

# Nutrition One-on-One Consultations

## Schedule an Individual Consultation And a Follow Up Appointment With an Integrated Nutritionist at No Cost.

For more information on her background, see back of flyer.

### EWG's 2018 Shopper's Guide to Pesticides in Produce

#### 2018 "Dirty Dozen"

Strawberries  
Spinach  
Nectarines  
Apples  
Grapes  
Peaches  
Cherries  
Pears  
Tomatoes  
Celery  
Potatoes  
Sweet Bell Peppers

### 2018 "Clean Fifteen"

Avocados  
Sweet corn  
Pineapples  
Cabbage  
Onions  
Frozen sweet peas  
Papayas  
Asparagus  
Mangoes  
Eggplant  
Honeydew melon  
Kiwi  
Cantaloupe  
Cauliflower  
Broccoli

### Food Matters

*Cancer is a scary, confusing time. There is so much contradictory and overwhelming information about what to eat and what not to eat. No two people are alike, and no two cancers are alike. The goal of nutrition during the cancer journey is to strengthen the body-mind-spirit, - to create an environment inhospitable to cancer growth.*

**By appointment only. Please register by calling Cancer CAREpoint at:  
408.402.6611 or email [info@cancercarepoint.org](mailto:info@cancercarepoint.org).**



My name is **Nancy Birang** and I am a Board-Certified Nutrition Consultant - I am the founder and owner of Four Seasons Nutrition, an integrative nutrition consulting service. I have the honor and pleasure of working with clients-face to face as well as via telephone and web-based platforms. I specialize in helping people faced with cancer.



- Are you confused about what to eat?
- Do you feel tired, stressed, worried?

I can help you navigate and simplify the overwhelming amount of nutritional information to find the diet that works for you. I partner with you to create a nutritional plan – personalized for you – that will support your cancer management system and your goals for healthy weight, lean muscle mass, immune system strength, blood sugar balance, digestive strength and overall recovery and resilience. What you eat and how you live your life matters.