

# Are you **OVERWHELMED?**

**Learn which diet  
is best for you.**



## **Webinar Worksheet**

DIET is possibly the MOST important piece of cancer fighting puzzle... but there is a LOT of confusion...

We're here to help you work through the noise.

Let's get started!

1. Which process is the central benefit to fasting, and is an important system for staving off many diseases, including preventing cancer development?

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2. Research suggests that compounds found in certain foods may inhibit angiogenesis, which is the formation of new blood vessels "feed" growing tumors with oxygen and nutrients. The anti-angiogenic diet works to stop this process.

List some foods below which help inhibit angiogenesis.

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3. In the Ketogenic diet, \_\_\_ % of your daily calories should come from healthy fats such as coconut oil, ghee, grass-fed butter, fatty fish, avocados, and olive oil, and \_\_\_ to \_\_\_ % from protein.

4. The main difference between Paleo and Keto is that there is no \_\_\_\_\_ with Paleo.

5. What are the 2 stages of the The "Anti-Fungal" (Candida) Diet?

Stage 1

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Stage 2

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6. Which diet eliminates unhealthy and inflammatory food groups for 30 days to help increase your energy levels, shift weight you've been trying to lose, and rid yourself of any niggling aches and pains?

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7. To classify as raw (on the Raw Food Diet), nothing can be cooked above \_\_\_\_ degrees Fahrenheit, p\_\_\_\_\_, or r\_\_\_\_\_.

Great job! Now that you're more clear about anti-cancer nutrition and which diet may be right for you, you're on your way to creating the anti-cancer lifestyle you've always wanted.

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