

A HOLISTIC APPROACH TO FIGHT CANCER

*What Your Doctor May Not Tell
You About Cancer*



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HealthyUTurn

Before We Start

“My intention from writing this e book is to help cancer patients and their caregivers understand the true nature of this serious disease and learn about effective & natural cancer-fighting tools, so that they can make informed health choices that increase their chance of winning the battle against cancer.”

Maha Nasr

“Healing in a matter of time, but it is sometimes also a matter of opportunity.” ~Hippocrates

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Any decision regarding treatment and medication for your condition should be made with the advice and consultation of a qualified health care practitioner. If you have or suspect you have a health problem, you should immediately contact a qualified health care practitioner for treatment.



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Diagnosed With Cancer-Now What?

If you or any of your loved ones have been faced with a cancer diagnosis, you will probably be asking yourself questions like: "how did this happen?", "what does this mean?", "am I going to die?" and the most difficult question is: "what should I do?"

A cancer diagnosis can leave you shocked, in denial, resentful, angry and overwhelmed. Given your stressful circumstances, complex medical system and advice flowing at you from all directions, it can be very difficult to make a choice about the best approach to deal with your disease.

Although doctors will usually rush you into treatment, giving yourself a chance to think more clearly about your treatment options, do some research and start making changes in your life before starting any treatment can be of great advantage. You can always ask your doctor for some time to think about your treatment options and in most cases that's possible.

Typically your doctors will probably talk to you about average survival for your particular type and stage of cancer and direct you to the conventional treatment plan that is usually standardized to your particular diagnosis but not unique for you. It will probably include a combination of surgery, chemotherapy and/or radiation. They will usually discuss with you the details of each of these treatment protocols and make sure you know of any expected side effects so that you can be prepared for the worst.

Although your doctor is highly trained and caring, he or she may not tell you important things you need to know about cancer in order to maximize the effects of mainstream medical treatments, improve quality of life and prevent recurrence.

This is simply because he or she is mainly trained in conventional medicine and probably doesn't have the time or expertise to offer you any advice in the field of natural healing.

If you are battling cancer, want to reduce your risk or prevent recurrence there are important things that you need to know about cancer

You need to know about things like: What is cancer? What are the possible underlying risk factors? What's the role of natural nutrition in fighting cancer? How can natural supplements help? What's the Role of chronic stress in Cancer? Are there toxicity and environmental links to cancer? And what is the importance of psycho-spiritual balance for cancer healing?

Medical treatments can help you control cancer but they are only one piece of the puzzle.

Conventional medical treatments mostly control cancer by destroying cancer cells and come with the unfortunate downside of killing many healthy cells in the process which cause unwanted short and long-term side effects. Once you're done with any of these treatments, you are left with no guidance at how to deal with side effects or prevent recurrence.



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Moreover none of these medical treatments will work on strengthening the immune system or nourishing the body to help it heal and recover.

While you can certainly take advantage of conventional treatments, you need to know that when it comes to fighting cancer, you need every tool available. Using an integrated approach that utilizes natural cancer-fighting tools side by side with conventional treatment can definitely maximize your chances of beating cancer.

From my experience in the medical cancer field and in coaching many cancer patients, I've found that an integrative approach makes a huge difference in the treatment outcome and quality of life for cancer patients.

The truth is that beating cancer requires major lifestyle changes. If you want to eradicate cancer and prevent recurrence, you will need to look deeper into the nutritional, physical, psycho-spiritual and environmental aspects of your life.

As a certified cancer coach, I can tell you that science has shown that 30% of cancer deaths can be prevented just by making positive changes in diet, physical activity and minimizing toxic carcinogens.



A holistic approach to fight cancer focuses on changing the environment of the body that encouraged the cancer to grow in the first place. It is a personalized functional approach that works on identifying and correcting any body system imbalances that promote cancer. It uses natural cancer-fighting tools to inhibit tumor growth, strengthen the immune system and boost the effect of conventional therapies while reducing their side effects.

Whether you are currently battling cancer, want to prevent recurrence or simply reduce your risk factors, I wish you all the best in your health journey and hope that you get enlightened, empowered and inspired to take the right action after reading the information in this e book.



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What Your Doctor May Not Tell You About Cancer

“The doctor of the future will give no medicine, but will interest her or his patients in a proper diet, and in the cause and prevention of disease”-Thomas Edison





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1- What Is Cancer?

Know Your Enemy

Cancer is a chronic illness of more than 200 different diseases, characterized by uncontrolled division of abnormal (malignant) cells that can spread to other parts of the body and form secondary tumors or metastases. Usually spread to lung, liver, bone and brain.

This may seem like a bit of an exaggeration but the truth is that "we are all battling cancer". So why aren't we all getting cancer? The answer is the immune system.

Cancer is the result of a mistake that is made in the duplication process of the cell's genetic material or mutation.

When genetic mistakes (mutations) occur one of 3 things will happen:

- The cell may fix them with repair mechanisms.
- Mutated cell may die shortly after being reproduced-programmed cell death -also known as apoptosis.
- If the mutated cell survives, our immune system should ideally recognize it as "non-self" and destroy it before it became a larger tumour.



When the immune system is weakened by a combination of poor nutrition, stressors, pollutants, hormonal imbalances, or emotional and spiritual factors, the cancer cell will continue to divide and reproduce, forming a cancerous tumor.

Fast facts about Cancer

1. Cancer is the leading cause of death in Canada and is responsible for 30% of all deaths.
2. Affects one out of two men and 2 out of 5 women.
3. Lung, breast, colorectal and prostate cancer account for over half (52%) of all new cancer cases in Canada (excluding non-melanoma skin cancer).
4. The most common cancer diagnosed in women is cancer of the breast. Breast cancer is the leading cause of cancer death among women. Breast, cervical, and colorectal cancer are the most common diseases for which women are diagnosed.
5. Lung, prostate, and stomach cancer are the most common diseases for which men are diagnosed. Survival rates for lung cancer are less than 20%. If you smoke and have a job where you inhale toxins, your chance of survival drops to just over 3%.
6. People aged fifty-five or older have the highest cancer risk. Approximately 77% of all cancers diagnosed are found in men and women of this age group.
7. You may experience no symptoms of ovarian cancer, lung cancer, or colon cancer until the cancer cells spread to other areas of your body. Early screening is imperative to catching these cancers in time.
8. Skin cancer is the cancer diagnosed most often. The number of detected skin cancer cases increases steadily every year.



2- What Are Possible Underlying Risk Factors For Cancer?

Identify Your Risk factors

What is a risk factor?

A risk factor is something that statistically correlates with the incidence of a disease but is not necessarily a true or direct cause of the disease. Risk factors are calculated by scientists who study health trends in large groups. One way to help prevent cancer and to help prevent recurrence is to reduce your risk factors.

Identifying Risk factors

Studies on identical twins (who have the same exact DNA) confirm that most cancers do not arise from genetic defects.

Cancer is an environmental disease in 90-95% of the cases. It's mainly related to the presence of environmental risk factors such as: Diet -30-35%, Smoking-25-30%, Infections 15-20%, Obesity 10-20%, Alcohol 4-6%, Others lack of exercise, stress, exposure to carcinogens, 10-15%.

The best known example of cancer that runs in families is breast cancer caused by an inherited mutation in 2 genes called BRCA1 and BRCA2 genes. These mutations are responsible for only 10% of all cases of breast cancer. A little more than half of women who inherit these genes will develop breast cancer by age 70 and also have a greater risk of ovarian cancer. If you have a strong family history of breast cancer, genetic testing might be recommended. Women with positive genes have to be more aggressive in their prevention plan.



Having a family history of cancer may increase your risk of certain cancers but whether or not those genes are switched on or not may depend largely on your diet, lifestyle and environment.



Assessment of Risk factors for Cancer

In order to assess your risk for cancer we need to investigate 8 categorical areas that influence the risk for cancer development. These areas include: Hereditary, Reproductive (females), Lifestyle & Healthcare, Hormonal, Environmental, Dietary, Psychological and Spiritual aspects of your life.

Risk factors which have been scientifically proven to have a strong direct association with cancer include:

- **Red meat, processed meat and low dietary fiber** are linked to colon and rectal cancer and prostate cancer.
- **Alcohol**-women who have more than one drink per day have a higher risk of breast cancer.
- **Obesity** is associated with increased risk for oesophageal, colon and rectum, pancreas, breast (postmenopausal), uterine, kidney, gall bladder. It can also affect your chances of survival should you be diagnosed with cancer. In one study of post-menopausal women with breast cancer, the survival rates were higher in women who maintained a healthy body weight.
- **Abdominal obesity** increases risk for colon and rectum cancer
- **Hormonal imbalances**
 - Recent evidence supports the role of **insulin and IGF1** in supporting tumor cell proliferation. Insulin resistance and increased insulin is related to weight gain, metabolic syndrome, low activity, and stress related changes in neuroendocrine functions.
 - **Excess estrogen or "estrogen dominance"** resulting from oral contraceptive pills, hormone replacement therapy and xeno-estrogens in pesticides are known risk factors for breast cancer. Premenopausal women who are in their mid-thirties to their mid-forties have the highest risk of breast cancer due to a drop in progesterone level causing an unopposed effect of estrogen on the tissues.
 - **Nightshift-melatonin breast cancer connection**-Several studies have shown that women working night shifts have a 60% increased risk of developing breast cancer due to suppression of normal night production of melatonin hormone. Melatonin exerts significant anticancer effects.



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3-What's The Role of Nutrition in Fighting Cancer?

Nourish Your Body

"There is no pharmaceutical in the planet that can repair and rebuild tissue- only food can do that" -
Bernard Jensen (1901-2001)

Experts agree that environmental risk factors such as diet and exposure to pollutants account for about 90 percent of cancers. Among the environmental risk factors for cancer, diet is probably the most important factor. It's also a controllable risk factor that we can easily modify by making the right dietary choices.

The science of nutrigenomics has proven that our food can change our genes. This means that certain foods containing anti-cancer phyto-chemicals can actually reduce the risk of cancer. It is becoming more and more evident that eating an anticancer diet is a basic step for prevention and eradication of cancer.

Healthful foods can play a role in stopping or slowing cancer growth. Targeted anti-cancer nutrition that supplies the body with nutrient dense foods and cancer-fighting phytochemicals is an integral part of any anti-cancer protocol. And just as critical as the food you eat is how your body breaks down, absorbs and eliminates what is ingested.

Research has proven that most cancer patients have a compromised nutritional status.

This might be an underlying factor in their cancer diagnosis or a side effect of conventional treatment that cause nutritional deficiencies or affects digestion and absorption.

Poor nutrition can have a significant effect on a variety of important factors including:

- Treatment tolerance
- Survival and overall outcome
- Immune function





- Cancer development and progression.

Research has found a correlation between certain deficiencies and increased cancer risk. Correcting these deficiencies is a very basic and easy step in an anticancer diet.

Oncologists are not trained in the field of nutrition and won't give you advice on making diet or lifestyle changes even if you ask them to. Some of them acknowledge the importance of nutrition for healing and recovery and will encourage you to seek qualified help. However most oncologists have very little information about nutrition generally and wouldn't know what to recommend for diet and lifestyle.



A certified cancer coach is trained in integrative oncology which comprises the areas of nutrition, lifestyle and psycho-spiritual support for cancer patients. We can help cancer patients in their healing journey by rebalancing their body systems and building their immunity through diet, lifestyle and mind-body coaching.

Working with a cancer coach you will be provided with a personalized anti-cancer nutrition plan that takes into consideration your health status, specific cancer diagnosis/risk and treatment phase. This plan will help to:

- 1- Provide you with specific nutrition guidelines for an anti-cancer diet that nourishes and strengthens your body.
- 2- Correct any nutrient deficiencies that can increase your risk for cancer and prevent recovery.
- 3- Take into consideration the nutritional challenges imposed by different treatment options i.e. surgery, chemo or radio.
- 4- Help maintain an ideal body weight and prevent muscle mass loss during treatment.



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4-How Can Natural Supplements Help You?

Boost Your Nutrition

In this fast paced age, stressful lifestyles and declining soil and food quality, it's impossible for you to nourish your body completely from diet alone.

If you want to give yourself the best chance to fight cancer and prevent recurrence, you will need the help of nutritional supplements.

A customized supplement protocol ensures intake of specific anticancer nutrients in therapeutic doses that might be hard to achieve with diet alone. Correcting any nutritional deficiencies is a very basic and easy step in an anti-cancer protocol and supplementation can help you reach optimal levels faster than with diet alone.

Research has found a correlation between certain deficiencies and increased cancer risk. For example vitamin D deficiency is a predisposing factor to breast cancer in women.

Supporting your body with the antioxidants and other essential nutrients that might be needed at high levels or depleted due to deficiencies or side effects of drugs ensures a more efficient immune system that gets rid of any newly formed cancer cells and prevents further cancer cells from development.



Proper supplementation can be life saving for some patients as it protects them from the debilitating side effects of treatment that can sometimes be so severe that it might force the doctors to stop treatment as the patient can't tolerate it.

Personalized supplementation is very effective in supporting your body during treatment such as chemo and radio and can help mitigate side effects of these toxic treatments as well as prevent long term side effects.

Contrary to what your oncologist might tell you most supplements are safe to use during chemo and radio and will enhance your treatment outcome. Your cancer coach can expertly provide guidance on the best supplements for your condition and advice against certain supplements that are known to interfere with treatment.



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In order for supplements to be effective, you need to make sure that you are taking a good quality supplement in the right dose and best absorbable form.

It's important to note that taking a nutrient can cause depletion in other and that low quality supplements filled and additives can end up harming your of helping it.

Moreover certain supplements have to specific doses or for a specific duration be effective.



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be taken in in order to

If you are taking medications you have to check for supplement drug interactions because certain nutrients can decrease or increase the effect of medications. Also some drugs can deplete your body of specific nutrients making it essential to supplement.

A qualified cancer coach can help you in choosing high quality supplement brands, proper dosage and the right forms to ensure best results.



5-What's The Role of Chronic Stress in Cancer? Reduce Stress

"Learn to respond, not react to life situations. Examine, adapt and look at the big picture"-Elson M.Haas.

Did you know that Stress can have a on your mental and physical health?

Stress can have so many causes sleep, emotional stress, mental stress stress that includes cancer treatments medications.

The effect of chronic stress and the connection of disease has been



dramatic effect

including poor and physical and

mind body scientifically

proven for many years now.

Chronic stress puts your body in a fight or flight response that eventually exhausts your adrenals which may lead to burnout overtime.

The stress hormone cortisol has an immune suppressive effect that can diminish the body's cancer fighting capabilities. Researchers have found that highly stressed women had lower levels of natural killer cells than women who reported less stress. Natural killer cells are one vital weapon making up the immune system.

Swedish researchers add that women under a lot of stress may double their risk of breast cancer compared with those who remain calm when life throws them a curve ball.

Your oncologist might not acknowledge the importance of the stress factor in your disease however a qualified cancer coach will help you deal with stress by using a variety of stress releasing techniques as well as nutritional methods that can be used to deal with stress.



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6-What About Toxicity & Environmental Links to Cancer?

Detoxify Your Body and Environment

Nowadays we are being exposed to toxins and carcinogens from so many different sources. Most of these toxins have a cumulative effect in the body and many are known to cause cancer.

Toxins in our environment can come from pesticides that are sprayed on most plant-based foods and stored in the fat of animal foods, tap water that might be contaminated with heavy metals such as lead and other possible contaminants, plastics, alcohol, smoking, medications, cosmetics, personal care products, etc.

Known carcinogenic environmental toxins include radiation from x rays and other medical exposures, electromagnetic radiation from power stations, mobile phones and electric appliances, and air pollutants especially benzene and radon gas, many more. These play a real and significant yet under-recognized role in cancer.

Moreover, toxins can be a major cause of hormonal imbalance including estrogen dominance in females (xeno-estrogens) and thyroid hypo-function. Hormonal imbalance is a risk factor for hormonal cancers such as breast and ovarian cancer in females.

When our toxicity level is high, our body becomes more acidic and our cells get congested and inflamed. The cells cannot function optimally and eventually will weaken and degenerate. Overtime chronic health issues and major illness including cancer can occur as a result of glandular suppression (mainly thyroid), and weakened immunity.



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It's well known that cancer cells thrive in an acidic environment and die in an alkaline environment. As a cancer coach and holistic nutritionist, I use natural detoxification methods to support safe elimination of toxins and help alkalize the body. This helps to improve energy, reduce inflammation and provide an optimum environment that boosts the body's natural defense mechanisms, inhibits cancer growth and encourages healing.



Debilitating cancer treatments such as chemotherapy and radiotherapy cause marked tissue damage and toxicity. Unless properly detoxified, chemotherapy drugs that can otherwise stay in the body for as long as 10 years causing unwanted long term side effects.

It's worth noting that, not only the physical toxins that can harm our bodies, there are also stress and toxic emotions.

Negative emotions such as anger, fear, resentment and hatred are another chronic source of toxins. These emotions get stored in our body cells and organs and block the natural energy flow causing physical and emotional disturbances.



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7- What's The Importance of Psycho-Spiritual Balance for Healing Cancer

Master the Mind-Body Connection

"Life's challenges are not supposed to paralyze you, they're supposed to help you discover who you are." –

Bernice Johnson Reagon

It is a scientifically proven fact that our thoughts and emotions can alter our body functions and increase the risk for disease.

When you think negative thoughts, you will generate negative emotions of hopelessness, despair and depression. These emotions are communicated through your limbic brain to the hypothalamus gland-the gland which receives information about your emotional state and controls all your body functions accordingly. The hypothalamus will then directly send signals to suppress your immune system and indirectly stimulate your adrenal glands to produce the stress hormones which will also depress your immune system as well as affects your nervous, digestive, musculoskeletal and cardiovascular systems.

Mastering your thoughts and one of the most important skills that work on in order to attain a state of emotional and physical well-being battle against cancer.



emotions is you need to mental, and win the

Always remember that you have an capacity to heal and that others have recovered from the same illness.

innate

As a cancer coach, I teach my clients a variety of simple energy medicine techniques and balancing exercises to help keep them release any unwanted negative emotions and keep in a state of positive energetic balance.



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Why Hire a Certified Cancer Coach?

- Are you battling cancer and looking for a holistic approach to support you in your healing journey?
- Do you want to increase your chances of full recovery, minimize side effects of treatments and prevent recurrence?
- Are you a high risk individual for cancer and want to reverse your risk factors and prevent disease by taking full charge of your health?



If you answered yes to any of the above questions, there is a good chance we can help.

Combining a medical expertise in the cancer field, a holistic nutrition training, a certification in cancer coaching and successful experiences with cancer patients, you can trust me to help you in your healing journey.

As your cancer coach, I will provide you with a science-based and customized wellness plan that utilizes natural cancer-fighting tools in order to support you on the physical, mental and spiritual levels, and addresses any factors that promote cancer growth and recurrence. The invaluable information, tips and resources included in this plan will improve your quality of life and save you a lot of time and confusion.

This wellness plan starts with a thorough assessment of your health, diet, lifestyle and any treatments you are taking. Based on the analysis of your assessment I will provide you with a personalised whole health plan to address the root causes of any health imbalances and support your body during treatment.

Your holistic health plan includes detailed anti-cancer nutrition recommendations with nutritious meal plans and recipes, a targeted supplement protocol & a lifestyle/psycho-spiritual support plan that will improve your health and boost our energy.



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If you decide to go with conventional treatment, I will help you understand the different treatment options for your condition, possible side effects and how to avoid or minimize them. I will also help you better communicate with your doctor and interpret your medical test results for better follow up.

You will need ongoing support as new health challenges might come up during different stages of your treatment.

Dealing with these challenges using a safe and natural approach can save you a lot of pain and unwanted complications in the future and help you feel supported and safe.

By having me as your cancer coach you will have a clear and practical holistic health plan, that empowers you to make confident nutrition and lifestyle choices to improve your quality of life and wellbeing. You will also feel optimistic about what's possible for you when you give your body the physical and emotional support it needs in order to beat cancer.

You can read more about our "5 Step Holistic Cancer Support" program at:

<http://nutritionistoakville.com/services-oakville-nutritionist/holistic-cancer-support/>



"There are no incurable diseases, only incurable people."

– Bernie Siegel, M.D.

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Meet Your Cancer Coach



"Health is a choice, and when you choose the path of real health and wellness, I will be honored to gently guide you in your unique path and empower you to take full charge of your own health so that you can restore your body's natural healing power and enjoy a happier life. I promise you that it will be an interesting and rewarding journey that will not only transform your health, but also your life."

– Maha Nasr

Maha Nasr, MD (Egy.), PhD, RHN, CPCC -founder and owner of Healthy U Turn- is a Registered Holistic Nutritionist (RHN) and certified professional cancer coach (CPCC) with a strong medical background. She brings her clients over 20 years of combined expertise in the medical and holistic nutrition fields.

Dr Nasr truly believes in the power of food as medicine and in the innate ability of the body to heal itself and restore its vitality when given the high quality nutrients and optimal environment it needs to function properly.

As a Certified Professional Cancer Coach with a strong medical background, Dr Nasr embraces a holistic body, mind, spirit approach that empowers patients in their battle against cancer. She uses a "5 Step Holistic Cancer Support" program to help them bring back balance into their bodies, rebuild their immunity and encourage the body's natural healing power.

Her holistic cancer support program provides patients with a wellness plan that focuses on supporting the whole person, taking away any factors that support cancer development and utilizing a variety of natural cancer-fighting tools to fight cancer and prevent recurrence.

Dr. Nasr offers both in-person and phone/Skype holistic nutrition and cancer coaching services.

For more information about the "5 Step Holistic Cancer Support Program" or to book an appointment, you can contact Healthy U Turn at mahanasr@healthyuturn.com or call at (+1) 416 876 4634.



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What Our Happy Clients Are Saying

Here are just some of the success stories from people just like you who have completed our “Holistic Cancer Support Program”

This plan has improved my health, energy and attitude

"It was Hippocrates, the father of medicine, who said 'Let food be thy medicine and medicine be thy food.' Dr. Maha Nasr understands this intrinsically and has shown me that holistic nutrition is fundamental to my health and wellness. I came to her a couple months ago with a diagnosis of breast cancer. She gave me a comprehensive overview of cancer-fighting foods and good sources of nutrition, and a detailed wellness plan designed just for me. This plan has improved my health, energy and attitude. I am feeling better every day because of Dr. Nasr, and I would wholeheartedly recommend her to anyone who wants to improve their health through a holistic approach."

– R. Ward, 60 years, Toronto

With her expertise and compassionate care my recovery was smooth and I regained my strength and well-being in a very short period of time

"I reached out to Dr Maha after being diagnosed with stage IV breast cancer, totally dysfunctional and weak with tremendous anxiety and fear was looking for someone to assist me during my treatment phase and tell me what to do after to avoid recurrence.

As a certified cancer coach, Dr Maha was already aware with my sufferings, she skillfully and professionally accommodated my condition, coached me closely with attention to even the smallest detail and helped me regain again my sense of security. She was patient, very conscientious and knowledgeable answering all my questions whilst phasing out a complete change in my life.

With her expertise and compassionate care my recovery was smooth and I regained my strength and well-being in a very short period of time. Today I follow her protocol and feel that I am on a safe track.



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Thank you Dr Maha for your sincere dedication and patience. I strongly recommend her to anyone diagnosed with cancer as her coaching is exceptionally valuable to the recovery journey."

– Sarah A., Ontario

Dr Nasr has gathered all possible information on nutritional, environmental, mental, spiritual and lifestyle factors in fighting cancer

"Dr Nasr gave me a wealth of options for cancer support from nutritional guidelines to help remove toxins from my body and make my body more alkaline, which help in fighting cancer, to mind-body techniques like visualization and meditation.

Dr Nasr has gathered all possible information on nutritional, environmental, mental, spiritual and lifestyle factors in fighting cancer and giving treatments the best chance to work effectively. She is providing a tremendous service to cancer patients.

Thanks Maha for doing what you do."

– Colette C., New York

Thank you so much Dr Nasr for your continuous support and care!

"I am very excited. I just had a call from my oncologist. She told me that the CT and bone scan that were done this week showed that I have made marked improvement! Less lymph system activity, fewer spots, less tumor mass. I could not take in what she said about the report. I was so relieved that she confirmed how I have been feeling,.....really healthy and really good. Thank you so much Dr Nasr for your continuous support and care!"

– Marie W., Nova Scotia

Her recommendations were spot on and helped me go through my treatment with very minimal side effects

"I was diagnosed with lung cancer and I decided to sign up for Maha's cancer coaching program because I realized I needed help in changing my diet and lifestyle. I also felt confused and uncertain about my treatment and my oncologist didn't provide enough information to help. Maha was very knowledgeable about my condition, answered all my questions and provided simple and helpful tips to



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deal with any unwanted side effects of treatment. She also recommended specific foods and natural supplements to boost my immune system and energy levels.

Her recommendations were spot on and helped me go through my treatment with very minimal side effects. A few weeks after following her plan, I felt so much energetic than I've felt in a very long time. Maha is a trusted expert in the field of cancer nutrition and I can't recommend her enough."

– Mark E., B.C.

With the specific supplements she recommended, I felt protected that I am giving my body what it needs to fight the cancer

I contacted Maha after being diagnosed with breast cancer. Before trying her cancer coaching program, I started doing some diet changes on my own but felt confused and insecure. Her in depth diet recommendations helped me a lot with making the right diet choices and with the specific supplements she recommended, I felt protected that I am giving my body what it needs to fight the cancer. The techniques she recommended for dealing with daily stress and increasing my energy helped me a lot during my treatment sessions.

Maha's holistic approach helped me have a more optimistic view of my condition. Thanks to Maha, now I visualize every day and have felt the difference in my body. Furthermore, I get a lot of compliments on my "glowing" looks. I attribute that to her excellent guidance of course and I always mention that I am so happy I found her in that big metropolis of Toronto!"

– G.J., Toronto



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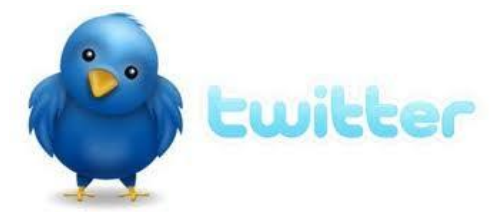
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