



## FOUNDATIONS OF INTEGRATIVE ONCOLOGY

### Module 3 Principles of Diet & Nutrition for Cancer Patients

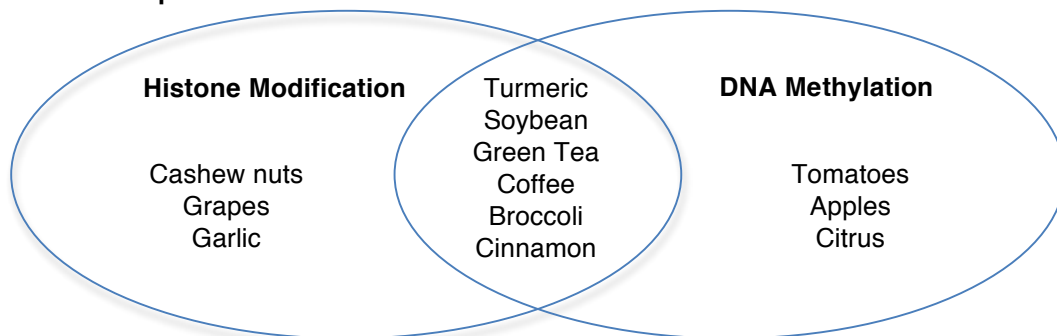
#### Lesson 1 Epigenetic Impact of Foods on Gene Expression

##### Learning Objectives – Understand and describe:

- Epigenetic impact of foods and dietary phytochemicals on oncogene expression
- Basic principles and guidelines of an anti-cancer, anti-inflammatory diet
- Anti-cancer superfoods

**Epigenetics:** Most cancers involve the epigenetic silencing of genes that normally control cell growth and proliferation. The major forms of epigenetic changes occurring in human tumors are **DNA Methylation and Histone Deacetylation**

##### Anti-Cancer Superfoods



##### Dietary Guidelines

- Whole, organic, primarily plant-based diet (high fiber, low glycemic)
- Chemical and hormone free
- Limit high Fe foods
- Daily fermented foods
- Healthy fats, increase Omega 3:6 FA
- Clean protein (60-80 g/day)
- ½ body weight in fluid intake daily
- Remove inflammatory allergenic foods

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