

ANTI-CANCER EATING

**Ayurveda + Nutrition to
Protect Your Body**

Author- Zainab Mustafa Bharmal



TABLE OF CONTENTS

1. Food as Protection

2. Cancer-Fighting Foods

3. Eat Local, Eat Seasonal

4. Support Your Agni

5. The Inflammation Factor

6. Daily Power on Your Plate

Food as Protection

Up to 50% of cancers can be prevented through diet and lifestyle. What you eat daily shapes your body's ability to fight disease—even as a teenager.

Why this matters:

- Cancer in young adults has increased by 30% in two decades
- Most risks come from food, stress, and environment—not just genetics
- Choosing whole, clean foods builds your body's defense system

Mini Tasks:

1. Write down one meal you had today. Was it mostly whole or processed?
2. Add one fruit or vegetable to your next meal.

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Cancer-Fighting Foods

Certain ingredients are proven to fight inflammation, detox the body, and reduce cancer risk.

Top food allies:

- Broccoli, cauliflower, cabbage (cruciferous veggies): detox + DNA protection
- Turmeric (curcumin): slows tumor growth
- Berries: high in antioxidants
- Leafy greens: rich in folate, support immunity
- Lentils & legumes: fiber + hormone balance

Mini Tasks:

1. Choose one food from the list above to add to your week.
2. Search one health benefit of that food and note it.

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Eat Local, Eat Seasonal

Seasonal and local foods align with your body's needs.

In Ayurveda, food is medicine (Ahara). Nature gives your body what it needs—at the right time.

Examples:

- Mangoes in summer hydrate + protect
- Root vegetables in winter ground and heal
- Indian spices (turmeric, cumin, ginger) reduce inflammation

Mini Tasks:

1. Ask your family what's in season and try one new seasonal food this week.
2. Add ginger or cumin to your next home-cooked meal.

Support Your Agni

Ayurveda says strong digestion (Agni) is the key to absorbing nutrition and eliminating toxins.

Even healthy food is wasted if your body can't digest it.

Tips for boosting Agni:

- Eat your biggest meal at lunch (midday = strongest digestion)
- Avoid cold drinks with meals
- Don't mix heavy starch + dairy in one meal

Mini Tasks:

1. Eat lunch mindfully—no distractions or screens.
2. Sip warm water before or after one meal today.

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The Inflammation Factor

Chronic inflammation increases cancer risk. It's caused by processed foods, sugar, stress, and poor sleep.

Anti-inflammatory habits (Luke Coutinho):

- Cut junk and sugary snacks
- Eat greens, omega-3 seeds (flax, chia), and turmeric
- Practice deep breathing or slow movement to manage stress

Mini Tasks:

1. Eliminate one processed food from your day (packaged chips, soda, etc.).
2. Take 5 deep breaths before each meal today.

Daily Power on Your Plate

Cancer prevention isn't complicated—it's consistent. Your daily meals either fuel disease or strengthen you.

Build your routine with:

- Whole, colorful meals
- Seasonal produce + healing spices
- Balanced digestion and calm living

Mini Tasks:

1. Plan one anti-cancer meal for tomorrow using veggies, lentils, and spices.
2. Share one tip from this module with a friend or sibling.

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ABOUT THE AUTHOR



Zainab Mustafa Bharmal is an IBDP Year 2 student at The Galaxy School, with a strong academic foundation and a passion for pharmaceutical sciences, biotechnology, and life sciences. A national topper in Geography and an all-A* IGCSE achiever, Zainab has pursued her interests through internships with medical professionals, research-based summer programs, and science-led awareness campaigns. She has led impactful projects on juvenile diabetes, curriculum design for under-resourced schools, and conducted fieldwork in naturopathy and nutrition. Her portfolio includes awards in sports, arts, MUNs, and international competitions like the Biology Bowl and Duke of Edinburgh Award. Through her capstone project and this e-book series, Zainab combines the wisdom of Ayurveda with modern health science to make preventive wellness accessible, evidence-based, and teen-friendly.