constipation. His book does not mention the nutritional benefits of oat bran which are considerable.

**Using Green Stevia Powder**

Stevia is an herb from the Sunflower family of plants that Japan has been using as a sweetener since the 1970s when saccharin was suspected of being a carcinogen.

Although Stevia products are available in American supermarkets, it is difficult to find 100% pure Stevia that does not contain dextrose made from genetically engineered corn.

Green Stevia powder from a mailorder source (See: “Herbs, Cacao Powder, Coconut Oil, Mayonnaise”) is used in this chapter’s sample recipes because it is easy to obtain. If you would like to substitute Stevia extract, make sure it is 100% pure (Trader Joes's sells a small bottle).

At high concentrations, Stevia is known to have a bitter aftertaste. As a result, you will need to experiment with small quantities until you find a desired level of sweet taste.
Plain Baked Cheesecake With Oat Bran Crust for a 6 Inch Pan (Optional Sweetening with Stevia)

If you live alone, or you're cooking for two, a 6-inch pie plate is more practical than a 9-inch plate because the cheesecake should be consumed in three days. The recipe for a 6-inch cheesecake uses quantities that are exactly half of the quantities used for the larger cheesecake. Refer to the larger recipe for step-by-step instructions.

Fat Addition Not Necessary

This dish supplies high-quality protein and enough fat for the ketogenic diet (and body builders who understand that fat is a preferred fuel for human metabolism). You will feel energy from this dish.

Equipment
6 inch pyrex baking dish
Small saucepan (for melting butter)
Small mixing bowl (for the crust)
Medium to large mixing bowl (for the filling)
Electric hand beater or food processor
Set of measuring spoons

Crust Ingredients
1/2 cup oat bran
2 tablespoons of melted butter (half of one stick)

Filling Ingredients
1/2 pound (one 8 ounce bars) cream cheese
1/4 cup sour cream
1 eggs
1/4 teaspoon vanilla (without high fructose corn syrup)
(Optional) 1/4 teaspoon Stevia powder
This recipe is similar to the plain Stevia sweetened cheese cake, but has an added topping made of peanut butter. Peanut butter is a superfood that contains 26 minerals, 14 Vitamins and monounsaturated fat making it a nutrient-rich addition to your cheesecake.

**Shopping for Peanut Butter**

Sugar is a popular ingredient in peanut butter and you will need to check the labels at the store where you shop for food. Whole Foods and Trader Joe's have sell unsweetened peanut butter with their own labels. If your local Whole Foods has a bulk foods section, the store may also offer a grind-your-own peanut butter machine for fresh peanut butter.

**Adding Stevia Powder**

If you're used to the taste of a sweet peanut butter, you may need to add Stevia powder.

**Adding a Peanut Butter Topping to Cheesecake**

If you want to try a peanut butter topping, add a layer to a single piece. The cheesecake can be cut into ready-to-eat pieces on plates, wrapped and cleanly stacked. A peanut butter topping would stick to food wrap.

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**Peanut Allergy is Usually Due to Aflatoxin**

As I mentioned in my first book, Aflatoxin is a metabolite produced by two species of mold (Aspergillus flavus and Aspergillus parasiticus) that form on peanuts and several other foods. Contamination depends on agricultural practices and the susceptibility of food to fungus during storage and processing. Cheap supermarket peanut butter is much more likely to contain aflatoxin than better brands.

Whole Foods' Web site displays the following note: *All batches of 365 and 365 Organic Everyday Value Peanut Butter are tested for aflatoxins. The aflatoxin level in our Peanut Butter ranges between 0–10 parts per billion (ppb), well under the maximum level mandated by the U.S. government, which is 20 ppb. In Canada, the maximum allowable tolerance for aflatoxin is 15 ppb.*
Crème Fraiche

Crème fraiche is delicious, thick, fermented cream that is produced by adding a starter culture to heavy cream. Buttermilk can be used as a culture to start the ferment. Crème fraiche is very simple to make and can be added to scrambled eggs or used as a garnish in tomato soup.

Fat Addition Not Necessary
Crème fraiche supplies high-quality fat for the ketogenic diet.

Shopping For Ingredients
Try to buy Organic Valley Buttermilk and heavy cream. Try to avoid ultra pasteurized cream.

Fermentation
Fermented milk products have been made in different cultures for many centuries as a means of preserving milk for later consumption and to prevent spoilage.

Fermentation process breaks down lactose in dairy products decreasing the carbohydrate content. The friendly bacteria that ferments crème fraiche adds also good bacteria in your digestive tract. Only products containing live microorganisms can be regarded as traditional fermented milk products.

Equipment
Small covered dish such as a Pyrex storage dish that comes with a cover.

Ingredients (increase as needed)
1 Tablespoon buttermilk
1/2 cup heavy cream

Steps:
1. Add the buttermilk to the heavy cream.
2. Allow the cream to sit at room temperature covered loosely for 12 hours (fermentation will take longer in colder seasons of the year).
3. Crème fraiche may be stored in the refrigerator for 2 weeks.
Scrambled Eggs
With Crème Fraîche
(or Coconut Oil)

High-quality eggs with dark yellow yolks taste better than supermarket eggs. To find a source for eggs, check the “Local Chapters” page on the Weston A. Price Foundation Web site (www.westonaprice.org). If there is a chapter in your city, contact the chapter leader and tell them you are looking for eggs from pastured hens.

Fat Addition Necessary (Recipes at the end of chapter)

This dish supplies high-quality protein, but not enough fat for the ketogenic diet. Add one of the following:

- Coconut Yogurt (plain yogurt with coconut oil)
- Coconut Cottage Cheese (cottage cheese with coconut oil)
- Coconut Shake (yogurt, half & half and coconut oil)
- Coconut Avocado Shake (avocado, yogurt, half & half, and coconut oil)

Equipment

Small to medium mixing bowl
Skillet
Rubber spatula

Ingredients

Butter or coconut oil
2 eggs
Tablespoon of crème fraîche (or coconut oil)

Steps:

1. Whisk eggs with a fork.
2. Add a tablespoon of oil to an omelet pan.
3. Add the egg mixture to the pan and move the liquid portion with the spatula.
4. Fold in the crème fraîche (or coconut oil).
5. Serve.
Mixture of baked milk and eggs have been part of French cuisine since the Middle Ages. Custard is another versatile, make-ahead recipe that can be kept in the refrigerator.

**Baked Custard**

**Fat Addition Necessary (Recipes at the end of chapter)**

This dish supplies high-quality protein, but not enough fat for the ketogenic diet. Add one of the following:

- 1-2 tablespoons of crème fraîche (a roughly measured amount is called a dollop)
- Coconut Yogurt (plain yogurt with coconut oil)
- Coconut Shake (yogurt, half & half and coconut oil)

**Equipment**

- Medium bowl with a spout (batter bowl or 2-quart measuring cup preferred; see: photo)
- Six 4-ounce custard cups with lids or four 10-ounce oven-proof custard cups (see: photo)
- Lasagna pan (or equivalent sized-pan)
- Sauce pan (to heat milk)
- Sauce pan or tea kettle (to heat water)
- Electric hand beater or blender

**Ingredients**

- 3 cups half & half
- 1 quart of spring water
- 4-5 medium to large eggs
- 1-1/2 teaspoon vanilla
- Ground Nutmeg
Steps:
1. Heat oven to 350 degrees Fahrenheit.
2. Heat half & half in small saucepan on medium heat. The half & half should be steaming but not bubbling.
3. Heat water on high heat to bring to a boil.
4. Meanwhile beat eggs, and vanilla (and Stevia) with a hand beater or in a blender. Try not to form foam.
5. Combine egg mixture and hot half & half in a medium-sized bowl (a bowl with a lip is the easiest to pour).
6. Pour hot water into lasagne pan (or equivalent-size pan)
7. Pour egg mixture into six 4-oz. or four 10 oz. custard cups and place the cups in the hot water.
8. Sprinkle the egg mixture with nutmeg.
9. Place pan in the center of the oven.
10. Bake 45 minutes.
11. Remove cups from the oven, and water bath; cool 5 to 10 minutes.
12. Serve warm or refrigerate until cold.

Notes:
1. Avoid using green Stevia powder in baked custard (the green color of the Stevia powder and brown Nutmeg produce an awful color).
2. The Pampered Chef makes Flour/Sugar shaker with a storage lid that protects your stored Stevia powder (www.pamperedchef.com).
3. If white Stevia extract is beyond your budget, consider using a confectionary sugar shaker to dust the top of your custard.
4. Baked dishes such as custard can crack or become rubbery if not baked with moist heat in the oven. A large pan with sides 1 1/2 to 2 inches high can be used to provide a moist heat source.

In 1997, the U.S. Food and Drug Administration (FDA) passed a ruling that allowed oat bran to be registered as the first cholesterol-reducing food at an amount of 3 grams beta-glucan daily.
5. Try to buy organic Nutmeg. Supermarket nutmeg is subjected to radiation (McCormick petitioned the FDA to allow higher radiation for spices in 1987. Source: Organic Consumers Association).

6. Anchor Hocking makes a glass lasagna pan.

7. Four-ounce Pyrex custard cups come with lids.

8. Ten-ounce Anchor Hocking cups do not come with lids, but this size is useful for side dishes such as coconut yogurt. If you have the budget, buy both sizes.
Fennel and Thyme Chicken in Broth with Coconut Oil

This make-ahead recipe provides a rich chicken dish and leftover broth for making egg-drop soup. A slow cooker set to high for 5 hours is an easiest method for cooking a whole chicken.

Fat Addition Necessary (Recipes at the end of chapter)

This dish supplies high-quality protein, but not enough fat for the ketogenic diet. Add one of the following:

- Coconut Yogurt (plain yogurt with coconut oil)
- Coconut Cottage Cheese (cottage cheese with coconut oil)
- Coconut Shake (yogurt, half & half and coconut oil)
- Coconut Avocado Shake (avocado, yogurt, half & half, coconut oil)

Equipment

7-quart slow cooker
Ladle
Large slotted spoon
Mesh strainer (for straining broth)
2 Quart batter bowl or sauce pan (for collecting broth)
Platter (for cutting and serving chicken)
Quart-sized Mason jars
Large sauce pan (for steaming vegetables)
Steamer basket (for steaming vegetables)

Ingredients

Whole free-range chicken
1 tablespoon of Thyme
1 tablespoon of Fennel seeds
Medium onion
Vegetable for steaming (choice of: green beans, broccoli, brussel sprouts, asparagus, cabbage, okra, zucchini)
Sea salt is gray in color and it contains 86 minerals that are absent in table salt. If you’re buying bright white sea salt, you have purchased processed salt that may not have 86 minerals.

(Option) Fermented vegetables such as sauerkraut or kimchi can be used in place of a steam vegetable.

Sea salt

(Option) Coconut oil

Gallon of spring water (for cooking chicken and steaming a vegetable)

Butter (for green vegetable)

**Steps:**

1. Remove package of liver, heart and giblets from the chicken cavity.
2. Rinse the chicken with cold water.
3. Place the chicken in the slow cooker.
4. Add 4 to 8 cups of spring water.
5. Sprinkle Fennel and Thyme on top of the chicken.
6. Peel the onion, cut it in half and add the halves to the slow cooker.
7. Plug the slow cooker into an electric outlet.
8. Cook the chicken for 5 hours on High or 13 hours on Low.
9. Turn off the slow cooker.
10. To prepare your vegetable, add one and a half inches of spring water to a large saucepan, add a steamer basket, steam your green vegetable for 20 minutes.
11. Add a tablespoon of butter to your vegetable before serving.
13. After the meal, cut up leftover chicken and set aside.
14. Use a large slotted spoon to remove the bones from the slow cooker (See: How to Collect and Discard Chicken Bones).
15. Strain the broth into a large batter bowl or large saucepan.
16. Place leftover chicken into a wide-mouth, quart-sized Mason jar and add broth.
17. Pour the remaining broth into wide-mouth, quart-sized Mason jars leaving an inch of room at the top.
18. Place the Mason jars in your refrigerator.
19. Store leftover vegetables for reheated soup.

20. After 2 days, there will be a layer of fat on the broth. Unlike coconut oil that bypasses the liver and is easy-to-digest, chicken fat requires bile for digestion. The first time you make reheate your broth, scrape off half of the surface fat and reheat the remaining fat with your broth.

21. Heat leftover broth with pieces of chicken and add sea salt (to taste).

22. Consider steaming a fresh batch of vegetables for your leftover broth (vegetables can be combined in the same steamer basket).

23. If you do not have any leftover chicken, try the egg drop soup recipe in this chapter.

24. (Option) Add 2-3 tablespoons of coconut oil to your soup.

**Notes:**

1. Sally Fallon, who wrote *Nourishing Traditions* cookbook calls chicken broth bone broth. Your homemade chicken soup will contain minerals from the chicken bones.

2. There will be approximately one half of the amount of liquid when your chicken is finished cooking.

3. Leftover broth can be stored for up to 4 days.

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**How to Collect and Discard the Chicken Bones**

Before you strain the broth, here are suggestions for collecting and discarding the chicken bones:

1. Triple-bag three plastic grocery bags forming one bag.

2. Using a slotted spoon, move the bones into the 3-layered plastic.

3. Tie each bag as tight as you can.

4. Discard the bag.
The best egg drop soup is made from homemade chicken broth. If you made Fennel and Thyme chicken in broth and have leftover broth, this is a delicious soup.

**Fat Addition Necessary (Recipes at the end of chapter)**

This dish supplies high-quality protein, but not enough fat for the ketogenic diet. Add one of the following:

- Coconut Yogurt (plain yogurt with coconut oil)
- Coconut Cottage Cheese (cottage cheese with coconut oil)
- Coconut Shake (yogurt, half & half and coconut oil)
- Coconut Avocado Shake (avocado, yogurt, half & half, and coconut oil)

**Equipment**

Two soup bowls (one to beat the eggs and one to hold the soup)
Fork
Soup spoon
Medium Bowl (batter bowl or 1-quart measuring cup)
Sauce pan
Mini collander with small holes
Ladle

**Ingredients**

Quart of chicken broth
2-3 Eggs
(Option) Coconut oil
1/4 teaspoon sea salt
You should have so much creme fraiche in your soup that it might be appropriate to say you are having soup with your creme fraiche.

**Steps:**

1. Beat eggs by hand with a fork.
2. Heat the chicken broth until you see steam forming.
3. Drizzle egg mixture through the mini collander while moving the egg mixture around to the available holes.
4. Ladle soup into a soup bowl.
5. Add 1/4 teaspoon sea salt (or to taste).
6. (Option) 2-3 tablespoons of coconut oil.

**Notes:**

1. The color of the broth and the coagulated egg will reflect the quality of your chicken and eggs. Chicken soup should be a gold color and the coagulated egg should also be gold (from eggs with dark yellow yolks)
2. The holes in your mini collander should small enough to drizzle streams of egg into the hot soup.
Dukan
Inspired
Egg, Oat and
Buttermilk
Bread

This make-ahead recipe was invented by a Dukan dieter who figured out how to make a small loaf of bread without flour. A slice of this bread will have an egg-custard layer on top of an oat layer that will taste like bread.

**Fat Addition Necessary (Recipes at the end of chapter)**

This dish supplies high-quality protein, but not enough fat for the ketogenic diet. Add one of the following:

- Creme Fraiche - a spoonful of creme fraiche spread on this bread will taste like delicious frosting.
- Coconut Yogurt (plain yogurt with coconut oil)
- Coconut Cottage Cheese (cottage cheese with coconut oil)
- Coconut Shake (yogurt, half & half and coconut oil)
- Coconut Avocado Shake (avocado, yogurt, half & half, and coconut oil)

**Equipment**

Medium Pyrex loaf pan (7.4 inch X 4.2 inch)
Electric hand beater
Large bowl

**Ingredients**

8 Tablespoons oat bran
10 Tablespoons buttermilk
6 Eggs
2 Teaspoons of baking powder
(Option) 1/2 teaspoon Stevia powder

**Steps:**

1. Preheat your oven to 355 degrees Fahrenheit.
2. Blend all the ingredients with an electric mixer or blender.
3. Pour mixture into a loaf pan.
4. Cook in a 355 degree pre-heated oven for 40 minutes.
5. Remove the pan from the oven, place it on a potholder or trivet and allow the pan to cool thoroughly.
6. When the pan is cool, slide a knife around the perimeter to loosen the loaf.
7. Flip the pan upside-down on a plate. If the loaf has cooled sufficiently, it should fall on the plate.
8. Slice and serve (with soup, scrambled eggs, or a fat addition snack).

Notes:
1. Most baking powder contains aluminum unless the package is labeled aluminum-free. Look for Bob's Red Mill brand at your natural foods store or 365 brand at Whole Foods.
2. Try to find a small Pyrex loaf pan (4.8 cup).
3. Those who sweeten this recipe with Stevia should be prepared for a slight green color.
4. Store your loaf covered with food wrap for up to 4 days.

Loaf Pan Sizes
The standard Pyrex loaf pan is 9 inches by 5 inches. Although this size pan can be used for this recipe, the loaf will look flat because the pan is so large.

Target and Amazon.com sell a medium-sized Pyrex loaf pan that is best suited for this recipe. Type: “Pyrex 1077126 Rectangular Clear-Glass Food-Storage Containers” into Amazon.com.
An open-faced grilled cheese sandwich can be made with a slice of your very low-carb egg, oat and buttermilk bread. This recipe includes sharp cheddar cheese.

**Fat Addition Necessary (Recipes at the end of chapter)**

This dish supplies high-quality protein, but not enough fat for the ketogenic diet. Add one of the following:

- Creme Fraiche - a spoonful of creme fraiche spread on this bread will taste like delicious frosting.
- Coconut Yogurt (plain yogurt with coconut oil)
- Coconut Cottage Cheese (cottage cheese with coconut oil)
- Coconut Shake (yogurt, half & half and coconut oil)
- Coconut Avocado Shake (avocado, yogurt, half & half, and coconut oil)

**Equipment**

Cookie sheet baking tray
Parchment paper

**Ingredients**

1 Slice of Egg, oat and buttermilk bread
Slices of sharp cheddar cheese

**Steps:**

1. Preheat your oven to 350 degrees Fahrenheit.
2. Place a piece of parchment paper on your cookie sheet baking tray.
3. Place a slice of egg, oat and buttermilk bread on the parchment paper.
4. Place slices of sharp cheddar cheese on top of the bread.
5. Cook in a 350 degree pre-heated oven for 15 minutes.
Notes:

1. Avoid using aluminum foil on your cookie sheet baking pan. Scientists have discovered a link between aluminum and Alzheimer's Disease.

2. Reynolds, the company that makes aluminum foil, now makes parchment paper. Reynolds brand parchment paper is easy to find because it is sold in supermarkets.

3. Don't heat the oven over 350 degrees Fahrenheit because the parchment paper will turn brown and burn.

4. Use a kitchen timer as a reminder to take your grilled, open-faced sandwich out of the oven.

5. When you purchase cheese, look for cheese made from dairy that has no rBGH (recombinant bovine growth hormone).

6. Whold Foods sells an 8-ounce block of sharp cheddar cheese, with their own 365 label, for $299.
According to the Herb Research Foundation, Stevia is safe and intensely sweet, which makes it a popular noncaloric sweetener.

Dust Your Food With Stevia Powder If You Crave Sugar

Powdered Stevia is a fine powder that can be applied to food if you have sugar cravings. Powdered sugar is also known as confectioners' sugar or icing sugar.

You'll want to sift Stevia powder for a nice even layer without clumps. Kitchen gadgets that can help you sift Stevia powder include:

- Papmered Chef Flour/Sugar Shaker (available online)
- Tea strainer (available at Wal-mart)
**Coconut Fat Additions**

The coconut foods and beverages in this section can be eaten as snacks, or added to a meal that needs a fat addition. Stevia is not added to these recipes because it competes with the flavor of coconut and ruins the taste.

**Coconut Yogurt**

Increase fat and improve the taste of plain yogurt with unrefined coconut oil. This super-simple mixture is delicious.

**Equipment**

Small bowl
Tablespoon

**Ingredients**

1/2 cup of whole milk plain yogurt
1-2 tablespoons unrefined coconut oil (also called “extra virgin”)

**Steps:**

1. Spoon yogurt and coconut oil into your bowl.
2. Blend with a spoon and eat.

**Notes:**

1. A 10 ounce Anchor Hocking Pyrex custard cup (Walmart) is a good size for this side dish or snack.
2. Look for Stonyfield or Seven Stars Farm whole milk yogurt at your supermarket or health food store. Be sure to buy whole milk yogurt.
3. Liquid coconut oil is easier to blend than congealed coconut. Coconut oil congeals at around 76 degrees. You will need to find a warm location in your kitchen so this dish is easy-to-blend.
4. The taste of coconut add a very nice taste to plain yogurt.
Coconut Cottage Cheese
Follow the recipe for coconut yogurt substituting cottage cheese for yogurt.

Notes:
1. Be sure to buy cottage cheese from a dairy that uses rBGH-free milk.
2. The cold temperature of refrigerated cottage cheese will cause the coconut oil to congeal somewhat and you will feel the texture in your mouth.

Coconut Shake
If you like the taste of coconut yogurt, you will like this shake.

Equipment
Blender
Large mug or glass
Measuring cup
Measuring spoons

Ingredients
1/2 cup of whole milk plain yogurt
1-2 tablespoons unrefined coconut oil (also called "extra virgin")
1 cup of half & half

Steps:
1. Spoon yogurt, coconut oil into your blender.
2. Add the half & half.
3. Blend and pour your shake into your mug or glass.

Notes:
1. Two tablespoons of coconut oil will add a hint of coconut flavor to your shake. If you want a stronger coconut flavor, add more coconut oil.
2. If you do not have half & half, this shake can be made with milk. If you make the shake with milk, add more coconut oil.

Dr. Bruce Fife’s *The Coconut Oil Miracle*, in its fifth edition, includes the latest studies on links between coconut oil and benefits relating to heart function, Alzheimer’s prevention, bodily detoxification, weight loss, and many other hot topics.
Coconut Avocado Shake

Research on fat indicates that a health diet should consist of a variety of fats. Avocados are a good source of monounsaturated fat.

Equipment
Blender or electric hand mixer
Large mug or glass
Measuring cup
Measuring spoons

Ingredients
1/2 cup of whole milk plain yogurt
2 tablespoons unrefined coconut oil (also called "extra virgin")
1 cup of half & half
1/2 ripe avocado

Steps:
1. Spoon yogurt, coconut oil into your blender.
2. Peel the avocado and add half to the blender.
3. Add the half & half.
4. Blend and pour your shake into your mug or glass.

Notes:
1. Two tablespoons of coconut oil will add a hint of coconut flavor to your shake. If you want a stronger coconut flavor, add more coconut oil.
2. If you do not have half & half, this shake can be made with milk. If you make the shake with milk, add more coconut oil.
### How to Choose, Cut and Peel an Avocado

Here are short, easy steps that are helpful when you only want to use half of an avocado:

1. Choose an avocado with a little bit of give, but not too mushy.

2. Slice the avocado lengthwise using a sharp knife all the way around. Your knife will hit the large avocado pit as you cut.

3. Once the avocado is cut, hold the two sides in your hands and gently twist to separate the two halves. One half will be removed from the pit and the other will contain the pit.

4. Use your knife to slice one of the halves lengthwise into quarter-sized pieces.

5. Peel the skin off the quarter-sized slices.

6. Slide the half you don't use into a plastic baggie, press out the air and seal the baggie.

7. Your avocado should stay fresh for about two days if stored in this manner.

8. To use the other half of your avocado, remove the half from the baggie; remove the pit and scrape any surface of the avocado with the knife to remove any discoloration.
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