

Paleo Breakfast

I choose to eat this breakfast essentially every morning, after being diagnosed with prostate cancer, and putting it in securely in remission. Food choices have been significant in my recovery, per recommendations of a Naturopathic Oncologist and monitoring as part of a research program at the National Cancer Institute in Bethesda, MD.

I have removed breads, grains, pastas, potatoes and related carbohydrates, that essentially turn to sugar and in turn feed cancer. In addition, such carbohydrates typically increase internal inflammation that aggravate internal healing. I can discuss more nutritional choices with you as part of my healing arts practice.

Recipe for Paleo Breakfast (adjust amounts to personal taste). I only use organic ingredients:

1. Sauté four to six garlic cloves and 1/2 cup chopped onion in coconut oil.
2. Add one chopped tomato and several chopped mushrooms. Cover.
3. Add approximately 6-12 leaves of kale, chard, beet greens or spinach-chopped. Add 1/2 avocado to the greens. I often combine these greens if available, and grow all of them in season. Do not overcook the greens. 2-3 minutes on medium heat is enough.
4. Add 3 eggs. You can either stir them in to form a scramble, or fry them separately. I prefer scrambling eggs into the mix.
5. This breakfast is a slow burning fuel that can sustain you well into the afternoon. It contains trace minerals, nutrients, fat and protein the body needs. The body then responds with less cravings.

Please note: I also avoid most fruits, with the exception of green apples. I snack on almonds, walnuts, pecans and sweet potatoes. I also drink approximately 10-12 glasses of water daily. I was chronically dehydrated for years, while experiencing frequent urination, due mostly to dehydration and a moderately enlarged prostate. I am offering this nutritional knowledge, based on personal experience, and am not licensed in nutrition. Consult with your Primary Care Physician, Treatment Team et al for specific dietary needs.