



**Sharsheret in the Kitchen -
Sharsheret in the Kitchen – 2 Nutritional Strategies
to Optimize Your Health & Support Thrivership
@bellernutrition**

Follow Up from January 10, 2024

- Click [here](#) for Sharsheret in the Kitchen webinar – 2 Nutritional Strategies to Optimize Your Health & Support Thrivership

FOLLOW RACHEL HERE:

Rachel Beller's Website: <https://www.bellernutrition.com/>

Rachel Beller on Instagram: <https://www.instagram.com/bellernutrition/>

Rachel Beller on Facebook: <https://www.facebook.com/RachelBellerRDN>

Rachel's latest book SpiceRack: <https://www.amazon.com/SpiceRack-Action-Plan-Cookbook-Optimal-Weight/dp/1736675656>

RACHEL'S TIPS:

Fiber

- Think of fiber as a cleaning crew in your body
- 5 good reasons to include fiber in your diet:
 - Helps maintain healthy body weight
 - Reduces excess estrogen
 - Prevents them from going back into the blood system
 - Promotes healthy gut microbiome
 - Balances hormones
 - Think of it like a garden - how you treat it affects how things grow
 - Helps with blood sugar control
 - Strengthens immunity
 - Especially mushrooms and foods with beta-glucans
 - Good to keep dehydrated mushrooms in your pantry so you always have them (and they're usually more inexpensive)
- Aim for 30-35g of fiber and diversify your intake.
 - Insoluble fiber, soluble fiber, prebiotic fiber, beta-glucans
- Fiber boosters like basil seeds, chia seeds (white > black, but both fine), ground flax, whole hemp seed are great additions.
 - Just pick one or two – keep it simple! This helps keep it sustainable.
 - In a few months introduce another one. Then in another couple you could add oat fiber, etc.
- Try to frontload your day – aim for 10g before noon
 - Steel cut oats have 4g of fiber, but adding 1 tbsp of a fiber booster and some fruit can boost this one bowl to 10g of fiber.

Information provided by Sharsheret is not a substitute for medical advice or treatment and should not be used to diagnose or treat a health problem. Always seek the advice of your physician or qualified health provider.

- Try to include a plant-based protein for at least one meal a day (sprouted lentils, edamame, beans, chickpeas)



The Power of Spicing

- Spices are anti-inflammatory, antioxidants, may help fight cancer, support weight management and gut health, and are sustainable.
- Turmeric, Cayenne, Garlic, Clove, Cinnamon all have been studied a lot in recent years.
- Black cumin seeds: promotes digestion, anti-inflammatory, antioxidants

Q & A

- Soy – whole soy can be protective by stimulating the beta receptor, blocking the more powerful effects of estrogen on the alpha receptor.
 - Edamame, tempeh, sprouted tofu, and more can be great ways to get it.
 - If your cancer isn't ER+, soy is rich in antioxidants, fiber, and more benefits.
- During treatment, refrain from using concentrated isolates from herbs/spices. For example, whole foods are fine, but concentrates or supplements are usually not.
- Rachel's favorite protein powders are organic, not too many ingredients (Lekithos Almond powder and Noosh Almond protein are two she mentioned).

SHARSHERET[®]
CANCER GENETICS
FAST FACTS

EVERYONE who carries a cancer gene mutation has a **50%** chance of passing it on to the **NEXT GENERATION**.

Multi-gene panel testing can **IDENTIFY MUTATIONS** in genes other than BRCA1 or BRCA2, such as ATM, CHEK2, Lynch or PALB2, that may predispose you to a variety of cancers including male breast, colon, pancreatic, prostate, uterine and melanoma.

If the results of genetic testing in a family are negative, it is **STILL POSSIBLE** that the cancer in the family is **INHERITED**, resulting from genetic mutations that we do not yet know how to identify.

1 IN 40
 Ashkenazi Jews, **BOTH MEN AND WOMEN**, carries a BRCA1 or BRCA2 gene mutation.

Individuals who carry genetic mutations should **HAVE THE OPPORTUNITY** to make choices about high risk screening and risk-reducing surgery and treatment that can **SAVE THEIR LIFE**.

Email info@sharsheret.org to connect with Sharsheret support, Sharsheret's genetic counselor, or to bring Sharsheret to your school, doctor's office, or community.

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