

METABOLIC TERRAIN
INSTITUTE OF HEALTH



6 Steps TO DEALING WITH A CANCER DIAGNOSIS



YOU HAVE BEEN DIAGNOSED WITH CANCER. WHAT ARE THE NEXT STEPS THAT YOU SHOULD TAKE?

1

Pause and Take a Breath

2

Explore New Perspectives

3

Connect with a Certified Terrain Advocate™

4

Begin your Terrain Assessment

5

Create a list of Questions to ask your doctor

6

Finalize your Metabolic Health Assessment and establish a plan



Step 1: *Pause* and take a *Breath*

A cancer diagnosis is overwhelming, flooding you with emotions and urgent thoughts. In this critical moment, give yourself permission to pause.

Take a deep breath in, feeling the air fill your lungs, and exhale slowly, releasing tension with each breath. Allow yourself to acknowledge the weight of this news without judgment or rush.

Embrace the stillness, finding solace in the quiet moments amidst the chaos.

You are not alone in this journey. Lean on your loved ones, consult with medical professionals, and connect with support groups.

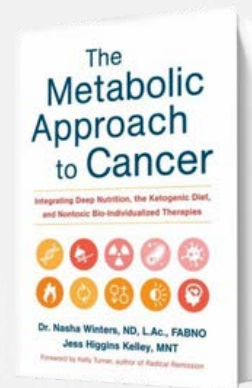
Inhale courage, exhale fear. Inhale hope, exhale despair. In this moment of stillness, let your breath be a beacon of strength and resilience, guiding you through the challenges ahead.

Use this pause to find clarity and gather your strength. Let each breath bring courage and release fear, helping you anchor yourself amid the uncertainty.

Step 2:

EXPLORE NEW PERSPECTIVES

Dr. Nasha Winters' book *The Metabolic Approach to Cancer* offers valuable insights and strategies that empower your health journey.



The Metabolic Approach to Cancer dives deep into why we get cancer and how to approach healing and treatment.

This comprehensive guide combines her integrative, metabolic oncology expertise with practical interventions to improve outcomes and improve quality of life.

Emphasizing an approach that takes into consideration the cancer and the person. It provides actionable strategies for enhancing health to improve treatment efficacy and minimize recurrence risks. It is a vital resource, offering a blend of scientific insights and real-world applications for those navigating their cancer journey.



Step 3:

CONNECT WITH A CERTIFIED TERRAIN ADVOCATE™

BEGIN YOUR JOURNEY

Start with a Certified Terrain Advocate™ who will conduct a thorough Terrain Ten™ assessment to evaluate your metabolic health.

YOUR HEALTH PROJECT MANAGER

The Advocate acts as the coordinator of your health journey, working alongside you and your medical team to navigate your treatment path.

MEDICAL INTERPRETER

The Advocate helps you understand new medical terminology and ensures you are well-informed.

GUIDED SELECTION

They help choose the Metabolic Approach to Cancer Clinician for your specific diagnosis and treatment goals.

RESOURCE NAVIGATOR

The Advocate acts as the coordinator of your health journey, working alongside you and your medical team to navigate your treatment path.

VIRTUAL SUPPORT

Upon request, your advocate can virtually join your medical appointments to ensure your treatment plans are cohesive and aligned with your health goals.



Certified Terrain Advocate™ Directory

Step 4:

BEGIN YOUR TERRAIN TEN™ QUESTIONNAIRE

The Terrain Ten™ includes vital physical and emotional aspects essential for balance and cancer prevention. Each element interacts within an individual's ecosystem, impacting the others. Just as disturbing a calm lake creates ripples, any disruption to one Terrain Ten™ element can affect the whole system.



The Terrain Ten™ Questionnaire

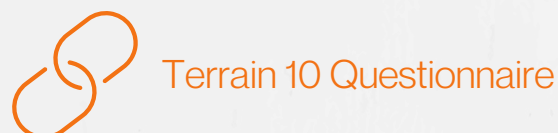
The Terrain Ten™ Questionnaire is an in-depth set of questions that help you evaluate which of these factors are likely to need the most attention and support.

What is The Terrain Ten™?

The Terrain Ten™ are ten factors that affect the health of our terrain. When these factors are optimal and in harmony with each other, our bodies are thriving and resistant to chronic disease.

What is Metabolic Health?

Metabolic health is when all the processes in each of our bodies' systems (The Terrain Ten™) are optimal and working together in harmony.



Step 5:

CREATE A LIST OF QUESTIONS TO ASK YOUR DOCTORS

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

Are there treatments you cannot provide? What would you consider doing if you had my disease?

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

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

What are your expectations of, and rationale for, this treatment?

What would my course of disease progression be if I choose to do nothing you recommend? (What would my survival time be, for example?)

Are you open to integrative therapies and willing to work with my metabolic integrative oncology specialist?

What experience and training do you have with metabolic integrative oncology, nutrition, or metabolic health in general?

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

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





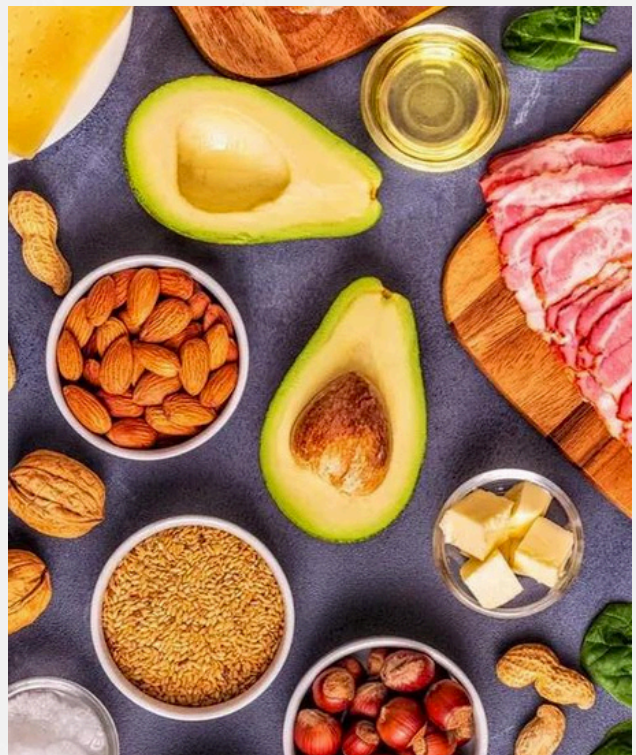
Step 6:

FINALIZE YOUR METABOLIC HEALTH PLAN AND START YOUR JOURNEY!

While you are waiting for your appointments, there is plenty you can do to begin targeting the removal of cancer cells and treating your terrain. Start by adopting a healthy way of eating specifically tailored for cancer. Contrary to what you may have heard, it's crucial to eat foods that provide nutrients to our cells and eliminate those that can fuel cancer cells. This approach is known as eating metabolically healthy foods, starting with eliminating glucose, the primary fuel source for cancer, which includes fruits and carbohydrates. You can find extensive research on this [here](#).

Metabolically Healthy Foods:

- Anti-inflammatory foods
- Low or free from environmental toxins
- Nutrient-dense
- Organic
- Pasture-raised
- Wild-caught fish
- Gluten-free
- Locally sourced (when possible)
- Low glycemic
- High quality
- Non-processed
- Ethically sourced



The best way to approach a this is by removing all tempting items from your kitchen and shopping with our attached grocery list.

Links:



Grocery List



Foods to avoid

If these foods are in your pantry or refrigerator, consider removing them entirely. While your family may not have cancer, this is a healthy way for everyone to eat, and their support can be incredibly beneficial to your health journey.

Eating Out Tips:

Explore local farm-to-table options and use apps like “[Seed Oil Scout](#)” to find suitable places. Instead of feeling limited, think of this as an opportunity to discover new and enjoyable foods.

- Ask for a gluten-free menu.
- Bring Pink Himalayan or Sea Salt to avoid iodine table salt.
- Wild-caught fish is usually safer than beef, chicken, or turkey.
- Opt for salads, removing candied walnuts, croutons, raisins, corn, beans, etc.
- Olive oils are generally trustworthy; be cautious of mixes in less reputable places.
- Bring your own dressing, fat bombs, or portable packs of oils.
- Substitute carb-heavy sides with double portions of veggies and add olive oil.
- Increase fat intake with sour cream, oil, or melted butter.
- Look for terms like “naked” or “bunless” for lettuce-wrapped options.



Understanding Tumor Metabolism

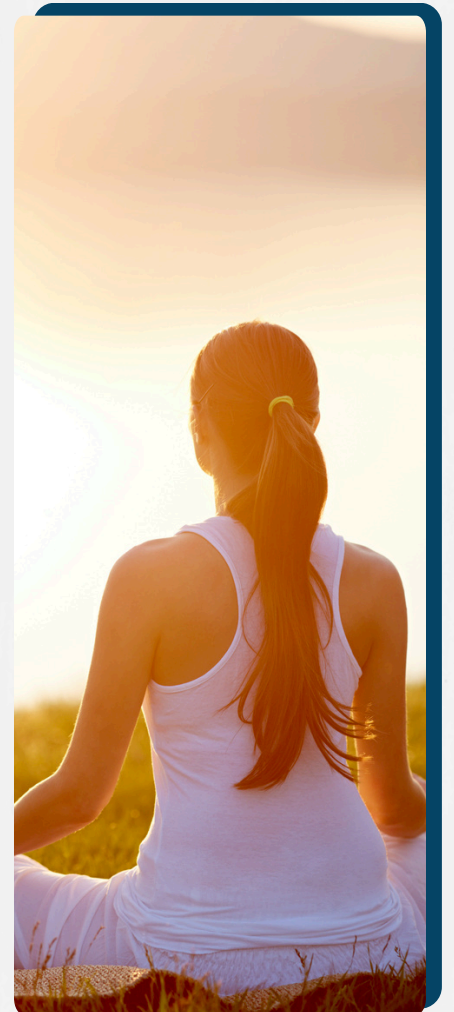
Tumor cells share a common trait: Dysregulated Metabolism. Diets like low carb-high fat, the ketogenic diet, caloric restriction, intermittent fasting, and extended fasting induce metabolic changes, reduce blood glucose, and increase blood ketones. What you eat is therapy and treatment, just like chemotherapy, radiation and surgery. Targeting the symptoms of metabolic dysfunction and root cause helps to slow cancer growth so the root cause can be addressed.

Benefits of Ketosis:

- Starves cancer of glucose and insulin
- Provides ketones as a fuel source for healthy cells

Mechanisms of Action:

- Restores normal apoptosis in cancer cells
- Inhibits HDACs
- Lowers angiogenesis (impact on HIF1 and VEGF)
- Promotes mitochondrial biogenesis
- Reduces common treatment side effects
- Promotes autophagy and lowers inflammation
- Destabilizes tumor tissue DNA
- Reduces levels of insulin, IGF-1, & mTOR
- Upregulates the immune system
- Upregulates SIRT1 and AMPK
- Enhances the action of standard treatments
- Reduces tumor size over time



Getting into ketosis is not always as simple as making a few diet changes, we are all different and using a Certified Terrain Advocate™ will be critical to supporting that journey. You don't have to start with getting into ketosis, first step starts with removing glucose sources from your diet.

Remember, you are not alone—the community is here for you!



Links

[The Metabolic Approach to Cancer Book](#)

[Mistletoe Book](#)

[Find a Certified Terrain Advocate™](#)

[Terrain Advocate Program](#)

[Metabolic Health Day](#)

[Dr. Nasha Approved Store](#)

[Metabolic Matters Podcast](#)

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