



## Super Foods that Fight Cancer

### Session Guide and Review Notes

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**5 min Welcome and Introduction**

**PowerPoint Presentation: Short (10-15 min.) or Long (30 min.) version**

#### **Summary: Super Foods that Fight Cancer**

- **Cancer is not just one disease:** It is a large group of more than 100 diseases characterized by uncontrolled cell growth and the ability to spread to other areas.
- **Cancer factors include:** Genetic, environmental, diet, lifestyle, and chronic stress. Many factors in combination affect cancer risk and progression. Not all connections are known or understood. Reducing risk is key but all risk cannot be eliminated.
- Strong evidence shows that a diet filled with plant foods helps lower risk for many cancers. AICR Expert Report on Cancer. 2014, online
- Good childhood nutrition lowers the risk of certain cancers later in life.
- **Nutrition protects and fights:**
  - ✓ Beans contain fiber and other plant compounds that protect cells from genetic damage and may slow tumor progression.
  - ✓ Berries are rich in fiber, vitamin C, and antioxidants that may protect against skin, bladder, lung, and throat cancer.
  - ✓ Cruciferous vegetables are linked with lower risk for lung, stomach, bowel, prostate, and bladder cancer.
  - ✓ Dark leafy greens have multiple nutrients and antioxidants that protect against multiple cancers, like stomach, breast, ovarian, & lung cancer.
  - ✓ Red and pink vegetables and fruits protect against reproductive cancers and may inhibit cancer cell growth.
  - ✓ Whole grains show a 34% lower risk of cancer overall in high consumers of whole grains versus low consumers.
- Other strategies: Daily exercise, adequate rest, social support and stress management.
- Always work with your healthcare team when addressing cancer diagnosis and treatment options.

#### **10 min Discussion Time 1: What are your thoughts?**

- ✓ What lifestyle practices help lower cancer risk?
- ✓ Discuss practical ways to include eating more foods that fight cancer.

**5 min Discussion Time 2: What is your story?**

- ✓ You or someone in the group may have a “cancer faith story.” Be very sensitive to those who are struggling with cancer or who have lost loved ones. **This is not the time for discussion of methods or treatments.**

**5 min Freedom Journey:** Present the following thoughts for reflection prior to next discussion periods to encourage positive discussion for change.

- **Reflect:** Not all cancer is due to lifestyle. Read the story of Job.
- **Recalculate:** Identify ways that may reduce your risk of cancer.
- **Reframe:** How does faith play a role in terminal cancer?
- **Remember:** “I will instruct you and teach you in the way you should go. I will guide you with My eye.” Psalm 32:8

**10 min Discussion Time 3: What have you learned?**

- ✓ What did you hear that deeply moved you?
- ✓ What did you learn that makes you stronger in your resolve?

**Lifestyle Links:** Lifestyle links for building physical, mental, emotional, and spiritual strength.

**Reboot and Rebound:** Daily choices build a better brain, body, and habits.

- **Lifestyle:** Get at least one serving each day from each of the food categories that fight cancer.
- **Internal Environment:** Listen to what you say when you talk to yourself. Adjust thinking to God’s truth. Discover each day’s blessing.
- **Create a Connection:** Find a walking partner. Spend time each day with God, and meditate on His love and the unbroken world to come.

**10 min Finding Peace Discussion Time 4: What will you do?**

- ✓ What is your reason for desiring peace in your life?
- ✓ Which of the **Lifestyle Links** are your focus right now?
- ✓ What is your first step?

**5 min Group Promise, Affirmation, and Prayer to Close Session**

**Pray and Say:** Divine power and daily practice change the brain.

- **Prayer:** “Dear God, thank you that by your power and strength, I am Living Free!”
- **Promise:** “I can do all things through Christ who strengthens me.” Philippians 4:13.
- **Affirmation:** “Thank you Lord for my freedom journey to better physical, mental, and spiritual health!”
- **Encourage** participants to review their handout.
- **Close** with prayer.

**Handout:** Balanced Living Tract: Super Foods that Fight Cancer