



LIVING BEYOND  
BREAST CANCER®

## Living well:

OPTIMIZING YOUR NUTRITION  
& DETOXIFYING YOUR KITCHEN

## SESSION I

# Reducing toxicity in your kitchen

Reducing toxicity in your home doesn't have to be difficult or overwhelming. In this session, **Olga Naidenko, PhD**, shares her expert tips on identifying safe cookware, food storage, and cleaning products. Her presentation also covers shopping for pesticide-free produce and making sure your tap water is safe to drink.



Olga Naidenko, PhD, is the vice-president of science investigations for the **Environmental Working Group (EWG)**. She leads EWG's research efforts on children's environmental health. In her doctoral studies, she focused on the molecular basis of immune defense. Naidenko

formerly held a prestigious American Association for the Advancement of Science policy fellowship, during which she worked at the Environmental Protection Agency, focusing on climate change and water quality standards.

### QUESTIONS TO CONSIDER AFTER WATCHING SESSION I

What are three things you learned from Dr. Naidenko's presentation?

What is one takeaway that you can start implementing into your cleaning and/or shopping routine?

What questions do you still have about reducing toxicity in your kitchen?

**Eating fruits and vegetables is essential – eating fruits and vegetables is always better than not eating them. When possible, buy organic when shopping for items on the Dirty 12 list to help you reduce exposures to toxic pesticides.**



### EWG'S 2022 Dirty 12™

1. Strawberries
2. Spinach
3. Kale, collard & mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Bell & hot peppers
8. Cherries
9. Peaches
10. Pears
11. Celery
12. Tomatoes



### EWG'S 2022 Clean 15™

1. Avocados
2. Sweet corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet peas (frozen)
7. Asparagus
8. Honeydew melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Cantaloupe
13. Mangoes
14. Watermelon
15. Sweet potatoes

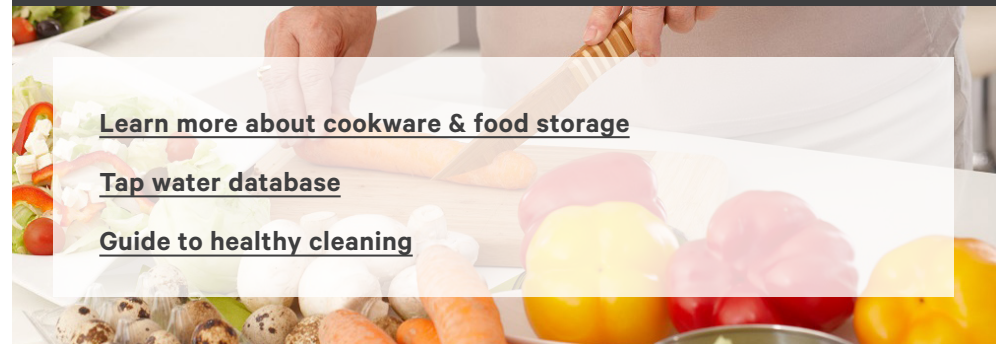


### ADDITIONAL RESOURCES FROM THE EWG

[Learn more about cookware & food storage](#)

[Tap water database](#)

[Guide to healthy cleaning](#)



# Enhancing your body's natural detoxification

Small changes to your diet can make a drastic impact on your body's natural detoxification abilities. **Rachel Beller, MS, RDN**, shares practical ways to enhance your body's natural detoxification by diversifying fiber, as well as including Power Spicing and beverages into your diet. She also discusses incorporating an anti-inflammatory diet into your daily routine.



Rachel Beller MS, RDN, is the CEO of Beller Nutrition, creator of the Beller Method™ Masterclass and the Beller Nutrition line of spice blends. She specializes in weight management and cancer risk reduction, is a three-time best-selling author, media expert and spokesperson for the American Cancer Society.

## QUESTIONS TO CONSIDER AFTER WATCHING SESSION II

What are three things you learned from Rachel's presentation?

What is one takeaway that you can start incorporating into your diet?

What questions do you still have about enhancing your body's natural detoxification?

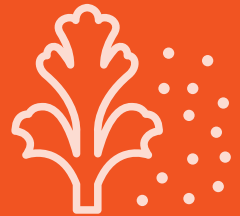


## Shopping List

Pick 1 item from each section to try on your next trip to the grocery store

### PLANT PROTEINS

watermelon seeds, sprouted lentils, tetra pack of beans, protein pasta



### POWER GREENS

beet greens, celery leaves, cilantro, dandelion greens, parsley



### TEAS

fennel, matcha, ginger, dandelion

## ADDITIONAL RESOURCES FROM BELLER NUTRITION

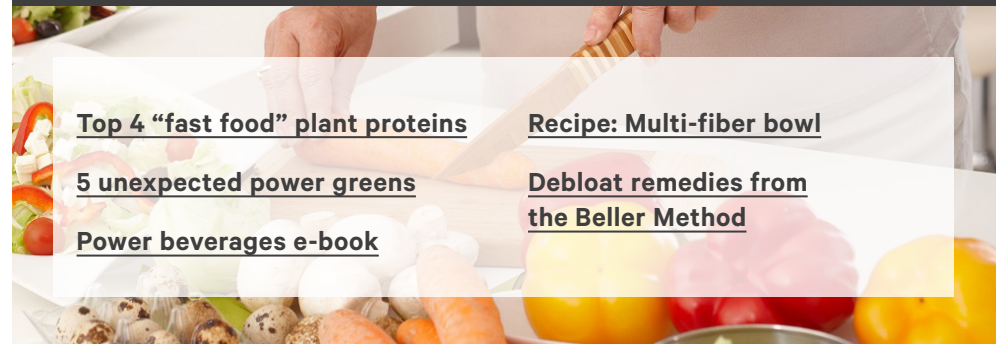
[Top 4 "fast food" plant proteins](#)

[Recipe: Multi-fiber bowl](#)

[5 unexpected power greens](#)

[Debloat remedies from the Beller Method](#)

[Power beverages e-book](#)





# LIVING BEYOND BREAST CANCER®

## ADDITIONAL RESOURCES FROM LBBC

[2021 Wellness Summit Resources](#)

[Healthy eating habits you can start now](#)

[Ask the expert: Diet & nutrition](#)

[Making meals healthy & simple](#)

## STAY CONNECTED

Share how you live well beyond your diagnosis on social media and be sure to tag [\*\*@LivingBeyondBC\*\*](#) and [\*\*#LiveBeyondBC\*\*](#).

If you haven't already, join our two private Facebook groups to share resources and receive peer support:

[\*\*Breast Cancer Support for Young Women\*\*](#)

[\*\*Breast Cancer Support for All Ages, All Stages\*\*](#)



## GET SUPPORT

**Breast Cancer Helpline**—Get matched with a trained volunteer who has a similar experience to you for peer-to-peer support.

[\*\*LBBC.ORG/HELPLINE\*\*](https://www.lbbc.org/helpline)

**Living Beyond Breast Cancer Fund**—LBBC offers one-time financial assistance grants to cover expenses such as rent, mortgage, utilities, and car payments. [\*\*LBBC.ORG/FUND\*\*](https://www.lbbc.org/fund)

## ABOUT LBBC

Living Beyond Breast Cancer is a national nonprofit organization that seeks to create a world that understands there is more than one way to have breast cancer. To fulfill our mission of providing trusted information and a community of support, we offer on-demand emotional, practical, and evidence-based content that is meaningful to those newly diagnosed, in treatment, post-treatment, and living with metastatic disease.

For 30 years, Living Beyond Breast Cancer has imparted wisdom and connection via conferences, events, a peer-to-peer helpline, and more. Today, we remain committed to creating a culture of acceptance—where sharing the diversity of the lived experience of breast cancer fosters self-advocacy and hope.