

# Mitra Sandesh

October 1, 2023

## I CAN & I WILL

The “will to live” is a force within all of us to fight for survival when our lives are threatened by a disease such as cancer. Sharing your life with others and receiving aid or support from friends and family will improve your ability to cope and help you fight cancer. In all things, you have to take a risk if you want to win. Just the willingness to take a risk generates hope and a positive atmosphere that enhances the will to live.

“Approaching cancer in an aggressive fighting posture increases the ability to cope with the disease and nurtures the WILL to LIVE.”

Amar Bhaskar



## Cancer Prevention & Reversal Through Holistic Aahara, Vihara & Vichara

Dr. Gauri Rokkam

M.Sc. (Food & Nutrition), Ph.D. (Yoga & Life Sciences), Holistic Nutritionist

**Cancer Prevention & Reversal Through Holistic Aahara, Vihara & Vichara**, Restoring Wellness through Nutrition, Natural Hygiene & Yoga program was conducted by Dr. Gauri Rokkam.

A highly accomplished Holistic Nutritionist Dr Gauri started the session with a statement; **“Remove the cause and thereby remove the disease”**. She highlighted, Cancer prevention and reversal are possible and you can slash your risk of cancer - simply by eating and living right. Dr Gauri explained and illustrated the points of how processed food are highly glycemic and insulin promoting, they are high in toxins and chemicals and low in micro minerals, antioxidants and phytochemicals. The protective fiber and micronutrient rich Whole plant based food (WPBF) is the key. shared a plate formula that has the essentials for our body in the appropriate proportion.

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Imagine the **food plate divided into 4 parts** with these ingredients first portion of whole grains, second portion of legumes and plant proteins, the third portion filled with cooked vegetables, and fourth portion of raw vegetables. The daily diet should include consumption of all fruits and plenty of water. **Periodic water fasting** is good healthy discipline. That would help clean the overall system periodically and remove all accumulated toxins. Further during the session Dr Gauri explained that emerging evidence shows, **more than 90% of cancers are caused by a combination of wrong diet, lifestyle and environment** whereas genetics plays a far smaller role than it is given credit for. Also Lack of physical activity can cause several complications to our overall system. She explained the equally important factor of good rest and sleep and avoid disrupting the circadian rhythm.

Dr Gauri ended the session with a simple suggestion: **Doing multiple things together causes stress, use your own balance, take up work that you can do without much stress. Have a balanced diet, use the 4 part principle with whole plant based food.**



## Dr Swaroop's Corner

MD radiation oncology, DM medical oncology, MRCP SCE medical oncology

### LEARN & KNOW

#### BREAST CANCER : KNOWLEDGE = EMPOWERMENT

Breast cancer is a pressing concern that affects one in eight women in their lifetimes. While it is more common in women, occasionally men can also be diagnosed. Inherited genetics, lifestyle, and hormonal factors contribute to its development.

Regular self-exams, clinical breast exams, and mammograms are essential for spotting potential issues. One must be vigilant for warning signs such as lumps, changes in breast size or shape, nipple discharge, or skin changes. Adopting a healthy lifestyle, avoiding alcohol consumption, maintaining a healthy weight, and staying physically active- these measures have been proven by large datasets to be protective against breast cancer. Additionally, understanding one's family history can also help assess risk.

Treatment options vary based on the cancer's stage and type but often include surgery, chemotherapy, radiation therapy, targeted therapy, and hormonal therapy. personalized treatment plans are key to success. Spreading awareness about this disease is crucial to enable early detection and improved outcomes. Encourage regular check-ups for all women above the age of 40 years, and do make time to stand with those affected. Together, we can combat breast cancer and create a future free from its grip.

IF YOU FIND THIS MEANINGFUL, DO SHARE IT WITH YOUR FAMILY AND FRIENDS AND DO INFORM US OF THEIR E-MAIL ID SO THAT WE CAN ADD THEM TO THE MAILING LIST.



Note

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