

5 FOODS

*to reduce inflammation
and fight cancer*



HI, I'M CASEY!

I'm a 3x Cancer Survivor - Diagnosed in 2014 with Acute Lymphoblastic Leukemia.

As a Cancer Coach, Yoga Instructor and Personal Trainer, I help women through cancer survivorship, so they can embrace their "new normal" and truly live their best life.



**TRAUMA-INFORMED
CANCER COACH**



AUTHOR

*"Finding Your Way Back
to Heart Center"*



FOUNDER

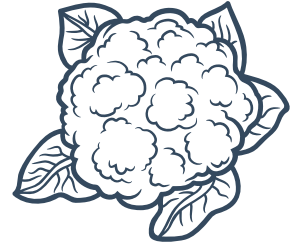
*"A Happier, Healthier You"
Program*

5 FOODS

1

Cruciferous Veggies

Ex: Cauliflower, Broccoli



2

Berries

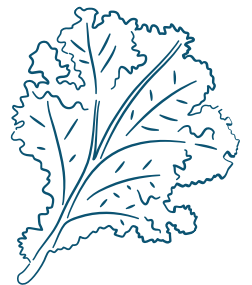
Ex: Strawberries, Blueberries, Raspberries, Blackberries... you get it, right?



3

Dark Leafy Greens

Ex: Spinach, Kale, Collard Greens, Bok Choy

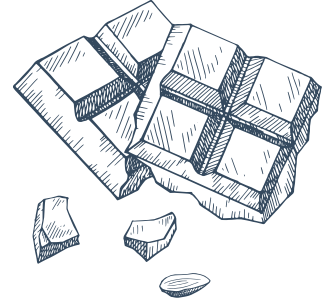


5 FOODS

4

Dark Chocolate

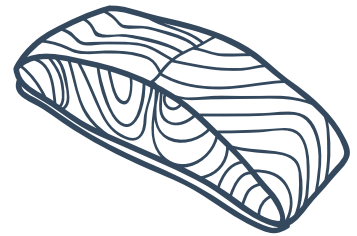
Ex: 70% or above in Cocoa



5

Lean Proteins

Ex: Tofu, Organic Meat, Fish, Cottage Cheese



Still want more?

Join my program:



A HAPPIER HEALTHIER YOU

13-Week Survivorship Program



PERSONALIZED MINDET WORK



WEEKLY WORKOUTS



CREATE A POSITIVE MIND

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