

INFORMATIONAL LIVE WEBINAR:

Which Diet is Best For Most Cancer Survivors?

Presented by Lise Alschuler, ND, FABNO, and Karolyn A. Gazella, this discussion will compare and contrast some common diets that promise to help fight cancer to assist you to make a decision that's right for you.

You can access the talk via your own computer (see below) or join us in the conference room at Mission Hope.

Friday, January 26 • 10:00 a.m.

Mission Hope Cancer Center, 1325 East Church Street, Santa Maria

■ One of the most common questions cancer survivors ask is, "What diet should I follow to help reduce my risk of getting cancer again?" There is so much information and so many claims about "anti-cancer" diets, it can feel overwhelming and hard to make the right decision.

During this informational live webinar presented at the Mission Hope Cancer Center, Dr. Alschuler and Karolyn will describe various diets including Paleo, Ketogenic, and Mediterranean diets and then provide scientific rationale as to the merits and limitations of these diets. In this lively and engaging presentation, Dr. Alschuler and Karolyn will empower you with information to help you sift through the food confusion.



Lise Alschuler, ND, FABNO



Karolyn A. Gazella

How to access the webinar on your computer:

Zoom link: <https://zoom.us/j/513769530>

At the time of the meeting, participants simply type the above link in their internet browser.

If you have never used Zoom on your computer before, you will be asked to download a quick plug in and then be brought into the meeting. The presentation will last about 40 minutes with a slide presentation to be followed by a question and answer session.



Wondering about the merits of the Paleo, Ketogenic and/or Mediterranean diets? We'll sift through the confusion.

