

# DR. WADA'S COOK BOOK

BUILD A BODY  
THAT RESISTS CANCER

ADVANTAGES OF  
AN ALKALINE DIET

HIROMI WADA,  
MICHIKO HASEGAWA,  
AND MIYUKI KATAGI

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COOK BOOK**

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AN ALKALINE DIET**

# サンク



## Introduction ~Wadaya's Concept~

### Food to create a healthy body

Wadaya was created with the intention of letting more people know about the diet method practiced by the Karasuma Wada Clinic. It is located in a traditional "machiya" wooden townhouse at Karasuma-Oike in Kyoto. The center offers opportunities for people to learn and to send what they learn out into the world. At Wadaya, a variety of events are planned, including Wadaya-style food workshops, opinion exchange events with clinic patients, and events to make daily life more fun. How do we think about our daily meals? Food has many facets: for health, for communication with family, for fun, and more. But these various foods are what make up our body, and what has made our body, and we may be overlooking quite what this means.

The diet we have followed for years, decades, is what makes up our bodies, and sometimes it is what causes them to get sick. In this era when food is not scarce, when medicine has developed, we have a tendency to overlook how important our everyday meals are. What is the ideal diet for us as humans? At Wadaya, our goal is to assist people in "making bodies truly rejoice, and making healthy bodies."

Karasuma Wada Clinic Director, Dr. Hiromi Wada



## Food from Dr. Wada, made with a gentle heart.

The meals in this book are a collection based on the dietary advice given to patients coming to Karasuma Wada Clinic.

“Food from Dr. Wada” is not just an introduction of medical dietary advice, I also worked to make sure it stands alone as a collection of delicious recipes.

I hope that you can read it with a relaxed attitude and use it to help your daily life to be more gentle, delicious, and fun.

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# サマシキ



**A BODY AND A DIET  
THAT RESISTS CANCER**



## “A body that resists cancer” and “food”

### What is it to have a diet to help prevent cancer and lifestyle-related diseases?

Until recently, it was believed that the key to whether someone would get cancer or not was tied to their genes, but now we believe that the lifestyle we lead from birth onwards has a larger impact. Cancer grows within the body when a number of triggers accumulate and an environment is present to support them. The genes within the cells of the body are damaged, and when this damage accumulates, the repair functions can no longer keep up. When chronic inflammation continues within the body, this creates an environment that enables cancer cells to grow readily.

Factors causing chronic inflammation that subsequently enable cancers to grow are mainly a result of diet and lifestyle.

Lifestyle-related diseases are the beginning of such diseases.

Therefore, we can build a body that resists cancer by modifying our eating habits.

Acidic components within our body are excreted through our urine. We consider a decrease in the amount of acidic components that are secreted into the urine as an important indicator of a change in body condition.

We refer to such a diet as an “**Alkaline Diet**”(\*1), which is expected to increase the efficacy of cancer treatments in a safe way.

We will introduce such meals in this book.

Your diet will become the basis of building a body that is resistant to cancer, and will become the basis of undergoing various treatments.

If you have cancer, suspect you have cancer, or think your cancer has recurred, please consult a medical institution.

- Dietary advice is not the only part of treatment. Cancer patients, people who want to prevent a relapse, and people who suspect they may have cancer should consult with a healthcare professional.



## Main points of food from Dr. Wada

-  1 Eat unrefined carbohydrates in small amounts
  -  2 Limit salt
  -  3 Get protein from plants and fish
  -  4 Eat lots of vegetables, fruits, and mushrooms
  -  5 Choose oils that benefit the body
  -  6 Avoid dairy
  -  7 Avoid beef, pork, processed meats, hydrogenated vegetable oil, and trans fatty acid
- Bonus** Ume extract and ferverfew



**Point!**



## **Carbohydrates should be consumed in moderation, in unrefined form**

**~ Cancers live on sugar**

Carbohydrates are very important. They are transformed into glucose within the body, and become the source of the body's energy. However, easily digested refined carbohydrates (like white rice and flour) make it easy for blood sugar levels to spike, and this creates a variety of reactions within the body. In some cases, this can even help to encourage cancer growth.

Try to consume unrefined carbohydrates like whole-wheat flour and brown rice as much as possible.

## Things with high sugar content



### \*A few more details from Dr. Wada (1)

What are the three functions of glucose that encourage cancer growth?

First, cancer cells absorb glucose and make energy to encourage cancer growth through glycolysis (Warburg Effect – from page 22 of "Building Mental and Physical Cancer Resistance" by Reo Hamaguchi, Michiko Hasegawa, and Hiromi Wada, Wada Insitut für Klinische Onkologische Medizin, 2015).

Second, when blood sugar spikes, a substance called IGF-1 is released into the body. This is one growth factor that is thought to assist cancer in its growth as well.

Third, it is thought to make a material that creates cancer cells through fatty acid synthesis. (I write about this more in the book I wrote with Kyo Matsumoto, "Building a body resistant to cancer" published by Shunjusha, 2013)



## Limit salt

~ Cancer cells like salt

It's very important to limit salt, not only for people with high blood pressure, but also people who have lifestyle-related diseases like diabetes, kidney disease patients, and people who are being treated for cancer.

Without salt, cancer cells cannot continue to live or grow. Because of this, in order to create a body resistant to cancer, it's recommended to limit salt intake as much as possible.

## \*A few more details from Dr. Wada [2]

Cancer cells need salt (sodium ions) in order to excrete the hydrogen ions (protons) that they make from generating energy via carbohydrate metabolism. A sodium proton pump called NHE, that exchanges the protons with salt ( $\text{Na}^+$ , sodium ion). The secreted protons create an acidic tumor microenvironment (TME), which is thought to protect the cancer cells from immune cells. Therefore, the aim is to decrease the acidity of the TME via decreasing the salt in the diet, and hence decrease the activity of this pump.

Cancer cells produce hydrogen ions ( $\text{H}^+$ , protons) when creating energy via sugar metabolism, and secrete these protons into the extracellular space via a sodium proton pump called NHE, that exchanges the protons with salt ( $\text{Na}^+$ , sodium ion). The secreted protons create an acidic tumor microenvironment (TME), which is thought to protect the cancer cells from immune cells. Therefore, the aim is to decrease the acidity of the TME via decreasing the salt in the diet, and hence decrease the activity of this pump.





# エフ・エス・エス



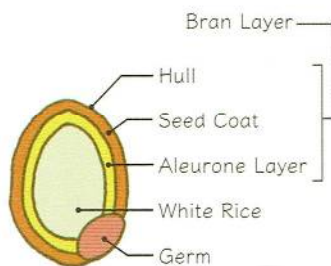
# FOOD PREPARATION



## Cooking and storing brown rice

Brown rice does not need to be rinsed several times like white rice. Just add water and swirl it around with your hands to remove surface impurities, changing the water a just couple of times.

Leave the rice to soak overnight before cooking.



### Electric Rice Cooker

- ① Cook using the brown rice mode on your rice cooker.

### Pressure Cooker

- ① For 1 part brown rice, use 1.5 parts water.
- ② Turn it on high heat at first, then when the pressure begins to build, turn it to low heat and cook for 20 minutes.
- ③ Turn off the heat, and open it when the pin goes down.

### Clay Pot

- ① For 1 part brown rice, use 1.5 to 1.8 parts water.
- ② Put on medium heat, then reduce to low heat after it boils, and cook for 30 minutes.
- ③ Take off the lid and if the water is absorbed, cook at high heat for 30 seconds, then turn off the heat and let sit for 10 minutes.
- ④ To keep water droplets from falling into the leftover rice, sandwich a cloth between the pot and the lid.

- \* Cook a lot at one time and freeze it in single serving portions to save time.
- \* People with a weak digestive system or who don't like brown rice might try partially milled rice.

## Dr. Wada's Dashi Soup Stock

This is the basis for the “umami” flavor of Dr. Wada's food.  
Using Dr. Wada's dashi Soup Stock will also help reduce salt intake.

### Ingredients

- 2l--Water
- 10cm piece--dried kombu seaweed
- 50g--Katsuobushi (bonito flakes used for making stock) blend  
(40g dried round herring 5g hana katsuo 5g dry powdered shitake mushroom)

- ① Make narrow cuts into the kombu seaweed so it's shaped like a tassel, then soak in water overnight.
- ② Heat slowly, and remove the kombu directly before water begins to boil.
- ③ Set to medium heat, put the katsuobushi blend in and heat for 5 minutes, then strain. (do not allow it to boil, as this can impart a bitter flavor)

- \* Use ice cube trays to freeze any leftover dashi.
- \* There is about 0.2g of sodium in 200ml of dashi.



## Dr. Wada's Vegetable Soup

You can use vegetable soup to make a lot of different things.

### Ingredients

- 200g each: Cabbage  
Onions  
Celery  
Carrots
- 1.5l - Water
- 1.2l - Dr.Wada's Dashi Soup Stock

- ① Mince the vegetables.
- ② Put the minced vegetables into the water, and put on high heat.
- ③ Turn down the heat slightly when it boils, and skim any scum that floats to the surface. Cook for 30 minutes, then add the dashi and bring it to a boil briefly.

- \* It's easy to use if frozen in one serving packs (180ml) (This recipe makes about 12 servings)
- \* Combine with tomato puree to make a sauce.
- \* Boil with rice to make a rice soup called "ojiya"



### Examples of Toppings



+ Tofu Skin



+ Soybeans



+ Mushrooms



+ Broccoli

## Dr. Wada's Salad



### Ingredients

• Fresh seasonal vegetables  
- as needed

\* Try to eat 400g to 800g of  
vegetables every day.

### 〈Examples of Toppings〉



+ Soybeans



+ Wood cauliflower mushroom



+ Tofu



+ Walnuts / Raisins



あまのこ

**DR. WADA'S EVERYDAY FOOD**  
**-14 DAYS-**

A decorative horizontal line consisting of a solid yellow bar on top and a solid green bar on the bottom, both of equal height. To the right of the solid bars, the yellow and green lines cross each other in a series of three overlapping waves, creating a wavy pattern.





## Day 1 Breakfast

### Juice

500g	Carrots
1/2	Lemon

### Wood Cauliflower Mushroom Salad

30g	Mizuna (Potherb Mustard)
15g	Celery
30g	Salad Spinach
80g	Tomatoes
20g	Wood Cauliflower Mushroom
To taste	Dr. Wada's Dressing

\* Wood cauliflower mushrooms also taste good sautéed in a bit of olive oil.

- ① Cut the vegetables into bite-sized pieces.
- ② Lightly blanch the wood cauliflower mushrooms.
- ③ Mix ① and ② together and top with dressing.

### Soup

180ml	Dr. Wada's Vegetable Soup
To taste	Parsley

- ① Heat the vegetable soup, and garnish with parsley.

### Rice

80g	Brown Rice
-----	------------

### Fruit

90g	Kiwi Fruit
To taste	Dr. Wada's Amazake
To taste	Fresh Mint

- ① Cut the kiwi fruit into large chunks, top with amazake, and garnish with fresh mint.



### Juice

500g	Carrots
1/2	Lemon

### Salad

40g	Onion
30g	Carrots
15g	Sunny Lettuce
To taste	Dr. Wada's Dressing

- ① Thinly slice the onion, and rinse in water.
- ② Cut the vegetables into bite-sized pieces.
- ③ Mix together ① and ②, and top with dressing.

### Tofu Salisbury Steak

160g	Firm Tofu	25g	Sprouts
1g	Dried Hijiki Seaweed	3ml	Olive Oil
40g	Okara (soy pulp)	To taste	Black Pepper
10g	Egg	2 Tbs	Tomato Sauce
20g	Shiitake Mushroom	1 Tbs	Dr. Wada's Amazake

- ① Rehydrate the hijiki.
- ② Drain the tofu, mash it, and mix in the hijiki, okara, minced shiitake mushrooms, egg, and black pepper. Form the mixture into two patties by first making two balls, then flattening them.
- ③ Heat the frying pan, add olive oil, and fry patties on both sides until browned.
- ④ Heat the tomato sauce (p. 107) together with the amazake, pour over the patty, and garnish with sprouts.

### Ratatouille

30g	Colored Bell Pepper
50g	Zucchini
75g	Onion
85g	Eggplant
30g	Carrot
130g	Whole Tomatoes
2ml	Olive Oil
To taste	Black Pepper

\* Save the red bell pepper for last so that it retains its beautiful color.

- ① Chop the vegetables into bite-size pieces, heat a pot and add olive oil, then sauté the onion and carrot.
- ② Add the eggplant and zucchini, then finally add the coloured bell pepper. Add the whole tomatoes and simmer, seasoning with black pepper.

### Rice

130g	Brown rice and multigrain rice
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## A Letter from Dr. Wada

For many years, I have stood on the front lines of lung cancer surgical treatment. With my experience, seeing no matter how I operated, nearly half of my patients experienced a relapse, and I began to wonder if there was some kind of cause for this.

When I reached the age of retirement and left my job at the university, I decided to devote the rest of my life as a doctor to discovering this cause.

We opened Karasuma Wada Clinic in Karasuma Oike, Kyoto, in January 2011. Since then, more than 3,000 new patients have come to the clinic as of December 2017. Of these patients, more than 95% have cancer, and many of them have advanced cancer.

Among many of the patients, some who seem as though they would likely relapse are managing to live without anything of the sort, in other words they are cancer survivors. I thought that perhaps the answer to my questions lay with these people, so I spoke to them, and I looked into many things.

Almost all of the people I spoke to were improving dietary habits. The more I looked into the details of this, I began to see how the body changes through diet.

**I discovered how important the role is that food plays.**

Current-day general cancer treatment,

in particular with chemotherapy, there is nearly no guidance offered regarding food, except to encourage patients to eat foods that give them energy or help them feel better, and eat them however they like.

**However, to continue eating in the same way one was eating when the cancer developed, in other words, the way that made a comfortable host for the cancer, is no way to tame the cancer.**

Cancer cells have acquired various characteristics that are not present in healthy cells, which enable them to survive in an environment of chronic inflammation.

Cancer cells have unique metabolic mechanisms that are different to those of healthy cells, including patterns of energy acquisition and cell proliferation, as well as the control of the chemical reactions that are involved.



Cancer often develops when chronic inflammation occurs in the body, which causes a large amount of cell stress as a result of active cell damage and repair.

Data from blood and urine tests taken at this time will show the changes that the body is undergoing when cancer is present.

For example, there are characteristics that are known to strongly indicate a chronically inflamed condition.

Additionally, many cancer patients are shown to have a compromised immune system. (For details, please read "Making a body that is resistant" by Hiromi Wada and Kyo Matsumoto [2013])

In order to heal these conditions and return blood and urine test data patterns to that of a non-cancerous, healthy body, we instruct patients in a diet and lifestyle that doesn't allow the metabolic mechanisms unique to cancer to thrive inside the body. Continued application results in healthier patients, shrunken cancer, and a sharply reduced rate of relapse. Additionally, this helps chemotherapy to be more effective, and reduces side effects of chemotherapy.

**Recently, there has been an increase in the number of patients who come to our clinic who get better. This is seen particularly in people who were able to alkalize their urine. This indicates that an alkaline diet will become the basis of cancer treatment in the future.**

Even for people who currently feel as

though they are healthy, lifestyle and diet guidance can help return them to a safe condition if blood test data indicates they are on a track towards cancer.

It would be a truly wonderful thing if by changing one's diet and putting one's body in order, one could heal oneself and tame cancer.

It brings us great joy to think that people can learn about it through studying this book.

**At Dr. Wada's, it is our goal to help people bring joy to their bodies and build healthy bodies.**

This book is not only for people with cancer but also for people with adult onset diseases that can cause cancer and people who may not be ill but who want to improve their physical health. I hope to tell as many people as possible about the Dr. Wada method of diet and lifestyle.

I myself had stomach cancer. I was diagnosed as having signet-ring cell carcinoma, which is a particularly vicious type that can advance to scirrhus stomach cancer. I underwent a subtotal gastrectomy in June 2009.

**I have been well since then and am still working as both a clinician and a researcher. I continue to follow a diet that is basically as I have introduced in this book.**

It is my sincere wish that many people living with illness and those who are at risk of illness become healthy through this diet.

January, 2018

Hiromi Wada, Wada-ya, Nakagyo-ku, Kyoto.

## Most Main Dishes

Boiled Chinese Cabbage	61	Natto Gyoza	73
Boiled Hijiki Seaweed	115	Natto Nori Wraps	167
Boiled Komatsuna	71	Natto Omelette	109
Boiled Taro	125	Okonomiyaki	89
Broccoli Shira-ae	159	Pilaf	53
Cabbage Rolls with Amazake	165	Ratatouille	55
Caprese	97	Rice Omelette	95
Chikuzen-ni	67	Rolled Omelette with Japanese Parsley	127
Curry with Seasonal Vegetables	103	Shiitake Steak	109
Dr. Wada's Dried Vegetable Kimpira	125	Shira-ae (tofu salad)	67
Fish Meatball and Grated Daikon Hotpot	79	Soba Noodles with Spring Onions and Tofu Skin	47
Garbanzo Bean and Vegetable Herb Sauté	73	Sorghum Buchimgae (Korean Pancake)	77
Garland Chrysanthemum Goma-ae	143	Soy milk Soup	147
Green Onion Pancakes	101	Spinach and Enoki Mushroom Nibitashi	91
Grilled Salmon with Rice Bran Crust	61	Stewed Broccolini Served Cold	59
Herb-Roasted Mackerel	97	Stir-fried Brown Rice Vermicelli	91
Horse Mackerel Wrapped in Perilla Leaves	115	Stir-fried Vegetables	59
Hosomaki Roll Sushi	71	Tofu Salisbury Steak	55
Kabocha Squash and Sorghum Soboro	83	Tofu Skin and Boiled Komatsuna Greens	143
Kenchin-jiru Soup	155	Tofu Steak	161
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Maitake Mushroom and Green Bean Sauté	167	Tomato Risotto	107
Minestrone	141	Tomato Soup	85, 159
Mountain Yam Tororo	165	Tororo Donburi	119
Mushroom Hotpot	173	Vegetable Tempura	121
Mushroom Soba Noodles	153	Vegetable Tofu Skin Wraps	149
Natto Gratin	85		



### **Hiromi Wada (center)**

Born in Osaka, 1943

Graduated from Kyoto University Faculty of Medicine. Doctor of Medicine.

Worked at Institute for Chest Disease Research and Institute for Frontier Medical Sciences at Kyoto University before becoming a professor at the Department of Thoracic Surgery, Kyoto University. Currently professor emeritus at Kyoto University. Director of Karasuma Wada Clinic Representative Director of Japanese Society on Inflammation and Metabolism in Cancer.

Other books include "Cancer and Entropy" (NTT Publishing Co.,Ltd), "Making a body that is resistant to cancer" (Shunjusha Publishing Co.,Ltd) "Building Mental and Physical Cancer Resistance" (Wada Insitut fuer Klinische Onkologische Medizine)

Karasuma Wada Clinic

2F Yasaka Karasuma Oike Building

538 Nijoden-cho, Karasuma-dori Oike Agaru Nakagyo-ku Kyoto

604-0845

TEL 075-213-0080 <http://www.karasuma-wadaclinic.com>

### **Michiko Hasegawa (Right)**

Began studying under Dr. Wada from 2010. On the clinical site of Dr. Wada's method, she saw the change in patients with her own eyes, and now applies it in her own medical treatments while practicing and realizing the importance of food herself, she is actively presenting at seminars and other events.

### **Miyuki Katagi (Left)**

Born in Kyoto. Began helping Dr. Wada from 2007. She has a family that values food, and the relationship between Dr. Wada's medical practice and food left a deep impression. She was responsible for the dishes in "Dr. Wada's Food". She also holds food workshops for patients.

reference

[\*1]Effects of an Alkaline Diet on EGFR-TKI Therapy in EGFR Mutation-positive NSCLC. Reo Hamaguchi ANTICANCER RESEARCH 37: 5141-5145 (2017)



Food Direction:	Miyuki Katagi
Food Assistance:	Takako Usui, Masaki Katagi (nutritionist), Hiroko Kawasaki, Seiko Sakai, Megumi Takemura, Hiromi Yamamoto, Yuki Chujo (nutritionist)
Photography:	Yumie Nagai
Design & Illustrations:	Takeshi Usami (anno lab), Takaaki Yano (vielen dank!)
Direction:	Masahiro Ihara (anno lab)
Text:	Michiko Hasegawa, Miyuki Katagi, Toshimichi Ishijima
Translation:	Claire Tanaka, Yu Wada-Dimmer, Helena Akiko Popiel
Special Thanks:	Yuzuya-Honten Co., Ltd Nomura Dry Goods Photo Office Tsuyoshi Suzuki

## Dr. Wada's COOK BOOK

### Build a body that resists cancer

First published in Japan on May 28, 2018

First printing

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Authors:	Hiromi Wada, Michiko Hasegawa, Miyuki Katagi
Editorial Supervision:	Hiromi Wada
Publisher:	Hiromi Wada
Publishing Office:	Wada Insitut für Klinische Onkologische Medizine 119 Nishioshikoji-cho, Higashinotoin-nishiiru, Oshikoji-dori, Nakagyo-ku, Kyoto-shi, Kyoto-fu 604-0842 Japan Tel.: +81-(0)75-223-3223 Fax: +81-(0)75-223-3222 info@wikom.co.jp http://www.wikom.co.jp

Art Direction:	Takeshi Usami(anno lab)
Printed and Bound:	NISHINIHON BUSINESS PRINTING Co.,Ltd.

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Any books with missing or misplaced pages will be replaced.

List price is printed on cover.

Printed in Japan. ISBN: ISBN978-4-908066-03-0