

Susanna Kruger's 90-day Vegan Cancer-Supportive Health Plan (in addition to the surgery, chemotherapy or radiation treatment you may choose to have, and in addition to whatever other medication you are on and supplements you are taking)



Cancer-Supportive Lifestyle Plan

A simple, sustainable framework for healing, energy, and long-term wellbeing.



1. Daily Movement: Walking as Medicine

- Aim for **30–45 minutes of walking** most days.
- Break it into chunks if needed (3 × 10 minutes works beautifully).
- Keep the pace comfortable — the goal is circulation, lymph flow, and mood support.
- Add gentle stretching or mobility for 5 minutes.

Why it matters: Walking improves insulin sensitivity, reduces inflammation, supports digestion, and helps regulate stress hormones.



2. Hydration: Clean, Steady, Supportive

- Aim for **6–8 cups of water** daily, more in hot weather or after exercise.
- Start the morning with a full glass of water before anything else.
- Add electrolytes if you sweat a lot or feel fatigued.

Optional supportive drinks:

- **No Sugar kombucha** (½ cup–1 cup) for gut health.
- **Aloe vera drink** (unsweetened) for gentle digestive support.
- **Green tea** (1–2 cups) for polyphenols.
- **Coffee** (1–2 cups) if tolerated with Oat Milk — avoid late afternoon to protect sleep.

3. Anti-Inflammatory Eating Rhythm

- Build meals around vegetables, legumes, whole grains, nuts, seeds, and healthy fats.
 - Keep fruit to low-sugar options (berries, kiwi).
 - Include cruciferous vegetables daily (cabbage, cauliflower, broccoli / sprouts).
 - Add herbs and spices like ginger, garlic, turmeric in **food-level amounts**.
 - Avoid processed foods, refined sugars, and alcohol.
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4. Gentle Fasting Window (12 Hours Minimum)

- Aim for a **12-hour overnight fast** (e.g., 7pm–7am).
 - This supports metabolic repair, inflammation reduction, and digestive rest.
 - Avoid extreme fasting — gentle consistency is safer and more sustainable.
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5. Stress Reduction & Emotional Regulation

Chronic stress suppresses immunity and increases inflammation. Build a daily practice:

Daily options:

- 5–10 minutes of **breathwork**
- A short **body scan**
- Journaling
- A slow walk without your phone
- Listening to calming music

Weekly options:

- A longer relaxation session
 - A therapy or coaching session
 - Time in nature
 - A creative outlet (painting, gardening, cooking)
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6. Spirituality & Faith

This is for grounding, meaning, and inner steadiness — not religion unless you want it to be.

Options include:

- Meditation (guided or silent)
- Prayer
- Gratitude practice
- Lighting a candle and setting an intention
- Reading something uplifting
- A morning or evening ritual or affirmations that centres you

Even **5 minutes** can shift your nervous system.

7. Sleep & Rest: The Foundation of Healing

- Aim for **7–9 hours** of sleep.
 - Keep a consistent sleep/wake time.
 - Create a wind-down routine: dim lights, warm shower, herbal tea, no screens.
 - Build in **micro-rests** during the day: 5 minutes of stillness, lying down, or deep breathing.
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8. Reduce Environmental Chemicals

Focus on simple, high-impact swaps:

Home:

- Use fragrance-free, low-chemical cleaning products.
- Avoid air fresheners and scented candles.
- Open windows daily for ventilation.

Body:

- Choose fragrance-free skincare and personal products.
- Avoid harsh hair dyes and chemical-heavy cosmetics.

Food:

- Wash produce well.
- Store food in glass instead of plastic when possible.

9. Social Connection & Support

Healing is not meant to be done alone.

- Spend time with people who uplift you.
- Join a walking group, book club, or community class.
- Schedule regular catch-ups with friends or family.
- Seek support groups if helpful — online or in person.

Social connection reduces inflammation, improves mood, and strengthens resilience.

10. Nature & Light Exposure

- Get **10–20 minutes of morning light** to regulate circadian rhythm.
 - Spend time outdoors daily if possible — even a few minutes helps.
 - Touch grass, soil, or water to ground your nervous system.
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11. Other Supportive Practices

- **Creative expression:** art, writing, music, cooking.
 - **Purposeful work:** something that gives meaning.
 - **Laughter:** watch something funny daily.
 - **Boundaries:** protect your energy and time.
 - **Decluttering:** reduces mental load.
 - **Gentle strength training** 1–2× per week (if appropriate).
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Putting It Together: A Daily Rhythm

Morning

- Hydrate
- Light exposure
- Short walk or stretch
- Meditation or intention
- Breakfast or an all-in-one vegan powder shake (such as from Vital) with chia seeds (if you like) which is an organic vegan powder with vitamins, minerals, greens, protein, herbs, superfoods, antioxidants, enzymes, pre & probiotics

Midday

- Balanced meal – the smoothie is recommended
- Walk or movement break
- Social connection (message, call, or in person)

Afternoon

- Green tea
- Creative or restorative activity
- Light snack if needed – walnuts and prunes are recommended

Evening

- Early dinner – the stir fry is recommended
 - 12-hour fasting window begins
 - Wind-down ritual
 - Sleep by a consistent time
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What Supplements to Take or Avoid

Supplements to Take:

1. Vitamin D (pending blood test) with K2
2. Vitamin B12
3. Omega-3 (algae oil)
4. Probiotics (Lactobacillus + Bifidobacterium)
5. Psyllium husk (if needed)
6. Ginger (for nausea)
7. Melatonin (for sleep)
8. Lion's Mane (post-chemo only)
9. CoQ10 (post-radiation only)

Supplements to Avoid or get advice first:

- High-dose antioxidants (A, C, E, selenium, beta-carotene)
 - Turmeric/curcumin capsules
 - Green tea extract
 - St John's Wort
 - Acetyl-L-carnitine
 - Essiac, laetrile, apricot kernels
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Low-Sugar Cancer-Supportive Radiant Root Smoothie

A creamy, earthy, phytonutrient-rich blend with minimal natural sugars and maximum nourishment.

Ingredients (low-sugar, anti-inflammatory)

Vegetable + greens base

- 1 carrot, chopped
- ½ beetroot, chopped
- A handful of beet greens **or** spinach/kale or other greens
- 1 celery stalk
- ½ cucumber

Low-sugar fruit options

Choose **one**:

- ¼ cup mixed berries (lowest-sugar fruit option)
- **or** ½ yellow kiwi fruit (still gentle on sugars)
- **or** no fruit + extra lemon/lime for the ultra low-sugar version

Healthy fats + anti-inflammatory boosters

- ½ **avocado** (creamy texture + supports absorption of carotenoids)
- 1 tbsp ground flaxseed
- 1–2 tbsp rolled oats (optional, for blood sugar stability)
- ½ tsp fresh grated ginger
- ¼ tsp turmeric + pinch of black pepper
- A few mint leaves (optional)

Liquid

- ½–1 cup cold water
(Water keeps sugars lowest; coconut water is optional but adds natural sugars.)

Protein power (if you like)

- An organic protein power which is 100% natural plant protein
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Method

1. Add all vegetables + greens to the blender

These form the low-sugar, fibre-rich foundation.

2. Add your chosen fruit or go fruit-free

Berries keep sugars lowest while still adding polyphenols.

3. Add the avocado + boosters

Include:

- avocado
- flaxseed
- ginger
- turmeric + black pepper
- oats (if using)

4. Add liquid + blend until silky

Start with ½ cup water and increase until you reach your preferred consistency.

5. Taste + adjust

- More lemon/lime for brightness
- More mint for freshness
- More water for a lighter texture

Adding avocado makes it better

Benefit	Why it matters
Healthy fats	Improve absorption of carotenoids from carrot + beetroot
Creaminess	Makes a veg-heavy smoothie more enjoyable
Satiety	Helps stabilise blood sugar and energy
Anti-inflammatory	Avocado contains monounsaturated fats + antioxidants
Gentle on digestion	Smooth, soothing texture

Cancer-Supportive Golden Greens Stir Fry

A gentle, anti-inflammatory, cruciferous-rich stir fry designed to support healing.



Ingredients (all safe, food-based, anti-inflammatory)

Core ingredients:

- 1–2 tbsp olive oil (kept at medium heat to protect the fats)
- 2 cups mushrooms, sliced
- 2 cups cabbage, shredded
- 1 cup cauliflower florets, chopped
- ½ cup broccoli sprouts (added raw at the end for sulforaphane)
- 3 cloves garlic, minced
- 1 thumb ginger, grated
- ½ tsp turmeric (food-level amount)

Supportive additions:

- 1 small onion or 2 spring onions
- 1 tbsp low-sodium soy sauce
- 1 tbsp lemon juice (helps activate sulforaphane)
- Black pepper (enhances turmeric absorption)
- 1 tsp sesame oil (added at the end, not heated)
- Fresh parsley or coriander
- Chili flakes (optional)
- 1 tbsp ground flaxseed (added at the end for omega-3s)
- A handful of chickpeas or tofu for protein

Purpose of these additions:

- **Onions + garlic:** support detoxification pathways
 - **Cruciferous veg + sprouts:** sulforaphane formation
 - **Ginger + turmeric:** anti-inflammatory
 - **Flaxseed:** plant omega-3s
 - **Lemon:** boosts sulforaphane conversion
 - **Low-sodium soy sauce:** flavour without inflammation-promoting salt levels
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Method (gentle cooking to protect nutrients)

1. Make your anti-inflammatory flavour base

In a small bowl, mix:

- garlic
- ginger
- turmeric
- a splash of olive oil
- pinch of black pepper

This keeps the turmeric dose food-level and safe.

2. Heat the pan gently

Warm 1 tbsp olive oil over **medium** heat (not high).
This avoids oxidising the oil.

3. Cook mushrooms first

Let them brown and release moisture.
Mushrooms contain beta-glucans that support immune function.

4. Add cauliflower

Stir fry 3–4 minutes until just tender.
Avoid overcooking to preserve glucosinolates.

5. Add cabbage + onions

Cook until the cabbage softens but stays bright.

6. Add the flavour base

Push veggies aside, add the paste, let it bloom for 20–30 seconds, then mix through.

7. Season lightly

Add:

- soy sauce
- lemon juice
- optional chili

8. Turn off heat and finish with healing ingredients

Fold in:

- broccoli sprouts (raw for sulforaphane)
- sesame oil
- ground flaxseed
- fresh herbs
- nutritional yeast for a cheesy flavour

9. Add protein

Chickpeas or tofu make this a complete, balanced meal.

Why this is cancer-supportive

Here's the science-aligned reasoning behind it:

Ingredient / Method	Supportive Benefit
Cruciferous veg + sprouts	Sulforaphane formation (supports detox pathways)
Garlic + onion	Rich in organosulfur compounds
Ginger + turmeric	Anti-inflammatory, but kept at safe food doses
Olive oil at medium heat	Avoids oxidation
Lemon juice	Enhances sulforaphane conversion
Flaxseed	Plant omega-3s, fibre
Low-sodium soy sauce	Reduces inflammatory sodium load
Gentle cooking	Preserves phytonutrients



Cancer-Supportive Shopping List

For the Golden Greens Stir Fry + Low-Sugar Avocado Smoothie + more



Vegetables (Stir Fry + Smoothie)

- Mushrooms
 - Cabbage (green or red)
 - Cauliflower
 - Broccoli sprouts
 - Garlic
 - Ginger
 - Fresh turmeric (or ground turmeric)
 - Onion or spring onions
 - Fresh herbs (parsley or coriander)
 - Chili (optional)

 - Carrots
 - Beetroot
 - Beet greens **or** spinach/kale or other greens
 - Celery
 - Cucumber
 - Fresh mint (optional)
 - Parsley (optional)
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Fruit (Low-Sugar Options)

- Mixed berries (fresh or frozen)
 - Yellow kiwi fruit (optional)
 - Lemons or limes
 - Avocado
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Pantry & Dry Goods

- Olive oil
- Low-sodium soy sauce
- Sesame oil
- Rolled oats
- Ground flaxseed
- Chia seeds (optional)

- Black pepper
 - Chili flakes (optional)
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Liquids & Extras

- Coconut water (unsweetened) **or** still water
 - No sugar kombucha (optional for daily lifestyle)
 - Aloe vera drink (unsweetened, optional)
 - Green tea
 - Coffee (if tolerated)
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Seasoning & Flavour Boosters

- Rice vinegar or lemon juice (for stir fry)
 - Chopped pumpkin seeds or crushed almonds (optional topping)
 - Nutritional yeast (optional)
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Optional Add-Ons

- Chickpeas or tofu (for protein in the stir fry)
 - Fresh coriander or parsley (for both recipes)
 - Extra greens (rocket, kale, or mixed greens)
 - Fresh herbs for rituals or grounding (lavender, rosemary)
 - Tomatoes, yellow bell pepper (capsicum)
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Other items

- Oat Milk or any other plant-based ‘milk’ you prefer
 - Walnuts and Prunes
 - Your supplements
 - Your vegan greens powder and protein powder
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 **Happy Healing!**