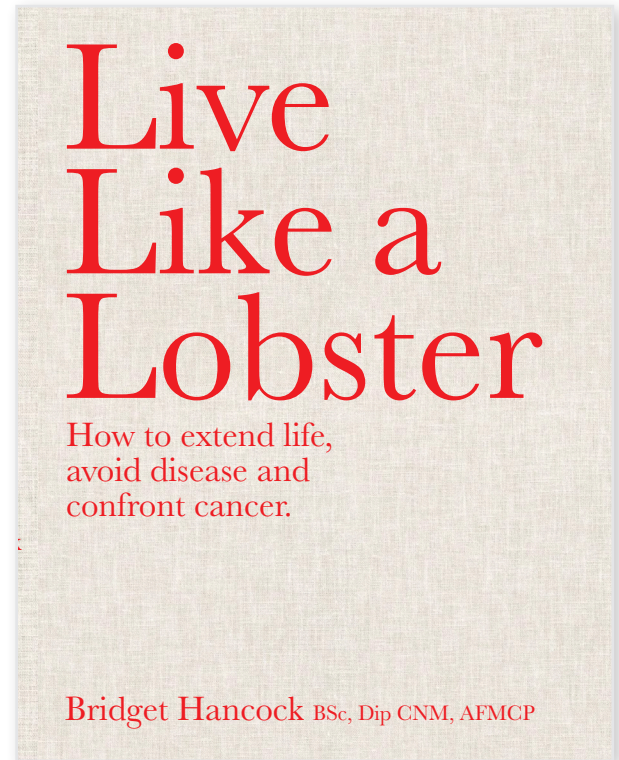


Live Like a Lobster

How to extend life,
avoid disease and
confront cancer.

Bridget Hancock BSc, Dip CNM, AFMCP



A lobster might seem an unlikely object of aspiration.

But lobsters, unlike humans, do not biologically age.

In this book, naturopathic nutritionist Bridget Hancock illustrates how diet and lifestyle can complement Western medicine in pursuit of these goals.

This simple, digestible guide takes readers through the four pillars of health – imbalance, deficiencies, stress and toxicity – with a view to understanding and even reversing illness. Deliberately designed to sit alongside conventional medicine, this is a book for anyone who wants to reduce the risk of cancer, support cancer treatment and encourage a life free of disease.

Combining insight, simple instructions and fifty easy recipes, *Live Like a Lobster* will help you live your longest, healthiest life – whether you're battling a cancer diagnosis or simply looking for more balance.

The Author

Bridget Hancock is a naturopathic nutritionist, with a BSc in pharmacology and physiology, and a transformational life coach with yoga and breathwork training.

Bridget is a firm believer in the inseparable bond between mind, body and spirit, in order to restore health and wellbeing. She focuses on treating the underlying cause and addressing the physical, mental and emotional state simultaneously. Her practice combines cutting edge science, traditional medicine and an empathetic approach gained from her own personal experiences treating a life-compromising disease as well as facing her husband's cancer diagnosis in 2007.

She believes in the ability to reverse illness with diet and lifestyle; and that addressing imbalances, deficiencies, removing toxins and reducing stress are the best practices to achieve nutrition equilibrium and optimal health.

SAMPLE TEXT

Why we age

There are seven longevity genes which are responsible for producing anti-ageing proteins known as sirtuins, or SIRT for short. These proteins clean up damaged DNA strands and, in so doing, reverse some of the deterioration associated with ageing and disease. In other words, **we have an inbuilt protection mechanism to support longevity.** What we need to do is activate this and put it to work with various diet and lifestyle changes.

The second important factor in ageing involves the health of our mitochondria, the powerhouse of our cells. Mitochondria create the energy in our cells to carry out all the functions needed for our survival. **When the DNA in our mitochondria gets damaged, they can add to the progression of cancer.** How we look after our cellular health will determine our resistance to disease.

Why some smokers escape cancer

Much of this boils down to our ability to handle stress, detoxify everything that enters our body, and as a result we can manage the health of our genes. If we look at cancer and disease as a result of stacking unhealthy effects, then when stress is low, detoxification is high and harmful genes are not present to be activated. For this reason, it is possible that some people can live an unhealthy lifestyle without getting sick. If the brain and body are out of balance, this results in stress. When stress hormones are released, this can allow damage to our DNA, as well as lowering our immunity. We can turn our genes on and off, so just because we have a harmful gene doesn't necessarily mean it will be active. Our thoughts alone can turn on our stress hormones, potentially making us sick. But what if we could reverse these thoughts to create positive emotions and make ourselves well?

The four pillars of health

Disease can be attributed to four fundamental factors:

Imbalance in the body
Toxic overload
Nutritional deficiencies
Stress

From this comes the four pillars of health:

Restoring balance
Detoxification
Addressing deficiencies
Reducing stress

Your vitality, energy, focus, inner well-being, and confidence all depend on how well your body is functioning physically, mentally and emotionally.

Cookies, cakes and caffeine

Some of our favourite foods such as chips, cookies and coffee contain high levels of acrylamide, a chemical formed when starchy foods cooked at high temperatures. Sadly acrylamide causes inflammation.

Cooking below 120°C stops the formation of this compound. It doesn't mean you can no longer enjoy some of these foods but it does mean you are better off making them yourself with healthy ingredients and cooking them at lower temperatures. Coffee is a little more tricky as it is already roasted.

Acrylamide is not just inflammatory. A study of over 120,000 people in the Netherlands over 16 years found that: 'acrylamide may increase the risk of cancer, specifically multiple myeloma and follicular lymphoma in men.' This is the first study to investigate the association between dietary acrylamide and the risk of lymphatic malignancies in a population, and more research is needed.

Foods containing acrylamide:

Crisps
Crackers
Cookies/biscuits
Chips
Cakes
Coffee

Natural probiotics

Fermented foods are a fantastic medicine. They improve digestion, reduce inflammation, regulate bowel movements, suppress the growth of undesirable yeast and bacteria, and are used in the gut healing protocol. In other words, they're great for you and should be a regular part of your diet.

Fermented vegetables, like those found in sauerkraut and kimchi, have strong gut-healing qualities and are incredibly beneficial for repopulating the gut with good bacteria, especially after antibiotics or any medications.

But not all fermented foods are created equal. Kombucha, although a good source of probiotics, is often manufactured with high sugar content and is best avoided unless you have a small local supplier and the sugar content is low. Be mindful of pickled vegetables, as added sugar is often present.

SAMPLE RECIPES

Super Protein Smoothie

Makes 2 generous glasses

1 tbsp flax
 1 tbsp chia
 1 scoop clean natural hemp and pea protein powder
 ½ avocado
 ½ cup frozen berries
 1 banana (optional)
 1 tbsp almond nut butter or pumpkin seed butter or flax oil
 1 cup clean almond milk or coconut water
 1 cup filtered water
 1 scoop Green powders (Synergy, Terranova life drink or Rheul)
 1 handful organic watercress

Blend in a NutriBullet or blender quickly to avoid letting the ingredients reach room temperature. The frozen berries will keep it cool to lessen enzyme breakdown and ensure nutrients remain intact.

Sunday Fry-Up

Makes 2 servings

1 bunch asparagus
 1 handful cherry tomatoes, or 2 large tomatoes cut across the centre
 1 large handful shiitake mushrooms
 1 tbsp ghee or avocado oil
 4 eggs
 1 avocado
 Juice from ½ lemon
 Himalayan salt
 1 handful rocket or baby spinach
 Olive oil, to drizzle

1. Place asparagus, tomatoes and mushrooms in a roasting tin with your choice of avocado or coconut oil and cook at 180°C (fan-forced) for 20 minutes.
2. Poach eggs in water and simmer for 5 minutes.
3. Mash avocado with half a lemon and a grind of Himalayan salt.
4. Serve with a handful of rocket, drizzle with olive oil, and season with Himalayan salt and pepper for a warm weekend breakfast.

Apple and Cinnamon Topping

Makes 1 serving

Use Ceylon cinnamon, otherwise labelled as Zeylanicum – it is a blood sugar balancer whereas other cinnamons are not.

1 apple
 ½ tsp Ceylon cinnamon
 1 tsp coconut oil

1. Add coconut oil to the saucepan.
2. Roughly chop the apple and sprinkle with Ceylon cinnamon.
3. Add to a saucepan with the coconut oil and 2 tbsp water. Cover and soften for 10 minutes on low to medium heat.

Use as topping for porridge. If you also want to use frozen berries, add them into the apple mixture for a few minutes to warm.

Cashew Cream

Makes 1 cup

This is a great alternative to dairy cream and delicious on pancakes or with chocolate mousse.

1 cup raw unsalted cashews
 1 tsp vanilla extract
 ¼ tsp Ceylon cinnamon
 Pinch of Himalayan salt

1. Soak cashews overnight and rinse.
2. Place all ingredients in a blender with ½ cup of filtered water and mix until smooth.
3. Store in a glass jar for up to 5 days.

Quick Tip

For cashew cheese, add 1 tbsp nutritional yeast, ½ tsp onion powder, ½ tsp garlic powder and remove the cinnamon and vanilla.

SAMPLE RECIPES

Chocolate Avocado Mousse

Makes 2 servings

2 dates
1 avocado
½ banana
1 tbsp cacao powder

To serve:

Cashew Cream (see page 195)

Fresh berries

1. Add the dates and 1 cup water to a pot, and warm on the stove for 10 minutes on medium heat until the dates soften and you can remove the seeds.
2. Place the now seedless dates and water with all other ingredients into a blender or NutriBullet and blend.
3. Serve covered in Cashew Cream and fresh berries.

Tahini Bread

Makes 1 loaf

This is an easy, delicious bread recipe that is high in protein and good fats.

3 eggs
1 cup (250 g) tahini (use a jar and stir in the liquid on top so the tahini is runny)
½ cup nut milk (without oils or additives)
¼ cup coconut flour
1 cup almond flour
1 tsp Himalayan salt
3 level tsp baking powder

1. Line a loaf-shaped cake tin with baking paper.
2. Preheat the oven to 180°C.
3. Use a beater to beat eggs until frothy.
4. Add nut milk and tahini and mix with the eggs to make a batter.
5. In a separate bowl, mix the dry ingredients.
6. Stir dry ingredients into the batter, and mix until sticky.
7. Spoon the mixture into the cake tin.
8. Flatten mixture with a spatula and cover in seeds of your choice.
9. Bake in the middle of the oven for 40 minutes.

Cauliflower Steaks

Makes 2 or 3 servings; depending on size of cauliflower

Not only is cauliflower great for the liver, it is also full of folate (expectant mums, this is for you), and vitamins C, B1, B2, B3, B5, B6 and omega 3.

1 tbsp coconut oil or ghee
¼ tsp turmeric
¼ tsp cardamom (crushed with shells removed)
1 tbsp mild curry powder
1 cauliflower
Handful of rocket or watercress
¼ avocado
Olive oil, to drizzle

1. Add the coconut oil or ghee and spices to the pan on medium heat.
2. Slice the cauliflower into 1 ½ cm-thick steaks (any broken bits can also be used).
3. Place the steaks in the pan and move around to coat on both sides with the warmed oiled spices.
4. Cover and cook for 5 minutes, then turn over. The pan must not be too hot or the spices will burn, but hot enough to create crispy spiced edges on the steaks. When the cauliflower feels a little soft, it is ready.
5. Serve on a bed of rocket or a mix of watercress and rocket, top with cubed avocado and drizzled olive oil.