

## Enjoy your food

Kontribusi Dari Dr. Chris Teo  
Thursday, 13 September 2007  
Pemutakhiran Terakhir Thursday, 19 February 2009

We tell patients to avoid: all kinds of meat, dairy products, white sugar, table salt and oil (except coconut or olive oil),

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Their first reaction is: Wah, what do I eat then?Â One medical doctor told us: Your diet restriction is too much for me to bear. No, I cannot follow that.Â ManyÂ others say: Go and see Chris Teo ... you die hungry because of things you cannot eat and notÂ because ofÂ cancer.

The choice is yours - to choose health and live,  
or eat what you like and suffer the consequences.

In these pages weÂ present you with numerous pictures and recipes. No, you don't have to die not eating what we tell you not to eat. Almost all the pictures presented here are taken from our own dining table -- meaning, these are what Chris Teo and his family eat. Remember - none of us is sick yet. We don't want to wait until we are sickÂ beforeÂ starting to take care of our diet.

What to eatÂ (click the appropriate link) for:

Breakfast

Lunch & Dinner

Snacks

Drinks & Juices