

Recipes 4 Life: Fighting Back With Food

The Alfie Gough Trust teamed up with Nutritional Therapy Consultant, Jo Gamble from Nutrition Mission to create their first charity cookbook containing powerful cancer fighting recipes.

The book contains recipes used by Alfie's parents, Dean and Sarah, to support him through chemotherapy.

All recipes restrict foods harmful to recovery such as sugar and dairy, providing healthy alternatives. It also includes contributions from celebratory chef 'Gary Rhodes' and a foreword by cricketer 'Ian Botham' (who agreed for the "Beefy" burger to be named after him, having met Alfie at a charity appeal).

We are so passionate about our healthy ingredients that are used in the cookbook, that we now want to share a short overview of some of them with you!

Coconut butter

Virgin coconut butter, a liquid oil in warm temperatures, is made up of 90% saturated fat - a very important building block of every cell in the human body.

Lauric acid, a major component of coconut butter, has anti-fungal, anti-candida and anti-cancer properties. The easily absorbed short to medium chain fatty acids also provide an important source of energy. Not to mention the role of the micronutrients such as the protective antioxidant, vitamin E.

Coconut butter is also the most heat-stable of all known oils and unlike other vegetable oils does not easily oxidize, and therefore does not create trans-fatty acids and free radical damage. This is why it is used as an alternative in some of our recipes.

Flaxseed oil

Also known as linseed, it was originally made famous in the 1950's for its anti-cancer properties. More recently clinical studies are confirming its ability to prevent the spread and growth of cancer.

It is the alpha-linolenic acid within the oil that is said to boost the immune system and prevent cancer. The lignans from the seed have been shown to be cancer protective and may function as antioxidants, slowing cell growth. When lignans are consumed they are activated by bacteria in the intestine, another reason why healthy gut microflora is also so vital.

Xylitol

It is important to completely restrict sugar intake as glucose is the fuel of the cancer.

Xylitol provides us with a natural sweetener for our recipes - after all, it is still important to enjoy the foods we are eating.

**We hope you love our recipes as
much as we do!**

References

<http://food.lifeisround.com/coconut.html>
www.organicfacts.net
www.mercola.com

Creating Nutritional Awareness for Integrated Cancer Care



The Alfie Gough Trust

Registered Charity Number: 1144380

**Providing support and nutritional
advice, giving hope to children
suffering with cancer**

www.alfiestrust.com

Where it all began... Alfie's Story

On 27th May 2009, shortly after his first birthday, Alfie was diagnosed with Sarcoma of the tissue after lumps that were previously thought to be benign were sent for testing. Six months of "mild" chemotherapy later, a new small lump was detected above Alfie's right kidney and to the complete surprise of everyone he was diagnosed with Neuroblastoma.

Early detection, the size of the tumour and Alfie's age, should have indicated stage 1; which should have been straight forward to treat. After several weeks of hoping and praying, on the 21st December 2009 when Alfie was presenting with widespread disease and was unable to walk, the family's world was torn apart. He was diagnosed with the highest level - stage IV Neuroblastoma.

The treatment of this High-Risk Neuroblastoma is harsh and unrelenting but is necessary to combat this aggressive cancer. After months of intensive and highly toxic chemotherapy along with invasive testing procedures, Alfie developed a new tumour in his jaw. His consultant confirmed the family's worst fears that the disease was no longer curable.

On the 29th July 2010, at 10am, Alfie Gough peacefully passed away, where he wanted to be... at home cuddled up tight with his Mummy and his Daddy.

Hope

During Alfie's gruelling treatment, the family found help in complementary treatments and had the support of a Nutritional Therapist. It wasn't long before the benefits of the strategies were clear.

Alfie lost no weight, suffered no infections, unlike fellow patients who suffered for months, he suffered from mild mucositis for only a few days, his Candida infection was also cleared in days, rather than becoming a systemic infection. More importantly for Alfie he was able to spend more time at home. He was strong enough to spend time away from the hospital and enjoy life like any 2 year old child should.

Alfie's parents felt empowered and worked so hard to support Alfie. Although he sadly lost his courageous battle to cancer, they firmly believe the fact he died without pain, without infections and without suffering was solely as a result of their regime based around nutritional therapy and integrative treatment.

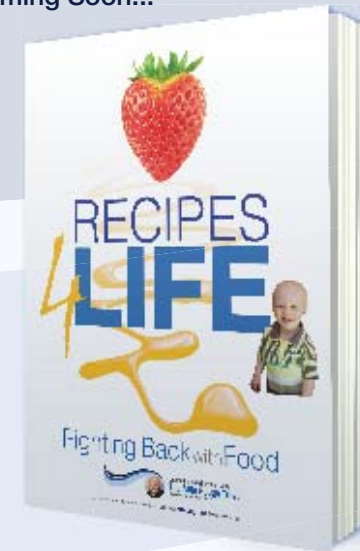
Mission!

Help other families understand strategies to achieve wellness during intense treatment and improve outcomes through:

- Diet and good Nutrition
- Purity and cleansing of the system
- Natural Products and supplements
- Infection avoidance

Provide education to families and professionals as to the significance of nutritional therapy and integrative treatment.

Coming Soon...



Support Alfie's Trust

Please help us to continue our work of providing families with nutritional advice, education and resources throughout their child's cancer treatment. Your donations and support will go a long way to provide hope, ensure quality of life and ultimately, improve outcomes.

All events hosted by The Alfie Gough Trust will be in the spirit of Alfie; fun, happy and family-focused, giving something back!

Donate and keep up to date with our latest news and events at our website:

www.alfiestrust.com