

# COCO AVOCADO

## The Power of Food

How the choice of  
your daily nutrition  
can prevent cancer  
and diseases and let  
you look young and  
energetic



# My Story



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# Which factors have to be in balance to prevent cancer and other diseases?

- Nutrition and your daily food variety intake
- Exercise
- Parasites/Immunesystem
- Mental status – stress level
- Environment – exposure to toxins



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# Which " Franken Food" promotes cancer and can be dangerous for your health?

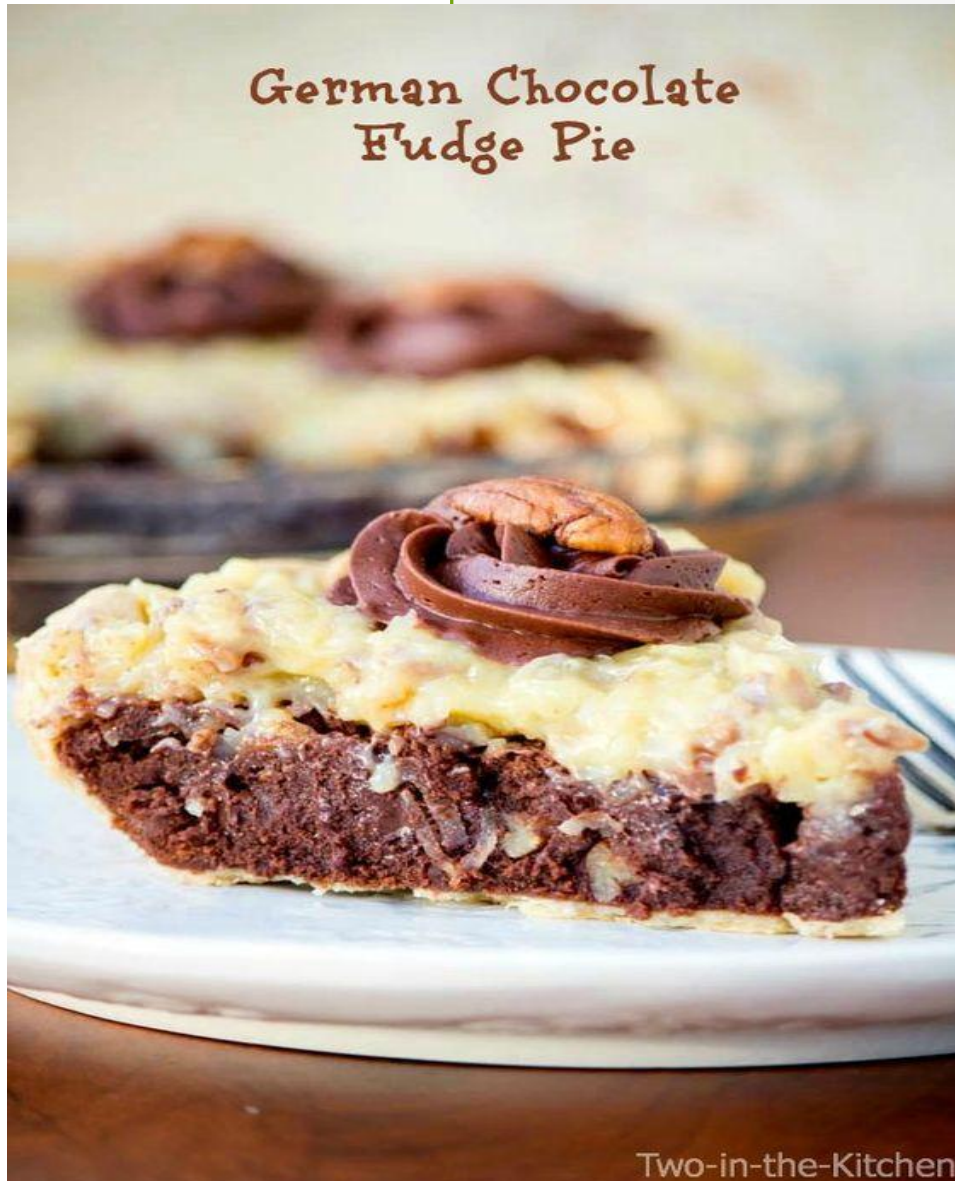
- **All processed food**, all food which your grandma did not know
  - All fried food** when fried in vegetable oil
  - All sausages** and cold cuts with tons of preservatives and additives
  - Soy sauce, Fish sauce**, MSG and all additives and preservatives
- **Cakes, sweets and cookies** > Mooncake



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## German Chocolate Fudge Pie



Two-in-the-Kitchen

# Which “food” promotes cancer and is dangerous to your health ?

- Sugar
- Artificial sweetener
- Refined carbohydrates, grains, wheat products
- Industrial meat
- fish
- Heated Vegetable oil , hydrogenated oils
- Excessive coffee
- Dairy products



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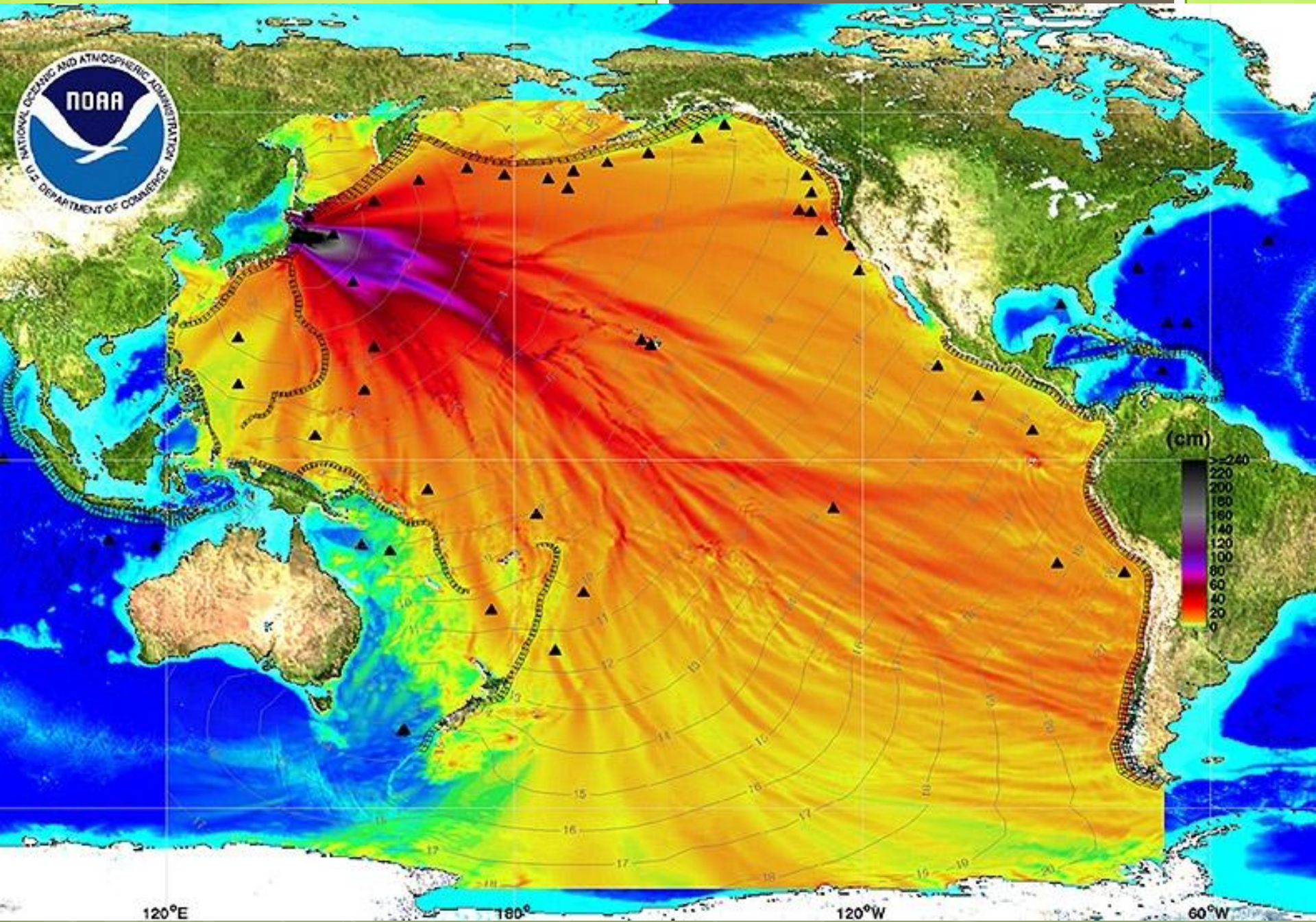


NaturalNews.com



**CONTAMINATED!**







# Forget about Softdrinks



FROM THE COMPANY THAT BROUGHT YOU *AN INCONVENIENT TRUTH*

# FOOD, INC.

A ROBERT KENNER FILM

"More than a terrific movie—it's an important movie."


—*Entertainment Weekly*

YOU'LL NEVER LOOK AT DINNER  
THE SAME WAY AGAIN



"★★★★ One of the year's most important films."

—*San Francisco Examiner*

 magnolia  
HOME ENTERTAINMENT

# Which food is really healthy ?

- Organic GMO free vegetables and fruits
- Organic GMO free meat



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# Why organic ?

- o **Salvestrole** and the CYP 1 B1 Enzyme create a deadly Enzyme which kills all cancer cells immediately

**No fertilizers** > no glyphosate

More minerals and vitamins > more nutrients

**No GMO**



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# Which food is healthy and prevents cancer and other diseases?

- Carrots
- Broccoli and all cruciferous vegetables
- Beet Root
- Wheatgrass
- Kale
- Ginger



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# CARROT CHIPS

# Which food is healthy and prevents cancer and other diseases ?

- **Herbs** > Basil, Coriander, Thyme, Rosmarin, Oregano
- **Avocados**
- **Fermented milk products organic** with life bacteria
- **Fermented cabbage** > Kimchi, Sauerkraut
- **Fermented Soy** products >, don't eat them raw , Miso
- **Beans** > don't eat them raw, Proteine



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# Which food is healthy and prevents cancer and other diseases?

- **All Berries**, Raspberry, strawberry, Blackberry > Anthocyanine
- **Kiwis** > 148 mg of natural vitamin C
- **Pineapples** > Bromelain in the stem, anti-inflammatory
- **Lemons** > alkaline the blood and body fluids
- **Apples** > an apple a day keeps the doctor away
- **Figs, Dates** > intestine > can prevent colon cancer
- **Grapes**, red and blue > Resveratrol, Anthocyanine



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# Which food is healthy and prevents cancer and other diseases ?

- **Spinach** > Folate, Minerals, Vit k,
- **Collards** > Minerals, Vitamins
- **Swiss Chard** > Vit K, VitaminA, Iron
- **Cabbage** > fermented or as juice
- **Olives** > Oleic acid, omega 3,



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# Which food is healthy and prevents cancer and other diseases ?

- Flaxseeds
- Nuts , no peanuts
- Oats
- Quinoa
- Millet



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# Which oils and fats shall I use?

- Coconut Oil and all products
- Olive oil , just cold pressed organic
- Butter, organic
- Avocado oil, cold
- Pumpkin seed oil, cold
- Hemp oil, cold



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# What is the best cooking mode?

- No cooking
- steaming
- Juicing
- Smoothies
- Slightly frying in coconut oil



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# How about the timing?

Eat regularly

Avoid eating in the evening

Intermittent fasting



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# How about the quantities?

- Calorie restriction
- Chew very well
- Don't combine complex carbohydrates with proteins, hard to digest



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# The most potent herbs & spices

- Turmeric
- Oregano
- Garlic
- Cayenne pepper
- Ginger
- Sea Salt, Himalayan Salt



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# How about water ?

- Drink plain good quality spring water 2-3 l/day
- No TAB water at all
- Avoid carbonated water
- Buy a water purifier at least 6-8 stages to filter your tab water.
- Best to do this already on your main residence pipe



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# Which diet prevents diseases and cancer best ?

- The Mediterranean Diet
- The balanced Vegetarian Diet
- The balanced Paleo Diet



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# How to support a cancer treatment with a special diet ?

- Budwig Diet
- Ketogenic Diet
- Raw Food Diet, Juicing
- If on Chemo do fasting 3-5 days in advance



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## Top 9 supplements to prevent cancer, diseases and aging

- Natural source of Vitamin C, inside and outside
- Resveratrol
- Salvestrole
- Ubiquinol
- Tumeric/Curcumin
- Phlogenzym ( incl Trypsin and Chymotrypsin)
- AMPK
- Diatomaceous Earth
- Betaine Hydrochloric Acid with Pepsin



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# My full Cancer Protocol for my recovery

- A special cancer diet and nutrition plan
- Alternative therapies which do not harm
- Very special Supplements
- Exercise
- Mental work
- A loving environment, Butterflies in your stomach



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# What to do ?

- Eat less and good quality
- Read the labels
- Delete the toxic and synthetic food from your diet
- Eat at home and prepare your own meals
- Spread the word and exchange recipes
- Detox your environment



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# Anti Aging, Disease and Cancer Prevention are in the same boat

- You eat & live right - You are healthy
- You are healthy – you feel good
- You feel good – you look good

That easy !



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You are what you eat and  
what you absorb !

Get started NOW !!!



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Questions please !



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Be healthy - Be happy

[www.coolkitchen.com](http://www.coolkitchen.com)



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