**10 Nutrition**

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Nutrition and Diet Are Vital to Fighting Cancer to Win

Even if it hasn’t spread, cancer has developed as a result of glitches occurring in and because of the body. Put another way, cancer affects your biology, and your biology affects your cancer. But traditional therapies alone don’t address the underlying molecular accidents that initiated and support the cancer.

Change your biochemistry to make your body unwelcome to cancer.

Because cancer uses your biochemistry to grow and spread, the environment in which cancer cells live is as important as the cancer itself. That’s why we take a systemic approach to treating cancer. This means changing your body — the cancer’s environment — to be inhospitable to cancer through lifestyle changes, such as good sleep habits, stress-relief techniques, mental-emotional strategies and — last but certainly not least — nutrition, diet and dietary supplements.

Your cancer eats what you eat, so nutrition affects treatment success.

There’s truth in the old adage that “you are what you eat.” It is well known that how you eat affects your metabolism, health, physical function and, yes, your cancer. In fact, science shows that nutrition is the quickest and surest way to affect a person’s biochemistry. And there are certain foods and nutritional supplements that can help make your body less hospitable to cancer and more responsive to cancer treatment. While often an afterthought for other cancer care providers, nutrition and diet are integral to every individualized Block Center treatment plan.

Integrating diet and nutrition into your cancer care from the start.

While other providers think of nutrition in terms of adequate calorie intake, the Block Center integrates nutrition, dietary habits, supplements and even vitamin infusions into your care from the very beginning, because they make treatment more effective and less toxic.

At the Block Center, you’ll have an individual consultation with one of our registered dietitians. Through this process, you’ll receive personalized nutrition education and training that are based on your individual dietary assessment, complete biochemical analysis and the various factors of your condition. Your dietitian will explain the scientific rationale supporting our nutrition program. What you can expect, however, is a diet primarily based on whole, unprocessed, plant-based foods.

Empowering you to eat right, get well, and live a high-quality life.

In addition, our dietitians regularly hold cooking classes in our Block Center teaching kitchen, where we’ll demonstrate how to prepare healthy (and tasty) dishes, provide key kitchen tips, plan menus and recipes, and present the specific benefits of the foods being prepared.

If you have cancer, be sure that diet and nutrition are as primary a part of your care as they are in supporting or changing your body chemistry. Let us help you fight on all fronts, including in the kitchen. To schedule an appointment, call 877-41-BLOCK (877-412-5625). You can also request an appointment using our easy online form.