

# Nutrition for Breast & Ovarian Cancer Care

## A National Webinar/Teleconference

Topics to be covered include:

- How dietary variety, eating seasonally, eating more like our hunter-gatherer ancestors, and calorie restriction and intermittent fasting may help in the fight against cancer.
- How nutrients in food play a role in cancer cell multiplication, tumor growth, hormone levels, and cancer cell death.
- The relationship between cancer and the human 'microbiome': the 100 trillion bacteria, viruses, fungi, and other tiny microbes that live in our bodies.



**Tuesday, November 14, 2017**  
**8-9 pm (EST)**

**Speaker:** Mary Beth Augustine, RDN, CDN, FAND: Integrative Digestion Nutritionist at the Graf Center for Integrative Medicine at Englewood Hospital and Medical Center, and Founder and Director of Nutritional Healthcare, offering medical nutrition therapy sessions and wellness services for adults and children. Mary Beth has spoken at many conferences and venues across the country, and has been a guest on numerous local and national TV and radio programs. As a twenty-plus year cancer survivor, Mary Beth is dedicated to sharing her personal and professional passion to educate people about the interconnected health of people, food and the land.

Open to women nationwide living  
with breast, ovarian or gynecological cancer.  
(PRE-REGISTRATION IS REQUIRED)

Call Support Connection at  
914-962-6402 or 800-532-4290

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