



The Role of Nutrition in Cancer

Workshop - Ponsonby Central 21st June (9am-3pm)

Do you have or are you recovering from cancer?
Do you have family or friends with this illness?
Are you supporting someone with cancer?
Or have you returned a positive gene result for BRCA or similar?
Are you overwhelmed and confused by all the information out there?
Are you ready to take a holistic and nutritional approach to your recovery?
Are you willing to find the support you need and make nutrition a priority in your recovery?

Kaytee Boyd, director of **Balanced Wellbeing**, Holistic Wellness Practitioner, along with **Mr John Appleton**, Patient advocate, researcher in Nutritional Medicine. **Dr. Gerald Lewis**, internationally recognized cardiologist and **Dr. Paul Butler**, integrative doctor with a keen interest in breast health. We are offering a Wellness Workshop for those dealing with and recovering from Cancer.

The workshop will touch on

- What is cancer? How does it grow?
- The role of nutrition in cancer, including fasting, ketogenic and alkaline diets
- Exercise, what, when, how, why?
- "What's all the fuss about organics and pesticides?"
- Supplementation – what and when
- How inflammation affects the body in cancer growth and prevention
- Breast health, prostate health and the latest research
- The important role of optimal Vitamin D levels in cancer prevention and treatment
- The role the environment, diet and lifestyle have in your illness, and what you can do about it
- Stress! How it effects your wellbeing on a cellular level, and strategies to ensure optimal health (think "Adrenal Fatigue")
- Stem cells, genes and cancer – how the environment can influence your biology.



Registration \$69 Per Person - Limited to 50 places

Workshop includes FOODMATTERS DVD in all registrations, if time allows we will also cover basic 101 food cooking demo

Register now at www.balancedwellbeing.co.nz Or email Kaytee@balancedwellbeing.co.nz