# Expert Nutritional Guidance Along The journey with cancer

## **MY MISSION**

To be part of a comprehensive team approach for helping improve prognosis, quality of life, while also addressing the sum total of health issues that affect the physical & mental wellness of those patients who are receiving treatment for cancer.

**I offer both an aggressive approach to targeting what we feel are the metabolic issues which may have been at the roots of the development of cancer & powerfully supporting the immune system, as well as palliative nutritional care, which is more focused on quality of life/improved energy**.

**Nutritional recommendations for cancer patients are given to: Improve immune function, optimize nutrient stores, control inflammation, enhance the appetite, quell nausea, prevent unwanted loss of weight & lean body mass, optimize serum albumin levels, manage the side effects of surgery, chemotherapy & radiation & to alter food texture to improve swallowing & digestion.**

## **IMPROVING OUTCOMES IN CANCER**

The nutritional programs I create for my patients who have received a diagnosis of cancer are highly individualized & designed to complement the therapies they are receiving from their medical team. When patients consult me I review with them their medical history, explore & identify possible degenerative pathways of the body (roots of the disease process), & work to remove these factors as barriers to wellness. Wrong food choices, improper ratios of protein, fat & carbohydrate & incorrect balance of vitamins, minerals & fatty acids, chemicals in food & the environment, unmanaged stress & toxic emotions create imbalances in the fundamental controls of the body, namely imbalances in the autonomic nervous system, electrolytes, prostaglandins, alkaline-acidity, the carbo-oxidative systems, lipo-oxidative systems & detoxification pathways. Disturbances in these fundamental homeostatic controls result in metabolic dysfunction. Inefficient metabolism of protein, fat or carbohydrate & poor antioxidant function are just a few examples. These metabolic dysfunctions result in health complaints, such as fatigue, headache, indigestion, systemic yeast overgrowth, chronic systemic inflammation, heavy metal accumulation, poor antioxidant function, food allergies/sensitivities/intolerances, disturbances in circulation, respiration, nervous system function & energy production, solvent accumulation & cell membrane dysfunction, blood glucose & insulin imbalance, constipation, aches/pain, feeling generally malaised, frequent illness, mental health challenges & low energy. These health complaints often eventually result in chronic degenerative diseases, arthritis, diabetes, colitis, osteoporosis, heart disease, & yes, sometimes even cancer.

Proper balance of protein, fat & carbohydrate, vitamins & minerals, high quality, alkalizing, ionized water, pharmaceutical grade botanical preparations, & phytonutrients that help the body to detoxify, influence cell-to-cell communication & improve apoptosis are just a few nutritional strategies to help patients improve detoxification pathways, immune function, cell membrane structure, optimize thyroid, adrenal & hormonal function & make the body a less hospitable place for cancer cells.

We also work to improve appetite, reduce nausea, raise serum albumin levels to optimal & achieve & maintain a healthier weight. I provide caring support & comprehensive nutritional follow-up throughout a patient’s journey with cancer & other chronic conditions, including diabetes, hematological issues & immune deficiencies.

## **WHAT IS PALLIATIVE NUTRITIONAL CARE?**

PALLIATIVE NUTRITIONAL CARE **does not mean that a patient has given up on getting well. It simply means that he or she, at this particular time on the journey with cancer, is more focused on a simplified plan for reducing discomfort, pain, improving quality of life, improved energy & managing/preventing complications.**

**We focus on areas such as allaying nausea, adding muscle mass & reducing weight loss, improving serum albumin and other important lab values, improving sleep quality & reducing pain, preventing/managing anemia & renal complications, managing or resolving chronic diarrhea, resolving constipation, improving extended gastric emptying time, jejunal syndrome, blood glucose levels & impaired micronutrient absorption.**

12 Week Energy Transformation A package of 12 sessions for those who can benefit from regular, expert nutritional guidance, intervention & encouragement to make progress along the path to better health & improved quality of life. Tasty, easy-to-prepare meal plans, highly individualized to you special needs on an on-going basis & recommendations for a few well-chosen nutritional supplements to improve digestion, micronutrient stores & digestion. A great choice for any patient who journeys with cancer.

##### Anemia

Nutritional therapy to complement the therapy you are receiving from your doctor. Focuses on bone marrow health as well as optimal intake and absorption of key vitamins, minerals & nutrients.

##### Polycythemia

Nutritional therapy appropriate to the root cause of your particular condition. Focuses on maximizing production of nitric oxide, controlling sodium due to risk of high blood pressure & maintaining iron levels appropriate for treatment goals.

##### Hemochromatosis

Dietary guidance to limit & minimize absorption of iron from the diet while maintaining a healthy intake of all other micronutrients & nutritional factors.

## **Fee SCHEDULE**

##### **$135 Nutritional Therapy (one 2-hour session)**

##### **$75 Follow-Up Session (30 min.)**

**$350 90-Day Energy Transformation (Initial 2-hr. session & eleven 30-min. sessions)**

## **ABOUT YOUR NUTRITIONIST**

**As a Registered Dietitian, Holistic Nutritionist, Functional Medicine Nutritionist & Fitness Specialist, Karen has over twenty three years of experience in helping patients transform their health with functional medicine nutrition therapy & healthy lifestyle counseling. She specializes in nutrition counseling to address the metabolic roots of chronic disease & preventive/wellness nutrition to help patients maximize their energy level, reduce risk of disease, improve their sports performance & maximize their lean body mass. Karen obtained her baccalaureate as a fitness specialist from the University of Alabama at Birmingham & studied nutrition at Samford University, returning to UAB to complete the dietetic internship, with a concentration in clinical nutrition & public/maternal health. She maintained an appointment as a Professor of Holistic Nutrition at Clayton College of Natural Health in the Department of Adjunct Faculty from 1999 to 2010. As past coordinator of The SMART Wellness Program (1999-2004), directed by Robert J. Sciacca, MD, she focused much of her nutritional work in chronic diseases, allergy, irritable bowel syndrome & chemical sensitivity. Since her return to private practice, in 2004, she dedicates much of her time to women’s health issues, age management, weight loss, bio-detoxification, cancer, cardiovascular disease, fibromyalgia, arthritis, gastrointestinal disorders, liver & kidney health, diabetes & metabolic syndrome as well as mental wellness. Karen has lectured extensively throughout the community, from universities to civic groups & churches, including Woman To Woman & Man To Man cancer support groups & Urology Centers of Alabama in Birmingham. She was a regular volunteer speaker at the Endorphin Pain Clinic at Cooper Green Mercy Hospital & has provided continuing education credits for chiropractors & for nurses.**

**For more information or to schedule an appointment, phone 205.915.0474.**

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**Nutrition In Cancer**,

Healthy Weight Care,

Chronic Health Issues

##### **Karen Bishop, RDN, LD**

**Registered Dietitian/Nutritionist**

 **205.915.0474 Programs are also available by phone.**

##### **[www.oncologynutritionbirmingham.com](http://www.oncologynutritionbirmingham.com)**

**[www.karenbishop.net](http://www.karenbishop.net)**

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