



Professionals must pursue good health as diligently as they pursue expertise and maturity since healthy brains and bodies cannot be developed or maintained without a considerable amount of cross-disciplinary knowledge, self-discipline, prayer, and a Biblically informed lifestyle.

Although I am not an expert in human biology, psychology, oncology, medicine, nutrition, or other health areas, I have learned some very useful things about human health through my current struggle to defeat terminal lung cancer, which my doctors said would probably take my life within a year, if not much earlier. Through the wisdom that I have learned below via scholarly research, conversations with experts, and the experiences of many friends and strangers around the world, I can testify that the following advice is improving my health far beyond I ever imagined, so I recommend it to you for your pursuit of good health, too.

## **Excellent Foods for Fighting Disease and Maintaining Good Health**

- Fresh, organic, high-alkaline, low-sugar fruits and vegetables (especially ones that have ripened on the vine, on the tree, or in the field rather than in route to the store)
- Healthy organic unsweetened seeds (e.g., pumpkin, flax, sesame, etc.)
- Healthy organic unsweetened nuts (e.g., almonds, walnuts, pecans, etc.)
- Healthy organic oils (e.g., flax, olive, coconut, walnut, etc.)
- Organic, unsweetened bean or nut drinks (e.g., soymilk, almond milk, etc.)
- Organic, freshly ground, unsweetened nut butters (e.g., peanut butter, almond butter, etc.)
- Organic, unsweetened vegan meats or cheeses that contain no preservatives
- Organic, unpolished, brown rice
- Organic fresh or dried mushrooms
- Clean, pollution-free seaweeds
- Organic green teas, black teas, herbal teas, and reputable detox teas
- Pure, pollution-free, chemical-free water
- Probiotics and healthy fermented foods that increase healthy bacteria in the digestive system
- Microwave-free cooking

Healthy meats, fish, and dairy products also promote good health if they are pollution-free and natural, but I have heard and read that these are not good to eat while fighting cancer, since they feed cancer cells rather than starve them.

## **Foods to Avoid**

Avoid white sugar, high-fructose corn syrup (HFCS), bleached-white flour, preservatives, GMO-modified foods, hormone-injected foods, antibiotic-fed foods, artificially colored or flavored food, foods that have been treated with pesticides or other poisons, and foods that have been microwaved.

Most restaurants serve this kind of food because it is less expensive, does not easily spoil, and suits the taste buds of most people. So when you eat out, it is best to select health-friendly restaurants that serve high quality foods made from scratch rather than foods made in a factory, treated with preservatives, frozen, and then microwaved for quick preparation. Some restaurant chains in the USA that are health-friendlier than others are First Watch, Panera Bread, Patachou, Chipotle, and Ted's Montana Grill. In general, if a restaurant offers vegan menu options and does not have a microwave in its kitchen, then it tends to also be more careful about the quality of all its menu items.



## **Exercise**

Ideally, it is best to walk, jog, or run on natural roads or paths, or on beaches, surrounded by lots of clean air, pesticide-free fields or forests, and minimally polluted rivers, lakes, or oceans. Exercising inside on machines or outside on artificial surfaces, where the air is contaminated with harmful chemicals is not wise, since increased body movement promotes greater inhalation of these poisons. Exercising inside exposes you to greater inhalation of harmful cleaning chemicals and synthetic surface poisons, and exercising outside exposes you to harmful poisons that come from asphalt and artificial tracks or sport turfs. Golf courses can also be dangerous if you use them a day or two after they have been treated with weed killers or other poisons.

## **Healthy Body Care and Cleaning Products**

Harmful chemicals enter our body not only through our mouth, but also through our nose and skin. To keep our body free of chemical poisons, it is safer for us to use body care and home cleaning products that are safe enough to eat or drink. If a product is too dangerous to eat, drink, inhale, or touch, then it is probably not something we want anywhere near our bodies, no matter how popular the product may be.

## **Other Health Destroyers to Avoid**

It is essential to avoid smoking; bars, restaurants, and parties with smokers; car or room air fresheners; scented candles; artificially scented fabric softeners; dry cleaned clothes that have been cleaned with tetrachlorethylene (perchloroethylene, PCE, perc), which is commonly used by most low-cost dry cleaners; furniture that has been treated with flame retardants; and radon (the 2nd leading cause of cancer in the USA).

## **Technology Dangers**

The World Health Organization (WHO) classifies the following as possibly carcinogenic to humans: radiofrequency electromagnetic fields (RF/EMF). The main sources of RF/EMF are radios, televisions, microwave ovens, cell phones, and Wi-Fi devices, so limited exposure is best. For example, reading paper books is healthier than reading books on a tablet or computer screen, and placing a laptop on a desk is safer than placing it on one's lap. Sleeping with our cellphone in a drawer near our bed may also be safer than keeping it by our heads all night.