

Dantse Dantse

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# The **yes-you-can** **ANTI-**

*WOW: Yummy.  
African based  
anti-cancer recipes*

# **CANCER**

Our nutrition -  
our friend and enemy.

-Cancer cell feeders

-Cancer cell killers

-Cancer cell  
preventers

*African  
inspired -  
scientifically  
proven*

# Book

New insights and top tips  
which really help!



**Foods and an African inspired diet  
which protect you from cancer and  
help you to fight it - **YES, YOU CAN!****

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Bibliographic information of the German National Library:  
The German National Library lists this publication in the  
German National Bibliography; detailed bibliographic data  
are available on the Internet at  
<http://dnb.d-nb.de>.

1st edition June 2021

© indayi edition  
Diltheyweg 5,64287 Darmstadt

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Cover design, typesetting and editing: Birgit Pretzsch

Translation: Adrian Burger

Editing and typesetting of translation: Janina Jura

The ultimate



# **Anti- CANCER**

book

Our diet – friend and foe

**Cancer cell feeders**

**Cancer cell killers**

**Cancer cell preventers**

**with new insights and top tips,  
that really help**

*African inspired – scientifically profound*

by Dantse Dantse



## ***About the author***

Dantse Dantse was born in Cameroon, studied in Germany and has lived in Darmstadt for over 25 years. He is the father of five children, a kind of person usually called a “Connoisseur of the art of living”. Unconventional, free in his person and in his way of thinking, independent of the established, but which he fully respects.

As a child, he lived with a total of 25 children. His father had three officially married wives at the same time, all

living together in one facility. Values such as giving, sharing, feelings, love, jealousy, patience, sympathizing with others and many more have a different emphasis than in a so-called "normal" family. These childhood experiences, his African roots, the European cultural influence on him and his years of coaching experience let him see things differently, act differently and be different, which has something refreshing.

As the first African to found a book publishing house in Germany, indayi edition, and as an unconventional author, he likes to write and publish books that reflect his intercultural experiences, books about values and about topics that society does not like to address and prefers to sweep under the carpet, but which affect millions of people, such as homosexuality in Africa, female circumcision, sexuality, organ trafficking, racism, mental disorders, sexual abuse, and so on. He writes and publishes books that aim to explain, change and improve things - be it his guidebooks, non-fiction books, novels, children's books or political blog comments.

Inspired by his insights and knowledge from Africa, which he learned in many teachings, from his own extreme experiences and experiments - such as the excessive intake of sugar to study the effect on the psyche - from scientific studies and research and from experiences of other parts of the world, he is very successfully helping women, men and children through his coaching in the areas of nutrition, health, career, stress, burnout, spirituality, body, family and love. With Dantse Dantse you master your life!

His distinctive writing style, influenced by his African and French mother tongues, is his distinguishing feature and has been preserved in the text and only carefully edited.

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# **Explanation:**

## **Why should you read this book?**

In just two weeks of dietary change, from the Western diet to the African diet, subjects in a scientific study of Americans showed first signs of a reduction in risk of developing colon cancer.

How is that possible in just two weeks?

In this study, as in numerous before and after it, it is shown that food plays an important role in the development or control of cancer.

Many of the things you will read about in this book are known to the pharmaceutical industry, because they use them to produce medicines. It knows very well that some of the African foods can work miracles. All these African foods have been deeply researched and their healing power is known and documented. But people only talk about them and spread the knowledge when they have created a medicine from them and patented it. Only when one can generate money with it, the healing power of the substances is made public. Examples are yam or ginger and their effect against cancer. Only when capsules and teas were made from them, the effect of these plants was suddenly also known to be anticarcinogenic, although many natural physicians in Cameroon and in many other countries have been using the healing substances of these roots since time immemorial.

When I talked to people in Germany 20 years ago about the healing power of ginger, I was laughed at. But today ginger products are big business and suddenly everyone is talking about it. It is the same with many other foods that help us and can cure many diseases, but they are unknown to the masses.

That's why I decided to write a book about this ugly disease, cancer, in which I share these insights and secrets that the pharmaceutical industry has acquired with people, some of which come from Africa. It is no coincidence that there are continents like Africa where cancer is virtually unknown in certain areas. This has to do with nutrition, as the following study shows.



# **Study:** **African diet showed cancer** **risk reduction in just two** **weeks**

In just two weeks of dietary changes from a Western to an African diet, African-Americans showed early signs of a reduced risk of developing colorectal cancer, according to a scientific study. Colorectal cancer is one of the most common types of cancer in Western countries and the second most deadly type.

A study about the connection between Western dietary patterns and cancer was conducted with African-Americans and Africans. African-Americans have many times higher rates of colorectal cancer than Africans from rural southern Africa. This difference was largely explained by differences in diet, according to the study. Particularly with high-risk individuals, a high-fiber diet can have an extremely positive effect on colorectal cancer risk. People from both groups were used for the study. The African-Americans, with their Western-oriented diet (many animal proteins and animal fat) and the Africans, with their high-fiber diet.

American and British scientists began studying the diet of 20 African-Americans and 20 Africans in the KwaZulu-Natal province of South Africa. They found that African-Americans ate two to three times more fat and animal protein than Africans. In addition, they ate much less fiber than people in Africa.

The researchers then analyzed the gut flora of the two groups. They found that the American and African diets were associated with very different populations of gut bacteria. The Africans had more bacteria that proliferate through carbohydrate fermentation and others that produce butyric acid. The Americans had more bacteria that break down bile acids. Colonoscopy showed the presence of polyps, which can sometimes turn into tumors, in 9 Americans. These polyps were not present in any African.

The scientists then asked the two groups to switch their diet for two weeks. Instead of their normal meals, rich in fiber, the Africans ate a diet high in fat, chips, cake, burgers and food high in animal protein. African-Americans have been eating a low-fat diet rich in fiber, consisting of legumes, vegetables, and fruits.

After two weeks, the teams from the University of Pittsburgh and the Imperial College of London analyzed the results. They found that the African-Americans had significantly less inflammations of the colon and that cancer biomarkers were decreased. That was not the case for the Africans. They appeared to have signs of increased cancer risk (increase in inflammations). "We were impressed by the magnitude of the changes. We thought we would find a few changes here and there, but what we found was completely unexpected," said Stephen O'Keefe, the study's principal investigator. **"The results suggest that it's never too late to reduce the risk of colorectal cancer,"** he added.

The changes in cancer risk coincided with dramatic changes in the gut bacteria population. With the high-fiber diet, gut bacteria produce more butyric acid, while the Western diet leads to increased production of bile acids,

which can increase cancer risk. Many other studies have shown that a diet rich in fiber reduces the risk of developing colorectal cancer, although it has not yet been possible to explain exactly how the mechanism works.

This study suggests that diet may have an effect on cancer risk, via changes in gut flora and substances released in the bowel.

Source: <http://www.nature.com/articles/ncomms7342>  
(Published April 2015)

# **Preface part 1:** **A wrong, bad and** **unhealthy diet causes** **cancer**

It is estimated that dietary influences are partly responsible for one third of all cases of cancer in industrialized countries. In the Western world, cancer is a fear-inducing disease, being the second leading cause of death after cardiovascular disease. But it wasn't always this way. Cancer used to be a rare disease that affected only few people. 100 years ago, very few people died of cancer.

**In** Germany, almost 500,000 people are diagnosed with cancer every year, and more than half of them, around 224,000 people, die. **The most common type of cancer in men is prostate cancer, in women breast cancer and in children it is leukemia.** Overall, it can be said that cancer is a disease of the so-called affluent nations. According to studies, 40% of new cases occurred in countries with a very high level of development in 2008, although they make up only 15% of the world's population. But cancer is also on the rise in emerging and developing countries, because many people there have abandoned their old lifestyles and eating habits to adopt those of the so-called Western nations.

4 years ago, when I decided to write the book "Cancerous Generations", I talked to many medical doctors from both directions (conventional and natural medicine) in Cameroon who were taking care of cancer patients. I found

that many of the patients they treated were people who had reached a certain standard of living. Many of these people frequently shopped at the supermarket and excessively ate canned foods from Europe. Breakfast now included over-sugared Nestlé cans of condensed milk, or powdered milk full of chemicals, sausages, imported chicken that contained so much hormones that men developed breasts after only a few months, etc. This trend was even clearer recognizable among children. More and more African children are getting cancer since many ingredients in children's food and drinks come from China. Some sodas in Cameroon are virtually poison. This colored water contains up to 90% artificial sugar and the children love it. It was clear to experts - whether they were naturopaths or conventional doctors - that the changes in eating habits in Cameroon were promoting the development of cancer. This was consistent with the trend of worldwide scientific evidence. These were further strong indications that poor diet increases the risk of cancer.

Cancer can be preventable to some extent. Proper diet and a healthy lifestyle can prevent many cases of cancer, poor diet and unhealthy lifestyle can spread it. Proper nutrition does not only mean eating healthy food or eating organic products. Proper nutrition also means eating the right foods. Likewise, a wrong nutrition means eating the wrong foods or avoiding certain foods. The influence of nutrition on the development of cancer thus lies mainly in its potential to promote cancer through wrong food choices.

I spent a lot of my free time with naturopaths and saw them helping and explaining to people how valuable Cameroonian foods are, what they can fight, eliminate and cure, and equally why the Western diet stimulates cancer. Which foods and substances in the diet cause cancer to develop or increase the risk? I have compiled certain facts

from many studies, from findings in Africa and from my coaching, which I show in this book.



# **Preface part 2:**

## **We do not surrender to cancer**

A specific African diet can successfully curb cancer. Diet can probably fight cancer successfully.

A French doctor said to my father, "The active agents of many drugs that we have patented here in Europe come from African plants and foods. African foods are a holistic pharmacy, and we make billions with it."

If the drugs would not generate a lot of money and profit, we could cure many chronic diseases today with the help of nature. But our misfortune is that so much money is made with the drugs. A plant is only valuable when the pharmaceutical industry has patented its active agent and can sell it. Large parts of what we swallow from the pharmacy to be healthy come from nature. The best friends of natural remedies are not only the naturopaths. Conventional medicine also makes use of a large extent of findings from nature and of what foods are and what they can do.

Inspired by my insights and knowledge from Africa, learned from many teachings, my own experiences and experiments, analysis of scientific studies and research and experiences from other parts of the world, I help women, men and children to become healthier through my coaching as a nutritionist. To bring these great insights to more people and help more people, I decided to write this book series.

You'll generally be amazed at how many of your ailments are eliminated if you change your diet, how it makes you healthy and you'll be amazed at how much weight you lose in the process, how much muscle you build up and how much more vital and happy you are. It's almost magical.

Many foods have preventive and especially lasting effect against cancer. It is important to eat different foods at the same time and adopt a healthy diet as the basic basis of the eating habit.

Even if you just follow a part of the advice in this book, you will see how quickly you feel better. You will be pleased to find that many of your ailments disappear quickly. I am very sure of this! If not, contact me and together we will see why it is not working.

In this book, you will receive general advice on how to strengthen, protect, or regain your health holistically with natural foods and how to prevent cancer from now on or, if you suffer from cancer, how to use food to curb or even stop its spread.

This book in no way replaces medical consultations or visits to the doctor, but it will help you to strengthen your health, prevent diseases and support medical therapy. It makes you feel good again, strengthens your self-confidence and promotes a better contact with yourself. Because nature is you and you are nature. To deal with natural foods and other natural remedies is to understand yourself better. Those who know and understand themselves well live healthier, happier and more peaceful lives, so says an African proverb.

I expand your knowledge and enrich you with a lot of new information and exclusive knowledge about new substances

and foods, as you will rarely read in a book. This is only possible because I bring a lot from Africa with me, new foods with amazing healing powers that are known to some researchers and science, but not yet to ordinary people.

This book is written in a simple way and easy to understand for everyone; here you will find a lot of useful and detailed information gathered in one place:

- **A list of all vitamins and minerals: in which foods they are found, their anti-cancer function, what causes a deficiency**
- **A list of anti-cancer vitamins and minerals**
- **A list of toxins and chemicals in foods that cause cancer and countermeasures**
- **Alkaline, bitter, acidic foods and how they work against cancer**
- **All about antioxidants, what foods they are found in and how they kill cancer cells**
- **A list of some tropical foods with strong anti-cancer healing power**
- **A list of African miracle carbohydrates, most effective anti-cancer fighters**
- **A detailed listing of many anti-cancer foods by food type: anti-cancer fruits, anti-cancer nuts, anti-cancer vegetables, anti-cancer fats and much more.**
- **Explanation why vegetable oil is indispensable in the fight against cancer**

- **How to get a healthy intestinal flora and why this is the basis of the successful fight against cancer**
- **How the sun prevents cancer and inhibits cancer cells**
- **Natural antibiotics**
- **African-inspired cooking recipes for a complete week that effectively prevent cancer and prevent the development of cancer cells**
- **And much more**

The book is intentionally free of complicated jargon and technical definitions that no one really understands anyway, so that you can act directly, without much thought, and understand what is good for you.

A starter book for every woman and man to keep you looking for yourself and understand how much of which foods you eat determines your health.

This blend of science, my holistic coaching and my knowledge from Africa makes this book a wealth of knowledge for a healthy life and is good for people dealing with cancer.

**ATTENTION:**

The health and medical information provided for you in this book and in all my books is not a substitute for medical advice or treatment.