

**awaana
health**

Cancer Guide to a Healthy Lifestyle

Simple, sustainable daily habits that support healing, resilience, and long-term well-being beyond treatment.

Awaana Health



Why this guide

Healing isn't about fighting harder.

It's about supporting the body wisely.

This guide exists to shift the focus from fear and force to nourishment, awareness, and alignment so the body can do what it is designed to do: heal.

The 6 pillars of healing

The 6 Pillars of Healing

1. **Nutrition** – Food as information that supports immunity, metabolism, and cellular repair.
2. **Gentle Movement** – Low-impact, mindful movement that improves circulation, lymphatic flow, and energy without stressing the body.
3. **Supplement Support** – Targeted nutrients used to correct deficiencies and support healing pathways when food alone isn't enough.
4. **Sleep** – Deep, restorative rest where the body repairs tissues, balances hormones, and strengthens immunity.
5. **Stress Regulation** – Calming the nervous system to lower inflammation, cortisol, and immune suppression.
6. **Toxin Reduction** – Reducing chemical and environmental load to ease inflammation and free up the body's healing capacity.

Nutrition during Cancer Treatment

During treatment, the body's digestive fire is often weakened, and appetite can fluctuate daily. Warm, soft, freshly cooked foods are easier to digest, place less strain on the gut, and support nutrient absorption. Small, frequent meals help maintain energy levels, stabilize blood sugar, and reduce nausea or fullness. Appetite should never be forced—eating becomes an act of nourishment, not pressure. Listening to the body's cues allows healing to unfold with greater ease and respect.

Stress & Sleep

Calm allows the body to heal more efficiently. Chronic stress keeps the nervous system in a constant state of alert, raising inflammation and suppressing immune repair. Practices like breathwork and meditation help shift the body into a parasympathetic (rest-and-repair) state, where healing hormones are released. Quality sleep is when the deepest cellular repair, immune regeneration, and emotional processing occur—making rest not optional, but essential.

Scientific Notes

Chronic stress elevates cortisol, which can suppress immune function and increase inflammation; stress-reduction practices such as breathwork and meditation have been shown to lower cortisol levels and support immune regulation. During chemotherapy, warm, freshly cooked foods are generally better tolerated, as they are easier to digest, reduce gastrointestinal discomfort, and support nutrient absorption when digestive capacity is compromised.

Healing recipes for Cancer

Moong Dal Congee – Light, protein-rich, and easy to digest, supporting strength without burdening the gut.

Carrot Pumpkin Soup – Soft, warming, and rich in beta-carotene to support immunity and gentle detox pathways.

Ginger Fennel Tea – Calms nausea, bloating, and cramps while aiding digestion and appetite.

Soft Khichdi – A complete, comforting meal that stabilizes energy and is well tolerated during low appetite days.

Stewed Apples – Warm, soothing, and gut-friendly, helping digestion while providing gentle natural sweetness.

Healing Recipe



Moong Dal Congee

Ingredients:

Yellow moong dal (2 tbsp),
water (2–3 cups),
turmeric (pinch),
salt (to taste)

Process:

Soak dal 30 minutes, then boil with water and turmeric until very soft; mash or blend, add salt, serve warm.



Carrot-Pumpkin Soup

Ingredients:

Carrot (1 small),
pumpkin (½ cup),
ginger (½ tsp),
water
, salt

Process:

Boil all ingredients until soft, blend smooth, add salt, serve warm.



Khichdi

Ingredients:

Rice (2 tbsp),
yellow moong dal (2 tbsp),
turmeric (pinch),
cumin seeds (¼ tsp), water,
salt

Process:

Cook everything together with plenty of water until porridge-like; mash lightly before eating.

Healing Recipe



Stewed Apples

Ingredients:

Apple (1, peeled & chopped),
water,
cinnamon (pinch – optional)

Process:

Cook apples with water until very soft; mash and eat warm.



Ginger-Fennel Tea

Ingredients:

Fresh ginger (½ inch),
fennel seeds (½ tsp),
water (2 cups)

Process:

Boil ginger and fennel in water for 5–7 minutes, strain, sip warm.



Hey there!

SHRUTI SETHI


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A Cornell-certified plant-based nutritionist and a holistic cancer coach, energy psychologist. I have graduated from the Institute for Integrative Nutrition (USA) and I am an expert in yoga therapy and Ayurveda. I am also the founder of Awaana Health, a company which helps people reverse diseases such as cancer, diabetes, cardiovascular, hormonal disorders etc. by using integrative protocols which can be applied for anyone.

Tired of depending on medications to manage your health?

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Book a 1:1 Consultation with Shruti Sethi

 Book your session now

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A Community Unlocking Full Potential For Disease Free Life

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