

A Path to Ovarian Health

- ❖ Avocados
- ❖ Cruciferous Vegetables
- ❖ Rosemary
- ❖ Beans & Lentils
- ❖ Fatty Fish
- ❖ Skinless Poultry
- ❖ Cacao (Raw)
- ❖ Ginger Root
- ❖ Sweet Potatoes
- ❖ Cloves of Garlic
- ❖ Green Teas
- ❖ Tomatoes
- ❖ Colored Berries
- ❖ Leafy Greens (Dark)
- ❖ Turmeric & Spices
- ❖ Colorful Fruits
- ❖ Nuts & Seeds
- ❖ Yogurt/Yoghurt
- ❖ Olive Oils
- ❖ Whole Grains



Fruits & Vegetables, Lean Proteins, Whole Grains and Healthy Fats are studied to have Anti-cancer Properties!

Fruits & Vegetables

- ⚓ Colorful Berries
- ⚓ Dark Leafy Greens
- ⚓ Cruciferous Vegetables



Lean Proteins

- ⚓ Plant-based Proteins
- ⚓ Fatty Fish
- ⚓ Poultry

Battle Ovarian Cancer Naturally!

Whole Grains

- ⚓ Quinoa
- ⚓ Brown Rice
- ⚓ Whole Wheat



Healthy Fats

- ⚓ Avocado
- ⚓ Olive Oils
- ⚓ Nuts & Seeds



JUST
ADD
TO

- ❖ HEALTHY SNACKING
- ❖ OATMEALS & YOGHURTS
- ❖ STEAMED SIDE DISHES
- ❖ SALADS & SANDWICHES
- ❖ YOGURTS & SMOOTHIES
- ❖ GRILL, BAKE or BROIL
- ❖ STEAM, ROAST or SAUTE

**FRESH FIRST!
THEN FIGHTBACK!**



12 cancer-fighting foods, nutrition and phytochemical contributions:

- 1. Berries (Organic Blueberries, Strawberries, Raspberries):** **Nutrition Benefits:** Rich in antioxidants, fiber, and vitamins, berries can support immune health and reduce inflammation. **Phytochemicals:** Anthocyanins, quercetin, and ellagic acid are among the phytochemicals in berries with potential anti-cancer and anti-inflammatory properties.
- 2. Cruciferous Vegetables (Organic Broccoli, Cauliflower, Brussels Sprouts):** **Nutrition Benefits:** High in fiber, vitamins, and minerals, cruciferous vegetables support digestive health and overall well-being. **Phytochemicals:** Sulforaphane, indole-3-carbinol and glucosinolates in these vegetables may help regulate estrogen and have anti-cancer properties.
- 3. Leafy Greens (Organic Spinach, Kale, Swiss Chard):** **Nutrition Benefits:** Rich in vitamins, minerals, and antioxidants, leafy greens promote bone health and provide essential nutrients. **Phytochemicals:** Chlorophyll, carotenoids (like lutein and zeaxanthin), and folate may contribute to their anti-cancer effects.
- 4. Turmeric (Organic Turmeric Root or Powder):** **Nutrition Benefits:** Contains curcumin, which has anti-inflammatory and antioxidant properties. **Phytochemicals:** Curcumin is the primary phytochemical in turmeric linked to potential anti-cancer effects and reduced inflammation.
- 5. Garlic (Organic Garlic Cloves):** **Nutrition Benefits:** Garlic is rich in vitamins, minerals, and antioxidants and supports heart health. **Phytochemicals:** Allicin, quercetin, and diallyl sulfide in garlic may have anti-cancer and anti-inflammatory properties.
- 6. Tomatoes (Organic Tomatoes):** **Nutrition Benefits:** High in vitamins, minerals, and antioxidants like lycopene, which supports heart and skin health. **Phytochemicals:** Lycopene is known for its potential anti-cancer properties and ability to reduce oxidative stress.
- 7. Beans and Lentils (Organic Varieties):** **Nutrition Benefits:** Excellent sources of plant-based protein, fiber, vitamins, and minerals. **Phytochemicals:** Flavonoids, quercetin, and saponins in beans and lentils may contribute to their cancer-fighting potential.
- 8. Sweet Potatoes (Organic Sweet Potatoes):** **Nutrition Benefits:** Rich in vitamins, minerals, fiber, and antioxidants, sweet potatoes support digestive health and provide essential nutrients. **Phytochemicals:** Beta-carotene, anthocyanins, and polyphenols are potential contributors to their health benefits.
- 9. Green Tea (Organic Green Tea Leaves):** **Nutrition Benefits:** Contains antioxidants like catechins, which promote overall health. **Phytochemicals:** Epigallocatechin gallate (EGCG) is a catechin in green tea associated with potential anti-cancer and anti-inflammatory effects.
- 10. Ginger (Organic Fresh Ginger Root):** **Nutrition Benefits:** Contains vitamins, minerals, and antioxidants that support digestive health and reduce nausea. **Phytochemicals:** Gingerol is the primary phytochemical in ginger with anti-inflammatory properties.
- 11. Nuts (Organic Almonds, Walnuts, Brazil Nuts):** **Nutrition Benefits:** Rich in healthy omega fats, protein, vitamins, and minerals, nuts support heart health and provide energy. **Phytochemicals:** Polyphenols and antioxidants in nuts may have anti-cancer and anti-inflammatory effects.
- 12. Yoghurt (Yogurt) (Organic Plain Greek):** **Nutrition Benefits:** A source of probiotics, protein, and calcium, yoghurt supports digestive health and overall well-being. **Phytochemicals:** Probiotics may play a role in supporting gut health and immune function.

While there is no single food that can prevent or cure ovarian cancer, a well-balanced diet rich in organic foods can help support overall health, recovery and remission.

FIGHTING THE GOOD FIGHT






Nutrition Naturally!

We can all support recovery and reduce risks of Ovarian Cancer by eating foods with nutrients, minerals & antioxidants proven to fight Ovarian Cancer.



Fighting ovarian cancer involves a thoughtful, comprehensive and integrated approach that complements selected treatments, and one which focuses on promoting overall physical health and recovery, as well as mental and spiritual well-being. Therefore, it is essential to work closely with your preferred healthcare team and to make informed decisions about your personalized treatment plans and protocols. This includes plans for complementary natural nutrition and dietary decisions, which can help mitigate side-effects and promote recovery, healing and overall health.

Below, please find five natural strategies that can be part of a holistic approach to managing Ovarian Cancer:

-  **Consult with Healthcare Professionals:** Seek care from experienced healthcare professionals for ovarian cancer, such as oncologists, gynecologic oncologists, and registered dietitians who specialize in oncology nutrition. They will provide personalized guidance and treatment options tailored to you!
-  **Plan on Intentional Nutrition:** In general, please maintain a balanced, healthful diet to support your overall well-being. Proactively incorporate a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats into your meals. Focus on foods rich in natural antioxidants, vitamins and minerals known to support your immune system, overall health, with potential to mitigate side-effects.
-  **Please Stay Hydrated:** Proper hydration is crucial for maintaining overall health and for aiding in the side-effect management of ovarian cancer and selected cancer treatments. (E.g., *chemotherapy*)
-  **Engage in Physical Activity:** Engage in physical activities as tolerated and recommended by your healthcare team. Exercise can help to reduce fatigue, improve mood, and promote physical endurance.
-  **Consider Mind-Body Practices:** Practices such as yoga, meditation, deep breathing exercises, and mindfulness can help reduce stress and anxiety, improve emotional well-being, and enhance the overall quality of life. A positive mental outlook and inspired **Will-to-Fight** can contribute to remission!

Every day is a new chance to fight, to heal, and to find moments of joy and gratitude amidst the challenges. Embrace each day with faith, hope, and positivity, and never underestimate the power of your own spirit and **commitment to overcome ovarian cancer!**

FIGHTING THE GOOD FIGHT





Nutrition Naturally!

We can all support recovery and reduce risks of ovarian cancer by eating foods with nutrients, minerals & antioxidants proven to fight ovarian cancer.



Your personal journey is a testament to your strength, and your story will inspire others facing similar battles. Keep moving forward with determination, knowing that you are surrounded by prayers and love from those who care about you. Nutrition and support can be powerful weapons!

In addition to Nutrition, below please find four additional considerations for both physical and emotional healing, as part of a holistic approach to managing Ovarian Cancer:

-  **Supportive Care:** Consider integrative therapies such as acupuncture, massage therapy, and music therapy to manage treatment-related side-effects and to improve well-being. Discuss options with your healthcare team to ensure they are safe and appropriate.
-  **Complementary Therapies:** Some individuals find relief from complementary therapies like herbal supplements, dietary supplements, and naturopathic treatments. However, it's essential to consult with your healthcare team before using any complementary therapies, as they may interact with your treatment or have potential risks.
-  **Support Groups:** Joining support groups or seeking psychological counseling can provide emotional support, coping strategies, and sense of community during a cancer journey.
-  **Maintain a Positive Outlook:** Maintaining a positive outlook and a strong support network can be crucial in coping with cancer. Surround yourself with loved ones and seek emotional support when needed.

Ovarian Cancer is a complex disease, and what works for one person may not be suitable for another. A treatment plan should be tailored to your unique set of needs, considering the stage and type of ovarian cancer you have, your overall health, and your personal situation, side-effects, tastes and preferences.

THE RIGHT NUTRITION CAN FUEL A PHYSICAL, EMOTIONAL AND SPIRITUAL FIGHT AGAINST OVARIAN CANCER!

FIGHTING THE GOOD FIGHT

Nutrition Naturally!

9 DIETARY STRATEGIES THAT MAY NATURALLY ASSIST WITH MITIGATING CHEMOTHERAPY SIDE-EFFECTS DURING OVARIAN CANCER TREATMENTS

Mitigating chemotherapy side-effects requires a combination of medical interventions, supportive care measures and lifestyle adjustments. Always consult with your healthcare team for personalized advice and treatment options. *Here are 9 strategies that may help manage chemotherapy side-effects during ovarian cancer treatments:*

1. Nausea and Vomiting:

1. Follow your healthcare team's prescribed anti-nausea medications as directed.
2. Eat small, frequent meals and snacks throughout the day.
3. Choose bland, easy-to-digest foods like crackers, rice, and applesauce.
4. Stay hydrated by sipping on clear fluids like ginger tea, herbal (green) teas, or ginger ale.
5. Avoid strong-smelling or greasy foods.

2. Fatigue:

1. Prioritize rest and allow yourself to conserve energy when needed.
2. Maintain a regular sleep schedule and aim for quality sleep.
3. Engage in light physical activity, such as walking, as tolerated.
4. Accept help from friends and family with daily tasks.

3. Mouth Sores:

1. Practice good oral hygiene, including gentle brushing and flossing.
2. Rinse your mouth with a saltwater solution before meals.
3. Choose soft, non-irritating foods like yogurt, pudding, and mashed potatoes.

4. Taste Changes:

1. Experiment with different flavors and seasonings to make food more appealing.
2. Citrus fruits and sour candies may improve taste sensations.
3. Cold foods may have less odor and taste compared to hot foods.

5. Diarrhea:

1. Limit high-fiber foods or foods that can be irritating like caffeine, spicy foods & artificial sweeteners.
2. Choose bland, low-fiber foods like rice, bananas, applesauce, and plain yogurt.
3. Stay well-hydrated to prevent dehydration.

6. Constipation:

1. Increase your fiber intake with whole grains, fruits, vegetables, and legumes.
2. Stay well-hydrated by drinking plenty of fresh filtered or spring water.
3. Dates, prunes, prune juice, and foods with natural laxative effects can help relieve constipation.

7. Appetite Loss and Weight Loss:

1. Focus on nutrient-dense, calorie-rich foods like nuts, avocados, and nut butter.
2. Consider smaller, more frequent meals and snacks.
3. Protein-rich foods like lean meats, eggs, and dairy can help maintain muscle mass.
4. Consult with a registered dietitian for personalized nutrition guidance.

8. Dehydration:

1. Drink plenty of water, herbal teas, or clear broths to stay hydrated.
2. Limit caffeine, which can contribute to dehydration.
3. Consider electrolyte-rich drinks or oral rehydration solutions if needed.

9. Bone Health: Chemotherapy can affect bone health.

1. Consume foods rich in calcium & vitamin D, such as dairy products, leafy greens, and fortified foods.
2. Discuss calcium and vitamin D supplements with your healthcare team if needed.