CONQUERING CANCER
101 HOW I'M HELPING MY BROTHER FIGHT CANCER
AND WHAT I'D SHARE WITH YOU
AS YOUR FRIEND AND COACH
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1. GENES VS. HABITS

2. STATISTICS: LONG TAIL

3. EMPOWERED MINDSET

4. THE TERRAIN

5. NUTRITION

6. MOVE + EXERCISE + SLEEP

7. ALCHEMIZE STRESS

8. ENVIRONMENT

9. THE TEAM

10. CRISIS + DOSE + LIFE FORCE

OPTIMIZE ME
1. Do you have gene-based vulnerabilities?

2. Do you tend to believe in the myth of genetic dominance?

3. Which healthy lifestyle choices/habits currently influence how you feel?

4. Anything you’re currently working on to improve it?

5. Any ‘blind spots’ that might need a closer look?
1. WHAT'S THE INFO?

2. WHAT DOES YOUR LIFE LOOK LIKE IN THE LONG TAIL?

YOU ARE UNIQUE AND CAN LEAVE THE NORMAL STATISTICAL CURVE
1. In which situations do you currently feel helpless and where do you feel empowered?

2. In which other areas of your life do you feel empowered?

3. What can you adapt or transfer to your current situation?
1. How'd you describe the current condition of your **inner terrain**?

2. What's the status of the cancer's **supply lines**?

3. How can you **cut it off**?
SUGAR/FLOUR
How can you eliminate/replace sugar & flour?

OMEGA 3:6
How will you reduce inflammation?
Get your omega 3s and 6s in balance
(ω-3 veggie oils + factory-farmed animals)

PROTEIN
5 g/lean body mass + limit animal protein

SHOPPING CHECKLIST TO GO
FIGHTERS IN

CRUCIFEROUS VEGETABLES
- Brussels sprouts
- Cabbage
- Broccoli
- Cauliflower
- Kale
- Chard, collard greens
- Garlic
- Leeks
- Onion
- Green tea
- Raspberries (limited)
- Huge salad!
Conquering Cancer 101

Move + Exercise + Sleep

The Worksheet

Move

How can you make sure to move on a regular basis? (Pro tip: set a timer)

Exercise

What kind of exercise do you want to check with your doctor and step it up?

Sleep

How can you improve your sleep? Think of reducing bright lights at night?
SERENITY PRAYER

God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.

What do you need to accept?

How can you cultivate your serenity?

What can you change?

How can you cultivate courage?
1. Environmental toxins in your home? (Cook food in plastic?!) - What are the alternatives?

2. Create a new lifestyle - Get rid of what doesn't belong there!

What needs to go when creating an environment that supports the new lifestyle?
Find micro-moments of positivity where you appreciate and connect with your team. Got some lately?

Integrative MD?

Nutritional philosophy?

Ask the right questions: What were the answers?

Differences between acute vs. chronic issue

Who are the experts on your team?
CRISIS + DOSE + LIFE FORCE

THE WORKSHEET

CRISIS

WHAT'S THE OPPORTUNITY?

DANGER OPPORTUNITY

LIFE FORCE

WHAT COULD YOU BE DOING TO LET THE LIFE FORCE COME THROUGH YOU?
WHAT'S YOUR BIGGEST IDEA?

RECAP IN YOUR OWN WORDS OR VISUALS

SHARE WITH SOMEONE