

Feeding Your *NATURAL KILLER* cells

By NADINE ~ **2007 Trainer of the Year**
Certified Nutrition Specialist & Blood Type Biometrics Practitioner
Creating **RESULTS** with **Coach NADINE**

One of the greatest ways to combat cancer is at the source. Prevent the disease from ever setting up house and forming roots in the body. We can do this by fueling the body with foods that feed the Natural Killer cells, or T-cells, which attack and destroy cancerous ones.

Cancer cells thrive on refined sugar. When fed sugar, cancer cells become little monsters, growing, expanding, and devouring healthy cells within the body. Not to mention the other side effects of sugar in the body: depression, mood swings, increased fatigue, headaches, and fat gain.

On the flip side, Dark Green Leafy and Cruciferous vegetables contain the Phyto-nutrients needed to heal your body at a cellular level. Each raw vegetable contains 10,000 known vitamins, minerals, enzymes and Phyto-nutrients. By eating fresh raw or slightly steamed vegetables on a daily basis you provide thousands of anti-oxidants and Phyto-nutrients, the “good guys”, to your Natural Killer cells allowing them to fight the “bad guys”.

Cancer-fighting Cruciferous Veggies includes: cabbage, broccoli, cauliflower, mustard greens, kale, Brussels sprouts and bok choy. The Dark Green Leafy family includes Swiss chard, chicory, collard greens, arugula, dandelion greens, green kale, purple/red kale, lacinato kale, mustard greens and spinach.

Take small steps:

- Create a daily log of everything you eat.
- Circle each food item containing SUGAR
- Star ** each serving of fresh raw Vegetables or Fruit you consumed.
- Count up all of the Sugar, Vegetable and Fruit items
- Select ONE *cancer-feeding* sugar item you will trade for eating Two *cancer-fighting*, anti-oxidant-rich vegetables
- *Celebrate your new choice*; repeat steps next week!

Before long you will be eating 7-11 servings of foods loaded with anti-oxidants and Phyto-nutrients on a daily basis. Choose the nutrients needed for your Natural Killer cells to attack and destroy cancer at its source. If you would like information on how to get 9-13 servings of Fruits and

Veggies in your system each day, please contact Nadine about *Juice Plus*



Coach Nadine

Creating LIFESTYLE Changes to LAST Your Lifetime

NADINE is a *Certified Nutrition Specialist & Blood Type Biometrics Practitioner* with over 24 years experience in the Health and Fitness Industry. She teaches her clients the *art* of building and maintaining lean muscle tissue as they drop body fat in a unique program designed for *them*. Nadine has coached all levels and genre of people and has taught a variety of programs including but not limited to Personal and Sports Nutrition, Sports Psychology, and Weight Lifting/Bodybuilding. Nadine is available for seminars and workshops.

For *Nation-wide service* contact NADINE at **970-443-2541**, email: Nadine@CoachNadine.com or www.CoachNadine.com