



# Nature's Answer to Cancer

Release your inner healing, naturally!



KIM DALZELL  
Ph.D, R.D., L.D.  
Author of "Challenge  
Cancer and Win!"

## Ideas for Interview Questions

- Can you really change the course of cancer through nature?
- How do we know if our body is cancer friendly?
- Why shouldn't we focus on "power" foods?
- Are there certain foods to eat or avoid for a specific type of cancer?
- Should dietary supplements be used during cancer treatment?
- Why don't more doctors talk to their patients about nutrition?
- Can we really trust those food labels?
- What are the nutritional challenges associated with cancer treatment?
- Give me some examples of natural therapies for cancer treatment side effects?
- What are some common myths about nutrition?
- Why is your nutritional counseling style unique?
- Why is good nutrition like watering your lawn?
- If you had only one tip to give to us on how to eat healthy, what would it be?



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## Story Ideas

### Survival in the Grocery Store Jungle

Grab a cart and come along with Kim as she walks through the grocery store aisles highlighting readily available cancer-fighting foods for participants. Kim provides tips on choosing foods that fight—and avoiding ones that fuel—cancer.

### Cook and Serve It Up!

Kim can join forces with a personal chef from your local community to create interactive cooking and taste-testing demonstrations. See example [here](#).

### Beyond Menu Madness

Using time-friendly, client-approved tactics, Kim lays out successful strategies for serving up nutritious, appealing meals that will satisfy the whole family.

### Why Your Mother Was Right!

Kim describes the power of plant chemicals, where to get them, what they do, and how they work to significantly impact health. Broccoli will never look the same again!

### What To Eat Now

Cancer survivors want to know what they can do after they leave the oncologist's office. A top ten power foods list rounds out Kim's key strategies to choosing foods that will boost immunity and decrease risk of recurrence.

### Fad Fiction

Diet fads come and go. So do research findings. Let Kim give you the latest scoop on distinguishing between foods that are brimming with health from those that are full of hype.



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## Quotable Quotes

Searching for a quick quote? Choose one of these or contact Kim [here](#) for more.

*"Think of food as kitchen-therapy....a smart addition to chemo-therapy!"*

*"Plants are nature's perfect package for health."*

*"You must change your growing environment if you want to change the course of cancer."*

*"Eating well is more about the daily choices you make, and less about the next great diet you embark upon."*

*"Living well is a conscious choice that requires a renewed commitment each day."*

*"Reading about the latest nutrition studies will do nothing more than qualify you as an armchair health nut. You must act upon what you know."*

*"Go ahead and indulge every once in a while. Just remember that the foods you eat most often will shape your overall health."*

*"We all eat food, but we are all not experts at nutrition."*

*"If parents don't care about good nutrition, why should their children?"*

*"It's time to shift our thinking and focus to what happens INSIDE when we eat. Perhaps looking at the internal, not external, environment to spur on dietary change will be the key to a healthier you."*

*"When it comes to eating, it's time to let go of that all-or-none mentality."*

*"Eating right means you have to have a back up plan—it's kind of like being a defensive driver while you're dieting!"*

*"How do you expect to lay a good foundation for health when you're always running around?"*