

Dr. Susan Silberstein, Ph.D.

Executive Director, Center for the Advancement in Cancer Education

Wed., Feb. 19, 2003

7:30 p.m.

Embassy Suite Hotel, Boca Raton, Florida

Hello All: Dr. Susan Silberstein spoke right here in Boca Raton, Florida this past Wednesday evening. She's been recommending juicing for years to her cancer patients but since juicing is inconvenient for many she was ecstatic when she discovered Juice Plus!

She made it clear that no one paid her to speak. She is not a distributor for Juice Plus and she is not on the payroll for the company! The reason she was speaking about Juice Plus is because of the **THIRD PARTY PUBLISHED RESEARCH** that has been done on Juice Plus. She said, **"I have worked in the nutraceutical field for 25 years and THERE IS NO OTHER PRODUCT LIKE JUICE PLUS!"**

She went on to share that her non-profit organization, CACE (*The Center for Advancement in Cancer Education*) recently gave Juice Plus the CACE seal of approval. She said, "Juice Plus didn't pay for this seal of approval, they earned it!" - I loved that! Here are my notes from her lecture. Enjoy, Julie

Eat Primitive

The primitive diet consists of:

- ☞ Roots and Fruits
- ☞ Greens and Beans
- ☞ Seeds and Weeds

The modern diet consist of

- ☞ Meats and sweets
- ☞ Pies and fries
- ☞ Cakes and shakes
- ☞ Dips and chips

Primitive Diet contained 4% fat (35% was saturated and 65% unsaturated). The omega 3 to omega 6 ratio was 1:1.

Modern Diet contains 40% fat (99% saturated and 1% unsaturated). The omega 3 to omega 6 ratio was 1:17.

Omega 3 fats build up the immune system and Omega 6 fats tear down immune system.

Foods that are rich in Omega 3 fats:

- ☞ Fatty fish (mackerel, salmon etc.)
- ☞ Flaxseed
- ☞ Free Range Chicken Eggs
- ☞ Raw Walnuts
- ☞ Raw Pumpkin Seeds

Foods that re rich in Omega 6 fats (try to avoid):

- ☞ Sunflower Oil
- ☞ Safflower Oil
- ☞ Soybean Oil
- ☞ Corn Oil
- ☞ Cottonseed Oil
- ☞ Sesame Oil
- ☞ Peanut Oil

What is the difference between a free-range egg from the health food store and a regular egg from the grocery store?

Answer: The ratio of Omega 3-6 in the free-range eggs is 1:1

The ratio of Omega 3-6 in the regular egg is 17:1

Eat Colors:

Our genes are programmed for RAW food, not cooked or processed

The American diet is white (white flour, sugar, potatoes, white bread etc.) – WE NEED TO **EAT COLORS**

Alpha Carotenes are a lot more powerful than Beta Carotene

The 3 most consumed vegetables in the U.S. are:

1. French fries
2. Iceberg Lettuce (99% water and almost no nutrition)
3. Ketchup

Free Radicals attack DNA, age cells and make cells more prone to cancer

We should be eating **50 grams** of fiber everyday!!!!!!!!!!

If you eat 3 meals a day, you should have 3 bowel movements a day
 (“small stools – large hospitals”)

Eat an Alkaline Diet:

The primitive diet consisted of 80% plants and 20% animals and, interestingly, it was 80% alkaline and 20% acidifying.

Acidic foods include: meat, dairy, oils, starches, sugar, etc. – All Acid!

Alkaline foods are plant foods (when you cook the plants then they become more acidic)

Tumor cells thrive in an acid environment

The best way to move toward an alkaline diet is to DRINK WATER! She said Americans are dehydrated!

Eat Organic:

Organic means no chemicals, additives, herbicides, pesticides, and hormones, no processing

Why should you buy organic fruits and vegetables? Because the mineral content is completely different in the organic – that is what you're paying for. For example, an organic tomato has 1,900 parts per million and a regular tomato has 1 part per million. *Wow!* She gave more examples like broccoli etc.

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