



# Alison's AntiCancer Personalized Nutrition



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## introduction

In 2013, I was living the life of a World Champion Extreme Skier and Climate Change Consultant, traveling the world and loving life. I felt some aches and pains but chalked them up to getting older and having too many knee surgeries. Then my memory started to decline and I began to experience strange behavioral symptoms, which culminated in me almost burning down our kitchen. Next, an MRI showed a brain tumor the size of an orange, and the diagnosis: terminal and malignant.

I had studied nutrition at college/university, and had been following that advice since 1989, including lots of whole grains and fruits, with everything made from scratch and no processed foods. I was even vegan or vegetarian for 16 years. As an avid athlete at this time, I was exercising a minimum 1-3 hours per day. According to most doctors, even in 2013, I was the picture of health.

After the diagnosis, I undertook a surgery which was partially successful. The doctors missed one entire tumor but insisted that everything was “great,” that some simple gamma knife radiation would ‘get that other tumor.’ Wikipedia and the internet told me otherwise; that even with surgery, chemo and radiation I likely only had 6.8 months to live, and that with just surgery I could possibly live a few years. I refused to be a statistic.

I started researching frantically and following a friend's suggestion, contacted Dr. Nasha Winters, an integrative and ND oncologist. Dr. Nasha proceeded to blow my mind with the concept that cancer was a metabolic disease and that changing my diet could starve/damage my cancer cells. I started Therapeutic Carb Reduction™ (TCR) and becoming fat adapted right away: step one. It was brutal. My mind could not wrap its head around putting an ENTIRE stick of butter in the pan instead of avoiding fat. But as each month passed and my 70 blood lab markers kept improving dramatically, I realized that what I had been taught about nutrition was just plain wrong. High fat and low carb WAS starving my cancer cells and making my body healthier by the day.

Dr. Nasha then showed me how to use my DNA, labs/blood chemistry, tumor pathology and past health history to figure out WHY my body was cancering and to further customize my diet. I found out that I could not process coconut oil and palm oil, had to supplement to tolerate kale, and that my protein and B12 were so low that I had to re-introduce red meat. My hubby's DNA was totally different, and he had to eliminate red meats entirely! We are all so different. It seemed so simple but it made sense (I'm a science geek!). Reversing the root causes one by one was moving towards optimal health and away from dis-ease.

I watched in amazement as my other supposedly “unrelated” ailments disappeared. Some things such as my reactive hypoglycemia and migraines went away quickly but others took time. In six months, my massive inflammation was gone along with my yeast infections and chronic bronchitis. It took about a year for my Polycystic Ovarian Syndrome (PCOS), Hashimoto’s Thyroiditis, Epstein Barr (Mono), and CMV (herpes) to go away. Within two years my seasonal allergies completely disappeared, along with my breast fibroids, immune imbalances, and leaky gut. Stress and my mental health are ongoing projects but I’m making headway!

I track my labs/blood chemistry every month, and have since August of 2013, constantly making dietary, supplement, and lifestyle adjustments along the way. Doctors always think I’m on some clinical trial of a magical new drug when they look at my labs, but it is just me and Dr. Nasha’s wisdom reversing all of the root causes and optimizing my health, one baby step at a time. Sometimes it is a total drag and other times I feel so empowered to be in control of my body/life.

Success depends on individual tracking and analysis, as no two people are alike, nor will any two people with the same disease have the same underlying root causes. It is a constant process that I liken to peeling layers of an onion. My one on one coaching programs are here so that we can do the hard work for you when you complete my 28-day foundational repair and reset program. Myself and my team are experts at detective work into optimizing your diet and lifestyle - labs, DNA and your health history give us the tools to put your puzzle together. . Money back guarantee.

People say “Isn’t this hard?,” and I usually respond with, “Dying is hard” and “my new foods bring me yumminess and joy”. AntiCancer foods don’t have to be gross, in fact, I pride myself in recreating all your favorite recipes. My “normal life” gave me cancer, so I’m no longer trying to go back to “normal.” This new version of myself that Dr. Nasha and I are creating is far superior. Nothing like a near-death experience to bring clarity to what is important. I strive for more joy, more love, more good foods, and less stress in every moment.

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