



Improving health and changing lives one recipe at a time

Nutrition for Gynecologic Cancer Survivors

It is essential to support all of the systems of the body during cancer treatments with the best nutrition possible. A calorie is not just a calorie. Empty calories wear the body down and support the growth of disease.

Research shows that 95% of all cancers are linked to environmental causes, while only 5% are genetically influenced.

Of the environmental causes, diet has the biggest impact. The foods that are consumed, as well as those that are not consumed but *should* be, play a major role in reducing or increasing a person's risk of cancer and other disease.

Other environmental factors include tobacco use, obesity, alcohol use, infection, a sedentary lifestyle, excessive stress/poor stress management, and exposure to toxins from various sources (personal care products, cleaning products, chemicals in food packaging and cookware, chemicals in household furnishings and building materials, air pollution, and more.)

Diet and lifestyle habits can alter genetics and change someone's health destiny for the better - or for the worse. In a recent study led by Dr. Dean Ornish, and published in the journal *Proceedings of the National Academy of Sciences*, results showed that after only 3 months, lifestyle changes (including making better dietary choices) made a difference in about 500 genes. The activity of disease-preventing genes increased and a number of disease-promoting genes were turned off.

A mostly plant-based diet is beneficial for every type of cancer, as well as every other health issue. The only diet ever proven to actually reverse a disease (heart disease) is a plant-based one. Different plant foods, as well as the preparation of those foods, are effective against different cancers.

The best foods to fight and prevent gynecologic cancers INCLUDE :

- Dark, leafy greens: help to purify blood, supply calcium; most beneficial, although most neglected, food group!
- Berries and grapes: for circulation, strengthening arteries and natural detoxification.
- Cruciferous vegetables (kale, cauliflower, broccoli, bok choy, arugula, cabbage, watercress, radish, Brussels sprouts, etc): their sulfur-rich compounds have been

shown to slow or prevent cancer growth; these compounds trigger the liver to produce certain enzymes that block free-radical attacks on DNA.

- Flaxseed: plant-based omega 3 fats; complete protein; high fiber; phytochemicals/ phytoestrogens (help reduce natural estrogens in the body); lignans (stop the formation of new blood supplies to tumors); protect bone health.
- Ginger and turmeric: ginger is selectively toxic to cancer stem cells; turmeric starves cancer cells of oxygen; “turns on” a tumor suppressing gene; helps prevent regrowth of cancer stem cells; blocks and kills the human papilloma virus; activates cancer cell death in the lining of the uterus; both are highly anti-inflammatory.
- Orange, red and yellow fruits and vegetables: true beta-carotene that converts to vitamin A in the body; high in natural vitamin C.
- Green Tea: EGCG and other natural antioxidants have been shown to stop cancer cells from growing by blocking a protein needed by those cancer cells; kills active cancer cells and prevents formation of new blood vessels to tumors.
- Legumes (lentils, soybeans, fresh and dried peas): fiber, phytoestrogens and lignans; some are complete proteins.
- Free range, organic eggs (limited quantities): per the doctrine of food signatures, eggs support the health of the egg-producing area of the female body. Avocados, eggplant, pears, papaya, cantaloupe, and honeydew melons offer this protection as well.
- Sprouts (broccoli, radish, wheat grass, sunflower, etc): powerhouses of nutrition and beneficial for the gut microbiome.

Foods to AVOID:

- Dairy products (milk, cheese, ice cream, butter): highly inflammatory and mucus forming; convert to sugar immediately upon consumption; high in animal hormones. *Occasional* exceptions might be plain, grass-fed kefir or Greek yogurt; small amounts of highly flavored cheeses such as Parmesan or Feta, preferably from goat or sheep milk.
- Commercially raised meats: feed-lot animals are fed poor quality GMO grains and garbage; their muscles contain excessive cortisol (the stress hormone) due to their diet and living and slaughter conditions; high in all animal hormones; highly inflammatory. Instead, if you choose to include meats in your diet, choose organic/ grass-fed/pasture-raised animal products, and make them a side-dish rather than the main course.
- Artificial sweeteners, colors and flavors (and even some “natural flavors”!): most are known carcinogens and highly toxic to all organ systems.
- Sodas and energy drinks: loaded with sugars, artificial colorings, GMO ingredients and artificial stimulants that wreak havoc on blood sugar.
- Fast food: non-nutritive and loaded with GMO ingredients.

Foods to LIMIT:

- Gluten-containing foods, particularly highly-processed, high-glycemic.
- Coffee, red wine and other alcohol; some may choose to avoid these things altogether.

Many foods have been shown to perform better than certain medications for specific symptoms or side effects, or to help medication work faster and better. (There are also foods that may be detrimental to the effects of some medications.) For example, ginger (fresh, dried or cooked) helps to relieve nausea for many people. Turmeric (fresh or dried) has been shown to help relieve pain by quickly reducing inflammation. Many other strong spices have also been shown to help block pain receptors naturally as well as help to increase appetite.

Other side effects such as fatigue, anxiety and neuropathy may be minimized or reversed with certain whole foods.

It is difficult even for a “healthy” person to eat right and get all of the nutrients he/she needs. It’s even more difficult for someone dealing with cancer that is struggling to know what is best for their particular situation. On top of that, there may be problems keeping food down, lack of appetite, taste changes and more.

Many people will turn to supplements to fill the gaps. There are thousands of products that claim to be a cure-all and the extensive supply of mis-information can make one’s head spin. If looking into supplementation, get help from someone you trust. I would be happy to be that person for you.

As an integrative nutrition health coach, I am by your side to help you create a plan for where you are RIGHT NOW and to move forward.

You can choose to change your health with an in-person (Denver metro-area) or phone consultation; monthly coaching and support; online/self-regulated programs; and even cooking and nutrition classes (currently in Golden; or arrange for a private or group class in your home!).

Contact me for a complimentary “Missing Ingredient” chat to determine if you are ready to add to YOUR plan for better health.