

REDUCE THE BURDEN ON YOUR LYMPHATIC SYSTEM THROUGH WHOLE FOODS NUTRITION

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SUPPORTIVE CANCER CARE



InspireHealth

- Not-for-profit charity, founded in 1997
- Health Professionals funded through the BC Ministry of Health – 2/3 of funding; rest from fundraising and donations
- No-Fee since April 2015
- Over 8,000 patient and support members served
- Current capacity of 2000 new cancer patients per year (and growing!)



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Our Philosophy at InspireHealth

- The individual, their mind, and their choices make the biggest impact on one's own health.
- We educate and empower individuals to make changes appropriate to them – where they are at, what they are willing and able to change.
- We support people with cancer and their families to play an active role in their own care.

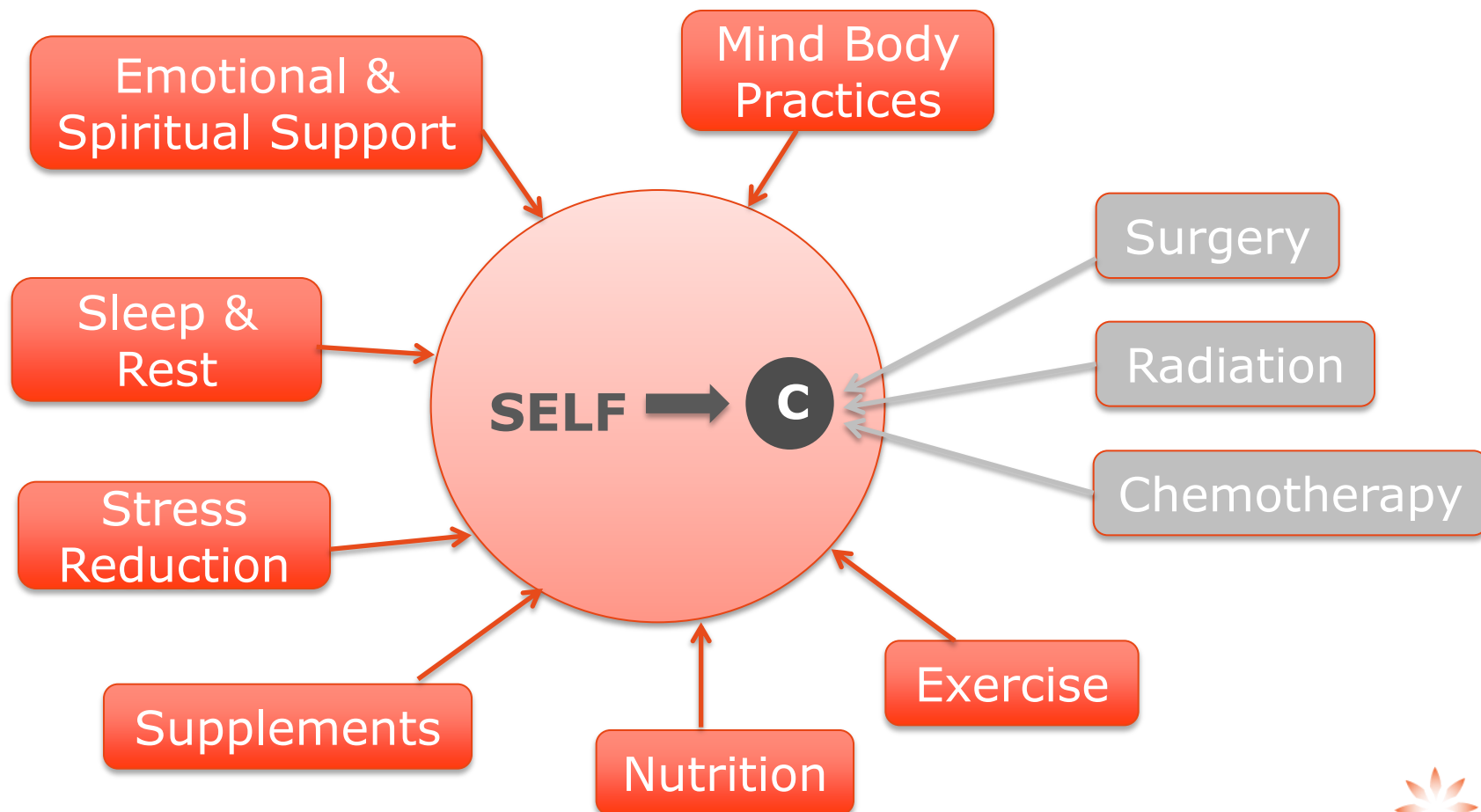


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Supportive Cancer Care Model





Today's Agenda

- Supporting Your Body's Barrel
 - types of stressors our body has to deal with
 - decreasing the burden overall
 - supporting the other detoxification systems in the body therefore decreasing the burden on the lymphatic system
- Action steps to move towards balance
- Keeping in mind the 80/20 rule, gradual tweaks to our everyday lifestyle
- How InspireHealth may be a good fit with you

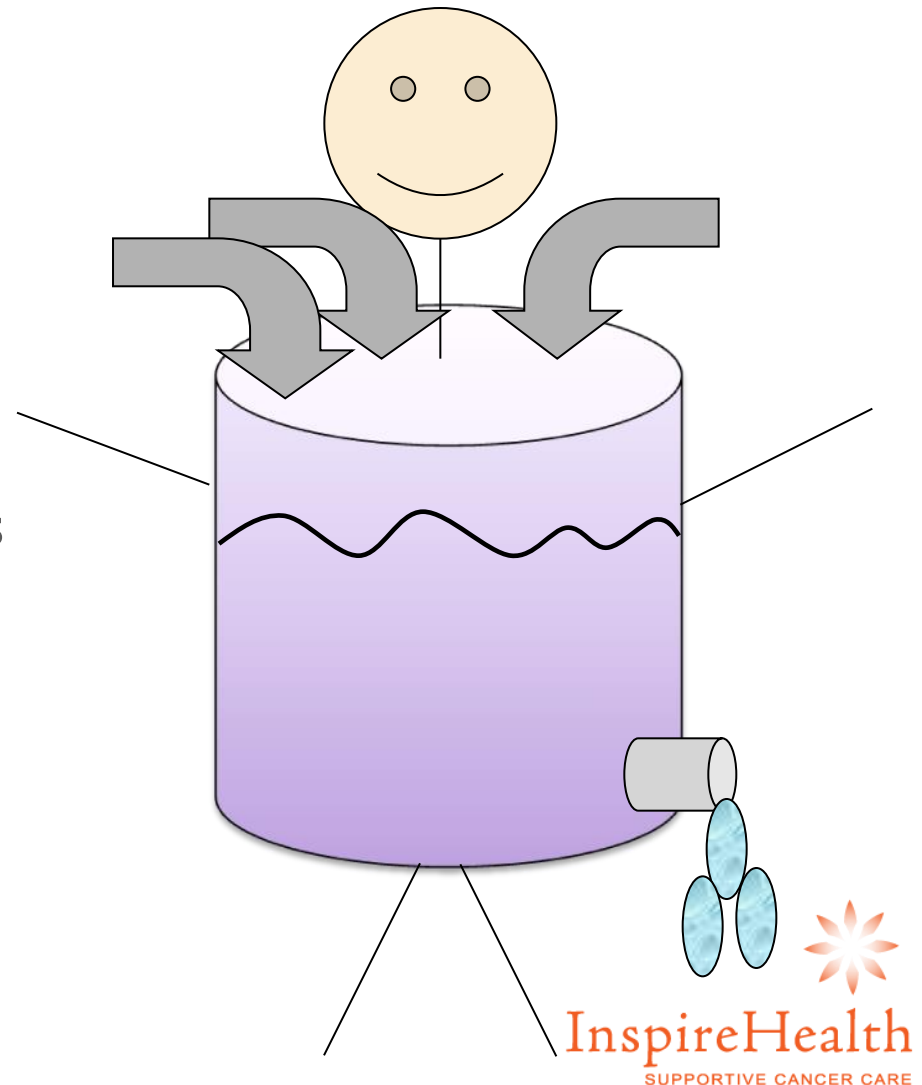


How Our Body Copes Every Day

We put stuff in our barrel

- Some beneficial
 - Nutrients, oxygen, love
- Some detrimental
 - Toxins, chronic stresses

Our body processes, uses what it can, eliminates the rest.





Imbalance in the Body

- If we have high amounts of toxins/stressors/ waste, and/or a limited capacity to eliminate these from the body, it can become overwhelmed.
- Symptoms and disease can result.
- This adds to chronic states like excess inflammation, excess stress, and depressed immune function.





What is Our Body Dealing With?

Food Stresses

- refined carbohydrates, altered fats and proteins, additives, preservatives, alcohol, caffeine, artificial colours/sweeteners/flavours

Lifestyle Stresses

- too little/too much sleep, shallow breathing, skipping meals, eating on the go, too much stimulation, negative people

Emotional and Mental Stresses

- family, job, financial, unfulfilled, not enough fun, grief, guilt, worry, not putting yourself first





What is Our Body Dealing With?

Physical Stresses

- under or over-exercising, physically demanding or repetitive job, poor posture, high heels, poor mattress, purses and backpacks, driving

Immune Stresses

- detrimental viruses, bacteria, & germs, exposure to allergens, sugar, chronic infections, excess antibiotic use/exposure

Chemical and Environmental Stresses

- petrochemicals/plastics, smoking, toxins in our water/air/soil, chemicals in our personal care or cleaning products, light before bed



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Once there, the body has two options

1. Remove from the Body

- Move around through blood and lymph
- Process and detoxify through the liver
- Eliminated through
 - ✓ The skin via sweat
 - ✓ The kidneys and bladder via urine
 - ✓ The colon via feces
 - ✓ The lungs via breath
 - ✓ The uterus via menstruation
 - ✓ The mind via conscious thought and choice

→ Only if these are open and moving



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Once there, the body has two options

2. Keep In The Body

- As fat cells
 - Move toxins into adipose fat tissue, including brain and breast tissue
 - Body may make more fat to store excess toxins
- Constantly moving toxins through again and again
 - Continuous work for lymph, blood system, detox organs
- Use as raw materials and fuel
- Suppress or stew over mental/emotional issues





What Can This Contribute To?

- In excess, extra work for our bodies, often beyond its capacity.
- Instead of proactive cleaning and tidying, contributes to reactive responses, unable to keep up with everyday functions.
- Imbalance of chronic stress, chronic inflammation, maldigestion, and overwhelm – mentally, emotionally, and physically.





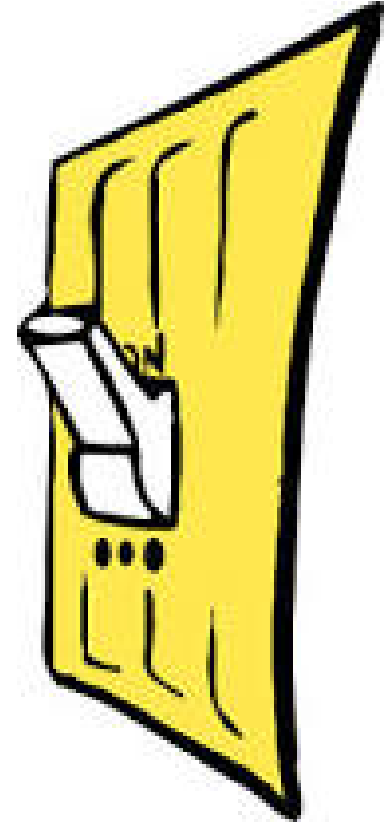
An Unbalanced ANS – Chronic Stress

Sympathetic - Stressors

- fight, flight, freeze
- increased heart rate and blood pressure, dilation of lungs, muscle contraction, digestive emptying
- reactive immune system

Parasympathetic - Relaxors

- rest, digest, repair
- get into healing sleep, absorption of nutrients, tidying and healing, etc
- proactive immune system





What Can You Do To Balance Your Barrel and Decrease Burden on the Lymphatic System?



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1. Move Towards a Whole Foods Diet

Grow

Raise

Harvest

Hunt

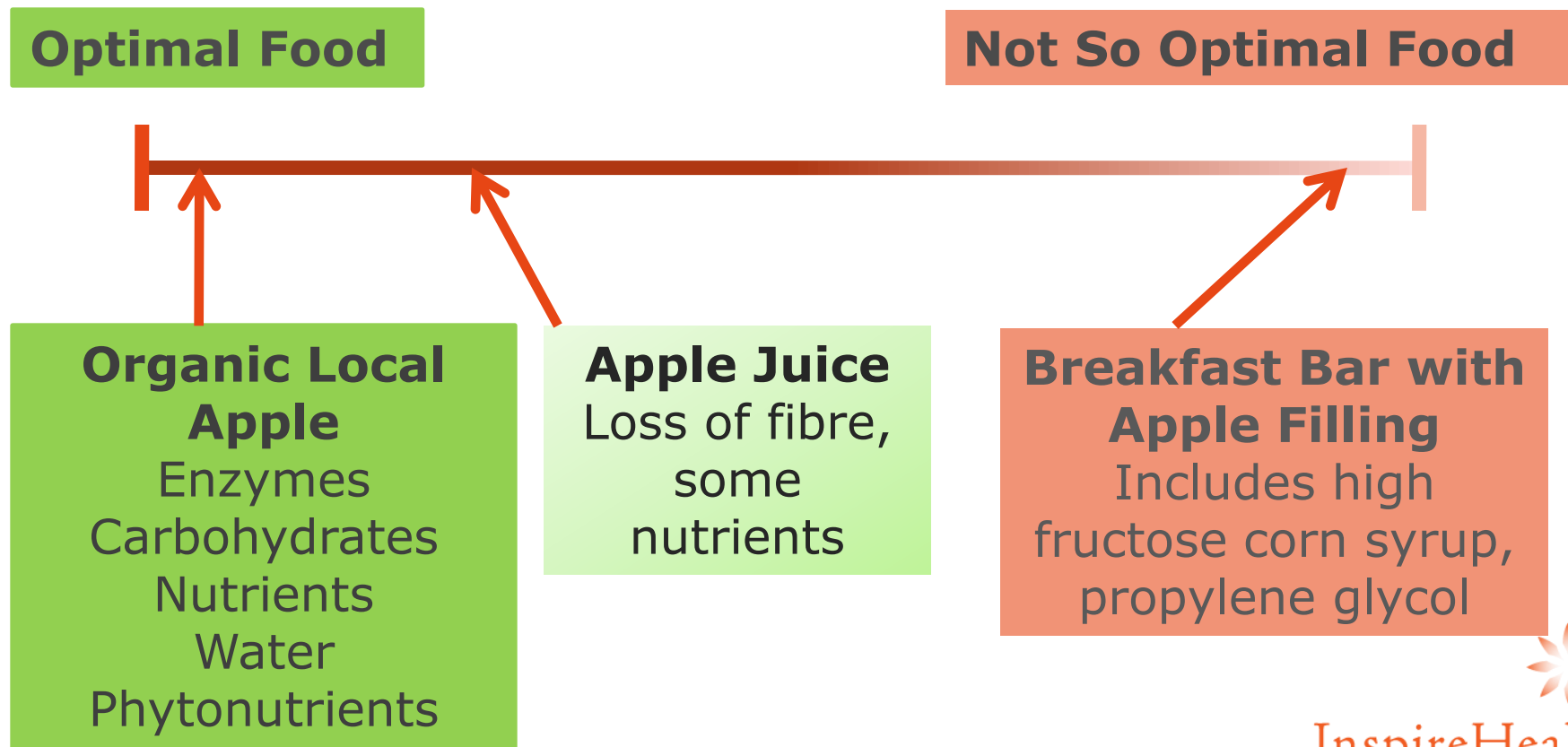
Whole foods come complete with all the parts and pieces we need to break them down, absorb what we need, and get rid of what we don't.



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Move up the Whole Foods Spectrum





Focus on Nutrient Rich Plant Foods

Vegetables, fruits, herbs, and spices contain

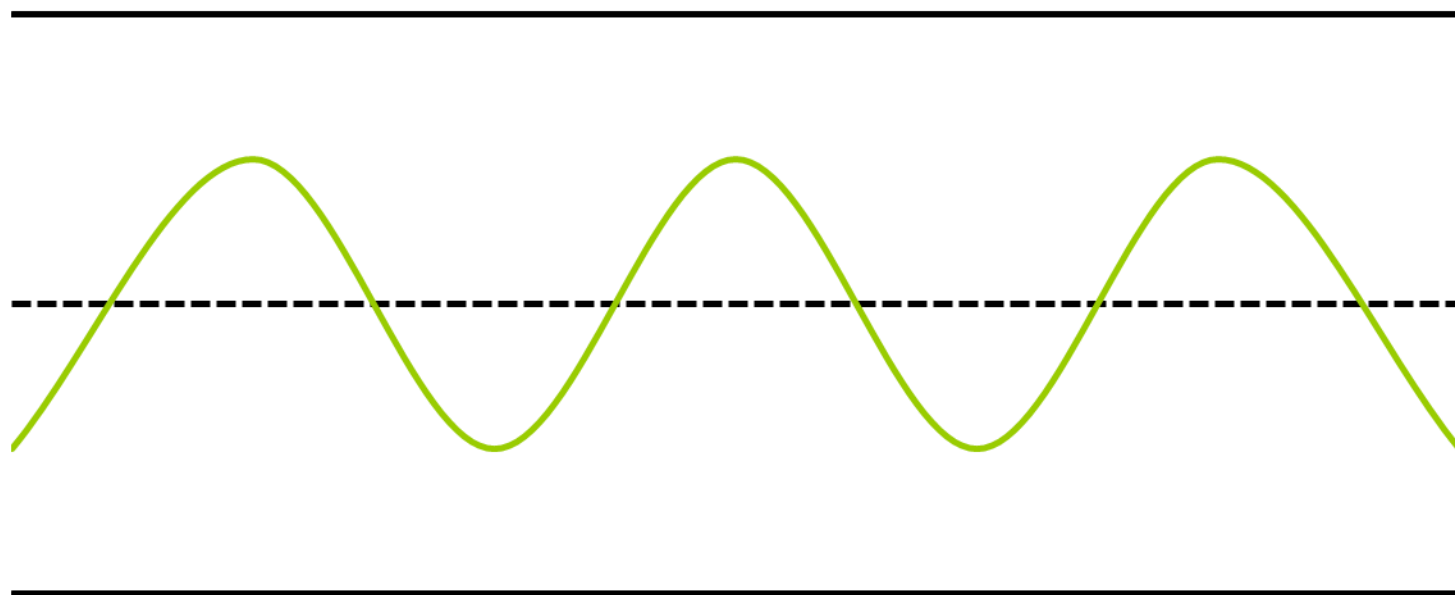
- Fibre – for slowing blood sugar release, feeding our good bacteria, and pulling toxins out of the body
- Anti-oxidants – to prevent damage from occurring
- Anti-inflammatory properties – to combat chronic inflammation



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2. Naturally Control Your Blood Sugar



Low glucose upon
waking; eat
balanced breakfast

Use up morning
glucose; eat snack

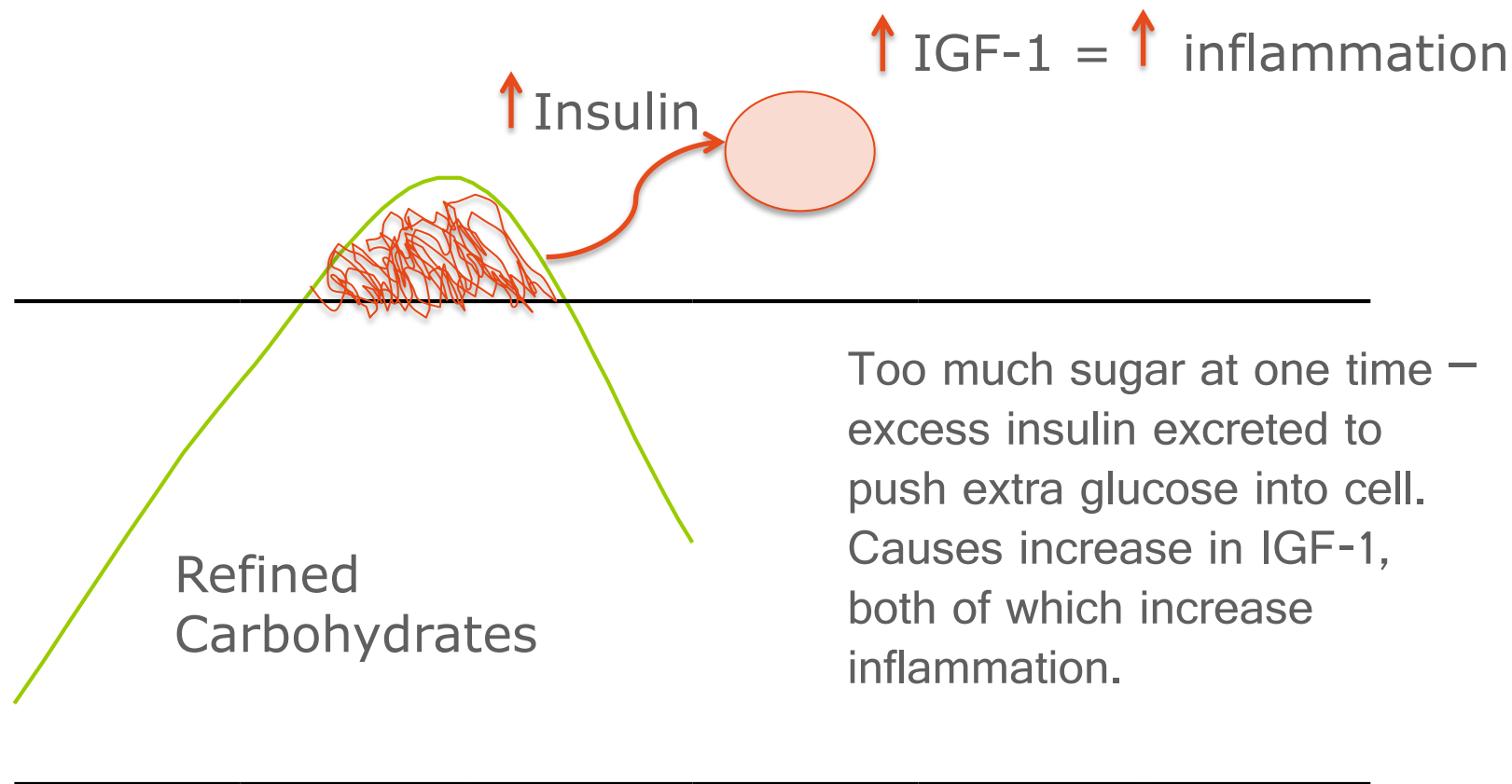
Use up snack
glucose; eat lunch,
etc.



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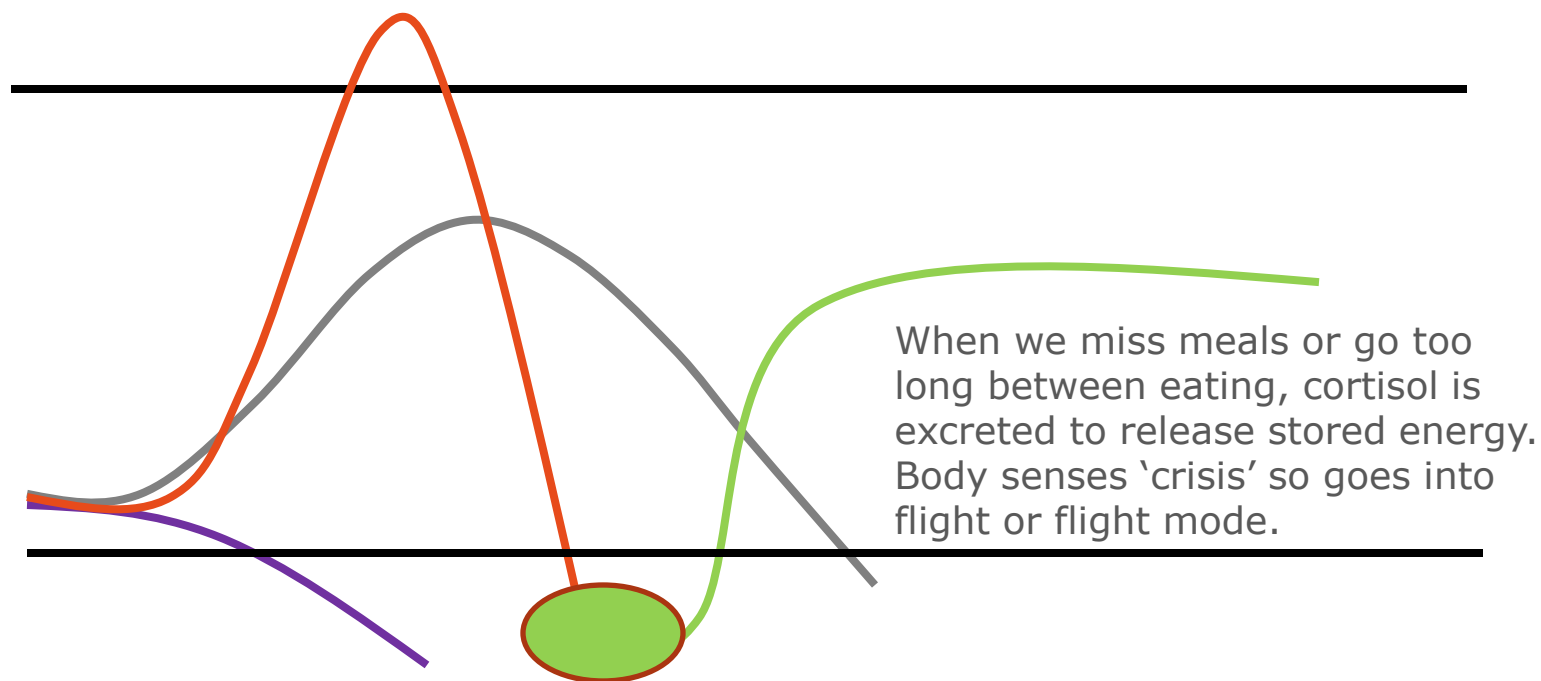


Refined Carbs and Blood Sugar





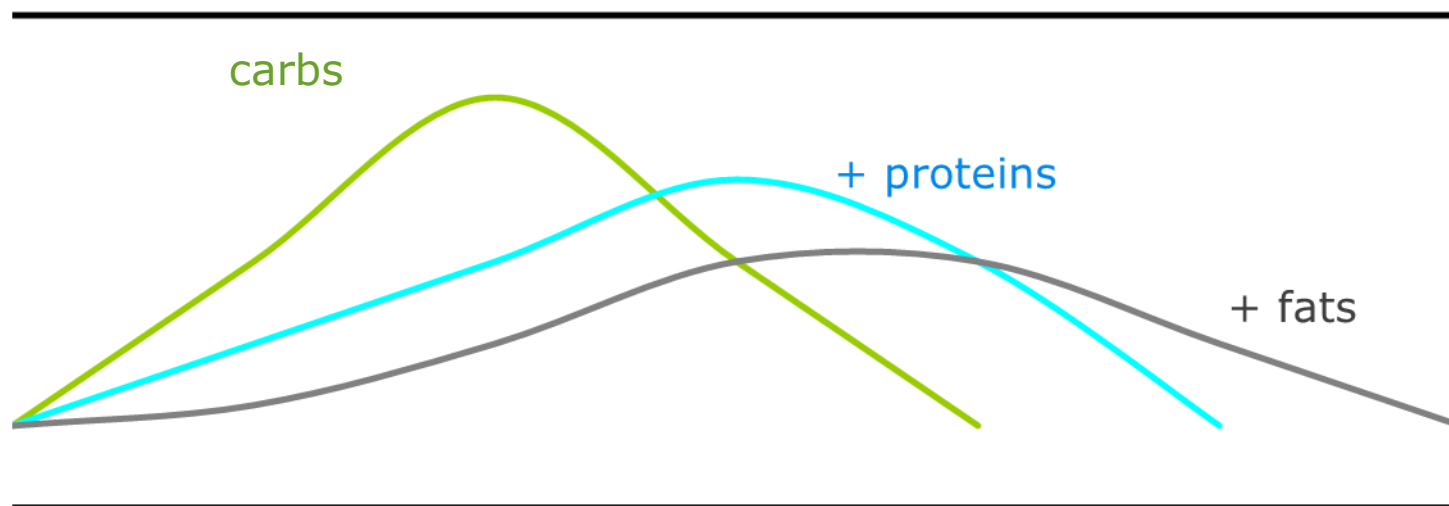
Low Blood Sugar and Chronic Stress



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Eat Balanced Meals





3. Balance Hydration and Electrolytes



- Hydrating Beverages
- Electrolyte-Rich Foods



- Dehydrating Beverages
- Electrolyte Flushers



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4. Support Digestion

- Cook, sit, chew, slow down, enjoy your food and the company you eat with
- Eat smaller meals more often
- Keep liquids at a minimum with meals but drink ample liquids in between



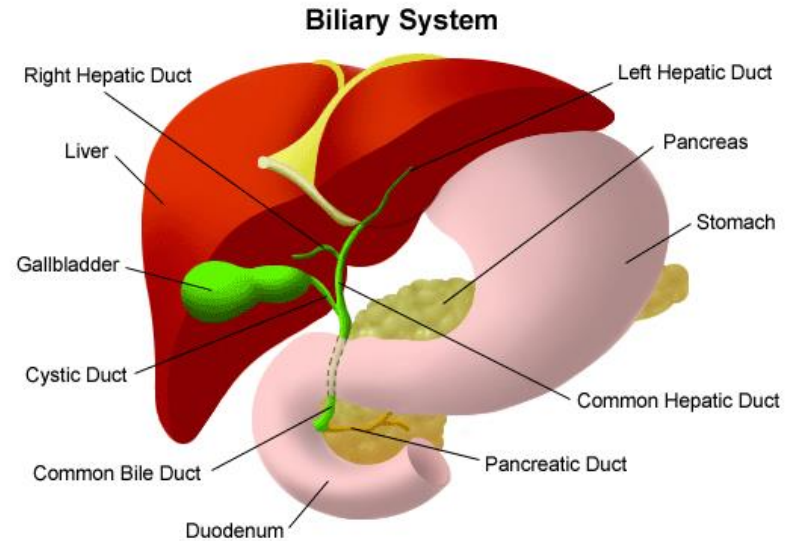
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5. Support Detoxification & Elimination

Support Liver

- Decrease alcohol, caffeine, nicotine, drugs
- Avoid refined carbohydrates which contribute to fatty liver
- Include sulfur-rich foods including eggs, garlic, onions, cruciferous veggies, and legumes
- Have water with lemon, beets, turmeric, apples, artichokes, leafy greens, etc.





Support Detoxification & Elimination

Lymph

- Exercise, movement, breathing, rebounding

Skin

- Water, good fats, dry skin brushing, infrared sauna

Kidneys

- Water, salt balance, decrease excess protein

Lungs

- Deep breathing exercises, stomach breathing

Colon

- Fibre, good bacteria, good oils, water, exercise; keep bowels moving regularly



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And Enjoy Your Life!



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To Stay Inspired

For Members and the Public

- Email Newsletters and Research Updates
- Lymphatic Info Sessions with Denise Drisdelle, RMT
 - Last Wednesday of each month, 5-6pm
- Nutrition Hot Topics
 - Tuesday, Nov 3 – Digestion – in centre
 - Monday, Nov 16 – Stress – webinar



• **InspireHealthBC**

- Thank you for your donations and your help spreading the word!



To Get Started with InspireHealth

- Available to **anyone** in Canada with a cancer diagnosis, and their support persons
 - **no fee and no referral necessary**
- **Step 1:** Fill in InspireHealth rack card
- **Step 2:** Attend an Education Session
 - Given in person in Vancouver every week Monday 3-4pm and Thursday 7-8pm
 - Can also schedule in mini sessions over the phone if unable to come in person
- **Step 3:** Call or come in to book in for the LIFE Program, individual consults, or classes



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