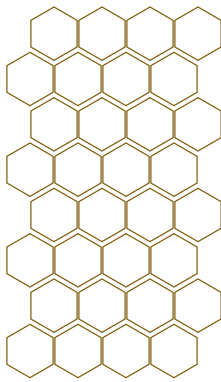


DAVID LARA

THE SUPERHERO WELLNESS GUIDE

Natural Healing Support During Male Breast Cancer



DISCIPLINE TODAY. FREEDOM TOMORROW.

DAVID 007

BUILT DIFFERENT. BUILT TO WIN.

NO TIME TO DIE

"I DON'T FIND MOTIVATION. I CREATE IT." -David

STRENGTH IS MY WEAPON.
FOCUS IS MY POWER.
HEALTH IS MY MISSION.

7-DAY FITNESS TRACKER

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
ACTIVITY WORKOUT STEPS MOVEMENT	STEPS:	STEPS:	STEPS:	STEPS:	STEPS:	STEPS:	STEPS:
FOOD MEALS MEALS PROTEIN VEGGIES	MEALS: PROTEIN: VEGGIES:	MEALS: PROTEIN: VEGGIES:	MEALS: PROTEIN: VEGGIES:	MEALS: PROTEIN: VEGGIES:	MEALS: PROTEIN: VEGGIES:	MEALS: PROTEIN: VEGGIES:	MEALS: PROTEIN: VEGGIES:
SLEEP HOURS HOURS QUALITY	HOURS: QUALITY:	HOURS: QUALITY:	HOURS: QUALITY:	HOURS: QUALITY:	HOURS: QUALITY:	HOURS: QUALITY:	HOURS: QUALITY:
WATER GLASSES PER DAY	GLASSES:	GLASSES:	GLASSES:	GLASSES:	GLASSES:	GLASSES:	GLASSES:
FOCUS WIN THE DAY	TODAY'S WIN: ☐	TODAY'S WIN: ☐	TODAY'S WIN: ☐	TODAY'S WIN: ☐	TODAY'S WIN: ☐	TODAY'S WIN: ☐	TODAY'S WIN: ☐

DAILY MISSIONS

- ✓ TRAIN HARD
- ✓ EAT CLEAN
- ✓ DRINK WATER
- ✓ GET QUALITY SLEEP
- ✓ STAY CONSISTENT
- ✓ NEVER QUIT

YOU VS. YOU
EVERY SINGLE DAY.

STRONG MIND

STRONG BODY

UNBREAKABLE

NOTES & PROGRESS

BE BETTER THAN YOU WERE YESTERDAY.

SCAN TO ACCESS YOUR CUSTOM FITNESS PROGRAM

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"DISCIPLINE TODAY. FREEDOM TOMORROW."

Medical safety: Food, exercise, sleep and stress-management can support overall health during cancer care, but no food or herb - including soursop - has been proven to cure male breast cancer. This guide is designed to complement, not replace, oncology treatment.



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ges to

NOURISH • MOVE • RECOVER • LEARN • ASK QUESTIONS

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Male Breast Cancer: Know the Enemy

Men have breast tissue and can develop breast cancer. Male breast cancer is rare compared with breast cancer in women, which makes specialist evaluation, staging and receptor testing especially important.

INFORMATION IS POWER - EARLY MEDICAL CARE MATTERS

Mission questions

- What type and stage of breast cancer do I have?
- What are the estrogen receptor, progesterone receptor and HER2 results?
- What is the treatment goal?
- Should I have genetic counseling or testing?
- Which symptoms require an urgent call?

Notes / questions





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The Two-Lane Strategy

LANE 1: CANCER TREATMENT	LANE 2: WHOLE-BODY SUPPORT
Surgery, radiation, endocrine therapy, chemotherapy, targeted therapy or other oncology-directed care.	Food, safe movement, hydration, sleep, symptom management, counseling and social support.
Purpose: treat or control the cancer.	Purpose: support strength, function, recovery and quality of life.

The lanes work together. Supportive habits should never be used as a reason to delay or stop evidence-based treatment.

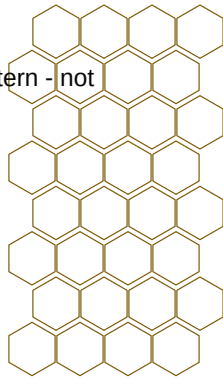
Notes / questions



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David's 10 Power Foods

These foods are called “power foods” because they make it easier to build a nutrient-dense, plant-forward eating pattern - not because any one of them kills cancer.



1. Broccoli & cruciferous vegetables

Fiber, folate and glucosinolate-derived compounds.

2. Berries

Fiber and colorful polyphenols.

3. Beans & lentils

Plant protein and fiber.

4. Whole grains

Fiber-rich carbohydrates and energy.

5. Walnuts

Unsaturated fats and plant nutrients.

6. Ground flaxseed

Fiber and lignans.

7. Tomatoes

Lycopene-containing whole food.

8. Leafy greens

Folate, carotenoids and other micronutrients.

9. Whole soy foods

Protein-rich tofu, edamame and soy milk.

10. Salmon / oily fish

Protein and omega-3 fats.

THE REAL SUPERPOWER IS THE OVERALL PATTERN



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POWER FOOD 1: Broccoli & cruciferous vegetables



FUEL THE BODY. SUPPORT THE MISSION.

Fiber, folate and glucosinolate-derived compounds. This food can be one useful piece of a balanced eating pattern during cancer care.

3 easy ways to use it

- Roast or steam it.
- Add to soups or grain bowls.
- Rotate with cabbage, cauliflower and Brussels sprouts.

Remember

Laboratory findings about individual nutrients do not prove that eating a food will shrink or eliminate a human tumor. The practical goal is better overall nutrition.

How did broccoli & cruciferous vegetables affect appetite, digestion and energy?





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POWER FOOD 2: Berries



FUEL THE BODY. SUPPORT THE MISSION.

Fiber and colorful polyphenols. This food can be one useful piece of a balanced eating pattern during cancer care.

3 easy ways to use it

- Add to oatmeal or yogurt.
- Use frozen berries in smoothies.
- Pair with nuts for a snack.

Remember

Laboratory findings about individual nutrients do not prove that eating a food will shrink or eliminate a human tumor. The practical goal is better overall nutrition.

How did berries affect appetite, digestion and energy?





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POWER FOOD 3: Beans & lentils



FUEL THE BODY. SUPPORT THE MISSION.

Plant protein and fiber. This food can be one useful piece of a balanced eating pattern during cancer care.

3 easy ways to use it

- Use lentils in soup.
- Add beans to salads or bowls.
- Mash beans into spreads.

Remember

Laboratory findings about individual nutrients do not prove that eating a food will shrink or eliminate a human tumor. The practical goal is better overall nutrition.

How did beans & lentils affect appetite, digestion and energy?





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POWER FOOD 4: Whole grains



FUEL THE BODY. SUPPORT THE MISSION.

Fiber-rich carbohydrates and energy. This food can be one useful piece of a balanced eating pattern during cancer care.

3 easy ways to use it

- Choose oatmeal.
- Use barley, quinoa or brown rice.
- Adjust fiber if treatment irritates digestion.

Remember

Laboratory findings about individual nutrients do not prove that eating a food will shrink or eliminate a human tumor. The practical goal is better overall nutrition.

How did whole grains affect appetite, digestion and energy?



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POWER FOOD 5: Walnuts



FUEL THE BODY. SUPPORT THE MISSION.

Unsaturated fats and plant nutrients. This food can be one useful piece of a balanced eating pattern during cancer care.

3 easy ways to use it

- Add a small handful to oatmeal.
- Use in salads.
- Choose unsalted when practical.

Remember

Laboratory findings about individual nutrients do not prove that eating a food will shrink or eliminate a human tumor. The practical goal is better overall nutrition.

How did walnuts affect appetite, digestion and energy?





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POWER FOOD 6: Ground flaxseed



FUEL THE BODY. SUPPORT THE MISSION.

Fiber and lignans. This food can be one useful piece of a balanced eating pattern during cancer care.

3 easy ways to use it

- Stir ground flax into oatmeal.
- Add to yogurt or smoothies.
- Increase fluids as fiber increases.

Remember

Laboratory findings about individual nutrients do not prove that eating a food will shrink or eliminate a human tumor. The practical goal is better overall nutrition.

How did ground flaxseed affect appetite, digestion and energy?





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POWER FOOD 7: Tomatoes

FUEL THE BODY. SUPPORT THE MISSION.

Lycopene-containing whole food. This food can be one useful piece of a balanced eating pattern during cancer care.

3 easy ways to use it

- Use tomato sauce.
- Add tomatoes to eggs or salads.
- Cook with olive oil for flavor.

Remember

Laboratory findings about individual nutrients do not prove that eating a food will shrink or eliminate a human tumor. The practical goal is better overall nutrition.

How did tomatoes affect appetite, digestion and energy?



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POWER FOOD 8: Leafy greens



FUEL THE BODY. SUPPORT THE MISSION.

Folate, carotenoids and other micronutrients. This food can be one useful piece of a balanced eating pattern during cancer care.

3 easy ways to use it

- Add spinach to eggs.
- Use cooked greens in soups.
- Choose softer cooked greens if needed.

Remember

Laboratory findings about individual nutrients do not prove that eating a food will shrink or eliminate a human tumor. The practical goal is better overall nutrition.

How did leafy greens affect appetite, digestion and energy?





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POWER FOOD 9: Whole soy foods



FUEL THE BODY. SUPPORT THE MISSION.

Protein-rich tofu, edamame and soy milk. This food can be one useful piece of a balanced eating pattern during cancer care.

3 easy ways to use it

- Use tofu in stir-fries.
- Snack on edamame.
- Choose fortified unsweetened soy milk.

Remember

Laboratory findings about individual nutrients do not prove that eating a food will shrink or eliminate a human tumor. The practical goal is better overall nutrition.

How did whole soy foods affect appetite, digestion and energy?





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POWER FOOD 10: Salmon / oily fish

FUEL THE BODY. SUPPORT THE MISSION.

Protein and omega-3 fats. This food can be one useful piece of a balanced eating pattern during cancer care.

3 easy ways to use it

- Bake or grill salmon.
- Use canned salmon for quick meals.
- Choose another protein if fish is hard to tolerate.

Remember

Laboratory findings about individual nutrients do not prove that eating a food will shrink or eliminate a human tumor. The practical goal is better overall nutrition.

How did salmon / oily fish affect appetite, digestion and energy?





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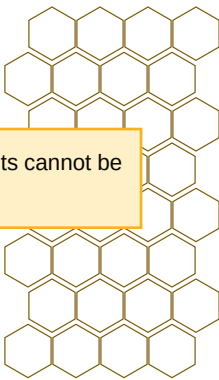
Soursop / Graviola: The Evidence Mission

Soursop (*Annona muricata*), also called graviola or guanabana, is a tropical fruit with a long history of traditional use. Researchers have studied plant compounds in cells and animals.

What has not been shown: there is no reliable clinical evidence that soursop cures or treats cancer in people. Cell-culture results cannot be translated directly into a human cancer treatment claim.

Food vs. concentrated products

- Eating the fruit as food is different from taking concentrated leaf, stem, powder, capsule or extract products.
- Concentrated products may affect blood pressure or blood sugar and can create medication-interaction concerns.
- Discuss regular or concentrated use with the oncology team or pharmacist.



My soursop questions for the medical team



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Soursop: Superhero Myth vs. Reality



MYTH: Natural means harmless.

REALITY: Natural products can have side effects and drug interactions.

MYTH: A laboratory study proves it treats cancer.

REALITY: Human clinical trials are needed to establish treatment benefit.

MYTH: More concentrated is better.

REALITY: Higher exposure can increase risk without proving benefit.

MYTH: It can replace prescribed treatment.

REALITY: Do not delay or replace oncology treatment with soursop.

Notes / questions





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The Superhero Plate

Build most meals around vegetables, fruit, beans and whole grains, then add enough protein and calories for your treatment needs.



If appetite is poor or weight is dropping, an oncology dietitian may recommend a more calorie-dense approach. The 'perfect plate' is less important than getting enough nourishment.

Notes / questions



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STRONG MIND • STRONG BODY • SMART DECISIONS

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Protein: Protect Strength

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- Include a protein source at meals and snacks when possible.
- Use tofu, beans, lentils, fish, eggs, poultry, yogurt or other tolerated foods.
- Smaller meals may work better when appetite is low.
- Ask an oncology dietitian for an individualized protein target.

Notes / questions





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Eating Through Side Effects

STRONG MIND • STRONG BODY • SMART DECISIONS

- Poor appetite: try smaller, more frequent meals.
- Nausea: bland foods and prescribed anti-nausea medication may help.
- Taste changes: experiment with temperature, herbs and textures.
- Sore mouth: choose soft, moist foods and avoid irritating foods.

Notes / questions



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Movement: Train for Function

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- Use the amount and intensity your medical team considers safe.
- Walking, mobility and resistance exercise can be scaled to energy.
- Treatment days may need lighter activity.
- Stop and seek care for chest pain, fainting or severe shortness of breath.

Notes / questions





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STRONG MIND • STRONG BODY • SMART DECISIONS



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Mindset Without Blame

STRONG MIND • STRONG BODY • SMART DECISIONS

- Focus on what is controllable today.
- Ask for help when you need it.
- Cancer is not a failure of discipline or attitude.
- Counseling, support groups and spiritual care can be part of coping.

Notes / questions



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Supplements & Herbs: Safety Shield

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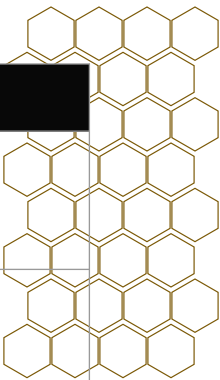
- Give the oncology team a complete supplement list.
- Ask about interactions with surgery and cancer medicines.
- Avoid products promising a cure or 'detox' of tumors.
- Prefer food-first nutrition unless a clinician recommends a supplement.

Notes / questions



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7-Day Nutrition Mission Tracker



DAY	MEALS / PROTEIN	PLANTS / FIBER	WATER	ENERGY / SYMPTOMS
1				
2				
3				
4				
5				
6				
7				

CONSISTENCY BEATS PERFECTION

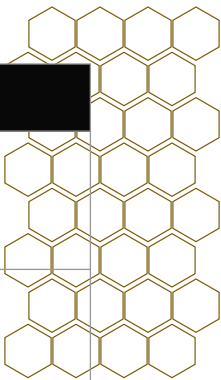




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7-Day Activity, Sleep & Recovery Mission

DAY	ACTIVITY	SLEEP	STRESS 1-10	RECOVERY / WIN
1				
2				
3				
4				
5				
6				
7				



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Evidence Compass

Use reputable cancer organizations and your own care team to evaluate nutrition claims. Reliable sources distinguish between laboratory findings, observational studies and clinical evidence in humans.

RED FLAG: ANY PRODUCT THAT PROMISES TO CURE CANCER

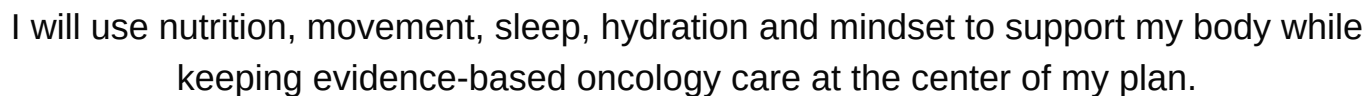
Useful evidence sources

- National Cancer Institute (NCI): male breast cancer and nutrition during cancer treatment.
- American Cancer Society (ACS): survivorship, healthy eating and activity guidance.
- American Institute for Cancer Research (AICR): plant-forward dietary pattern and cancer-prevention guidance.
- Memorial Sloan Kettering Cancer Center Integrative Medicine: herb and supplement evidence, including graviola/soursop.

Claims I want to verify



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“The mission is not perfection. The mission is informed, consistent action.” — David Lara

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