

# **How to Build and Support a Strong Inner Anti Cancer Environment in Face of Chronic Stress, Environmental Pollution and Nutritional Deficiencies**

**Sponsored by Mt. Shasta Integrative Medicine and Shasta Yoga Center  
Speaker: Dr. Shanhong Lu, MD, PhD**

- 1. Lecture 1: April 8 12:15 PM-12:45 PM: Basic Nutrition and Lifestyle Recommendations**
- 2. Lecture 2: April 22 12:15 PM-12:45 PM: Hormones and Cancers**
  - (1) Premature anabolic hormonal declines (HGH, testosterone, DHEA, thyroid)**
  - (2) Imbalance (too much insulin, leptin, and cortisol)**
  - (3) Estrogen Dominance and Decrease of Progesterone: main issues and confusion: Phytoestrogens (soy and other herbs), Bioidentical Hormones, Xenoestrogens on Hormone Sensitive Cancers.**
- 3. Lecture 3: April 29 12:15 PM-12:45 PM: Key nutritional deficiencies and cancer association: Vit D, Iodine, melatonin**