

## Change of diet according to Dr. Coy

### Ketosis for the time of chemotherapy and radiotherapy, Glucose-reduced diet for everyday life

Glucose is in itself vital for the body. It is just that most people in western society permanently supply the body with too much of the sugar glucose. Most glucose is ingested in the form of starchy foods such as bread, pasta, rice and potatoes, so it is important to reduce both the glucose from table sugar and the glucose from starchy foods. After all, whether the sugar comes from sugar crystals or starch, whether it tastes sweet or not sweet, makes no difference in terms of blood sugar levels. Dr. Coy recommends that, with average or little exercise, you should not eat more than 1 gram of carbohydrates per kilogram of body weight a day.

This is especially very important for cancer patients. Cancer cells have switched their metabolism to fermentation (healthy cells can switch between combustion and fermentation as needed, but cancer cells cannot). Fermentation can only take place with glucose. Proteins or fats cannot be used for fermentation. So as long as glucose is present, the cancer cells can use this sugar for themselves. This is because lactic acid is produced during the fermentation of glucose. This lactic acid destroys the surrounding tissue and, in the case of cancer cells, thus forms the prerequisite for their spread and metastasis. At the same time, it has a protective function for the cancer cells. In addition, cancer cells can repair damage to their DNA caused by chemotherapy or radiotherapy using glucose.

#### **How strict do cancer patients therefore have to be according to Dr. Coy?**

Before chemotherapy or radiotherapy, it is necessary to urgently put the body into a state of so-called ketosis. For this, all sugar stores in the body must be emptied. The body then switches from sugar fermentation metabolism to fat burning; cancer cells then have no glucose available for their metabolic process by means of fermentation. This can be achieved by reducing proteins and avoiding carbohydrates and sugar. During this time, about 80% of calories are consumed in the form of fats. The following list of "green foods" shows which foods are suitable and can be eaten without hesitation. Patients can, and above all should, test whether their body is in ketosis at home with easily available and usable measuring sticks.

#### **Why does Dr Coy recommend ketosis before chemotherapy and radiotherapy?**

The chemotherapy or radiation therapy damages the DNA of the cancer cells, which then go in search of glucose to make repairs to their damaged DNA. If the cancer cell does not find any sugar, the repair is blocked! This means that the chemo- or radiotherapy damages the cancer cell, which in turn cannot repair itself due to a lack of sugar, and maximum success is achieved through the combination of nutrition and conventional medicine!

#### **VERY STRICT means:**

**3 days BEFORE** chemotherapy or radiotherapy (because it takes 3 days to empty the sugar stores in the body and switch to ketogenic metabolism/fat burning).

**On days of** chemotherapy or radiotherapy

and

**1 day AFTER** chemotherapy or radiotherapy

only foods from the following green food list are allowed.

Apart from that:

After therapy preferably a glucose-reduced diet should be the dietary preference. It is important that after the strict phase of ketosis, the right carbohydrates are reintroduced, i.e. to choose those carbohydrates that keep the blood sugar level stable. The ideal diet is one in which glucose in the form of household sugar and starch is reduced and healthy natural sugars such as galactose and tagatose are used instead to keep blood sugar stable and switch on fat burning. Galactose is a form of sugar that must be burned by the cell to release energy. Galactose therefore forces a cell to burn. A quick reminder: cancer cells have permanently switched their metabolism to fermentation. They are therefore unable to obtain any energy from the sugar galactose, and especially not the product of lactic acid, which is so important for them. It follows that galactose has no benefit for cancer cells, but it does for healthy cells. (If you want to learn more about healthy sugars, visit our homepage [www.be-accepted.com](http://www.be-accepted.com), where you will find further information).

### **What else can I eat then?**

A whole lot! of delicious food that strengthens the body and tastes really good!

You can find out exactly which ones in Dr. Coy's nutrition lists. You can find out exactly what else you should pay attention to with his dietary method (for example, taking enough unsaturated omega-3 fatty acids) in his book "Die neue Anti Krebs Ernährung".

In very strict phases, experiment exclusively with foods from the Green Food List - you can also find recipe ideas in Dr. Coy's book "The New Anti-Cancer Diet".

In the other phases, combine foods from the green and yellow food lists to your heart's content.

Only leave out the foods on the red diet list - they contain too many carbohydrates.

By the way, according to Dr. Coy, the lists are based on normal exercise cycles - i.e. the amounts are based on someone who does little exercise. The more you exercise, the more sugar your body breaks down, so you can adjust the carbohydrate amounts accordingly under expert guidance. The same applies to extraordinary mental exertion.

### **Info:**

Dr Johannes Coy is a German scientist, entrepreneur and bestselling author. He is the discoverer of the gene transketolase-like 1 (TKTL1). This gene, is active in some cell types, such as nerve cells, retinal cells, sperm-forming cells, but also in aggressively growing tumor cells. Although TKTL1-mediated aerobic fermentation metabolism is an evolutionarily important protective mechanism for certain body tissues (such as retinal cells of the eyes), it also has a downside: activation of TKTL1 in unwanted, degenerated cells is associated with increased malignancy. The cell-protecting and growth-promoting effects of this special metabolism not only promote their survival. Characteristic of cancer cells - and the difference to benign tumor - is their invasive growth,

their ability to destroy surrounding tissue and form metastases in the body. TKTL1-mediated fermentation metabolism offers advantages that promote these very factors and thus increase the aggressiveness of cancer cells. TKTL1 therefore represents a universal marker for cancer cell malignancy and helps to identify patients for whom concomitant treatment that specifically targets TKTL1 metabolism and inhibits TKTL1 activity or its effects is useful.

In 2006, Dr. Coy received the Waltraud Fryda Prize, awarded at the International Congress of Biological Cancer Medicine, for his elucidation of the role of the TKTL1 gene in the fermentation metabolism of cancer cells.

You can find more information about TKTL 1 on our [homepage](#).