
Diet is linked to almost two-thirds of all cancers. **Cancer** develops when changes to DNA result in production and proliferation (or duplication) of malignant cells. To improve general immunity and provide defence against invading cancer cells, it is important to consume adequate amounts of vitamins and nutrients.

Chronic Fatigue Syndrome (CFS) can result in profound fatigue (not alleviated by sleep), poor concentration and muscle pain.

Arthritis is characterised by joint inflammation, pain and swelling, which causes limitation in joint movement. The most common forms are osteo- and rheumatoid arthritis.

Asthma is a condition characterised by coughing, wheezing, and difficulty breathing. Triggers can include air pollutants, smoke, cold air, pet hair and stress.

Type I diabetes (previously known as Insulin Dependant Diabetes, or Juvenile Onset Diabetes) is a condition in which there is too much sugar in the blood as a result of the pancreas not being able to produce insulin. It requires life-long injections of insulin in order to metabolise carbohydrate (sugar) containing foods.

DIETARY SUGGESTIONS

1. Avoid smoking and alcohol consumption.
 2. Reduce exposure to UV rays.
 3. Increase consumption of soluble and insoluble fibre rich foods, such as wholegrain cereals, fresh fruit & vegetables.
 4. Reduce sugar and salt intake.
 5. Minimise intake of fatty foods and foods that contain natural carcinogens, such as smoked, pickled and barbecued foods.
 6. Ensure adequate intake of calcium, folic acid, vitamins A, C, D & E, selenium, magnesium and zinc.
 7. Use garlic, onions and ginger in cooking. Turmeric, ginger and feverfew have anti-inflammatory properties.
 8. Any source of food insensitivity should be determined.
 9. Consume fish at least 3 times per week.
 10. Exercise and techniques to reduce stress may be beneficial.
 11. Attain and maintain an ideal body weight.
 12. To restore cartilage tissue with arthritis, eat more shark fin soup, mussels, tripe, oats and okra.
 13. Jellybeans, soft drinks, wine and foods containing yeast (e.g. Vegemite), should be avoided to reduce risk of asthma attack.
 14. Consume anti-oxidant rich foods such as fresh fruit and vegetables.
 15. See a qualified wholistic health professional trained in nutritional and environmental (integrative) medicine who can comprehensively evaluate your symptoms and who can develop an individualised, strategic intervention plan.
-

Immune DISORDERS

- **Cancer**
- **CFS**
- **Arthritis**
- **Asthma**
- **Type I Diabetes**



Freedom Foods

The Functional Food Company

Unit 11A - 56 Keys Road
CHELTENHAM VIC 3192
Phone: (03) 9553 5155
Fax: (03) 9553 5133
Freecall: 1800 646 231
Email: info@freedomfoods.com.au
Website: www.freedomfoods.com.au

July 2005

IMMUNE DISORDER PRODUCTS

- ♥ Less than 3% fat (low saturated fat)
- Gluten free, wheat free
- ★ No added sugar
- ◆ Low salt
- Low GI

Biscuits – 97% Fat Free

- ★♥■ Apricot Temptation (GI - 47)
- ★♥■ Spicy Apple Sensation (GI - 47)
- ★♥■ Blueberry Bliss (GI - 47)
- ★♥■ Sticky Date (GI - 47)
- ★♥■ Zesty Ginger (GI - 47)

Fruit spreads

- ◆•★♥■ Apricot (GI - 29)
- ◆•★♥■ Raspberry (GI - 26)
- ◆•★♥■ Strawberry (GI - 29)
- ◆•★♥■ Marmalade (GI - 27)

Sauces

- ◆•★♥ Tomato Pasta Sauce

Snacks

Baked Corn Chips

- ◆•★♥ Plain

Corn Chips, fried

- ◆•★ Plain
- ◆• Cheese

Confectionery

Fruit strips enriched with a vitamin & mineral blend

- ◆•★♥■ Apple & Apricot (GI - 29)
- ◆•★♥■ Pear & Peach (GI - 29)
- ◆•★♥■ Plum & Apple (GI - 29)

Spreads

- ♥ Vege Spread (gluten free/yeast free)
- ★•♥ Soy Butter

Slices/Bars

Gluten Free, Wheat Free Slices/Bars:

- ★♥ Strawberry Multipack – **Medium GI (58)**
 - Choc Chip Multipack
 - ◆•■ Omega Bar (GI - 21)
 - ◆•■ Nutritious Snack Bars
- Gluten Free, Wheat Free, Low Carb, High Fibre
- Yoghurt Coated Almond & Apricot
 - Almond & Apricot
 - Macadamia & Pineapple
 - Simply Nuts

Breakfast Bar

- ◆•★♥■ Hi-Lite Breakfast Bar (GI - 53)
- ◆•★■ Gluten Free Breakfast Bar (GI - 50)
 - ★◆ Super Berry Breakfast Bar – only 4% fat, **Medium GI (57)**

Breakfast Cereals

- ◆•★♥■ Hi-Lite enriched with vitamin C, iron & folate (GI - 54)
- ◆•★♥ Rice Flakes with Psyllium, gluten free
- ◆•♥ Rice Puffs with Psyllium, gluten free
- ◆•♥ Corn Flakes with Psyllium, gluten free
- ★♥ Ultra Rice with Psyllium, gluten free
- ◆•★■ Yeast Free / Wheat free Muesli (GI - 44)
- ◆•★■ Gluten Free / Wheat Free Muesli (GI - 50)
- ◆•★■ Porridge Quick Oats, contamination free (GI - 50)

Pastas

Enriched with a vitamin & mineral blend & added fibre

- ◆•★♥■ Enriched Rice (GI - 51)
- ◆•★♥■ Enriched Spaghetti (GI - 51)

Beverages

Organic grape juices

- ◆•★♥ Black Muscatel
- ◆•★♥ Shiraz
- ◆•★♥ White Muscatel

Bakery

- ◆•♥★ All-Purpose Flour
- ♥★ Pancake Shake - **Medium GI (61)**
 - Corn Fritter Shake (GI - 34)
 - Custard Mix

Cookbook (RRP \$24.95)

Low Allergenic Fragrant Free Body Range

- ▶ Natural shampoo & conditioner
- ▶ Crystal deodorant stick
- ▶ Crystal deodorant spray
- ▶ Crystal roll on deodorant
- ▶ Aluminum free roll-on Deodorant.
- ▶ Body soap

Avoid any of these Freedom Food Products if a known allergy exists.

Glycemic Index (GI) is a ranking of carbohydrate according to their effect on blood glucose levels. The GI has been tested by the International Diabetes Institute using approved methodology.

Low GI ≤ 55

Medium GI = 56 - 69

High GI ≥ 70

The Freedom Foods cookbook (RRP \$24.95) provides an interesting variety of high nutrient dishes that makes food preparation and cooking easy. Visit Freedom Foods website www.freedomfoods.com.au or free-call 1800666231 for further information.