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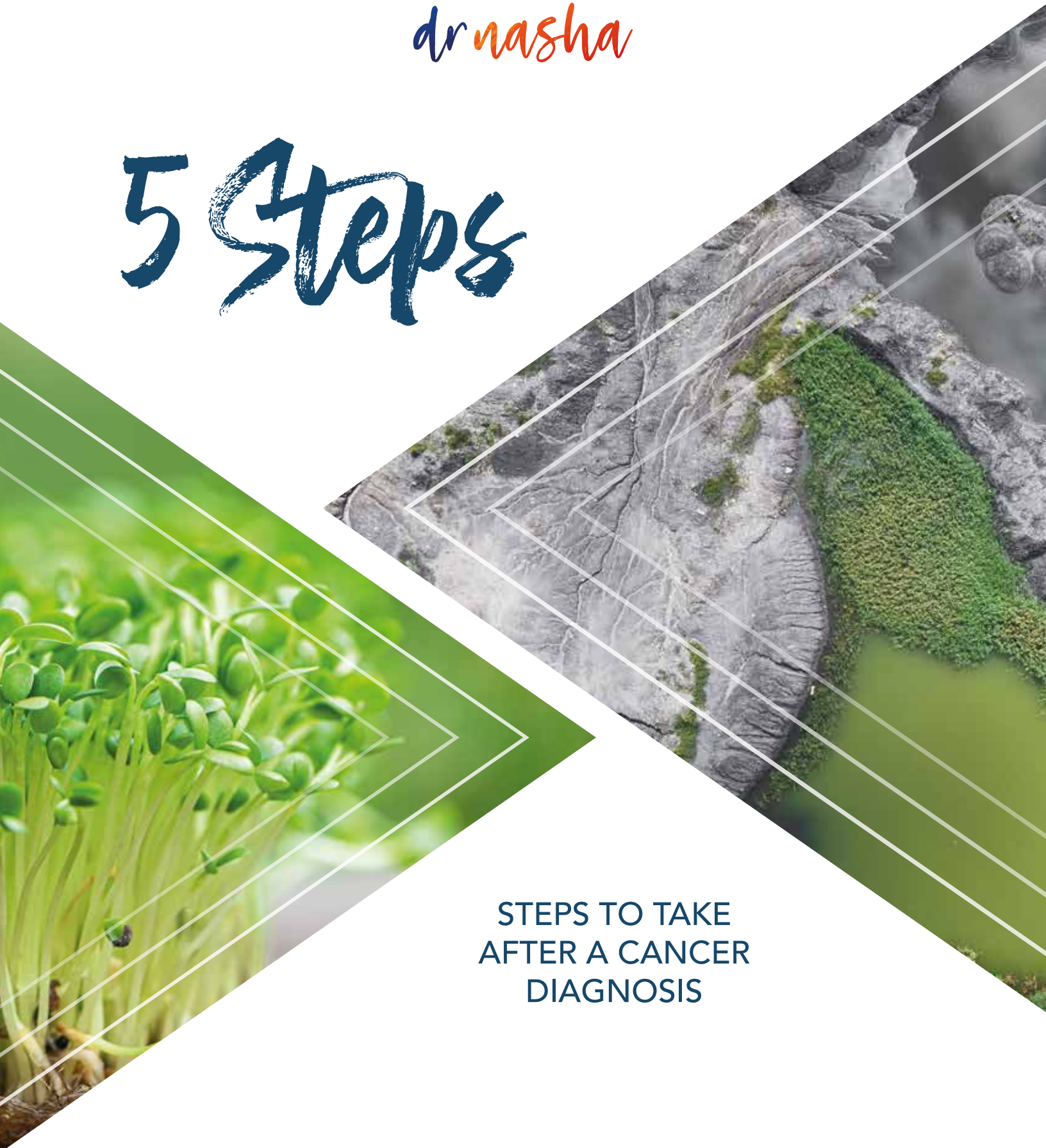
5 Steps

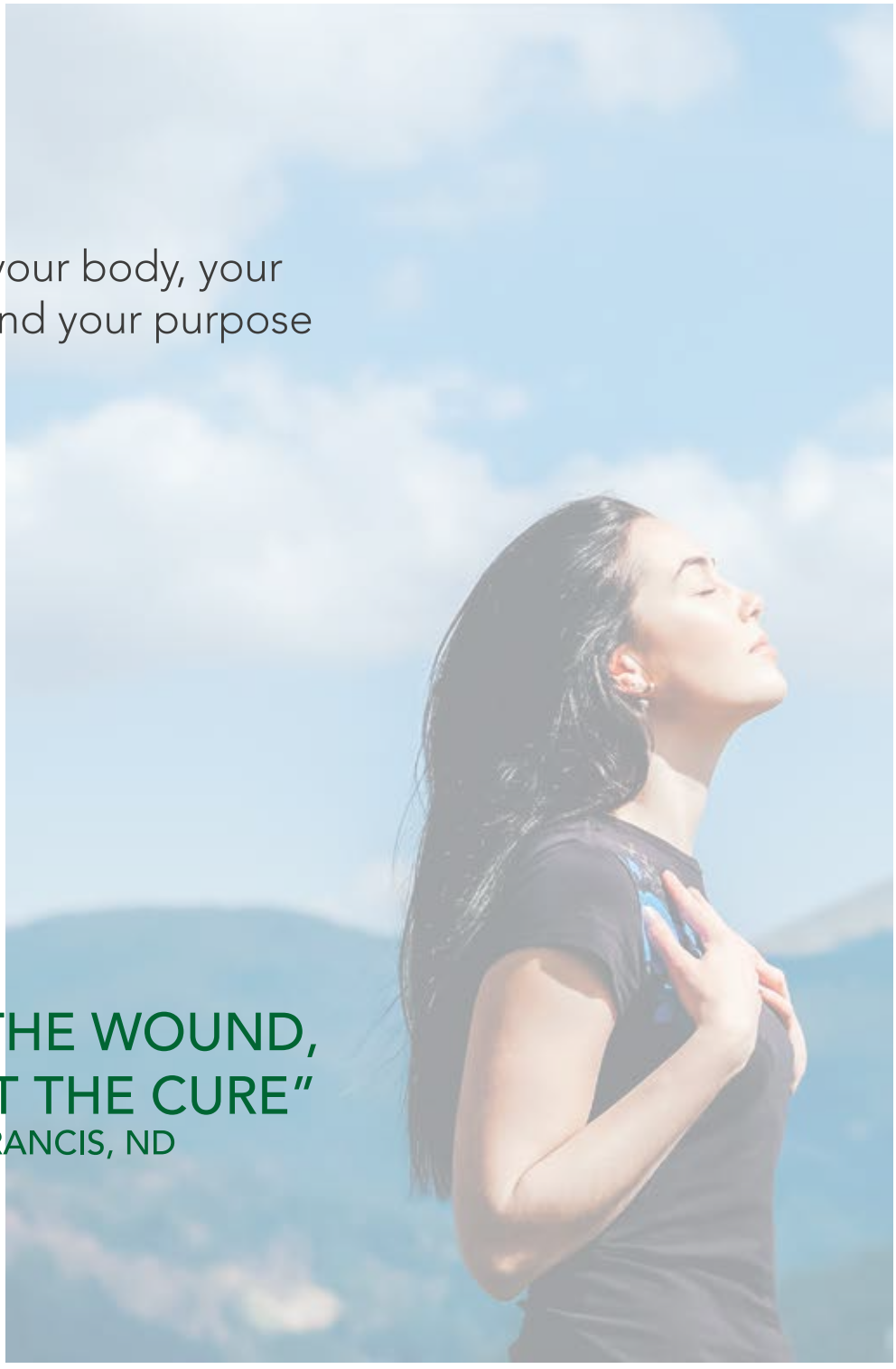


STEPS TO TAKE
AFTER A CANCER
DIAGNOSIS

Step 1

STOP.
BE STILL.
BREATHE.

Get in tune with your body, your mind, your soul and your purpose



"BREATH IN THE WOUND,
BREATH OUT THE CURE"
- DEBRA FRANCIS, ND

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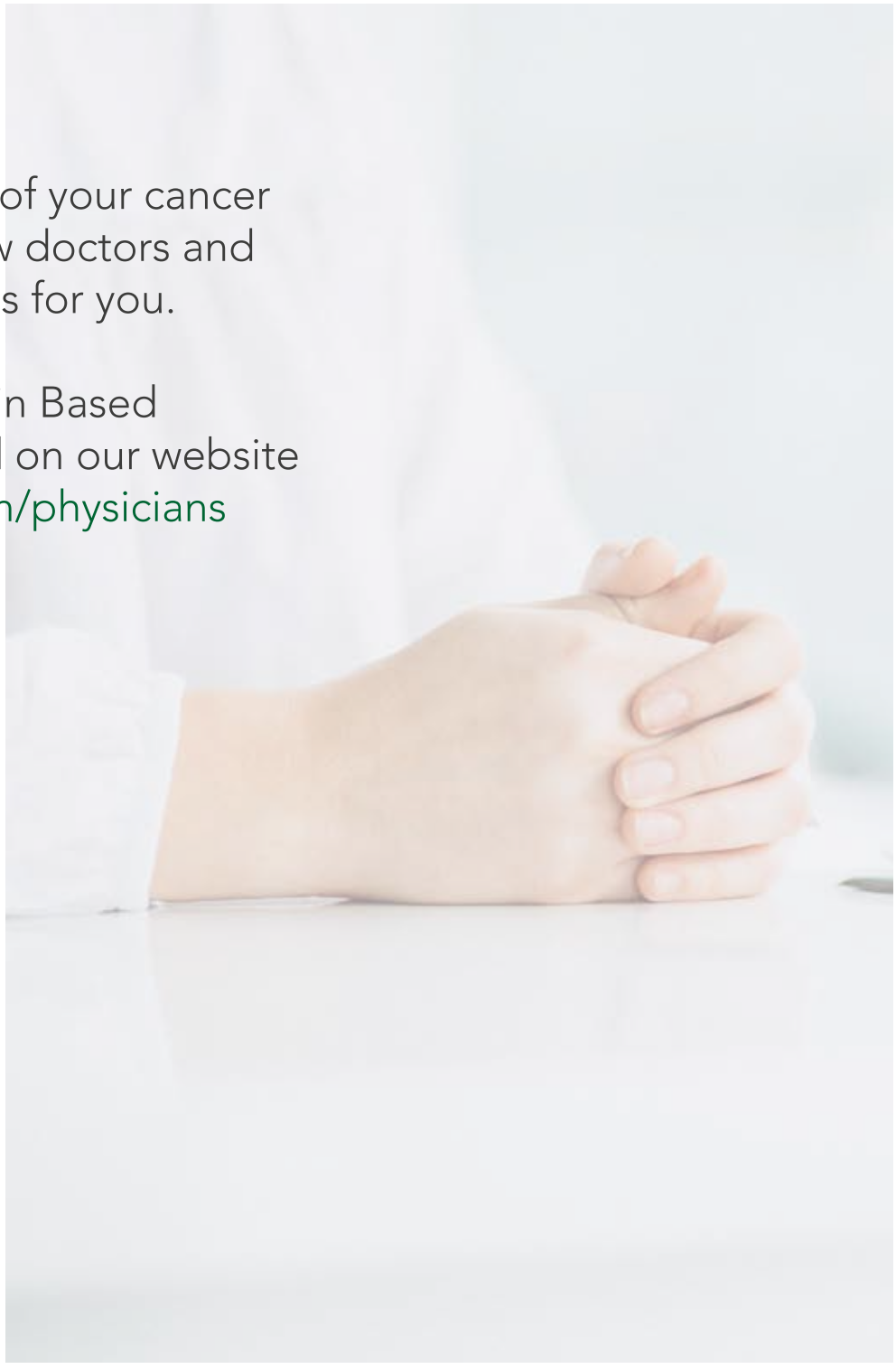
Step 2

INTERVIEW DOCTORS

You are the CEO of your cancer journey. Interview doctors and find the right ones for you.

Including A Terrain Based Practitioner listed on our website www.drnasha.com/physicians



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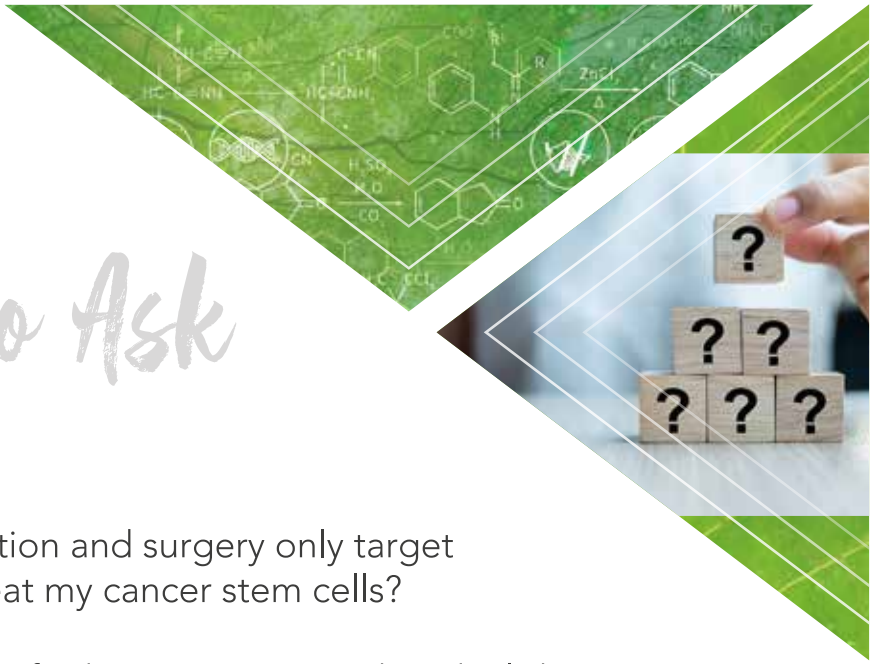
Interview Questions to Ask



1. Since chemotherapy, radiation and surgery only target symptoms, how will you treat my cancer stem cells?

2. How do you plan to prevent further DNA or mitochondrial damage to my healthy cells?

3. What are your expectations of and rationale for this treatment?

4. What is your overall expectation for this course of treatment: Cure? Improved quality of life?

5. What are the possible risks and how will the medical team address possible adverse consequences?

6. Are there treatments you cannot provide? What would you consider doing if you had my disease? 7. What would my course of disease progression be if I choose to do nothing you recommend? (What would my survival time be, for example?)

8. Are you open to integrative therapies and willing to work with my integrative oncology experts?

9. What experience and training do you have with integrative oncology, nutrition, or integrative medicine in general?

10. Are you available and willing to communicate with my entire team and be supportive of my personal choices?

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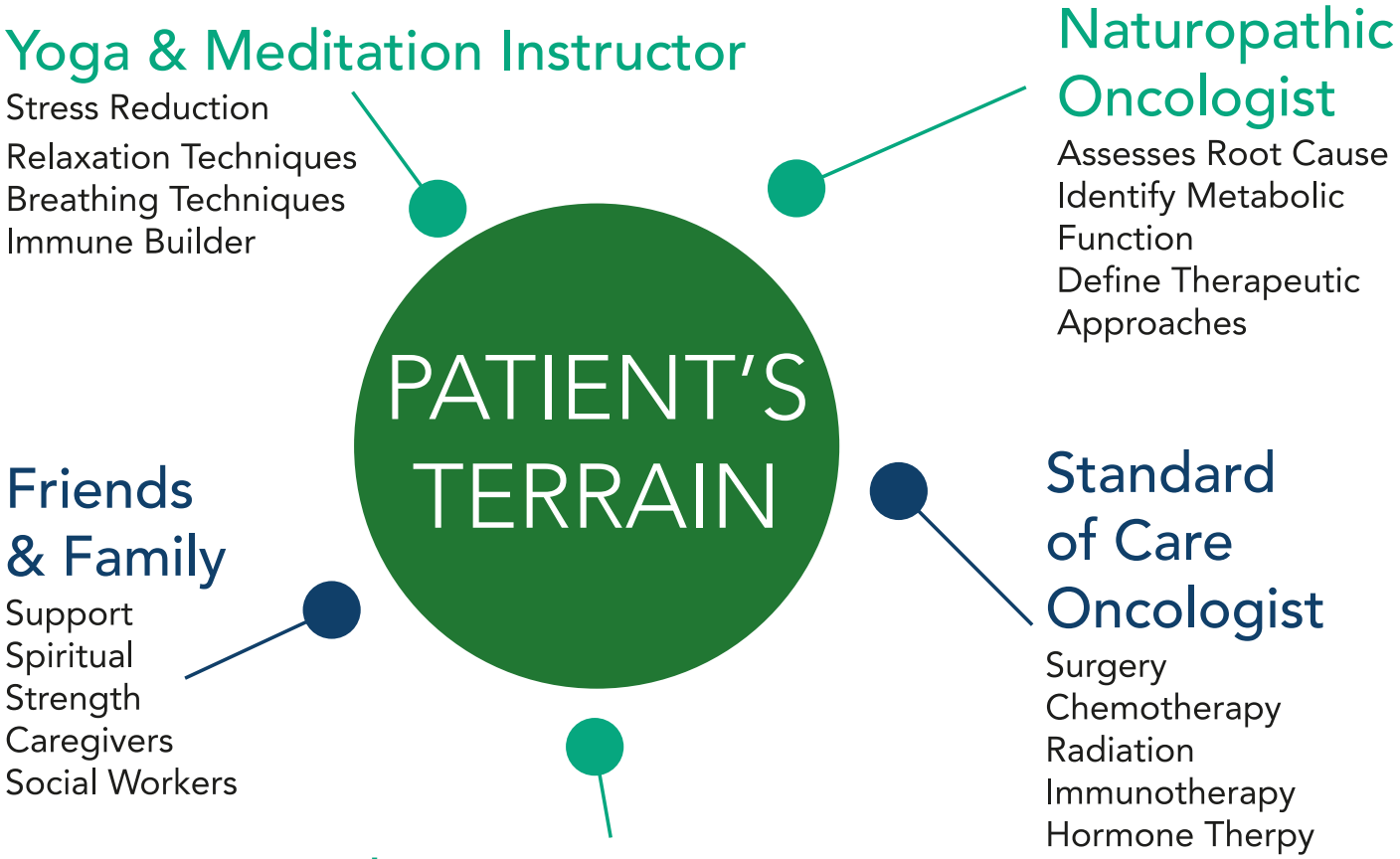
Step 3

ASSEMBLE A TEAM

A sense of helplessness fuels cancer. Empowerment is the key to success. A team of people to support the patient through their journey with cancer. Every patient should feel like they have a focused plan of action that is specific to them. That plan should include conventional, non-conventional and a therapeutic diet, herbs, supplements, and lifestyle interventions and spiritual advisors and support along with a patient advocate.



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Step 4

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COMPREHENSIVE TESTING

Before beginning any treatment have comprehensive lab testing done to determine the correct bio-individualized approach to that addresses specific your terrain.

- Terrain Ten Quiz
- Terrain lab testing
- Genetic testing
- Liquid and tissue biopsies

THE TERRAIN TEN

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Step 5

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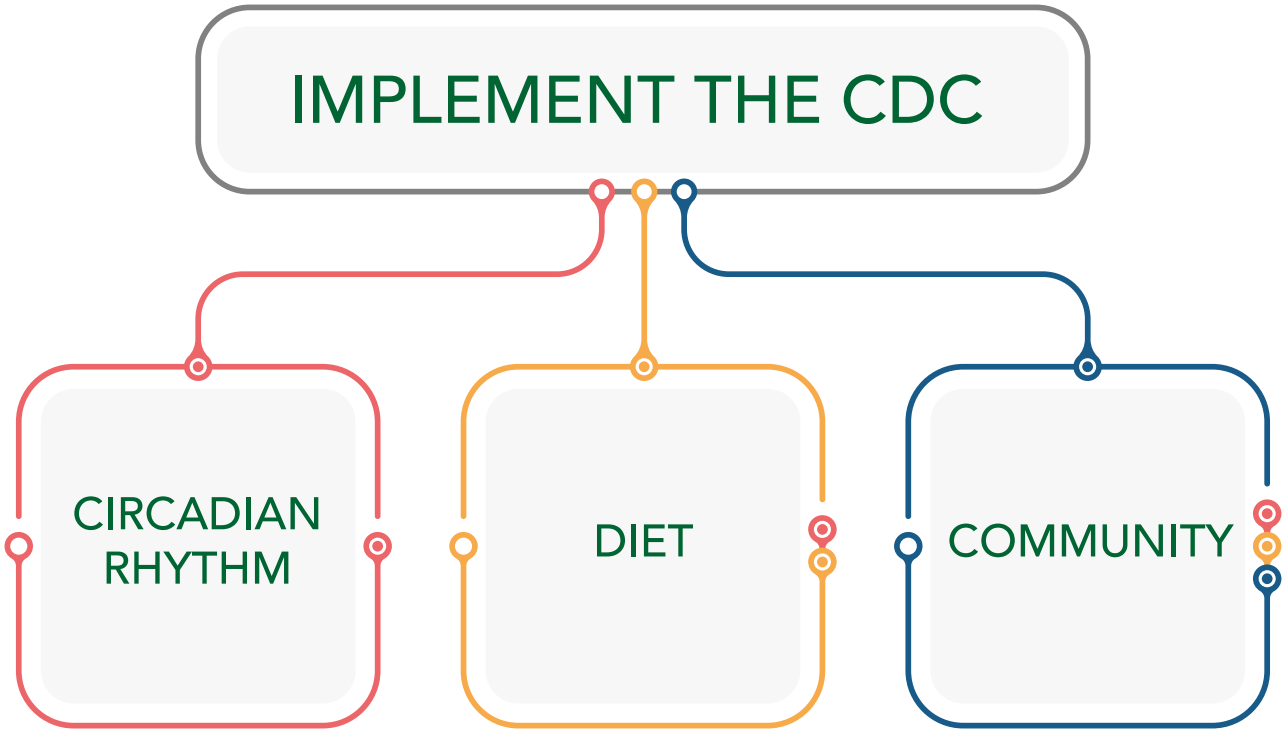
ADAPTABILITY

Adaptability is the Key To Longevity

Implement the CDC
(circadian rhythm, diet & community)
to create adaptability & flexibility.



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Circadian Rhythm

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A cancer diagnosis itself can cause one to lose sleep, fueling the cancer.

Work improving sleep and relaxation practices such as breath, mindfulness.

- Turn off the bright lights
- Spend the day in nature
- Reduce blue light exposure
- Get blue light blockers glasses
- Reduce screen time and TV time
- Reduce night shift work if possible
- Listen to meditation tapes
- Wim Hoff breathing exercises

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Diet

DRASTICALLY REDUCE GLUCOSE

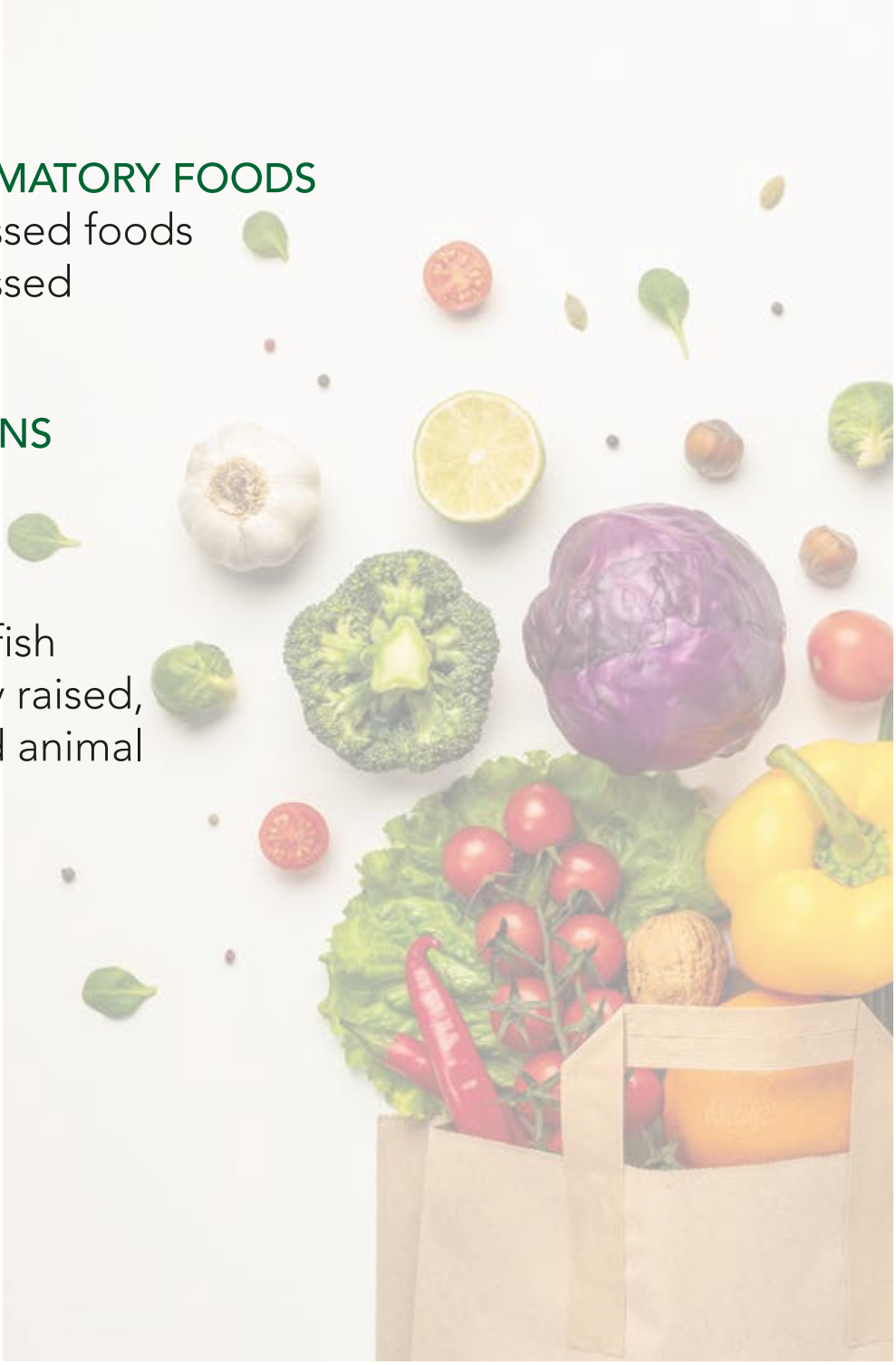
- Sugar
- Carbs

REDUCE INFLAMMATORY FOODS

- Eliminate processed foods
- Eliminate processed vegetable oils

HEALTHY PROTEINS

- Eat Organic, regenerative, grass-fed meats
- Eat wild caught fish
- Eliminate factory raised, corn fed, soy fed animal sources raised with antibiotics



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Metabolic Flexibility

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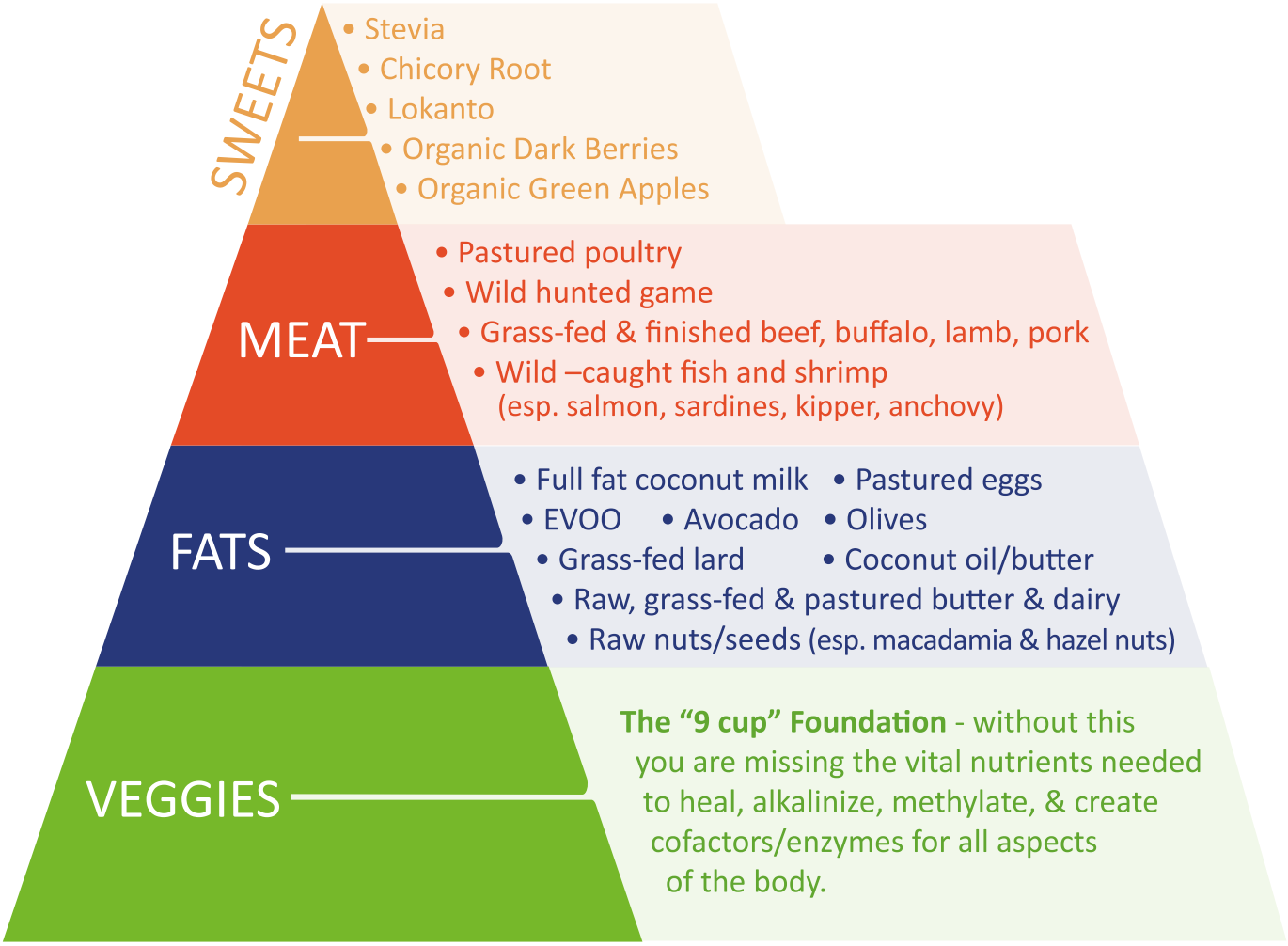

3 cups leafy greens: spinach, chard, kale, collards, bok choy, romaine, arugula, etc.
3 cups colorful veggies: onions, garlic, leeks, mushrooms, asparagus, beets, artichokes, etc.
3 cups cruciferous veggies: broccoli, cauliflower, Brussels sprouts, collards, cabbage, kale, etc.
Also, Spices & Herbs: turmeric, garlic, onions, cinnamon, basil, thyme, oregano, coriander, cumin, cayenne, mint, etc.

**Thanks to Dr. Terry Wahl's for coining the 9-cup foundation*

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Community

One of the marvelous things about community is that it enables us to welcome and help people in a way we couldn't as individuals. When we pool our strength and share the work and responsibility, we can welcome many people, even those in deep distress, and perhaps help them find self-confidence and inner healing.

- Jean Vanier, founder L'Arche

Welcome

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