



*eat real to heal*

using organic, non-processed,  
plant-rich, whole foods



**RICHER HEAL+H**  
helping you heal cancer + chronic disease

[www.richerhealth.ca](http://www.richerhealth.ca)



# *eat real to heal* *cancer <sup>AND</sup> chronic disease*

using organic, non-processed, plant-rich, whole foods

So, you are finally sick & tired of always feeling sick & tired. Or maybe you've decided that living on unnecessary pharmaceuticals, which are just masking the problem, is no longer serving you. Perhaps you are trying to prevent an upcoming surgery or you've just heard the terrifying words "There's nothing more we can do for you." from your doctor.

Even if you simply want more energy, to sleep better or to once again experience healthy bowel movements and increase your libido, congratulations on taking the first step to learn how you can Eat to Beat cancer & chronic degenerative illnesses using whole plant-based unprocessed foods.

We've created the following template and tips to help you learn about and experience the life-giving health benefits of eating clean, unprocessed, whole plant-based foods, beverages, and desserts.



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# disclaimer

The content in this package is written by Nicolette Richer and Richer Health Consulting. The information and resources are provided for informational and educational purposes only and should not be interpreted as medical advice.

The information contained in this booklet is not intended to diagnose, treat, cure, or prevent any disease and we encourage you to seek the advice of health professionals, as appropriate, regarding the evaluation of any specific information found in this package.

Please consult your physician or qualified health care provider to determine the best course of treatment for you.





# The guide

Note: This is not a program based on "balance" or "moderation". An alcoholic trying to beat his/her addiction doesn't get a cheat day, and neither does a processed-food addict or nutrient-poor food addict who is trying to beat his/her chronic degenerative disease or cancer.

- STEP 1** Clean out your fridge, freezer, cupboards, and pantries of all foods on the FOODS TO AVOID list.
- STEP 2** Refer to the PREP LIST. Plan your meals at least two days in advance to make sure you have a list of everything you need. Go shopping and restock with only those items on the FOODS TO EAT IN ABUNDANCE & FOODS TO EAT OCCASIONALLY list
- STEP 3** Gather the necessary EQUIPMENT and make a detailed meal plan for the week.
- STEP 4** Adjust your schedule to make time for food & juice prep.
- STEP 5** Sign the permission slip and BEGIN!





# Testimonials

” Nicolette and Gerson Therapy changed my life. Being diagnosed with cancer was a scary and overwhelming wake-up call, but with Nicolette’s support I was able to make a total lifestyle upgrade inside and out. She taught me how to understand what my body was telling me and that the best pharmacy was actually my kitchen.

As a health-conscious person I was shocked to see how nutrient deficient I was. Through the Gerson Therapy I was able to nutrify my body and kick cancer's butt – now over 6 years cancer free.

I am still experiencing the long term benefits of Gerson Therapy, not only being cancer free, but also living with more energy and being a greater version of my optimum health. Nicolette brings it all together; education, nutrition, detoxification and psychology in the pursuit of healing yourself. If you are ready to take your health and healing into your own hands Nicolette is the greatest resource I could recommend.

Prioritize your health and vitality! Nicolette and the Gerson therapy will teach you how to create a more vibrant life. ”

Lindsay, Whistler, BC



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# *kitchen equipment list*

- Stainless steel pots and pans with water/air tight lids
- Food Mill (for soup)
- Juicer (masticating, twin gear, or single auger preferred)
- Citrus reamer
- Blender (for dressings)
- Sharp kitchen knives
- Water filter (i.e. Berkey)
- Coffee enema kit for liver detox (optional, but preferred for when/if you experience detoxification symptoms)





# desirable *AND* non-desirable foods

## foods to avoid

ALCOHOL  
AVOCADOS  
BAKING SODA  
BLACK TEA & OTHER NON-HERBAL TEAS BOTTLED  
CANNED  
CHEESE  
CHOCOLATE  
COCONUT  
COFFEE  
DAIRY  
DEHYDRATED  
FROZEN  
GMOS  
MEAT  
MUSHROOMS  
NON-ORGANIC  
NUTS & SEEDS  
OILS & FATS (FLAXSEED OIL IS OK)  
PACKAGED  
PROCESSED  
WHITE PROCESSED FLOURS  
RAW KALE & RAW SPINACH  
SALT & SALT SUBSTITUTES  
SOY

## Foods to Eat in abundance

ALWAYS ORGANIC  
RAW FRUITS + VEGGIES  
COOKED FRUITS & VEGGIES  
POTATOES  
(ALL VEGETABLES ARE ALLOWED EXCEPT  
MUSHROOMS, AVOCADOS, LEAVES OF CARROTS &  
RADISHES, RAW SPINACH AND MUSTARD GREENS)

## Eat occasionally in small amounts

BROWN RICE  
QUINOA  
POTATO FLOUR  
BARLEY  
LENTILS  
YAMS AND SWEET POTATOES  
CORN





# spices *AND* other pantry items

## Immune boosting Spices

ALLSPICE  
ANISE  
BAY LEAVES  
CHIVES  
CILANTRO  
CORIANDER  
DILL  
FENNEL  
MACE  
MARJORAM  
PARSLEY  
ROSEMARY  
SAGE  
SAFFRON  
SCALLIONS  
TARRAGON  
THYME  
SORREL  
SUMMER SAVORY

## pantry items

APPLE CIDER VINEGAR  
BALSAMIC VINEGAR  
BROWN RICE (IF ALLOWED)  
COFFEE (ENEMAS ONLY)  
DISTILLED & FILTERED WATER  
FLAX OIL (ORGANIC, NOT HIGH LIGNIN)  
GARLIC  
GINGER (MINIMAL)  
HONEY  
MAPLE SYRUP  
MOLASSAS (UNSULPHURED)  
OATMEAL  
ONIONS  
POTATOES  
RYE BREAD (UNSALTED, NON-FAT) HOME MADE  
WINE VINEGAR





# daily eat to beat meal

*prep tips + how to plan your food!*

## breakfast

Tea

\*herbal tea, eg. peppermint or chamomile

8 oz cold pressed juice

squeezed citrus juice

\*orange or grapefruit juice (for breakfast only)  
green juice  
carrot juice  
carrot/apple juice

Oatmeal Bowl

\*use thick rolled or steel cut oats

with stewed or fresh fruit

\*prepare 1 to 2 types of fruit & stew for 20 min while cooking oats, keep on low temp with lid on, no water





# daily eat to beat meal

## Lunch & Dinner

### prep tips + how to plan your food!

\*follow instructions for Hippocrates Soup

\*prepare a variety of raw greens & finely chopped, raw veggies enjoy w salad dressing

\*red, yellow, russet, gold, etc. bake on low temp  
mashed is ok enjoy w chopped herbs, onions, garlic, ACV, flax oil or dressing

\*prepare tomatoes, onions and 1 to 3 other veggies, layer in pot with airtight lid, no water & cook slowly on low temp for 1 hr

\*prepare 1 to 4 veggies, and bake on low temp

Hip  
Soup

8 oz cold  
pressed  
juice

dessert  
yeh!

abundant salad  
w/ dressing

baked  
potato

baked  
dish

slow  
& low dish





# example meal plan



Here is an example meal plan from the Gerson Therapy.

Always remember to include a baked potato, leafy green salad with abundance of vegetables chopped finely delicious + salad dressing, long + low dish [LL], baked dish [BD], Hippocrates soup and a cold-pressed [CP] juice. If there's still room you can include an appetizer or dessert. Change your long & low cooked and baked dish ingredients every day, trying to include 30 different vegetables in a week.

## MONDAY

### Breakfast

- \*oatmeal + stewed apple
- \*orange &/or grapefruit juice
- \*chamomile tea

### Lunch

- \*baked potatoes
- +Hipp soup
- \*salad + dressing
- \*CP juice
- \*LL: tomato, onion, squash + collard greens
- \*BD: carrots, beets +cauliflower

### Dinner (same as lunch, or)

- \*baked potatoes + Hipp soup
- \*salad + dressing
- \*CP juice
- \*LL: tomato, onion, green beans + zucchini
- \*BD: squash, eggplant, yams
- \*Dessert: oatmeal banana cookies

## TUESDAY

### Breakfast

- \*oatmeal + fresh banana
- \*orange &/or grapefruit juice
- \*peppermint tea

### Lunch

- \*baked potatoes + Hipp soup
- \*salad + dressing
- \*CP juice
- LL: tomato, onion, green beans, squash
- \*BD: carrots, Brussels sprouts + cauliflower

### Dinner

- \*baked potatoes + Hipp soup \*salad + dressing
- \*CP juice
- \*LL: tomato, onions, spinach w/ fresh lemon juice + garlic
- \*BD: squash, eggplant, yams \*Dessert: sweet potato/apple bake

## WEDNESDAY

### Breakfast

- \*oatmeal + stewed pear
- \*orange &/or grapefruit juice
- \*peppermint tea

### Lunch

- \*baked potatoes + Hipp soup
- \*salad + dressing
- \*CP juice
- \*steamed artichokes + dip
- \*\*LL: tomato, onion,, cauliflower
- \*BD: tomato/onion sauce + spaghetti squash pasta

### Dinner

- \*baked potatoes + Hipp soup
- \*salad + dressing
- \*CP juice
- \*LL: tomato, onions, asparagus + squash
- \*BD: corn on the cobb, carrots, beets
- \*Dessert: baked banana with OJ



# example meal plan



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## THURSDAY

### Breakfast

- \*oatmeal + apple sauce
- \*orange &/or grapefruit juice
- \*dandelion tea

### Lunch

- \*garlic herb mashed potatoes
- \*Hipp soup
- \*salad + dressing
- \*CP juice
- \*LL: Squash, apples, raisins
- \*Baked eggplant, yam, onion, tomato lasagna

### Dinner

- \*baked potatoes + Hipp soup
- \*salad + dressing
- \*CP juice
- \*LL: tomato, squash, onions
- \*BD: Mixed veg casserole
  
- \*Dessert: apple oat crumble

## FRIDAY

### Breakfast

- \*oatmeal + stewed plums
- \*orange &/or grapefruit juice
- \*peppermint tea

### Lunch

- \*parsley baked potatoes \*Hipp soup
- \*salad + dressing
- \*CP juice
- \*LL: Squash, tomato, leeks \*BD: Celery root, gr. peppers, onion, zucchini

### Dinner

- \*garlic herb mashed potatoes
- \*Hipp soup
- \*salad + dressing
- \*CP juice
- \*LL: tomato, eggplant, onions
- \*BD: beets, Brussel sprouts, leeks
  
- \*Dessert: banana ice-cream

## SATURDAY

### Breakfast

- \*oatmeal + peaches/melon
- \*orange &/or grapefruit juice
- \*chamomile tea

### Lunch

- \*potato salad w/ potatonaise
- \*Hipp soup
- \*salad + dressing
- \*CP juice
- \*LL: cabbage, collards, squash
- \*BD: Fennel, tomato, onion

### Dinner

- \*parsley baked potatoes \*Hipp soup
- \*salad + dressing
- \*CP juice
- \*LL: cooked spinach w fresh lemon juice + garlic
- \*BD: eggplant butternut squash casserole
  
- \*Dessert: fresh fruit platter

## SUNDAY

### Breakfast

- \*oatmeal + mango/banana
- \*orange &/or grapefruit juice
- \*peppermint tea

### Lunch

- \*scalloped potatoes
- \*Hipp soup
- \*salad + dressing
- \*CP juice
- \*LL: tomato, onion, squash, kale
- \*BD: cauliflower w/ carrot sauce

### Dinner

- \*potato salad w/ potatonaise
- \*Hipp soup
- \*salad + dressing
- \*CP juice
- \*LL: tomato, bok choy, onion
- \*BD: parsnip, turnip, onion, squash, zucchini casserole
  
- \*Dessert: Glazed pear halves



# salad dressings ideas

## DIY: Blend or shake

Vinegar or Citrus Juice

Flax Oil

Water (Optional)

Honey or Maple Syrup (optional)

Roasted or Raw Veggies or Raw Fruits

Baked Potato (for a creamy texture)

Herbs and/or Spices

**TIP: Make multiple dressings at one time. Store dressings + dips in Mason jars and enjoy on salad, potatoes. cooked greens and with fresh veggies!**

## Dressing Ideas

Cilantro Lime Vinaigrette

Citrus Dill Vinaigrette

Garlic + Onion

Kiwi Orange Vinaigrette

Mango Tomato Mint Vinaigrette

Orange Dill Vinaigrette

Apple Cilantro Dressing

Lemon Herb Dressing

Butternut Squash Dressing or Dip

Spinach Artichoke Dip

## Dip Ideas

Baba Ganoush

Celery Root Squash

Corn Salsa

Garlic Aioli

Potatonaise

Store in a Mason jar and enjoy on salad or cooked greens.





# my permission slip

1

*I give myself permission to buy only 100% Organic Food while I follow the Richer Health Eat to Beat Cancer + Chronic Disease Guide so that I'm not putting additional herbicides, insecticides, pesticides and other toxins and GMO's into my healing body.*

2

*I give myself permission to let go of old beliefs about what constitutes 'healthy food' and to allow my body and mind to learn about and experience the healing power of clean, nutrient-dense, unprocessed, plant-based, whole-foods.*

3

*3 actions I will take to make the above happen are:*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4

*I will begin to take the actions listed above on the following date;*

\_\_\_\_\_, of \_\_\_\_\_, 2017.

5

*I give myself permission to follow this guide for \_\_\_\_\_ weeks.*

Signature: \_\_\_\_\_

Name: \_\_\_\_\_





# Testimonials

” I met Nicolette Richer when I decided to do the Gerson Therapy in my home. Nicolette came to my house and stayed for 3 days educating not only me, but a whole group of people who were interested to learn more about Gerson.

We all had an incredible informative 5 hours. No one wanted to leave and people departed feeling they had learned so much in addition to making a new friend.

Nicolette is a serious alternative health practitioner who is constantly learning more about our good health. Having Nicolette on your team is a sure way to give you strength, courage, love and a new way to look at your good health. ”

Anne, Penticton, BC





# about richer health

Richer Health provides in person health + wellness workshops, **retreats at the Richer Health Nutrition+Detox Wellness Centre**, coaching and a **5-Week Eat Real to Heal online program** that help you and your loved ones heal chronic disease and cancer using the Gerson Therapy, a plant-based, whole foods alternative, non-toxic treatment for cancer and other chronic degenerative diseases.

Nicolette Richer is an Orthomolecular Health Educator, **Gerson Therapy Home Set Up Trainer**, Psych-Kinaesthetic Facilitator and Speaker.

She is a savvy natural wellness facilitator, a former environmental and sustainability consultant and a mother of three brilliant girls. Nicolette has an insatiable desire to learn, educate and change the world. Like a wellness warrior, Nicolette transforms people with chronic illness or cancer into conquerors of their condition through nutrition, detoxification and positive stress shifting tools.

Nicolette created **The Green Moustache** organic juice + live food bar to spread the message of optimum health through nutrition and to demonstrate how human health and environmental health are inextricably linked. Nicolette speaks regularly to captivated audiences on the subjects of healing cancer and chronic disease.

TO BOOK NICOLETTE FOR SPEAKING OR COACHING, PLEASE CONTACT  
RICHER HEALTH AT [INFO@RICHERHEALTH.CA](mailto:INFO@RICHERHEALTH.CA)





*good luck!*

For more information about our workshops, retreats,  
and coaching services, Reach out to us

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*" good  
nutrition will  
prevent 95% of all  
disease "*



-Linus Pauling-