

INTEGRATIVE CANCER PREVENTION, SUPPORTIVE CARE, RECOVERY, AND RECURRENCE PREVENTION

Seventy percent of cancers are preventable, from not smoking to avoiding infections.

Choices in diet and lifestyle contribute to 30–50% of cancers.

Prevention with lifestyle changes can be powerful. Cancer is a trauma to the body, both physically and mentally. Alongside conventional treatment, we aim to minimize quality of life impacts both during and after cancer treatment.

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