



Nutrition Information from Ann Fonfa, founder/president Annie Appleseed Project

Healthy Eating

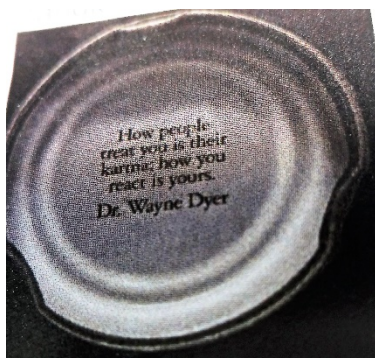
- More fresh fruits and vegetables (take advantage of local Green markets, food coops and buying clubs) Nowadays all of these offer more ORGANIC produce
- Reduce the use of added sugar and salt – read the labels to be sure you are getting just what you want and nothing else!
- Never buy any soda, don't bring it into the house no matter who asks for it. Soda is really poison to the body – those who have had chemo or radiation may have weakened bones. Soda leeches minerals from bones. Drink water, tea, coffee and unsweetened juices.
- Avoid deep-fried foods which create free radicals which can harm the body (includes chips) and make us more susceptible to cancer and other diseases.
- Use spices when you cook – that way you can easily use less salt or sugar. All of them offer amazing health benefits to our bodies.

Physical Movement/Activity

- Studies show that TEN minutes of movement a day will get and keep our immune system functioning normally. Can you do that? Or course you can always do more/longer.
- Almost any type of movement works to help our bodies – jumping, shaking, walking, swimming, biking, dancing, etc.
- I personally use a small trampoline, hoola hoop, stretch bands, stationary bike, small weights and a yoga mat. I alternate upper body/lower body every other day. It works for me as I am not athletic. I spend about 20 minutes daily – and as a morning person, I do it first thing in the AM.
- It is important to drink lots of water if you work out at a high level (any level really). Don't bother with those sports drinks – read the label, mostly sugars. We don't need them, nor do athletes.

Relaxation – Mind/Body/Spirit

- Is there anyone without stress? I don't think so. But stress is all about how you handle it. Or another way to look at, to quote Dr. Wayne Dyer:
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- Some people are so affected by a cancer diagnosis, they are paralyzed by it. Actually many of us are at least temporarily discombobulated (probably not the technical term). Most of us find our balance and get started on healing. Some cannot. But there are many ways of dealing with stress – just one is to focus each day on something good – expand it in your mind, make it important. An example from my life – I love the laugh of a young child. If I can make a child in a stroller smile or laugh at my antics, I am really happy. I try to remember that throughout a rough day. One of my fondest memories is of one Halloween when I handed out whistles (I don't give out candy – way TOO much sugar). Within ten minutes I could hear whistling all around the neighborhood, the kids really enjoyed that change of pace.
- Many people learn to meditate to reduce stress, feelings of panic or anxiety. Some learn Tai Chi or Yoga, Qi Gong, or something similar. Whatever works for you is great.
- Maybe you discover aromatherapy – there are many lovely, soft fragrances that can calm you down. Lavender is one example.

Detox for Self/Body

- Many self-care products (also known as Health & Beauty Aids/HBA) are laden with what are most likely harmful ingredients. Beware of parabens.
- Read labels, less ingredients are better. If there are many that confound you, best not to buy.
- Avoid artificial color like FD&C (yellow, red, blue, etc.) AVOID.
- Make-up – many lipsticks contain lead. FDA allows it because each swipe has a small amount – but how many do you do a day? A month? A year? What if this is cumulative? Some companies offer organic products, some even offer gluten-free.
- Many 'perfumes' actually contain chemicals that may be harmful.

Detox for the Home

- What is in your cleaning products? Ever read those labels? Biodegradable is good for you and the environment. It has been said that under the sink is as dangerous as a chemical plant! Simple stuff like wet newspapers to clean windows/mirrors. Salad oil on wood surfaces, White vinegar (Isopropyl alcohol cleans and kills bacteria. Tea tree oil can kill mold, fungus, bacteria, and viruses.
- AVOID plug-ins or candles with artificial fragrances. These are definitely full of harmful chemicals. Exposure on a daily basis is just not okay for our brains.

Dietary Supplements

- There are a lot of small studies on dietary supplements, but very few large-scale clinical trials. These products are not patentable so Pharma is not really interested – large trials cost a lot of \$.
- Many of the studies, conducted on individual items for the most part, still show benefit for people (with cancer or not). Few doctors have much training in nutrition and don't pay much attention to dietary supplements except to tell their patients to avoid. Items like fish oil, hemp oil, coconut oil, probiotics, turmeric/curcumin, and many others have shown value.
- Too few Americans are eating the 5-9 servings of fresh fruits/vegetables recommended by the National Cancer Institute (NCI). Supplements are meant to be in addition to, not a substitute for real food.

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