



Eating a More Plant-Based Diet

Living Beyond Breast Cancer

Alison Tierney, MS, RD, CD, CSO
Wholesome LLC | Founder



Image from: [Medium.com](https://www.medium.com)



WHY I CHOSE CANCER CARE . . .



Objectives

- To gain an understanding of how cancer develops to provide a deeper understanding of the connection between cancer & nutrition.
- To review the benefits of the plant-based diet to fight against cancer, particularly breast cancer.
- To discuss strategies to implement more plants to one's daily routine.
- To provide tools for shopping, prepping, and cooking to make the plant-based diet more simple & affordable.





understanding how cancer may
DEVELOP



How Does Cancer Develop?

- Develops when normal processes fail to control cell behavior
- Rogue cell becomes a parent cell sharing its abnormal behaviors
- Generally results from genetic damage over time (mutations)



CELL FUNCTION

Function	Normal Cell	Cancer Cells
Growth	Knows when to stop	Grows with abandon
Cell's Life	Apoptosis	Ignores signals to die
Communication	Helps host survive & thrive	Communicates only betray body's defenses



Mutations

- Changes to DNA sequence
 - While reversible, can still be passed on when cells divide
- Potentially beneficial effects
 - *Think natural selection*
- Neutral effects
- Harmful effects
 - i.e. those linked to cancer
 - **Cancer results after repeated mutations occur**



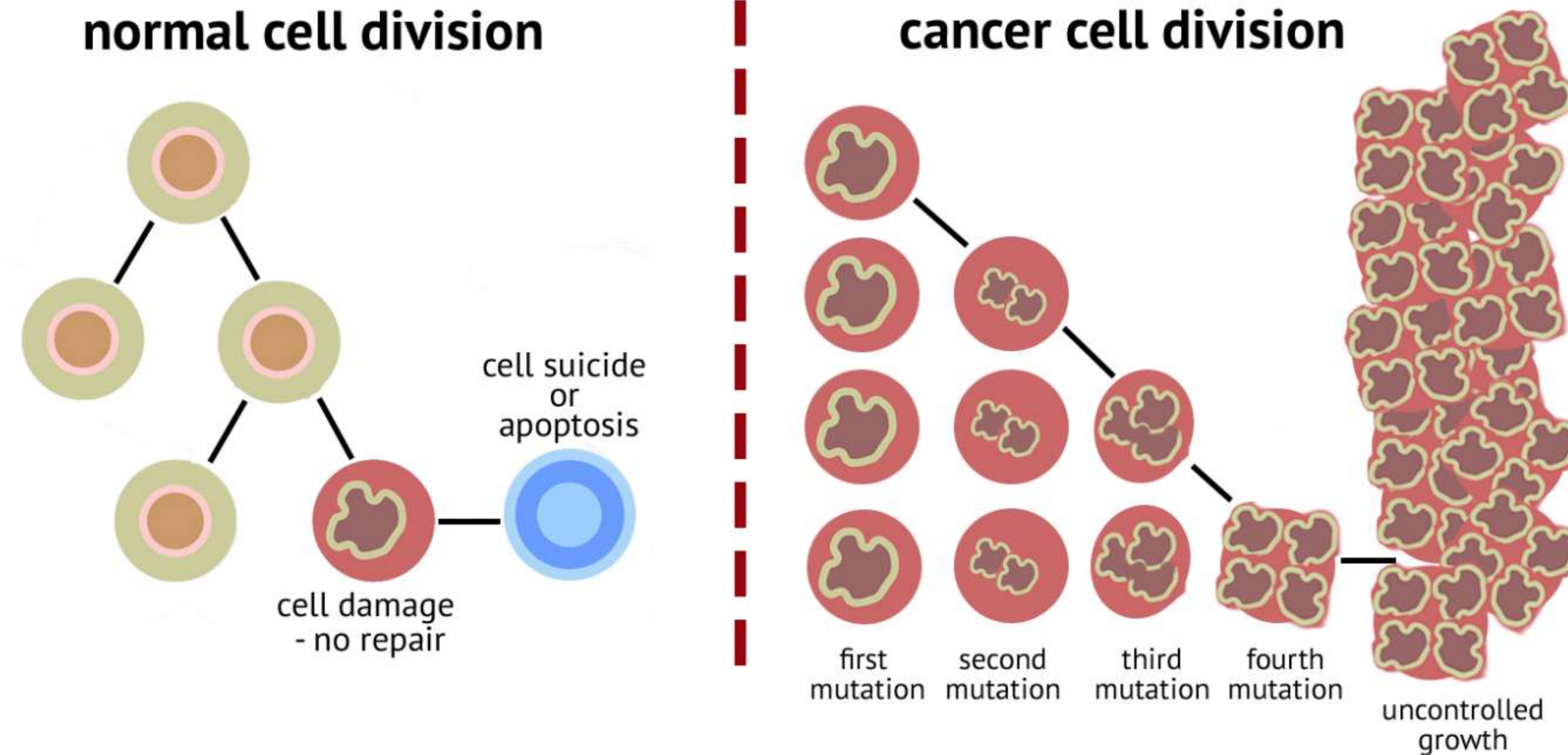


Figure 1.2.6d – Cancer cell division

*When control processes are functioning properly, damaged cells undergo programmed cell death, called **apoptosis**. **Cancer** results from uncontrolled cell division after repeated **mutations** occur in an oncogene.*

Image from: <https://www.philpoteducation.com/mod/book/view.php?id=779&chapterid=1123#/>



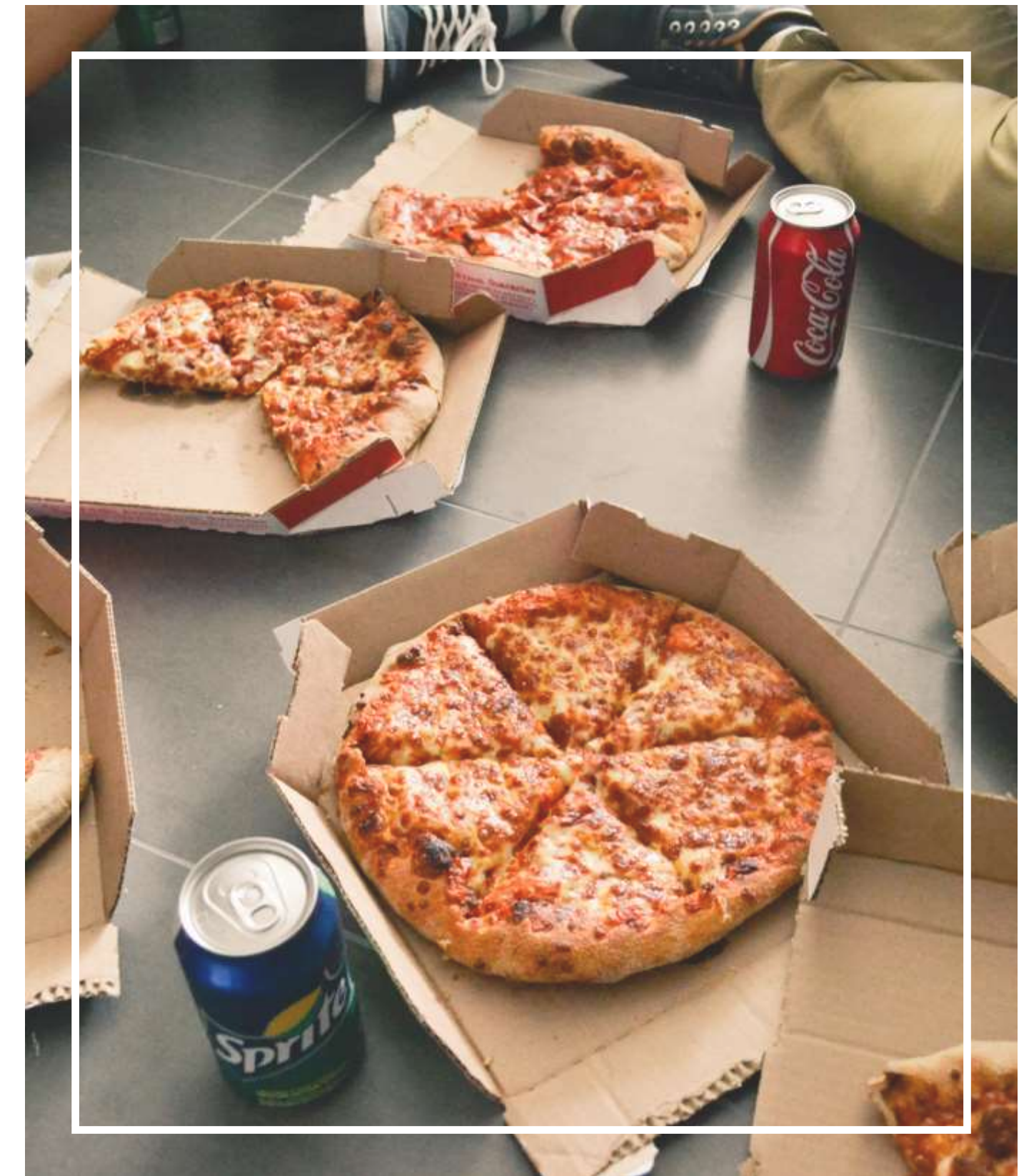
Cell Protection ¹

- Our cells are designed to prevent damage
- Typically, cells with damage do not survive
 - *Apoptosis* = self - destruction
- But sometimes protective mechanisms fail



*Protective Mechanisms Fail*¹

- Inherited genetic defects
 - < 10%
 - Present in every cell
- High level of exposure to external carcinogens
 - e.g. Industrial pollution
- **Compromise to DNA integrity**
 - e.g. chronic inflammation, inappropriate nutrition



Inappropriate Nutrition ¹

Proper nutrition is necessary to human existence.

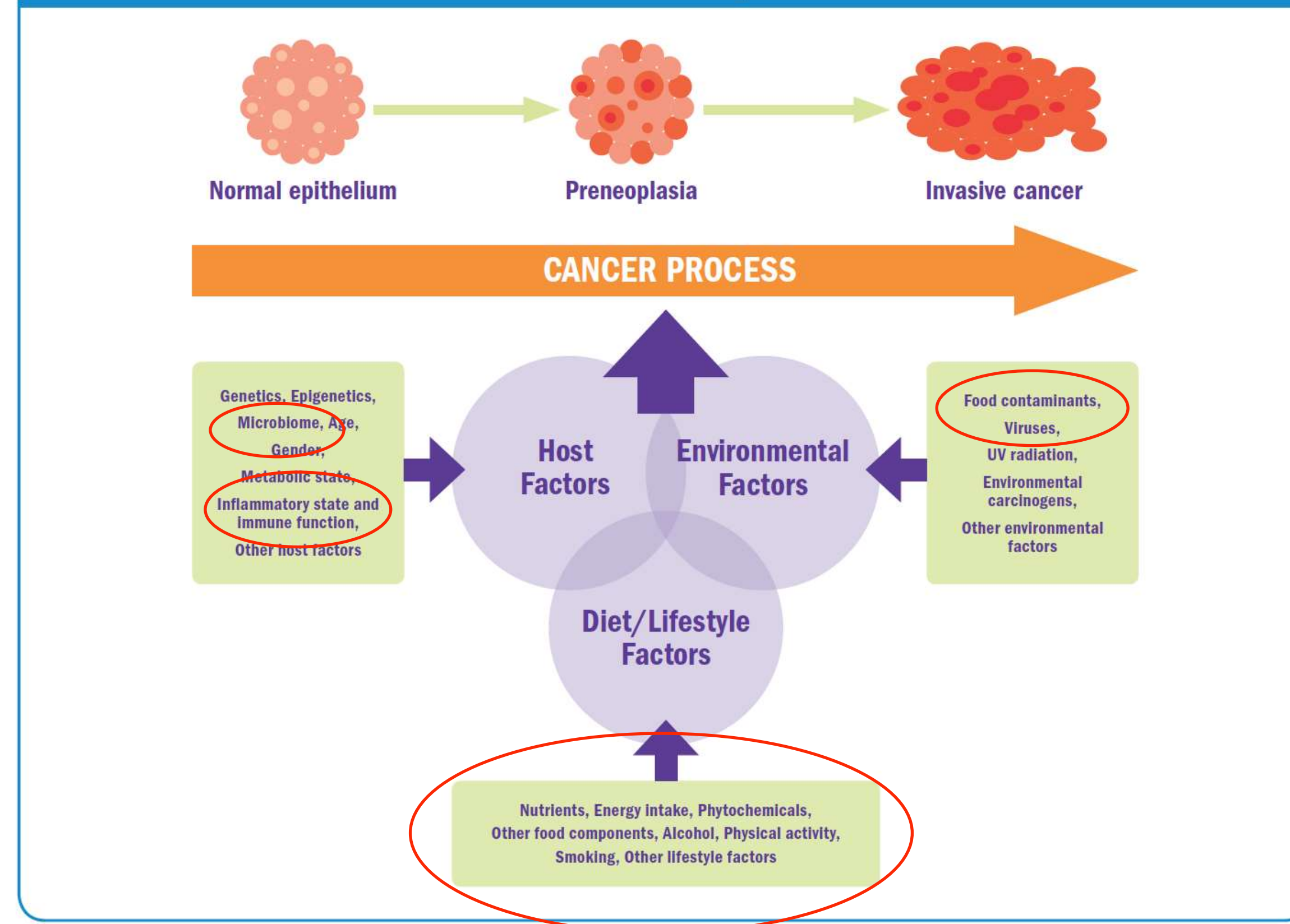
An imbalance can disturb normal function.

Reduce our resilience to outside factors.





Figure 4: Diet, nutrition and physical activity, other environmental exposures and host factors interact to affect the cancer process





so, what about this
PLANT-BASED DIET?



AICR Recommendations



- AICR - one of the world's leading authorities on diet and cancer
- *Overarching recommendation:*
 - “Diets that revolve around whole plant foods — vegetables, whole grains, fruits & beans — cut the risk of many cancers, and other diseases as well.” ²





Phytonutrients: *Cancer Fighting Nutrients*

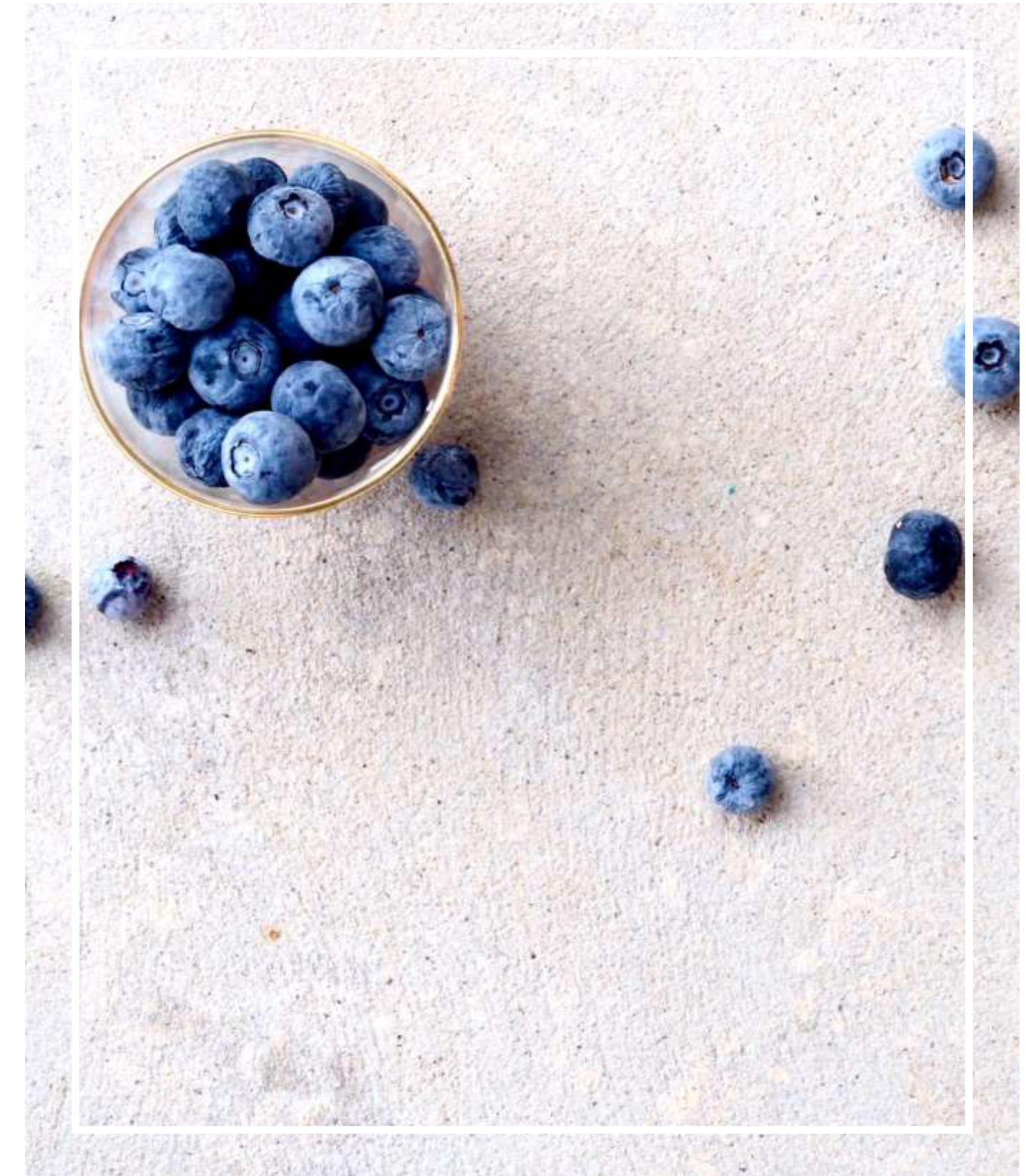


Phytonutrients:

Cancer Fighters in the Foods We Eat

Provide color, odor, and flavor

Eating them can influence chemical processes in positive ways!



Cancer Fighting Potential ²

- ③ Stimulate the immune system
- ③ Block substances we eat, drink and breathe from becoming carcinogens
- ③ Reduce inflammation
- ③ Prevent DNA damage and help with DNA repair
- ③ Reduce oxidative damage that can spark cancer
- ③ Slow the growth rate of cancer cells
- ③ Trigger damaged cells to commit suicide before reproducing
- ③ Help to regulate hormones





Whole Foods

Not necessarily supplements, refined foods, etc.

Phytonutrients provides these benefits when we eat them
in **whole foods**.





BREAST CANCER
research
FOR THE PLANT-BASED DIET



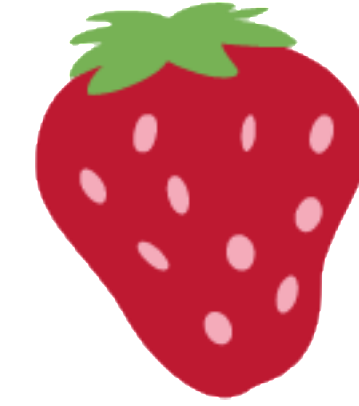
Breast Cancer & The Plant-Based Diet



- Eating a plant-based diet along with walking every day can improve our cancer defenses in just **two weeks!** ³
 - Suppressing cancer growth 20-30% more than two weeks prior
- Women with higher melatonin secretion have been found to have lower rates of breast cancer ⁴
 - Vegetable intake ↑ □ melatonin; meat intake ↓ □ melatonin ⁵
- Lower breast cancer risk with higher fruit and vegetable intake and higher breast cancer risk associated with higher saturated fat intake (meat, dairy, and processed food intake) ⁶



FIBER & BREAST CANCER



- Inadequate fiber intake may be a risk factor for breast cancer
- Premenopausal women have 62% lower odds of breast cancer with higher fiber intakes ⁷
 - Fiber benefits are even higher for ER- breast cancer tumors (85% reduction)
 - Not effective from supplements
- Every 20 grams of fiber intake per day is associated with 15% lower risk ⁶



FLAXSEEDS

- 100x more lignans than any other food ⁸
- Recommended to relieve breast pain during mensuration ⁹
- Related to significant reduction in breast cancer risk in postmenopausal women ¹⁰
- 80% of women had lower levels of Ki-67 with 2 teaspoons of ground flaxseeds per day ¹¹



THERE'S MORE: FLAXSEEDS



- Increased life span in breast cancer patients ¹², believed to be responsible due to increased endostatin, which starves cancer tumors of blood supply ¹³







BUT,

how do I implement?



Mindset

“What can you eat?”

I can eat anything I want, but I what I choose to eat is different.”



Choose YOUR Approach

- 🌱 No rules
- 🌱 No timeline
- 🌱 Find a place that is right for **you**.



Get Support

- Have a conversation
- Don't force others
- See support elsewhere — LBBC, our Facebook group!



Menu Plan



Forgive Yourself



You didn't fail. You're human!





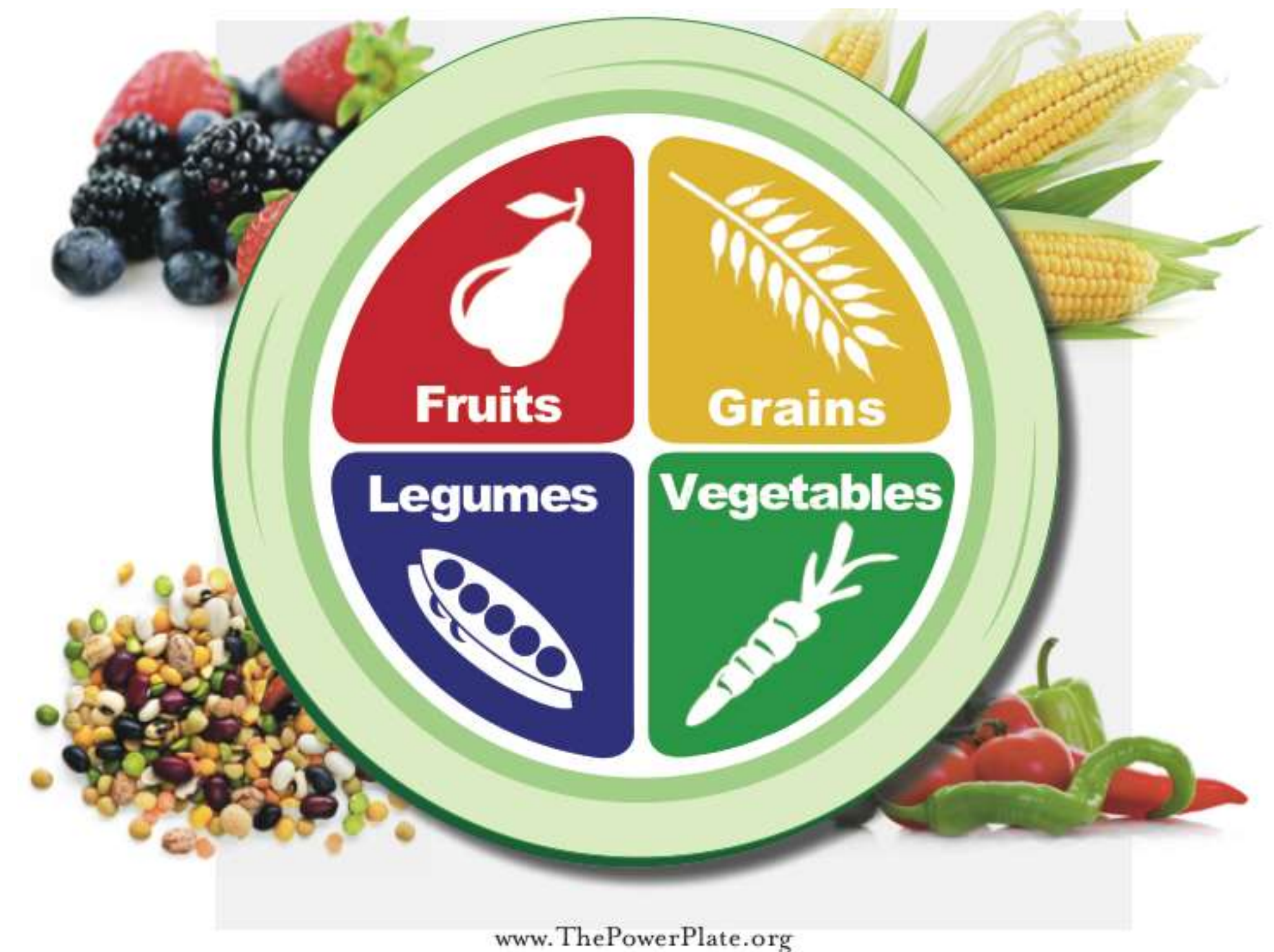
SIMPLE

places to start



TAKE SMALL STEPS

- Start by adding, not reducing
- Aim for a fruit & vegetable at each meal
- Menu plan for a "Meatless Monday" - or several!
- Work towards a "Power Plate"
- Focus on foods you already enjoy
 - Tacos, spaghetti, burrito bowls



Start with Simple Changes

	Sample Day 1	Sample Day 2	Sample Day 3
Breakfast	Whole Grain Toast with Avocado + Sprinkled Cracked Black Pepper + Fruit	Raisin Bran with Unsweetened Almond Milk + Fruit	Oatmeal with unsweetened almond milk, mixed berries
Lunch	Minestrone Soup with Whole Grain Roll + Fruit	Natural Peanut Butter Sandwich Apple, Mixed Raw Vegetables	Veggie Hummus Wrap, Raw Veggies, Fresh Fruit
Snack	Mix Nuts & Dried Fruit	Hummus & Raw Vegetables and/or Pretzels	Larabar
Dinner	Whole Grain Pasta with Marinara Sauce, Side Salad + Fruit	Black Bean Burger on Whole Grain Bun, Baked Sweet Potato + Fruit	Vegetable Stir Fry with Black Beans served over brown rice, + Fruit



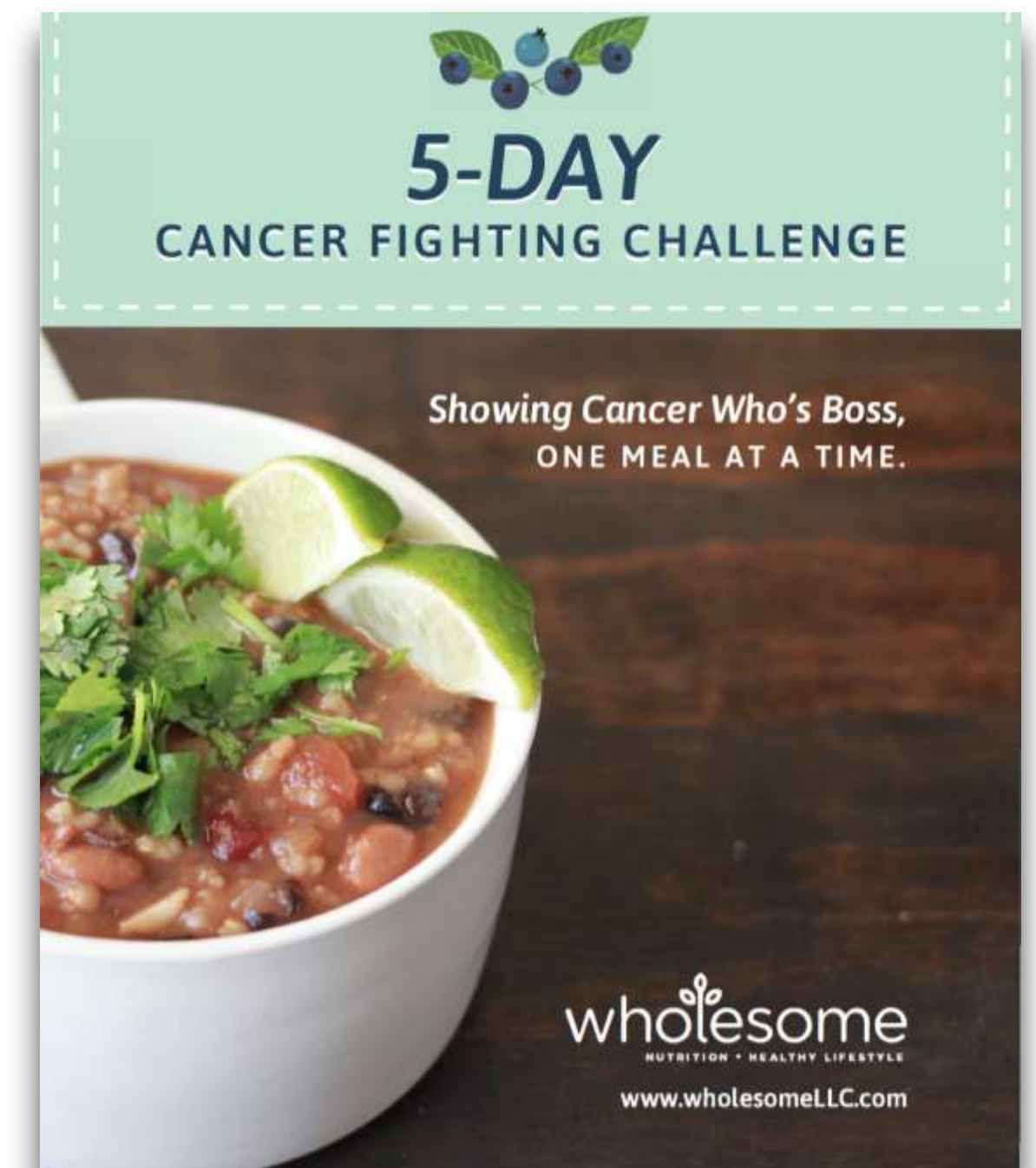
Favorite Resources

- Visit our **website:**
www.wholesomellc.com
- [Forks Over Knives](#)
- PCRM - [21 Day Kickstart](#)
- [NutritionFacts.org](#)



Want to Learn More About Wholesome?

- ③ [FREE 5-Day Plant-Based Challenge](#)
- ③ Visit our **website**:
www.wholesomellc.com
- ③ Find on **social media**:
Instagram: [@wholesomellc](#)
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- ③ *Freedom from Cancer: Your Plant-Based Journey*
Coming October 9th, 2019





DON'T LET PERFECTION



BE THE ENEMY OF
PROGRESS

WWW.WHOLESOMELLC.COM

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