

## A Path to Brain Health

- |  |  |                                       |
|--|--|---------------------------------------|
| ❖ <b>Avocados</b> (Fresh & Oils)         | ❖ <b>Garlic</b> (Fresh, Ground +)        | ❖ <b>Seeds</b> (Chia, Flax, Quinoa +) |
| ❖ <b>Berries</b> (Blue, Black, Straw +)  | ❖ <b>Ginger</b> (Fresh, Ground +)        | ❖ <b>Tomatoes</b> (Fresh, juiced, +)  |
| ❖ <b>Broccoli</b> (fresh, steamed +)     | ❖ <b>Green Leafy Vegetables</b>          | ❖ <b>Turmeric</b> (Fresh, Ground, +)  |
| ❖ <b>Dairy</b> (Plain Yogurt, Kefir +)   | ❖ <b>Green Tea</b> (Fresh, Steep +)      | ❖ <b>Vegetables</b> (Cruciferous +)   |
| ❖ <b>Egg Yolks</b> (fresh, boiled +)     | ❖ <b>Legumes</b> (Lentils, Beans +)      | ❖ <b>Whole Grains</b> (Brown Rice +)  |
| ❖ <b>Fatty Fish</b> (Salmon, Mackerel +) | ❖ <b>Nuts</b> (Brazil, Walnuts +)        |                                       |
| ❖ <b>Fruits</b> (Citrus, Pomegranates +) | ❖ <b>Plant Proteins</b> (Tofu, Tempeh +) |                                       |



## Antioxidant-Rich, Anti-inflammatory & Neuroprotective Superfoods Fuel Brain Health and Fight Tumor Growth!



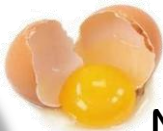
Blueberries, Turmeric, Broccoli, Green Tea, Garlic



Anti-Inflammatory Foods

Fatty Fish, Leafy Green Vegetables, Olive Oil (Extra Virgin), Walnuts, Ginger

## Battle Brain Cancer Naturally!



Neuroprotective Superfoods

Eggs, Pumpkin Seeds, Sea Vegetables, Avocados, Dark Chocolate (>70% Cocoa)



Immune-boosting Foods



Fermented Foods, Probiotic Rich, Micronutrient-Dense and Fiber-rich

JUST  
ADD  
TO

- ❖ **HEALTHY SNACKING**
- ❖ **OATMEALS & YOGURT BOWLS**
- ❖ **STEAMED SIDE-DISHES & BOWLS**
- ❖ **CLEAN VEGAN or MIXED ENTREES**
- ❖ **VEGI & PROTEIN SOUPS & STEWS**
- ❖ **YOGURT, FRUIT & DETOX SMOOTHIES**

**FRESH FIRST!**  
**THEN FIGHTBACK!**



SCAN ME

# FIGHTING THE GOOD FIGHT

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Diets focused on **anti-inflammatory, nutrient-dense & antioxidant-rich** foods can complement treatments for brain cancer, brain tumors and support of brain health. Nutrition alone cannot cure brain tumors, but purposeful diets help to manage side-effects, bolster immune systems, and promote overall recovery during and after conventional therapies.



Month of  
MAY

**Integrated East-meets-West, nutrient-class-diverse plan: Six Categories: (1 to 3)**

## **Supporting Foods for the Brain:**

Based upon Eastern practices (E.g., *Traditional Chinese Medicine “TCM”*) and up-to-date Western evidence from major cancer hospitals, nutrition resources & clinical dietitians, these six summary categories of foods are notable for their effects in support of brain cancer patients, supporting Eastern or Western treatments:

- 1. HEALTHY SNACKING:** Quick, portable, nutrient-rich options to keep inflammation low, brain energy steady, while supporting tumor-fighting resilience:
  - ❖ Raw walnuts, almonds, pumpkin seeds, or Brazil nuts (*selenium*).
  - ❖ Dark chocolate ( $\geq 70\%$  cocoa; *pairs with nuts for brain-boosting flavonoids*).
  - ❖ Fresh blueberries, strawberries, cherries, or grapes.
  - ❖ Pomegranate seeds eaten fresh or sprinkled on salads.
  - ❖ Carrot or cucumber sticks with hummus.
  - ❖ Dried mulberries or prunes (*in moderation for natural sweetness*).
- 2. OATMEALS & YOGURT BOWLS:** Easy add cancer-fighting seeds, berries, probiotics, healthy fats; 1 meal:
  - ❖ Ideal for incorporating cancer-fighting seeds, berries, probiotics, and healthy fats in one meal.
  - ❖ Oats topped with ground flaxseed, chia seeds, walnuts, blueberries, and cinnamon.
  - ❖ Quinoa porridge with pumpkin seeds, cherries, and coconut milk.
  - ❖ Plain unsweetened Greek yogurt or kefir with strawberries, pomegranate arils, sprinkle of flax/chia.
  - ❖ Warm oatmeal swirled with turmeric + pinch of black pepper, walnuts, and sliced banana.
- 3. STEAMED SIDE-DISHES & BOWLS:** Light cooking preserves phytonutrients; vegetables easier to digest.:
  - ❖ Steamed broccoli, kale, or Brussels sprouts drizzled with olive oil and lemon.
  - ❖ Steamed spinach with garlic and olive oil.
  - ❖ Steamed cauliflower tossed with turmeric and black pepper.
  - ❖ Miso-steamed Bok choy with sesame seeds.
  - ❖ Multi-veggie bowls: broccoli, carrots, red cabbage over quinoa or brown rice.

**Nutrition is part of an intentional, integrated approach to fighting cancer!**

# FIGHTING THE GOOD FIGHT

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**Antioxidant-rich, anti-inflammatory & neuroprotective superfoods**, are vital, distinct food classes that support brain health. Another food class that battles tumor growth is **Immune-Boosting Foods**; promote cellular-level immune function; help bodies recognize & destroy abnormal cells; offer essential nutrients for repair & resilience during cancer treatment.



Month of  
MAY

**Integrated East-meets-West, nutrient-class-diverse plan: Six Categories: (4 to 6)**

## **Supporting Foods for the Brain:**

For best results, rotate foods frequently; combine them into meals with other nutrient-dense, plant-based ingredients. Always confirm suitability with your care team, especially during active cancer treatment.:

- 4. CLEAN VEGAN or MIXED ENTREES:** Balanced main meals combining plant-based or clean animal protein with brain-protective produce.
  - ❖ Grilled salmon with roasted tomatoes and spinach.
  - ❖ Mediterranean quinoa salad: chickpeas, kale, cherry tomatoes, olive oil, herbs.
  - ❖ Avocado halves stuffed with black beans, pumpkin seeds, and cilantro-lime dressing.
  - ❖ Stir-fry using tofu, broccoli, mushrooms, garlic, and ginger over brown rice.
  - ❖ Lentil and vegetable pilaf with turmeric, carrots, and zucchini.
- 5. VEGI & PROTEIN SOUPS & STEWS:** One-pot meals blend & infuse cancer-fighting compounds together.
  - ❖ Turmeric-lentil vegetable soup with carrots, kale, and pumpkin seeds.
  - ❖ Minestrone with beans, spinach, zucchini, and extra virgin olive oil drizzle before serving.
  - ❖ Salmon and vegetable stew with garlic, onions, spinach, and tomato base.
  - ❖ Miso soup with wakame seaweed, tofu, mushrooms, and grated ginger.
  - ❖ Butternut squash and ginger soup with a sprinkle of flax seeds.
- 6. YOGURT, FRUIT & DETOX SMOOTHIES:** Blends for a concentrated hit of antioxidants, anti-inflammatory compounds, and probiotics.
  - ❖ Berry brain-boost smoothie: blueberries, spinach, flaxseed, kefir/yogurt, and cinnamon.
  - ❖ Green detox blend: kale, cucumber, green apple, lemon, ginger.
  - ❖ Avocado cacao smoothie: avocado, unsweetened cocoa powder, almond milk, and chia.
  - ❖ Pomegranate-cherry blend: pomegranate juice (*unsweetened*), frozen cherries, turmeric, black pepper, and coconut milk.
  - ❖ Citrus immunity smoothie: orange, grapefruit, ginger, and Greek yogurt.

**Nutrition is part of an intentional, integrated approach to fighting cancer!**

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**No single food can cure brain cancer, but evidence supports holistic diets as one important action in support of the best possible outcomes during and after brain tumor treatments.**

**Proactive opportunity to functionally integrate diet rich in known brain-supportive foods.**

<b><u>TARGET FOOD</u>*</b>	<b><u>Nutritional Content</u>*</b>	<b><u>Benefits/Mechanism</u></b>
Blueberries	Anthocyanins, Resveratrol, VIT C & K	Antioxidant, anti-inflammatory
Broccoli	Sulforaphane, Vitamins C, A and K	Detox, inhibits tumor growth
Spinach	Carotenoids, folate, VIT C, E and K, Flavonols, Magnesium, Iron, Fiber	DNA repair, supports immunities, anti-inflammation, antioxidants
Kale ( <i>Leafy Greens</i> )	VIT K, lutein, beta carotene, folate	Brain cell protection
Tomatoes	Lycopene, Beta-Carotene, VIT C, K, E	Reduced oxidative damage
Salmon ( <i>Fatty Fish</i> )	Omega-3 fatty acids (DHA & EPA)	Anti-inflammation, brain health
Walnuts	Omega-3s, Antioxidants, Polyphenol	Lower inflammation, + cell repair
Flaxseeds	Omega-3s (ALA's), Lignans, LO-B3	Anti-cancer, support cell repair
Pomegranates	Ellagitannins, Polyphenols, Tannins	Inhibits cancer cells, apoptosis
Green tea	EGCG catechins, L-theanine aminos	Antioxidant, inhibit tumor growth
Turmeric	Curcumin, turmerone	Potent anti-inflammatory
Garlic	Allicin, sulfur compounds, FruArg	Immune-boosting, anti-cancer
Lentils/Beans	Fiber, protein, folate, polyphenols	Boost gut health, supply energy
Avocado	Healthy mono-unsat fats, vitamin E	Supports brain cell integrity
Virgin Olive Oils	Monounsaturated fats, polyphenols	Reduce inflammation
Brazil Nuts	Selenium, Ellagic Acid, Magnesium	Immunity, DNA repair
Plain yogurt/kefir	Probiotics, VIT D, Bioactive Peptides	Gut and immune health
Egg yolks	Vitamin D, choline, B6 and B12	Brain cell structure
Strawberries	Ellagic acid, VIT C, Anthocyanins	Antioxidant, anti-cancer
Chia seeds	Omega-3s, fiber, bioactive peptides	Anti-inflammatory, energy

**\* This diverse food list is an example only; and is not intended to be exhaustive list. Many foods support a healthy brain naturally, also serving as a complement to treatment protocols. Ask to help your own fight!**

**Nutrition is part of an intentional, integrated approach to fighting cancer!**



# FIGHTING THE GOOD FIGHT

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While comprehensive studies specifically targeting Brain Cancer remain limited, the anti-carcinogenic properties of various raw foods and ingredients (*E.g., fiber, polyphenols, & antioxidant content*) suggest potential protective benefits against various cancer types through mechanisms, such as immune system enhancement and inflammation reduction.

**Why This Works:** This categorization gives a practical meal framework to naturally rotate through the 4 main cancer-fighting food classes we discussed earlier (*Page 1*):

- ❖ **Antioxidant-rich:** *Protect your body's cells from oxidative damage, strengthen the immune system, and help lower the risk of chronic diseases, including brain cancer.*
- ❖ **Anti-inflammatory:** *Reduce a body's chronic inflammation, support immune balance, and lower the risk of diseases, including brain cancer.*
- ❖ **Neuroprotective:** *Preserve and protect brain cells, support cognitive function, and reduce the risk of neurodegenerative diseases and brain-related cancers.*
- ❖ **Immune-boosting:** *Strengthen body-defenses, support white blood cells, help protect against infection & chronic diseases; supply essential vitamins, minerals, compounds.*

***It is not just knowing which foods to eat; It is knowing exactly how to eat them daily.***

## Best Foods - Natural Nutrition to Support Fight Against Brain Cancer or Tumors

**NOTE:** Adopting a diet focused on **anti-inflammatory**, **nutrient-dense**, and **antioxidant-rich foods** support brain health and complement brain cancer treatments for tumors. Nutrition alone cannot cure brain tumors, but healthy diets can help manage side-effects, bolster immune systems, promote recovery during and after conventional brain cancer therapies.

**Flood Your Body  
With Antioxidants**

*Defend, Repair, and Heal!*

**Intentionally Eat  
Anti-Inflammatory**

*Cool Flames; Fight Tumors!*

**Nutrition Up with  
Neuroprotective**

*Protect, Repair, Thrive!*

**Naturally Fight with  
Immune Boosters!**

*Energize, Protect, Conquer!*

**Fighting Brain Cancer** is a journey that demands every available ally. The foods you choose each day can be a powerful part of your treatment plan. ***Help the Healing!***

- ❖ By embracing a lifestyle rich in antioxidant-packed berries, anti-inflammatory vegetables and spices, neuroprotective healthy fats, immune-boosting fermented foods, and select nourishing proteins, you create a nutritional environment that supports your body's natural defenses, sustains brain health, and works alongside medical treatments.

— ***Never in place of them!***

- ❖ Colorful plates and mindful meals are an opportunity to fuel a brain's healing, fortify its resilience, and improve quality of life. Think of each bite as a small but intentional act of strength; ***Honor both the science of nutrition and the hope that drives you forward!***

**Nutrition is part of an intentional, integrated approach to fighting cancer!**

# FIGHTING THE GOOD FIGHT

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These lifestyle “7 Do’s” and “7 Don’ts” may help reduce risks and support treatment & healing of Brain Cancer, improving overall health; Objective to support of optimal outcomes for battling Brain Cancer.

## BRAIN CANCER LIFESTYLE RECOMMENDATIONS

### BRAIN CANCER: 7 DO’s



EAT ORGANIC WHEN POSSIBLE!

1. **Eat a plant-rich, diverse diet:** : Prioritize antioxidant-rich berries, leafy greens, cruciferous vegetables, healthy fats, nuts, seeds, and fermented foods to help fuel brain recovery and to lower inflammation.
2. **Maintain regular physical activity:** Incorporate gentle movement - walking, stretching, yoga, or light exercise - to boost circulation, mood, and resilience, as tolerated.
3. **Support gut health:** Include plain yogurt, kefir, and other probiotic-rich foods daily to increase beneficial gut bacteria and support immune function.
4. **Stay hydrated:** Drink adequate water; limit sugary, caffeinated beverages to maintain brain/body health.
5. **Manage stress proactively:** Practice mindfulness, meditation, relaxation techniques; leverage Eastern and Western practices and supportive counseling to reduce anxiety; to enhance emotional well-being.
6. **Prioritize sleep:** Aim for consistent, restorative sleep; respect your body’s need for healing and energy.
7. **Work closely with your medical team:** Follow recommended treatments, attend appointments, share concerns promptly, discuss complementary approaches to ensure safe, effective care. (*East and West*)

### BRAIN CANCER: 7 DON’T’S

AVOID SIMPLE FATS & SUGARS!

1. **Don’t rely solely on Western, Eastern or Alternative therapies:** Always use complementary nutrition and lifestyle approaches alongside - not instead of - conventional medical and alternative cancer care.
2. **Don’t consume highly processed foods:** Avoid refined sugars, packaged snacks, fried foods and excess red meat, which can increase inflammation and hinder recovery. Consider foods known to fight cancer.
3. **Don’t smoke or use tobacco:** Smoking raises cancer risks, interferes with healing; worsens prognosis.
4. **Don’t abuse alcohol:** Limit/avoid alcohol; it impairs immunity, adds toxicity & interacts with treatments.
5. **Don’t ignore symptoms/side-effects:** Report new/worsening issues to healthcare providers right away.
6. **Don’t neglect emotional health:** Reach out for support; isolation and untreated distress can impact outcomes and quality of life.
7. **Don’t make abrupt dietary or supplement changes:** Always consult your oncology and nutrition teams before starting new regimens, supplements, or major diet shifts.

Embracing these core lifestyle strategies offers active support for brain cancer treatment, enhances overall health and empowers healing - giving you safest, strongest foundation for optimal outcomes.

In summary, no single food can cure brain cancer, but a diet rich in diverse, plant-based superfoods with high antioxidant contents offers meaningful support in fighting brain tumors and safeguarding healthy brain cells. **Consider EAST meets WEST treatments!**

**Nutrition is part of an intentional, integrated approach to fighting cancer!**