

THE CANCER FIGHTING DIET

PART 2: BOOST IMMUNITY THROUGH HEALTHY DIGESTION

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THE CENTER'S FIVE POINT MODEL

OUR WELL-ROUNDED APPROACH TO CANCER SUPPORT



Counseling &
Stress Management

Art Therapy • Meditation •
Counseling •
Guided Journaling •
Soundbath •
Guided Relaxation



Fitness &
Physical Wellness

Yoga • Zumba • Movement
Workshops • Reiki •
Fitness Consultation •
Massage Therapy



Nutrition

Cancer-Fighting Cooking •
Weight Management •
Detoxification & Recovery
• One-on-One Nutrition •
Lifestyle Programs •
Cooking Demos • Cook
Books & Print Recipes



Education & Networking

Support Groups for
Specific Cancers •
Networking Groups •
Family Activities & Outings



Body Image

Wig Boutique • Hair
Accessories • Breast
Prosthetics • Cosmetic
Workshops • Counseling •
Sexuality Programs

**WHETHER YOU'RE RECENTLY DIAGNOSED,
IN TREATMENT,
A SURVIVOR,
A CAREGIVER,
OR IF YOU'VE LOST A LOVED ONE TO CANCER...**

THE CENTER IS HERE FOR YOU!

CONTACT US

TWO LOCATIONS. ONE MISSION

Homewood Location

2028 Elm Road, Homewood, IL 60430

Phone: (708) 798-9171

Mokena Location

19645 S. LaGrange Road, Mokena, IL 60448

Phone: (708) 478-3529

EMAIL ADDRESS

csc@cancersupportcenter.org

OUR WEBSITE

www.cancersupportcenter.org



Disclaimer

All materials provided today is for information and educational purposes only. This program is not a substitute for medical care nor a substitute for consultations with your healthcare professional.

It is not intended to provide you with medical advice. Please discuss all medical and nutrition questions with your healthcare provider.

A CANCER-FIGHTING DIET

PART I: *THE TRUTH ABOUT SUGAR*

- Is there a connection between Sugar – Inflammation – Disease?
- What is a “cancer fighting diet”?
- Foods to focus on / foods to avoid.
- How much sugar is too much?
- Are sugars all the same?
- Where is sugar hiding?
- Best practices to reduce sugar intake.

IS THERE A CONNECTION BETWEEN SUGAR – INFLAMMATION – DISEASE?

Sugar



Inflammation



Disease

“Chronic **inflammatory** diseases are the most significant cause of death in the world. The World Health Organization (WHO) ranks chronic diseases as the greatest threat to human health.”

NCBI (National Center for Biotechnology Information)

COMMON SIGNS AND SYMPTOMS ASSOCIATED WITH CHRONIC INFLAMMATION

- Body and joint pain
- Chronic fatigue and insomnia
- Depression, anxiety and mood disorders
- ***Digestive concerns like constipation, diarrhea, and acid reflux***
- Weight gain or weight loss
- Frequent infections

“A systematic review from 2018 reported that several studies have linked consuming more dietary sugar — **especially from sugary drinks** — with *chronic inflammation*. People with higher sugar diets have more inflammatory markers in their blood, including a marker called C-reactive protein.”

Medical News Today



SUGAR IS EVERYWHERE

- We are eating 156+ pounds of added sugar per year
- Sugar is a “Cultural Expectation”; parties, work, holidays
- Sugar is “**an empty calorie**”...no nutritional benefit
- Many people are getting **half** their sugar intake from sugary drinks and treats alone!
- The **leading sources of added sugars** in the U.S. diet are:
 - Sugar-sweetened beverages
 - Grain-based desserts like cakes and cookies
 - Candy & health bars
 - Dairy products like ice cream and some varieties of yogurt.

“Sugar clogs nutrient channels, weakens bone and muscle and slowing neural communication, which can impair mood and memory and lead to dementia. While all this is going on, sugar stiffens the collagen in your tendons, joints, and skin, causing arthritis and premature wrinkling, while interfering with the production of new collagen throughout the entire body. And because sugar changes the surface markers your white blood cells need to distinguish indigenous cells from invaders, it opens the door to cancer and infection.”

Deep Nutrition by Dr. Catherine Shanahan

WHEN YOU READ
FOOD LABELS
REMEMBER:

4G OF SUGAR

=



1 TEASPOON

THAT
Sugar
FILM

Upper Limit for Daily Sugar Consumption

Daily Added Sugar Limit

MEN



**9 teaspoons
36 grams
150 calories**

WOMEN



**6 teaspoons
25 grams
100 calories**

No more than:

Artificial Sugars



Splenda (sucralose): Sucralose isn't broken down in the body, so it has zero calories. It's about **400-700 times** sweeter than table sugar.



Sweet and Low (saccharin): Sweet and Low is one of the first available artificial sweeteners and used in foods, medicine, and even in toothpaste. Saccharin is around **300 to 400 times** sweeter than sugar.



Equal (aspartame): Aspartame is typically found in chewing gum, diet soda, puddings and many other “sugar-free” snacks, sometimes under the name Nutrasweet. It's about **200 times** sweeter than sugar.

“Your body can safely metabolize at least **six teaspoons** of added sugar per day. But since most Americans are consuming over three times that amount, majority of the excess sugar becomes **metabolized into body fat** – leading to all the debilitating chronic metabolic diseases many people are struggling with.”

Dr. Robert Lustig

Dr. Robert Lustig, a professor of Clinical Pediatrics in the Division of Endocrinology in the University of California and a pioneer in decoding sugar metabolism.

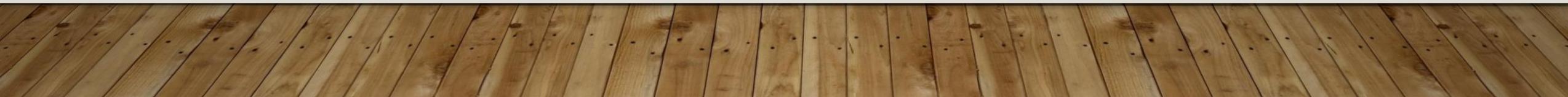
WHOLE FOODS; ANTI-INFLAMMATORY DIET

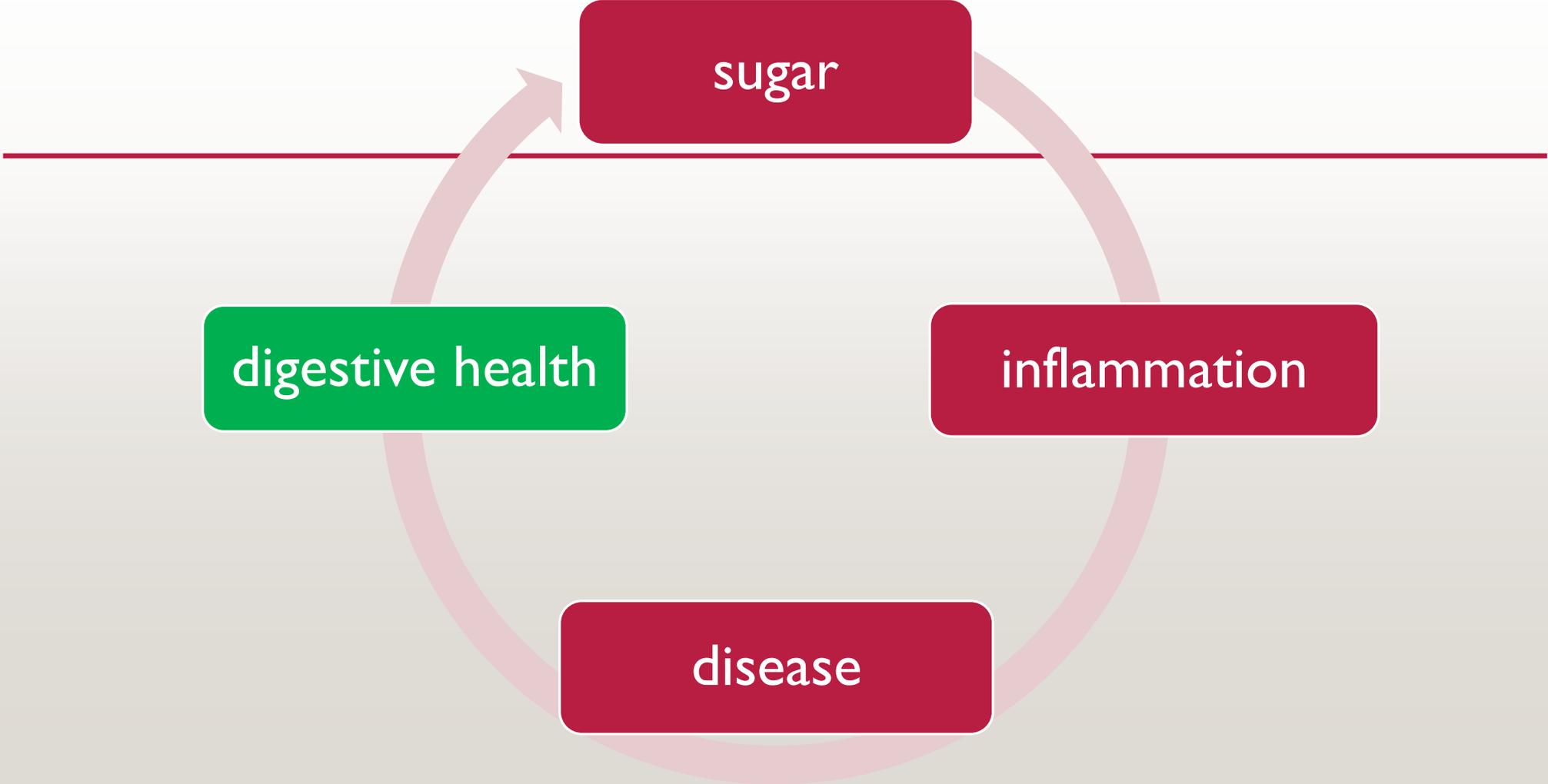
- Fruits
- Vegetables
- Nuts & Seeds
- Whole grains
- Beans & legumes
- Healthy fats



- Spices & herbs
- Lean meats (in moderation)
- Fish
- Low-fat dairy (in moderation)
- Natural sweeteners
- Beverages—water, herb tea

INFLAMMATORY DIET

- **Refined grains:** white rice, pasta, white bread, breakfast cereals
 - **Added sugars:** soda, juice, candies, cookies, granola bars, baked goods, ice cream
 - **Unhealthy fats:** refined vegetable oils, shortening, hydrogenated fats, fried foods
 - **Conventional meat and poultry**
 - **Farmed fish**
 - **Processed foods:** potato chips, crackers, frozen meals, microwave popcorn, processed meat, instant noodles, etc.
- 



sugar

digestive health

inflammation

disease

A CANCER-FIGHTING DIET

PART 2: *BOOST IMMUNITY THROUGH HEALTHY DIGESTION*

According to the National Cancer Institute, “scientists have studied many foods and dietary components for possible associations with increasing or reducing cancer risk.” And while there is not definitive evidence, ***we do know that chronic inflammation over time can lead to changes in the DNA, which can lead to cancer.***

Today's Focus; ***how to build and support a healthy digestive system***



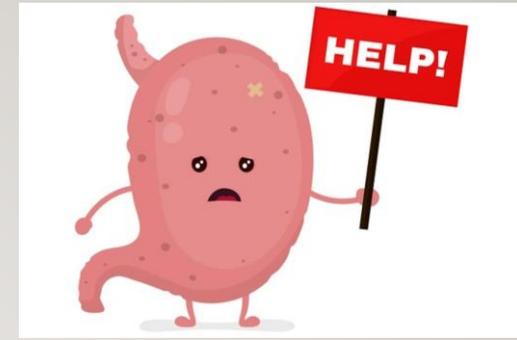
WHAT IS A HEALTHY GUT?



“All disease begins in the gut.”

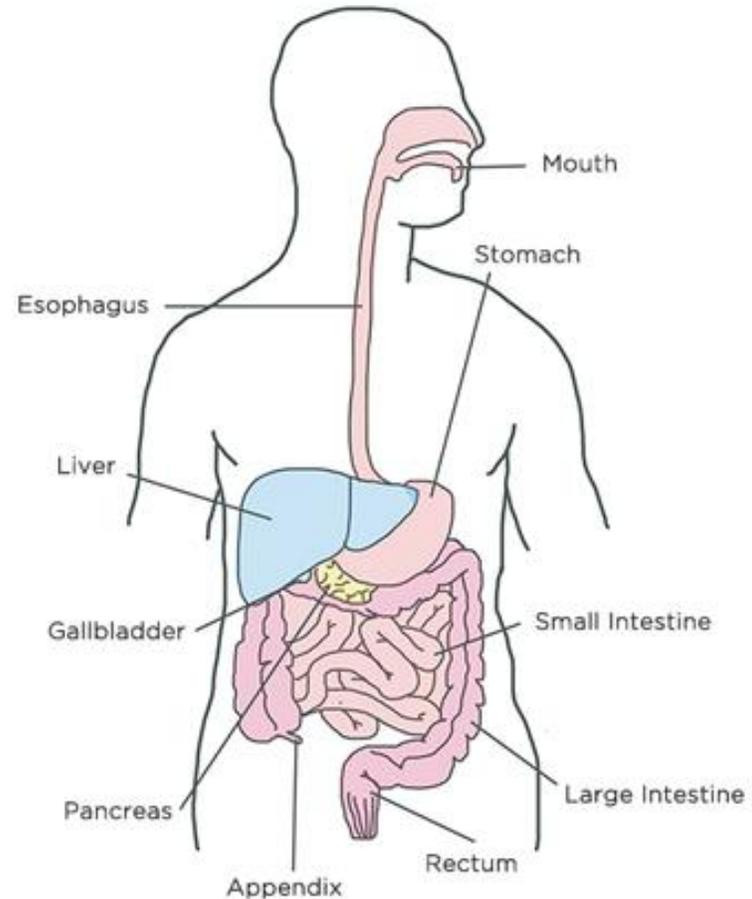
Hippocrates

HAVE YOU EVER.....



- Do you have frequent discomfort, gas, bloating constipation, diarrhea, and heartburn?
- Often have stomach discomfort?
- Are susceptible to the 24 hour flu-bug?
- Have you ever reached for an over-the-counter product to drink that is thick and pink?
- Have you ever said, “I can’t eat that.”
- Occasionally have had trouble sleeping due to indigestion?
- Do you experience flatulence after eating pizza, vegetables or beans?

6 STEPS OF DIGESTION



Your digestive system is essentially one long tube that starts at your mouth and ends at your anus. The steps of food digestion follow this order:

- Chewing (mouth)
- Swallowing (throat and esophagus)
- Stomach (digestion)
- Small intestine (digestion)
- Small intestines and large intestines (absorption)
- Colon and rectum (elimination)

DIGESTIVE SYSTEM

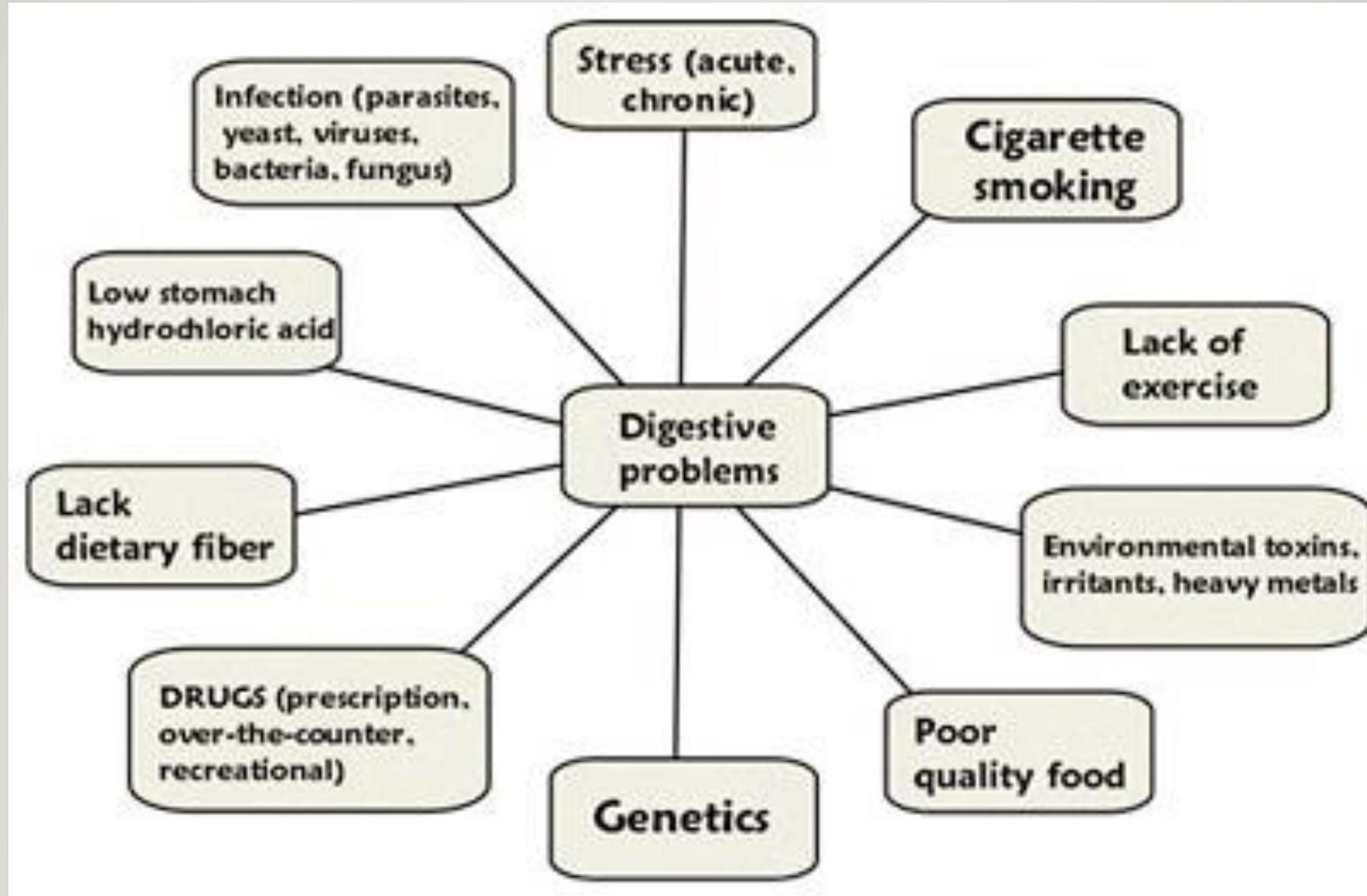
1. If spread flat, your digestive system would cover a tennis court.
2. Roughly 70-80% of our immune system is located in the digestive system.
3. Nestled inside your gut are trillions of live microorganisms that make up the microbiome.
4. You have 100 times more DNA in your microbiome (100 trillion organisms) than in the cells of your body.
5. Gut bacteria helps to: ***make vitamins, protect you against infection and run your metabolism.***
6. The digestive system is called the “second brain”.
7. 80% to 90% of your serotonin is made in the gut.

DIGESTION

“Even the best diet is of diminished value if we cannot adequately **break down our food** from large molecules to very, very small particles of nutrients, and assimilate them to get them into our cells.”

Elizabeth Lipski, PhD, Digestive Wellness

What causes digestive illness?



The Gut Bacteria are Very Vulnerable To Lifestyle and Environmental Factors

- Diet
- Sugar / fructose
- Refined grains
- Processed foods
- Antibiotics (including antibiotics given to livestock for food production)
- Chlorinated and fluoridated water
- Antibacterial soaps & hand sanitizers
- Personal care products/fragrances
- Agricultural chemicals and pesticides
- Pollution
- Stress
- Toxins
- Bad Bacteria
- Prescription medications
- Organ malfunction
- Home cleaning products

“If your skin is bad or you have allergies, can’t seem to lose weight, suffer from an autoimmune disease, struggle with fibromyalgia or have reoccurring headaches, the real reason may be that your gut is unhealthy.”

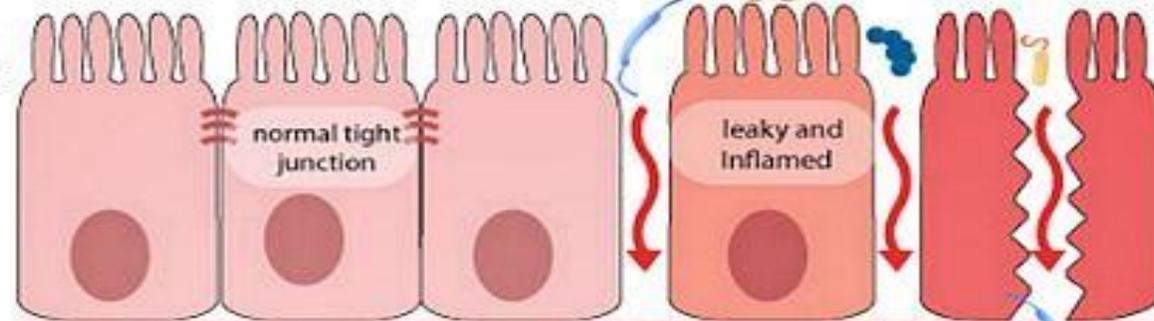
Elizabeth Lipski, PhD, *Digestive Wellness*

Leaky Gut Syndrome

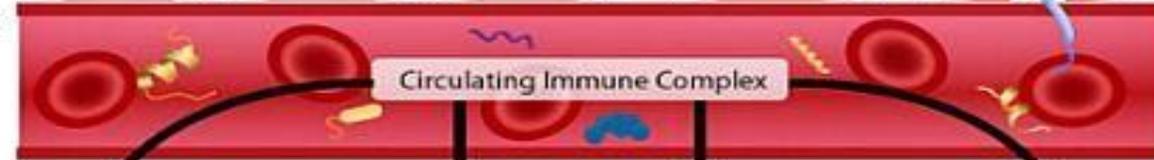
Triggers Causing
Intestinal Damage



Intestinal
Mucosal Cells



Blood Stream



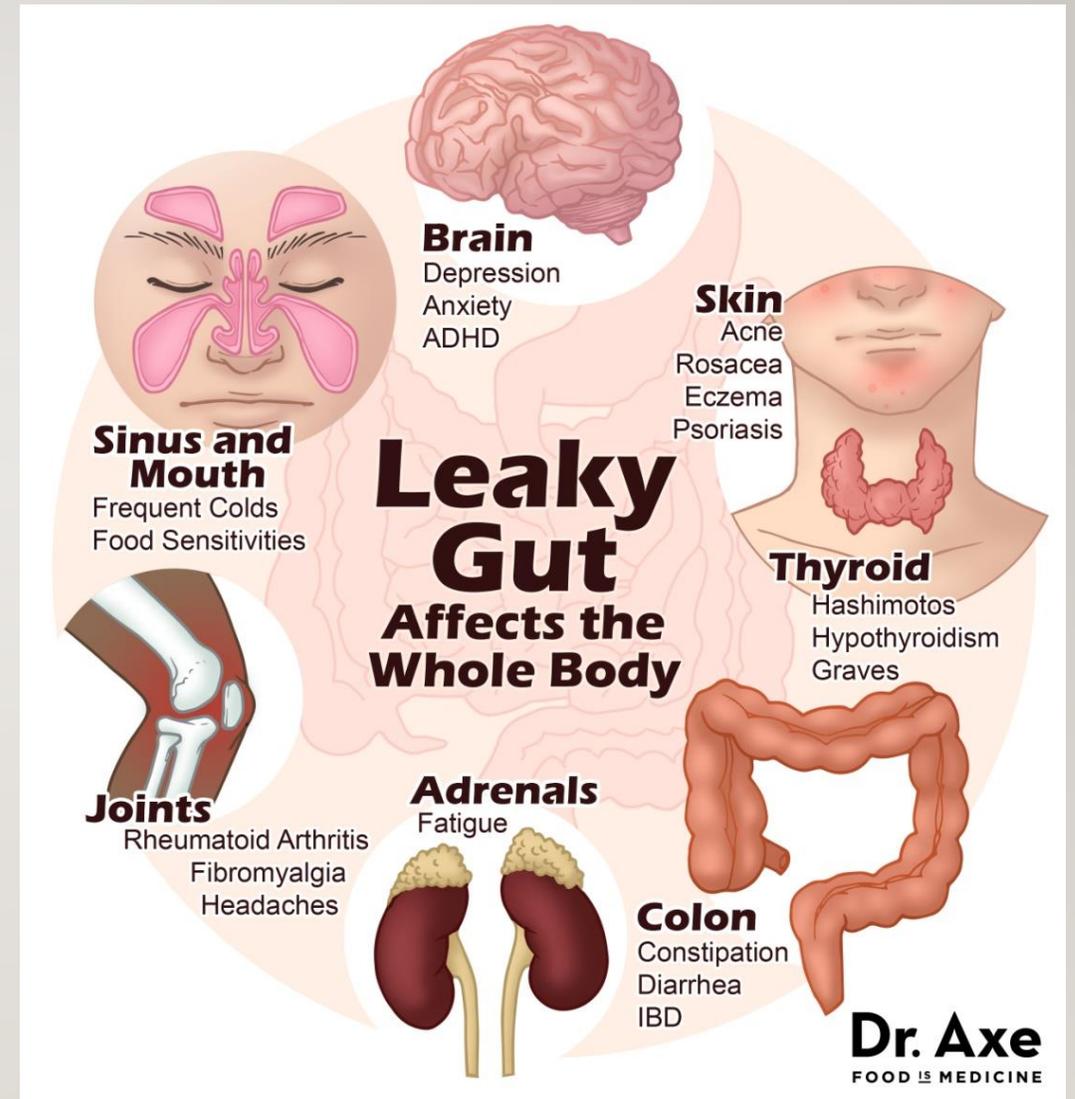
Blood Brain
Barrier Breach

Inflammation

Autoimmunity

Malabsorption
& nutrient deficiency

LEAKY GUT IS A SYMPTOM OF INFLAMMATION AND IMBALANCE

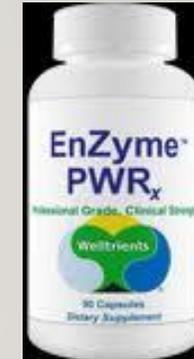


HOW DO YOU KNOW IF YOU HAVE LEAKY GUT?

- Food sensitivities or allergies
- Digestive issues; gas and bloating
- Thyroid issues
- Adrenal gland issues
- Autoimmune disease
- Inflammatory bowel disease—IBS
- Skin problems
- **Stool**
- Joint pain
- Mood issues: depression and anxiety
- Constipation or diarrhea
- Fatigue
- Nausea
- Headaches
- Sugar cravings and cravings for refined carb foods

SYMPTOMS OF LOW HCL

- Burping (especially right after eating)
- Gas buildup
- Indigestion
- Burning sensation after eating
- Could lead to diarrhea or constipation
- May see undigested food particles in the stool which may be a sign of low HCL



BENEFITS OF A HEALTHY GUT

- ✓ Has an impact on whole-body health and well-being
 - ✓ All day energy
 - ✓ Balanced hormones
 - ✓ Improved digestion
 - ✓ Clearer skin
 - ✓ Better mental clarity
 - ✓ Faster weight loss
- ✓ Contributes to a stronger immune system

**YOU ARE WHAT YOUR EAT
AND
YOU ARE WHAT YOU DIGEST!**

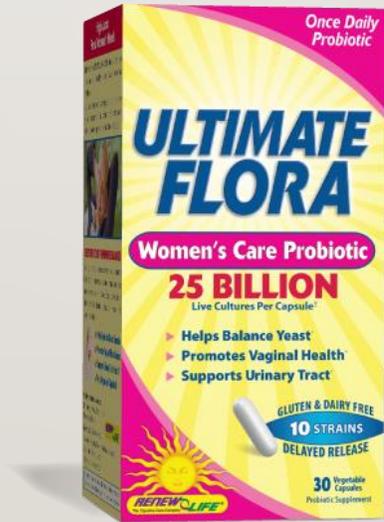
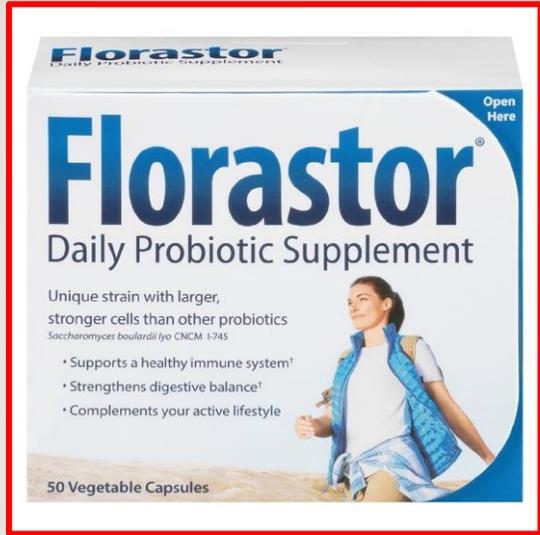
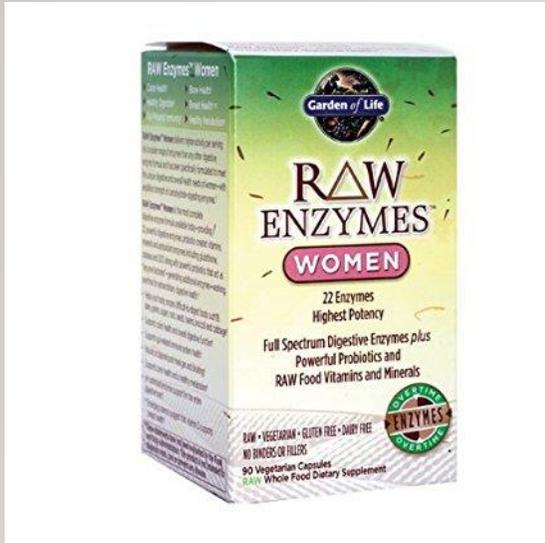


WHAT ARE PROBIOTICS?

- Probiotics are a type of organism that can **help boost the amount of beneficial bacteria in your gut**. They are also found in **supplements, fermented foods (such as tempeh, natto and miso) and probiotic drinks, such as kombucha**.
- Different microbes living in your gastrointestinal tract play a role in either promoting health or disease. For example, many of these bacterial cells are considered “good bacteria” and help **support immune function, enhance nutrient absorption, and aid in the synthesis of key neurotransmitters and other compounds**.
- Probiotics can be a beneficial addition to your daily routine to help strengthen immune function, decrease disease risk and improve overall health.

BENEFITS OF PROBIOTICS

- Weight loss
- Vitamin B absorption
- May improve mental health concerns
- Help with digestion (IBS)
- Help prevent the common cold
- Decrease in inflammation
- Help overcome joint pain
- Build immunity—against cold and flu
- Improve skin issues
- Diarrhea
- Vitamin D
- Decrease in antibiotic resistance



FERMENTED FOODS

Fermented foods are preserved using an age-old process that not only boosts the food's shelf life and nutritional value, but can give your body a dose of **healthy probiotics**, *which are live microorganisms crucial to healthy digestion.*

Fermented foods have been through a process of lacto-fermentation which preserves the food, creates beneficial enzymes, B-vitamins, Omega-3 fatty acids and various strains of probiotics to help alkalize the body and heal the gut.

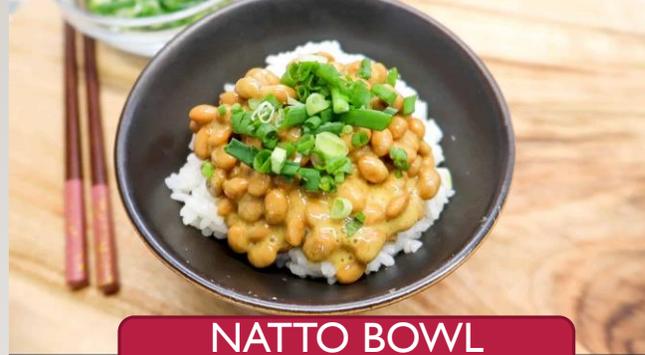


BENEFITS OF FERMENTATION

- Used for thousands of years
- Used as food preservation-to allow for a longer shelf life (life without refrigeration)
- Provides 'organic acids' and more probiotics
- Help break down the foods for digestion
- Increased bioavailability and absorption by the body; making it easier to digest
- Makes nutrients more available

FERMENTED FOODS (PROBIOTIC-RICH FOODS)

- Sauerkraut
- Apple cider vinegar
- Kombucha
- Sourdough bread
- Yogurt
- Fermented herbs and spices
- Kefir-means 'feel good' in Turkey
- Tempeh-use as a condiment or meat alternative
- Raw Cheese
- Real Pickles (not all pickles are fermented!)
- Natto (fermented soy)
- Kimchi
- Miso soup
- Tempeh



NATTO BOWL
(fermented soy)



MISO SOUP



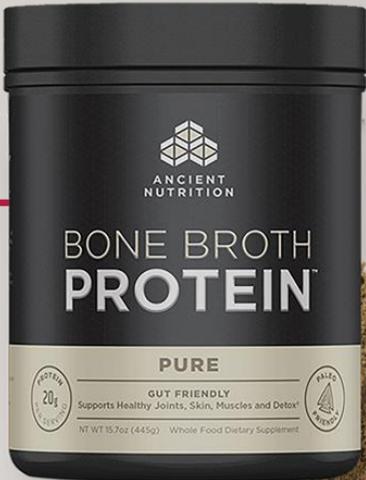
Homemade
Kombucha



BEST TIME TO EAT FERMENTED FOODS?

- Everyday—it helps to activate our liver to help promote cleansing.
- Start slow, 2-3 tablespoons/day.
- Eat a variety of fermented foods to take in different classes and types of beneficial bacteria.
- Especially in the spring, according to Ayurveda medicine.

BONE BROTH



BONE BROTH

- **Promotes healthy digestion.** The gelatin it contains is a hydrophilic colloid that attracts and holds liquids, including digestive juices, supporting proper digestion.
- **Reduces joint pain and inflammation.** The boiled down cartilage has glucosamine, chondroitin, and sulphates.
- **Inhibits infection caused by cold and flu viruses.**
- **Fights inflammation.** It is rich in amino acids like proline, glycine, and arginine that have anti-inflammatory effects.
- **Promotes healthy hair and nail growth,** thanks to the gelatin in the broth.



Bone broth, in general, is wonderful for “healing and sealing” your gut. In fact, it is one of the main components of Dr. Campbell's GAPS Nutritional Protocol, described in her book "Gut and Psychology Syndrome" (GAPS).

It is not only easily digested, but it also contains profound immune-optimizing components that are essential for the treatment of autoimmune diseases.

Feed Probiotic Foods With Prebiotics

“Food or the fertilizer that help probiotics grow once they are in your system.”

- Asparagus
- Artichokes
- Onion and garlic
- Cabbage
- Flaxseeds
- Raw Honey
- Shitake Mushrooms
- Beans
- Blueberries
- Apples

10 STEPS TO BETTER GUT HEALTH

- CHEW
- MONO-MEALS
- BONE BROTH
- FERMENTED FOODS
- BLUEBERRIES
- ESSENTIAL OILS
- GINGER
- REBOUNDER
- EMOTIONAL HEALTH
- CORE-4
 - HYDRATION
 - LIPIDS/FATS
 - FIBER
 - PROBIOTIC

GUT HEALING SMOOTHIE

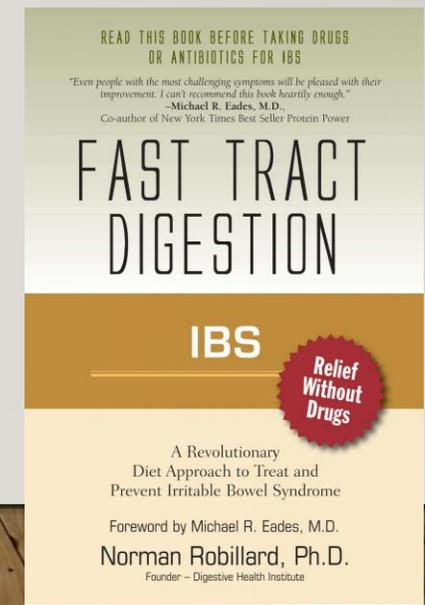
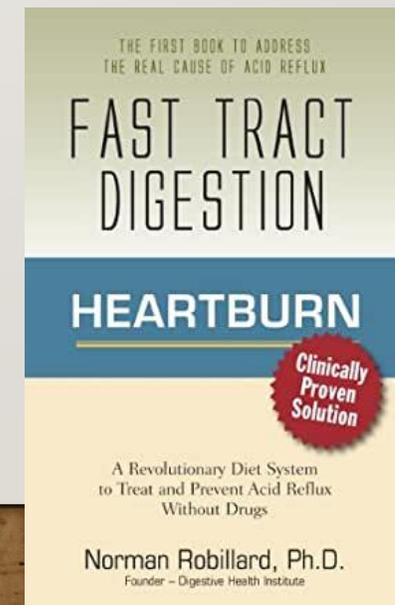
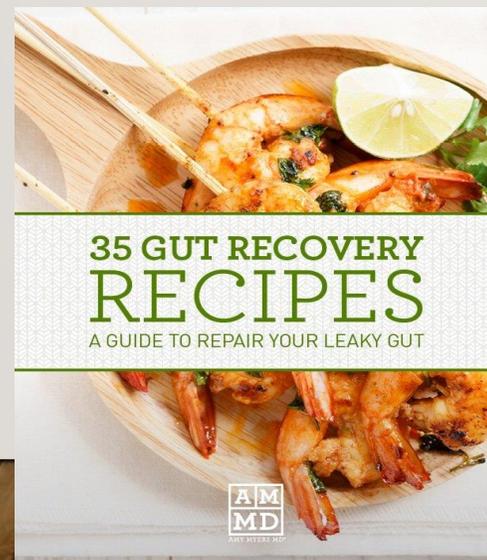
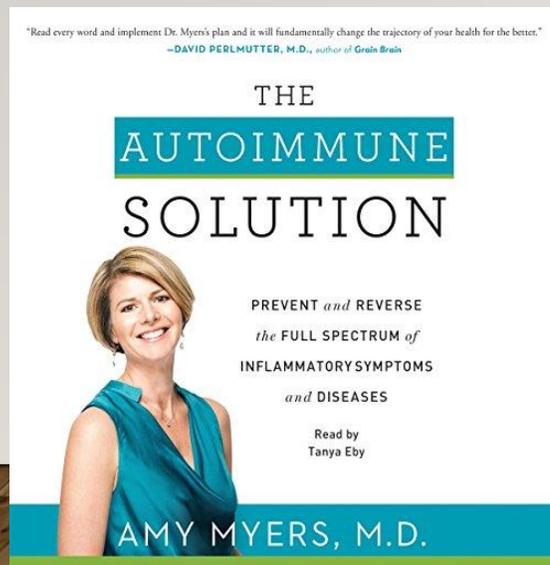
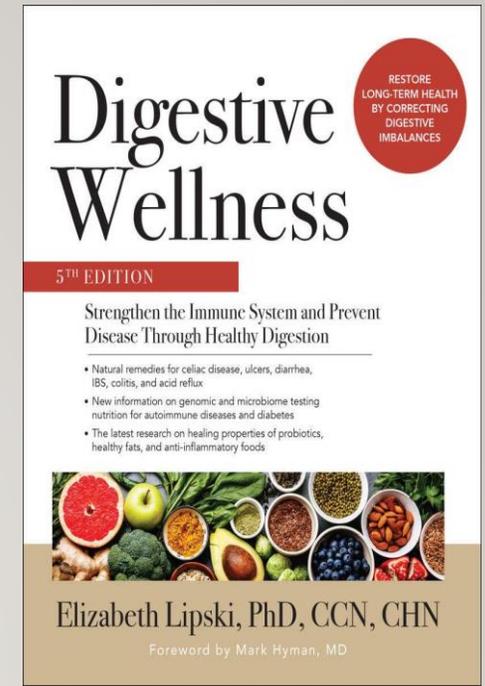
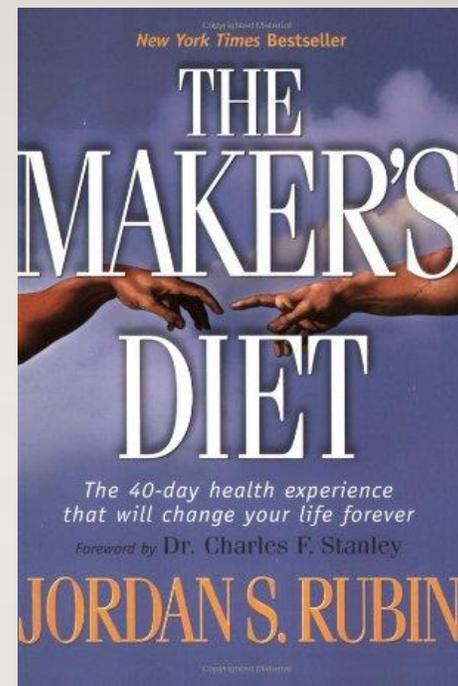
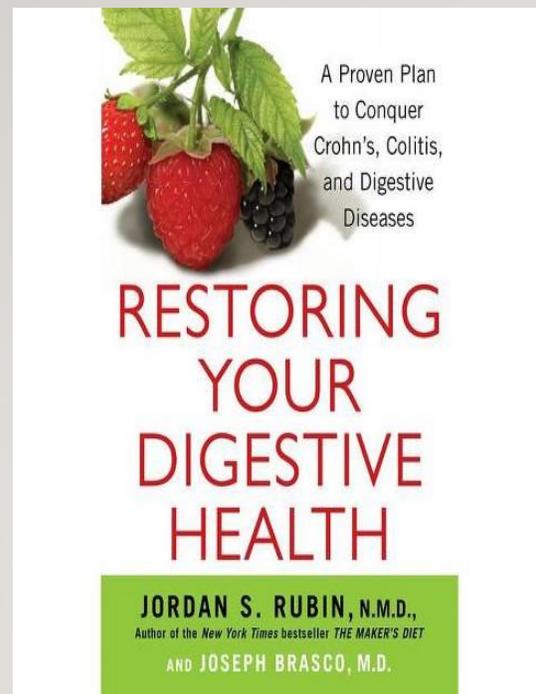
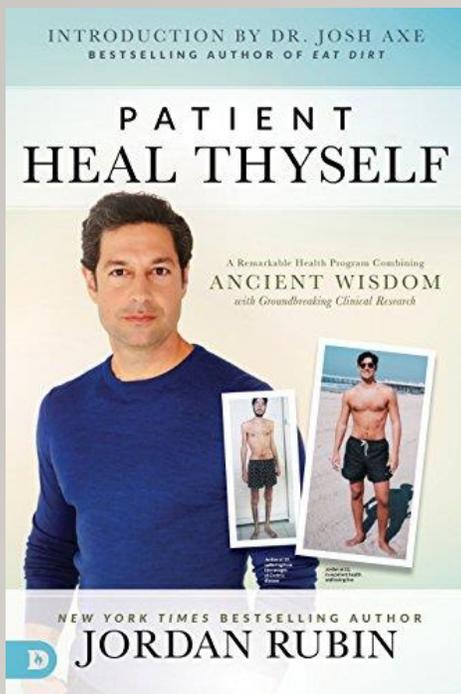
- Kefir; approx. 1 cup
- Blueberries; approx. ½ cup (or strawberries)
- Flaxseed
- Bone broth protein
- Raw local honey
- Cinnamon-pinch
- Ginger-pinch
- ¼ cup of water



GUT HEALING SMOOTHIE

- 1 cup blueberries
- ¼ cup coconut milk
- 1 tablespoon sprouted flax meal
- 1 scoop vanilla flavored collagen protein powder





Thank you!



SOURCES

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