

Cape pharmacist shows cancer prevention diet

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A cheeseburger was once a common treat, but 66-year-old Ronald Kerlin went cold turkey on beef and dairy soon after being diagnosed with stage IV prostate cancer, or "the not good kind," as Kerlin describes it.

He and his wife, Carolyn, started attending the eight-week courses at the Lake Kennedy Senior Center offered by The Cancer Project, a Washington, D.C.-based project aimed at cancer prevention and improving survival after diagnosis.

The seventh course was today. One more is next week starting at noon on Monday. It is free and open to the public.

Ronald Kerlin said he was never too interested in a vegan or vegetarian diet until he started attending sessions that have showed he and Carolyn how to create dishes that still taste good, like a cheeseburger or ice cream, but use alternative ingredients, such as soy.

"It's really one of the few things you have control over," Ronald said, just before one of sessions began today at the senior center.

Carolyn said her husband had been doubtful about the new foods when they first started the sessions, but they cleared their fridge and began buying organic foods and soy products.

Ronald said the new diet has not only been tasty, but he has felt better during the last few weeks.

"It was well worth the time spent," Carolyn said.

Evelisse Capo, a Cape Coral pharmacist, has taught the classes through The Cancer Project and said it is based on a healthy diet made simple, as she prepared fresh fruits and vegetables in the senior center.

"The whole thing is based on a diet that is approved for cancer people - not just for cancer people, but for everybody," Ronald said.

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Abstract (Document Summary)

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