



Simple Nutrition Solutions

Sally Errey, RNCP, RHN

Registered Nutritional
Consultant Practitioner

happytummy@shaw.ca
www.myhappytummy.com

*** Where Health Brings Happiness ***

Cancer Free Living by Sally Errey, RNCP, RHN

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

In order to make healthful choices we need comprehensive education on the latest disease-fighting foods. This is why I included The Top 40 cancer fighting foods in my new book, *Staying Alive! Cookbook for Cancer Free Living*, so they can be purchased and incorporated into delicious, satisfying meals.

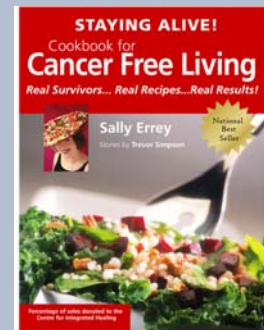
Mother Nature provides phenols, sulfurophanes, indole 3 carbinol, resveratrol, anthocyanins which are all natural medicines found in gorgeous, unprocessed whole foods. Which of course leads me to the ultimate inspiration for “*Staying Alive*” ... pure food itself.

All these fancy long words can be translated simply into items like brown rice, ginger, carrots, apples, blueberries, flax seed, garlic, green tea, and a whole host of foods to help prevent cancer or help stop it in its tracks.

Adopting a healthy diet is easy! If you already buy food each week and eat every day, you’re 80 percent there! For Cancer Awareness Month, I have included a couple of recipes, chosen from over 100 recipes featured in the cookbook. Now you can work towards cancer free living, one bite at a time!

Sally Errey, RNCP, is the nutritionist at the Center for Integrated Healing in Vancouver, where her seminars, cooking classes and consultations help transform people's lives. She is author of Staying Alive! Cookbook for Cancer Free Living (Belissimo Books, 1-87-STY-ALIVE, www.stayingalivecookbook.com).

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Sally Errey is an acclaimed nutritionist and author specializing in plant-based foods. She is the author of *Staying Alive! Cookbook for Cancer Free Living*, a national best seller.



Contact Sally for nutrition appointments at happytummy@shaw.ca or 604-734-7125 ext 234. Phone consultations are available.

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.*

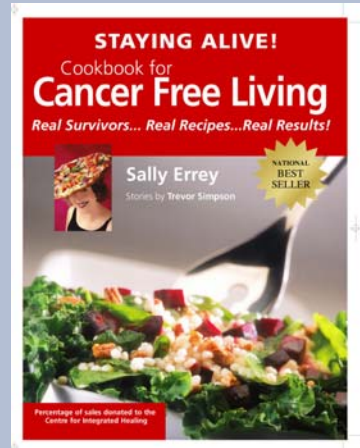
- 2 tsp (10 ml) olive oil
- 2 cloves garlic, finely chopped
- 1 medium yellow onion, chopped
- 2 Tbsp (30 ml) ginger root, grated or minced
- 1 tsp (5 ml) ground coriander
- 1/2 tsp (2 ml) ground cumin
- 1/4 tsp (1 ml) curry powder
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) pepper
- 4 cups (1 L) carrots,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

In a large saucepan, heat the oil and over medium heat cook the garlic, onion, ginger root, coriander, cumin and curry powder, salt and pepper. This releases the aroma of the curry. Cook until onions are soft, five to ten 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 the heat off. 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 the pot to the heat and add milk or soymilk, reheat gently until just hot. Serve in bowls and decorate with cilantro.

Serves 4



* excerpt from, *Staying Alive!*
Cookbook for Cancer Free Living,
Real Survivors... Real
Recipes... Real Results

www.stayingaliv cookbook.com

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Signy's Home-Made Power Bars

“It is great to have the 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 are 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

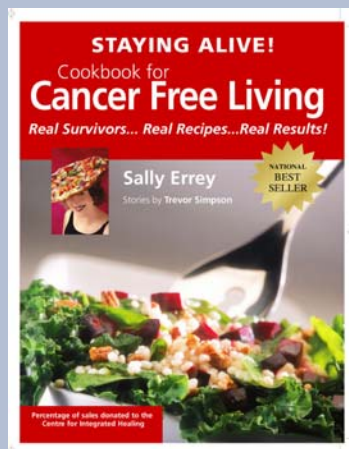
Wet Ingredients

- 1/2 cup (125 ml) organic butter over low heat (Preferred: cold-pressed walnut oil)
- 3/4 cup (185 ml) maple syrup
- 3/4 tsp (3 ml) salt
- 1 tsp (5 ml) lemon zest
- 1 1/2 Tbsp (22 ml) organic molasses
- 2 tsp (10 ml) vanilla

Heat oven to 350 F (180 C). In a large bowl, combine all of the dry ingredients and then set aside.

In a large heavy saucepan, heat the oil or butter and stir in the wet ingredients and bring to a boil over medium heat, stirring frequently. Remove from heat and stir in the dry oat mixture. Mix well. Turn into a 13x9-inch baking pan; press mixture to form an even layer. Bake for 20 minutes. Cut into bars while still warm. Then allow cooling. Keep refrigerated.

Serves 12



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