

Practitioner Education



# Learn with me

## Evolving Concepts in Care

*Carla Wrenn.*

Integrative Naturopathic Practitioner

[carlawrenn.com](http://carlawrenn.com)

A close-up photograph of a lavender bush with several bees flying around the purple flowers. The background is softly blurred, creating a shallow depth of field.

# Cancer Prevention Strategies for all Patients

January 2026

*Carla Wrenn.*  
Integrative Naturopathic Practitioner





## Carla Wrenn

- Degree Qualified Naturopath & Nutritionist in practice for 23 years.
- Founder of Vitae Mosaic – Naturopathic Functional Medicine practitioner training program.
- Founder of PROSPER Naturopathic Oncology supporting patients to use CM before, during & after cancer treatment & training practitioners in cancer support.
- Owner & Director of Peninsula Herbal Dispensary & Naturopathic Clinic in Mornington, Victoria.

[carlawrenn.com](http://carlawrenn.com)

*Carla Wrenn.*

Integrative Naturopathic Practitioner

# Learning Objectives

By the end of today's session, you will:

- **Understand the role of evidence based complementary and lifestyle medicine strategies in cancer prevention across the lifespan**, including metabolic, inflammatory, microbiome, nutritional and psychosocial drivers of risk.
- **Apply current research on diet, fasting-mimicking approaches, microbiome optimisation and key nutraceuticals** to support cancer risk reduction in everyday clinical practice.
- **Critically evaluate the quality, strengths and limitations of cancer prevention research in complementary medicine**, enabling confident, ethical and patient-centred clinical recommendations.
- **Integrate movement, stress regulation, emotional health, and lifestyle medicine frameworks** into personalised prevention plans that support whole person care rather than just avoiding isolated risk factors.
- **Reframe cancer prevention conversations with patients** - from fear based messaging to empowered, hopeful and practical strategies that encourage long term engagement in preventive health behaviours.

*Carla Wenn.*

Integrative Naturopathic Practitioner

A person with short, dark, curly hair is shown from the back, looking towards a sign. The sign is dark with white text that reads "FIGHT CANCER". The background is a plain, light-colored wall.

FIGHT  
CANCER

*Carla Wenn.*  
Integrative Naturopathic Practitioner

What if we could  
help prevent  
cancer by 80%?

*Carla Wrenn.*  
Integrative Naturopathic Practitioner



We need to reframe palliative care as active, compassionate, multidisciplinary care. Not “the end of hope,” but the beginning of whole-person support. It’s the same with cancer prevention!



"Integrative oncology is a patient-centred, evidence-informed field of cancer care that utilises mind and body practices, natural products, and/or lifestyle modifications from different traditions alongside conventional cancer treatments. Integrative oncology aims to optimize health, quality of life, and clinical outcomes across the cancer care continuum and to empower people to prevent cancer and become active participants before, during, and beyond cancer treatment."

PMID: 24857081



# THE 6 PRINCIPLES OF NATUROPATHIC MEDICINE



Do No Harm



The Healing Power of Nature



Identify & Treat the Cause



The Physician as Teacher



Treat the Whole Person



Prevention

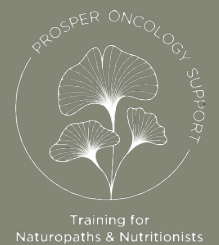
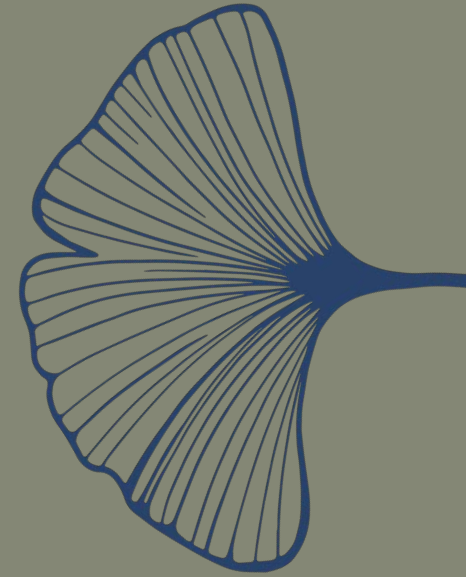
Peninsula Herbal  
**DISPENSARY**  
Est. 2004

Naturopathic Clinic



Training for  
Naturopaths & Nutritionists

# Strategies for Cancer Prevention



# Why Cancer Prevention Matters

---

30–50% of cancers are preventable (WHO, WCRF)

Always discuss prevention over cure!

---

Consider factors we can control like inflammation, cell defence, immune function, metabolic dysfunction, epigenetics, microbiome dysbiosis,

---

Our role: empower patients with proactive, evidence-based strategies – Lifestyle Medicine & CM therapies (post testing)

*Carla Whenn.*

Integrative Naturopathic Practitioner



Understanding the

# HALLMARKS of CANCER

& Complementary Medicine



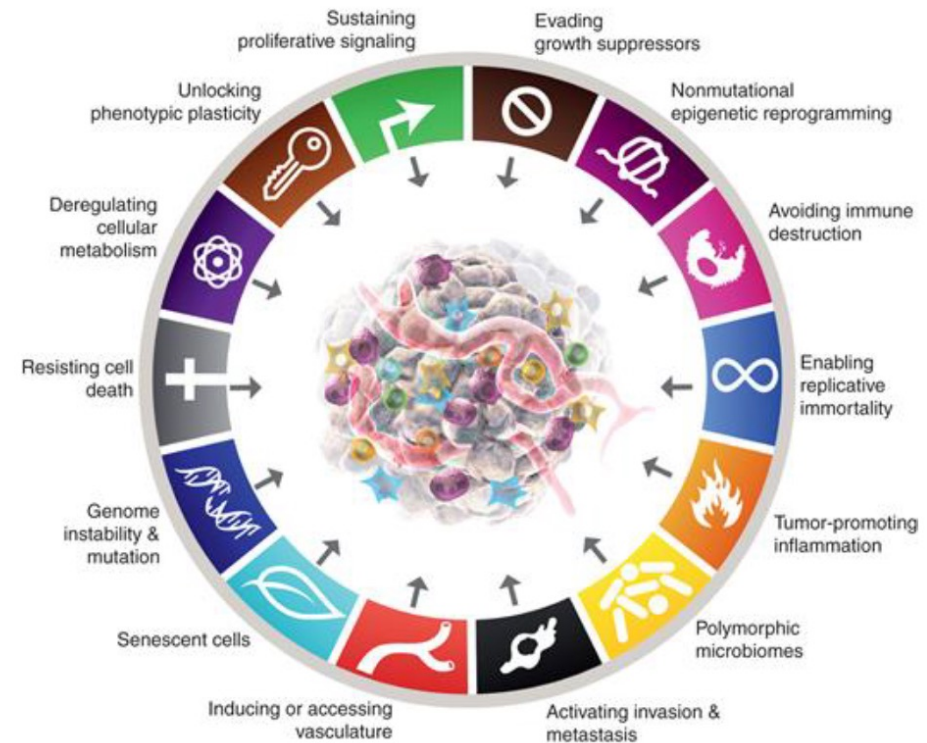
Training for  
Naturopaths & Nutritionists

## Key Drivers & Considerations in PROSPER Oncology Support & Integrative Cancer Care:

- ❖ Immunogenicity
- ❖ Immune suppression
- ❖ Exposure to environmental carcinogens
- ❖ Infection exposure
- ❖ Cell danger response (CDR) dysfunction
- ❖ Healthy Glycaemic State with appropriate Weight Management
- ❖ Inflammatory disease prevention/resolution
- ❖ Circadian disruption
- ❖ Chronic stress
- ❖ Microbiome disruptions
- ❖ Dietary factors
- ❖ Nutrient status
- ❖ Genetic factors

# Hallmarks of Cancer 2 - 2022

**Hallmarks of Cancer—new additions.** Depicted are the canonical and prospective new additions to the “Hallmarks of Cancer.” This treatise raises the possibility, aiming to stimulate debate, discussion, and experimental elaboration, that some or all of the four new parameters will come to be appreciated as generic to multiple forms of human cancer and hence appropriate to incorporate into the core conceptualization of the hallmarks of cancer.



PMID: 35022204



Training for  
Naturopaths & Nutritionists

## Hallmarks of Cancer to Consider in PROSPER Oncology Support & Integrative Cancer Care:

1. Genetic instability
2. Sustained proliferation
3. Growth suppressor evasion
4. Replicative immortality
5. Sustained angiogenesis
6. Apoptosis evasion
7. Invasion and metastasis
8. Dysregulated energy metabolism
9. Immune evasion
10. Inflammation
11. Epigenetic reprogramming
12. Polymorphic microbiome changes
13. Senescent cells
14. Phenotypic plasticity dysregulation

## Impact of Lifestyle Behaviors on Cancer Risk and Prevention

Jong-Whan Choi and Tuyen N.M. Hua

[Additional article information](#)

### Abstract

Cancer incidences are rising globally. Therefore, in order to prevent and treat cancer, understanding cancer pathology is crucial. Tumors reprogram their metabolic phenotype to meet their needs for bioenergy, biosynthesis, and redox control. Alteration of the metabolic pathway has been proposed as the hallmark of cancer and explains the distinction between normal and cancer cells concerning nutrient utilization. Changes in the metabolism of nutrients such as glucose, amino acid, and fatty acid are associated with cancer risk. Luckily, this can be controlled with lifestyle modifications. Improvements in lifestyle

behaviors to reduce cancer risks include a healthy diet, calorie restriction, and regular physical activity. This review begins with the understandings of metabolic reprogramming in cancer. Then, there will be evidence on the correlation between lifestyle factors and altered nutrient metabolism suggesting an application of lifestyle intervention for cancer risk reduction.

**Keywords:** Lifestyle, Cancer, Metabolism, Nutrient, Oncogene

### INTRODUCTION

Cancer is a group of diseases defined as the uncontrollable proliferation and invasion of abnormal cells. The normal cells transform into cancer cells through a multistep process including alterations in both molecular signature and metabolic phenotype. The final stage of the invasion process called “metastasis” potentially attributes to a fatal outcome. The incidences of cancer morbidity and mortality are expected to increase rapidly over the next decades. Global Cancer Statistics (GLOBOCAN) estimated 18.1 million new cancer cases and 9.6 million cancer deaths

in 2018 [1,2], marking cancer as the second major cause of death. America alone had more than 16.9 million people alive with at least one experience of cancer as of January 1 of 2019 [3]. Advances in cancer research; however, cannot overcome challenges in cancer treatment since cancer cells evolve to acquire resistance to the therapy and recur as secondary cancer which in most cases, is more malignant and aggressive [4]. The risk factors for cancer are strongly associated with the consequences of population growth and social development [5]. The evolution of society is indispensably linked with lifestyle changes that increase metabolic diseases such as diabetes and obesity, metabolic disorder, and even cancer [6,7]. Nutrients such as red meat or processed meat can increase risks of colorectal cancer whereas calcium, fiber, milk, and whole-grain lower cancer risks. This can be explained via the improvement of immune responsiveness, inflammation, and over-nutrient which are risk factors for colorectal cancer development [8]. Different from classical opinion, novel cancer trait also includes deregulating cellular energetics, which indicates the important contribution of cellular

# Cancer Prevention with CM

Diet and supplements in cancer prevention and treatment: Clinical evidences and future perspectives.

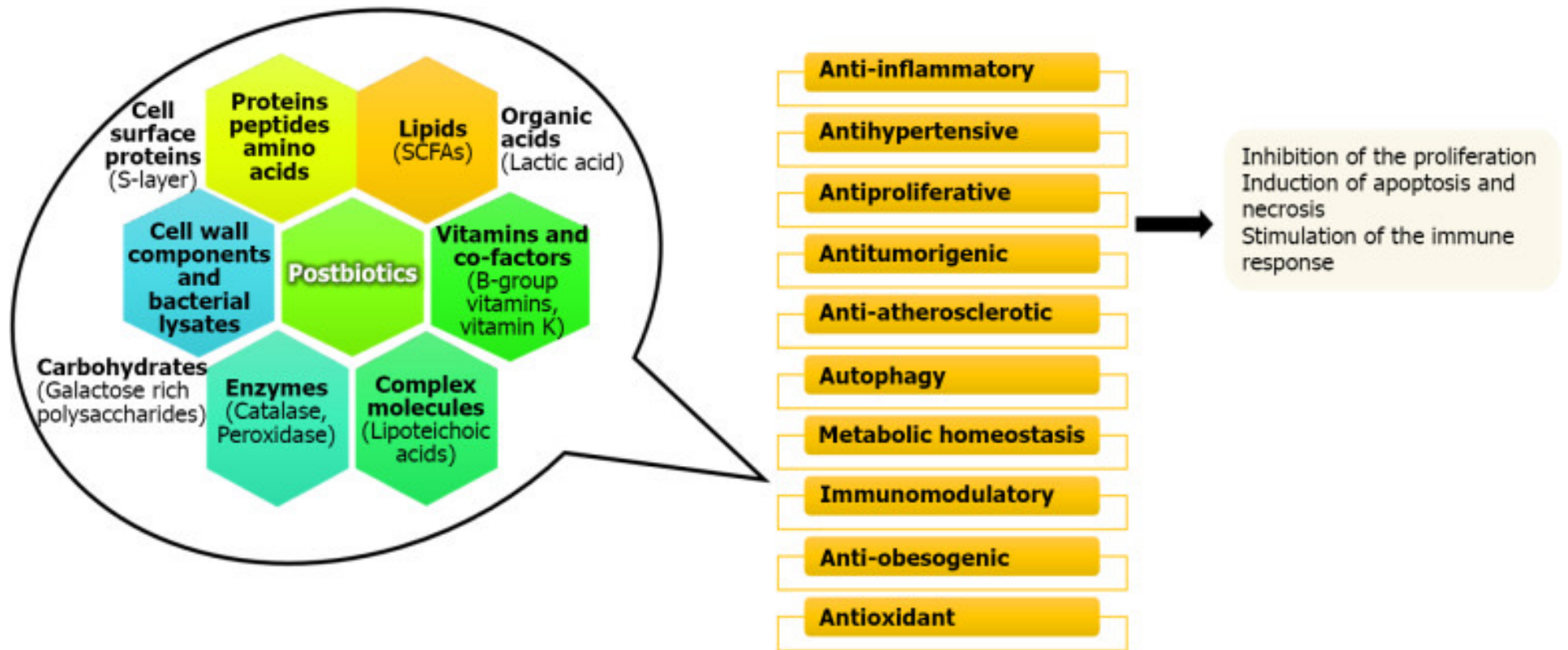
“Convincing evidence suggests that preventing obesity and discouraging ‘Western’ dietary patterns, while promoting ‘prudent’ patterns, such as the Mediterranean pattern, will result in a significant reduction of cancer incidence.”

PMID: 29482780



# CM & CRC Prevention

PMID: 36158273



# CM & CRC Prevention

CRC prevention using complementary medicines:

- **Support gut health** with probiotics, next-generation probiotics (NGPs), and postbiotics to help restore healthy microbiome balance and reduce inflammation.
- **Strengthen the gut barrier** and reduce cancer risk by improving digestion, immunity, and detoxification through microbiome-targeted therapies.
- **Use natural compounds** from complementary medicines (like specific bacterial strains or their metabolites) to help protect cells from damage and support anti-cancer pathways.

PMID: 36158273

Review > World J Gastroenterol. 2022 Jul 21;28(27):3370-3382.

doi: 10.3748/wjg.v28.i27.3370.

## Probiotics and postbiotics in colorectal cancer: Prevention and complementary therapy

Monika Kvakova <sup>1</sup>, Anna Kamlarova <sup>2</sup>, Jana Stofilova <sup>2</sup>, Veronika Benetinova <sup>2</sup>, Izabela Bertkova <sup>2</sup>

Affiliations + expand

PMID: 36158273 PMCID: [PMC9346452](#) DOI: [10.3748/wjg.v28.i27.3370](#)

### Abstract

Colorectal cancer (CRC) is a leading cause of human mortality worldwide. As conventional anticancer therapy not always being effective, there is growing interest in innovative "drug-free" cancer treatments or interventions that improve the efficacy of established therapy. CRC is associated with microbiome alterations, a process known as dysbiosis that involves depletion and/or enrichment of particular gut bacterial species and their metabolic functions. Supplementing patient treatment with traditional probiotics (with or without prebiotics), next-generation probiotics (NGP), or postbiotics represents a potentially effective and accessible complementary anticancer strategy by restoring gut microbiota composition and/or by signaling to the host. In this capacity, restoration of the gut microbiota in cancer patients can stabilize and enhance intestinal barrier function, as well as promote anticarcinogenic, anti-inflammatory, antimutagenic or other biologically important biochemical pathways that show high specificity towards tumor cells. Potential benefits of traditional probiotics, NGP, and postbiotics include modulating gut microbiota composition and function, as well as the host inflammatory response. Their application in CRC prevention is highlighted in this review, where we consider supportive *in vitro*, animal, and clinical studies. Based on emerging research, NGP and postbiotics hold promise in establishing innovative treatments for CRC by conferring physiological functions *via* the production of dominant natural products and metabolites that provide new host-microbiota signals to combat CRC. Although favorable results have been reported, further investigations focusing on strain and dose specificity are required to ensure the efficacy and safety of traditional probiotics, NGP, and postbiotics in CRC prevention and treatment.

# Garlic Constituents in Cancer Prevention

- **Potent Anticancer Properties:** Garlic (*Allium sativum*) is rich in bioactive compounds known for strong anticancer activity, with minimal toxicity.
- **Key Anticancer Molecules:** Active constituents include diallyl trisulfide, allicin, diallyl disulfide, diallyl sulfide, and allyl mercaptan.
- **Multi-Stage Cancer Inhibition:** Garlic compounds inhibit cancer initiation, promotion, and progression across multiple cancer types (e.g. skin, breast, prostate, colorectal, liver).
- **Mechanisms of Action:**
  - Modulate key cellular pathways (e.g. NF- $\kappa$ B, nitric oxide synthase, EGFR, PKC).
  - Influence lipid peroxidation, cell cycle regulation, and cancer cell survival signals.
- **Enhanced Formulations:** Nanoformulations of garlic phytochemicals show improved delivery and anticancer effectiveness.
- **Broad-Spectrum Activity:** Demonstrated effects against various cancers including colorectal, gastric, pancreatic, ovarian, and oral.

PMID: 34450316



# Green Tea in Cancer Prevention

Meta-Analysis > [Cochrane Database Syst Rev. 2020 Mar 2;3\(3\):CD005004.](#)

doi: [10.1002/14651858.CD005004.pub3.](#)

## Green tea (*Camellia sinensis*) for the prevention of cancer

[Tommaso Filippini](#)<sup>1</sup>, [Marcella Malavolti](#)<sup>1</sup>, [Francesca Borrelli](#)<sup>2</sup>, [Angelo A Izzo](#)<sup>2</sup>,  
[Susan J Fairweather-Tait](#)<sup>3</sup>, [Markus Horneber](#)<sup>4</sup>, [Marco Vinceti](#)<sup>1 5</sup>

Affiliations + expand

PMID: 32118296 PMCID: [PMC7059963](#) DOI: [10.1002/14651858.CD005004.pub3](#)

### Abstract

**Background:** This review is an update of a previously published review in the Cochrane Database of Systematic Reviews (2009, Issue 3). Tea is one of the most commonly consumed beverages worldwide. Teas from the plant *Camellia sinensis* can be grouped into green, black and oolong tea, and drinking habits vary cross-culturally. *C. sinensis* contains polyphenols, one subgroup being catechins. Catechins are powerful antioxidants, and laboratory studies have suggested that these compounds may inhibit cancer cell proliferation. Some experimental and nonexperimental epidemiological studies have suggested that green tea may have cancer-preventative effects.

**Objectives:** To assess possible associations between green tea consumption and the risk of cancer incidence and mortality as primary outcomes, and safety data and quality of life as secondary outcomes.

**Search methods:** We searched eligible studies up to January 2019 in CENTRAL, MEDLINE, Embase, ClinicalTrials.gov, and reference lists of previous reviews and included studies.

# Green Tea in Cancer Prevention

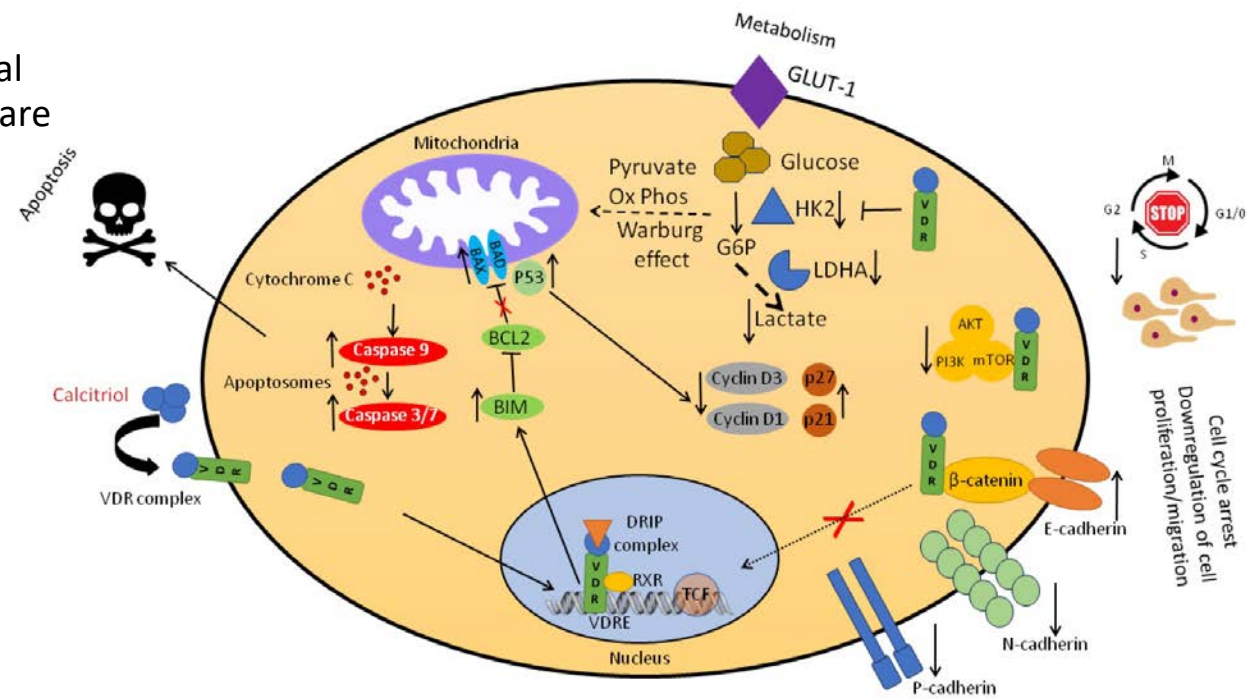
- **Inconsistent Evidence:** Experimental and epidemiological studies show mixed results on green tea's effect on overall and site-specific cancer risk.
  - **Limited Reliability:** Some benefits were observed in RCTs and case-control studies, but methodological issues (e.g. small sample sizes, low study numbers) reduce confidence in findings.
  - **Potential Side Effects:** High green tea intake may be associated with adverse effects.
  - **Population Bias:** Most studies were conducted in Asian populations with high green tea consumption, limiting generalisability to other groups.
  - **Need for Better Research:** High-quality, large-scale RCTs are needed to clarify green tea's potential role in cancer prevention.
- 
- My take... It's cheap, easy, extremely low risk, a Food As Medicine!

PMID: 32118296



# Vitamin D Supplementation in Cancer Prevention

“In summary, from the current knowledge about the role of vitamin D, it is clear that normal or higher levels of the vitamin are an effective preventive tool against some types of cancers e.g., breast cancer. “



# My Top Strategies: Nutrition

---

Mediterranean-style - lower carbohydrate, quality protein & fat, phytonutrient dense (40+ plants a week)

---

Cruciferous vegetables, polyphenols, fibre-rich foods

---

HbA1c <5.2 as a guide

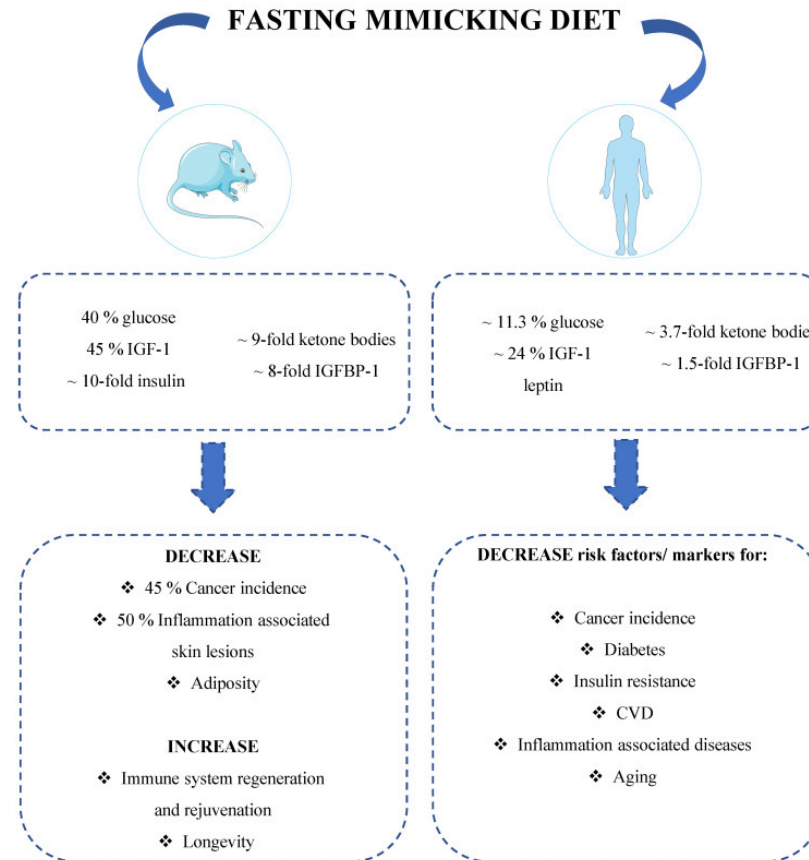
---

Intermittent fasting, fasting-mimicking diet (Longo et al.)

*Carla Whenn.*

Integrative Naturopathic Practitioner

# Intermittent & Fasting Mimicking Diet – The Longo Research



PMID: 34572814

# Longo's FMD Trial Findings

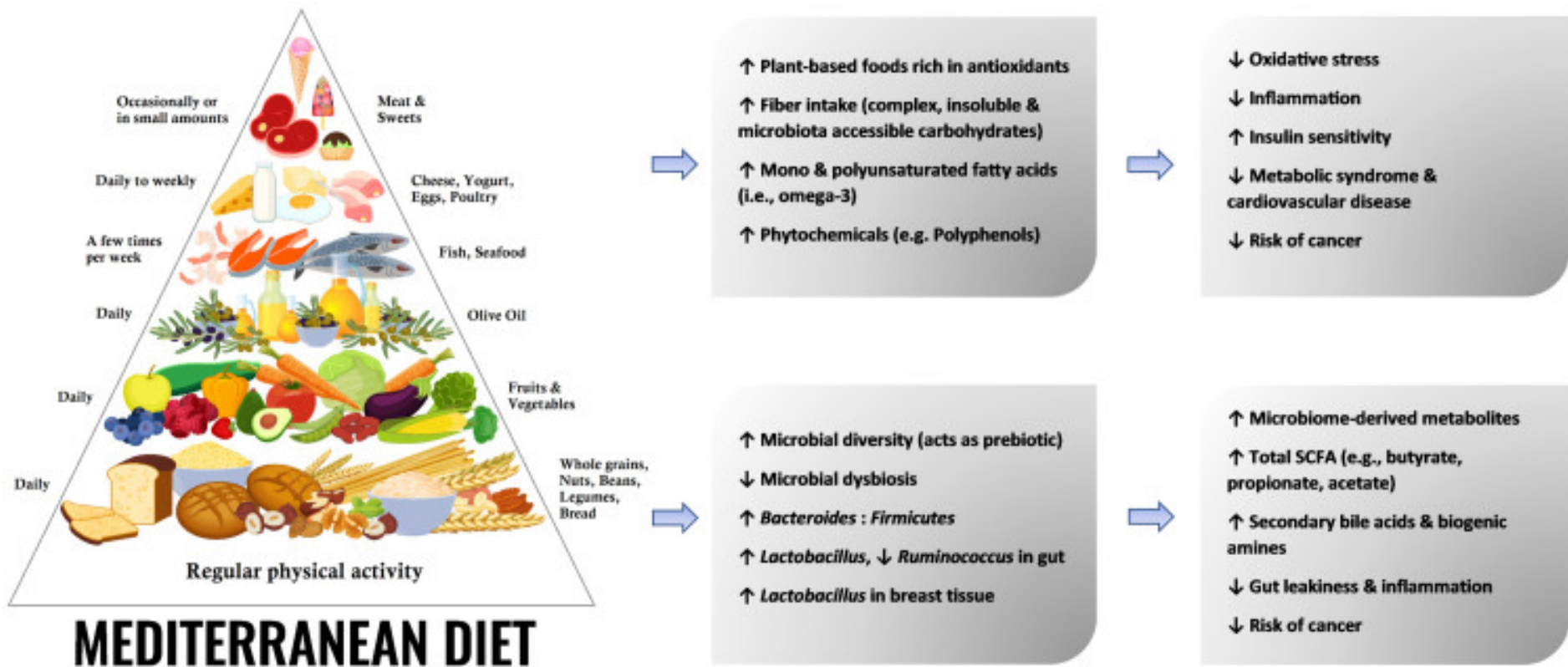
- **FMD Overview:** Mimics the effects of water-only fasting; low in proteins and sugars, high in unsaturated fats.
- **Benefits in Animal Studies:**
  - Reduced blood glucose, IGF-1, leptin, and insulin levels.
  - Increased ketone bodies and IGFBP-1.
  - Promoted immune system regeneration and rejuvenation.
  - Decreased neoplasia (cancer incidence) by 45%.
  - Reduced inflammation-related skin lesions by 50% and improved obesity markers.
- **Findings in Human Trials:**
  - Similar metabolic changes as in mice: ↓ glucose, insulin, IGF-1, leptin; ↑ ketones, IGFBP-1.
  - Some metabolic benefits persisted post-refeeding.
- **Implications:**
  - Suggests potential to prevent obesity and reduce cancer risk.
  - Offers a safer, more sustainable alternative to strict fasting.
- **Key Relevance:** FMD's influence on metabolic and inflammatory markers aligns with prevention strategies for age-related diseases, particularly cancer and metabolic disorders.

# Med Diet and Cancer Prevention

- “Current data show that the Mediterranean diet is inversely associated with risk, or is risk neutral, for most types of cancer.” PMID: 37660598
- “The results of this umbrella review suggest that adherence to a MedDiet pattern had a protective effect on the risk of breast cancer, especially for postmenopausal breast cancer.” PMID: 36893621
- “The Mediterranean diet shows inverse associations with metabolic diseases, cardiovascular pathologies and various types of cancer. Many bioactive nutrients of the Mediterranean diet have been identified as factors protective against these types of pathologies.” PMID: 32576579
- “Conclusion: there is scientific evidence on the protective role of the Mediterranean diet on cancer prevention.” PMID: 34323097



# Med Diet and Cancer Prevention



# PROSPER Med Diet Handout



## 7-day Oncology Support Mediterranean Inspired Meals

This blood sugar-balancing, anti-inflammatory meal plan, optimised to focusing on increasing plant-based foods, protein, and minimising carbohydrates is perfect after a diagnosis, during treatment or in recovery. Got a question? Get in touch.

### General Guidelines

- Include **protein with every meal** (fish, poultry, eggs, legumes, nuts, seeds).
- Focus on **healthy fats** (avocado, fish, nuts, olive oil, coconut) for satiety and blood sugar balance.
- Increase intake of **non-starchy vegetables** (leafy greens, cruciferous vegetables, zucchini, asparagus, peppers, tomatoes).
- Choose **low-GI carbohydrates** in small portions (quinoa, sweet potato, legumes).
- Prioritize fruit like **berries for antioxidants** while keeping sugar intake low.
- Stay hydrated with **2-3L water, herbal teas, and bone broth**.
- Avoid high-GI carbohydrates, refined sugar, gluten, dairy, and processed foods.

*Carla Whenn.*

Integrative Naturopathic Practitioner

# PROSPER Med Diet Handout

## Day 6

**Breakfast:** Chia pudding with flaxseeds, cinnamon, pecans, and blackberries.

**Lunch:** Zucchini noodles with pesto, grilled chicken, cherry tomatoes, and steamed asparagus.

**Dinner:** Baked eggplant with tahini dressing, roasted peppers, sautéed greens, and a side of quinoa.

**Snack:** Handful of walnuts, coconut flakes, and raspberries.

## Day 7

**Breakfast:** Omelette with mushrooms, onions, baby spinach, and avocado, served with a side of mixed berries (blueberries, strawberries, raspberries).

**Lunch:** Salmon salad with mixed greens, shredded carrots, pumpkin seeds, and olive oil dressing.

**Dinner:** Grilled barramundi with sautéed zucchini, steamed green beans, roasted cauliflower, and fresh parsley.

**Snack:** Hummus with veggie sticks (cucumber, radishes, celery, cherry tomatoes).

## Meal Prep & Cooking Tips

- **Batch-cook proteins** such as grilled salmon, chicken, and tempeh in advance.
- **Pre-wash and chop vegetables** for quick salads and stir-fries.
- **Keep healthy snacks on hand** including nuts, seeds, hummus, coconut yogurt, and dark chocolate.
- **Use herbs and spices liberally** for flavor and anti-inflammatory benefits, such as cinnamon, turmeric, cumin, basil, and rosemary.

*Carla Wrenn.*

Integrative Naturopathic Practitioner

# Top Strategies: Microbiome Optimisation

---

Healthy Microbiome = Prevention

Increased microbial diversity linked to reduced cancer risk!

---

High-fibre, plant-rich, polyphenol-rich foods with 40+ plants a week)

---

Prebiotics & Probiotics, plus testing - as discussed in Module 1 (use a Gut Prac like Amy Castle)

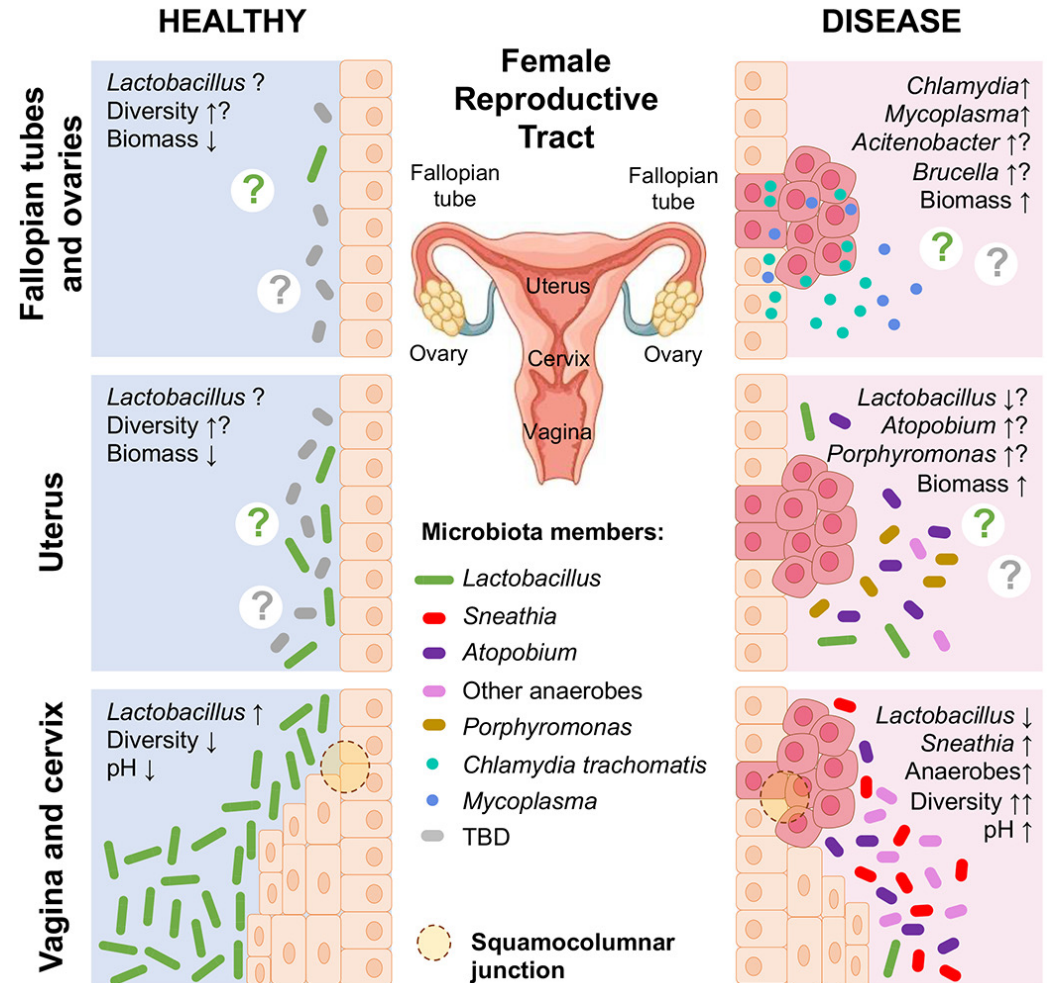
---

*L. rhamnosus GG, L. plantarum* in Cancer Prevention?

*Carla Whenn.*

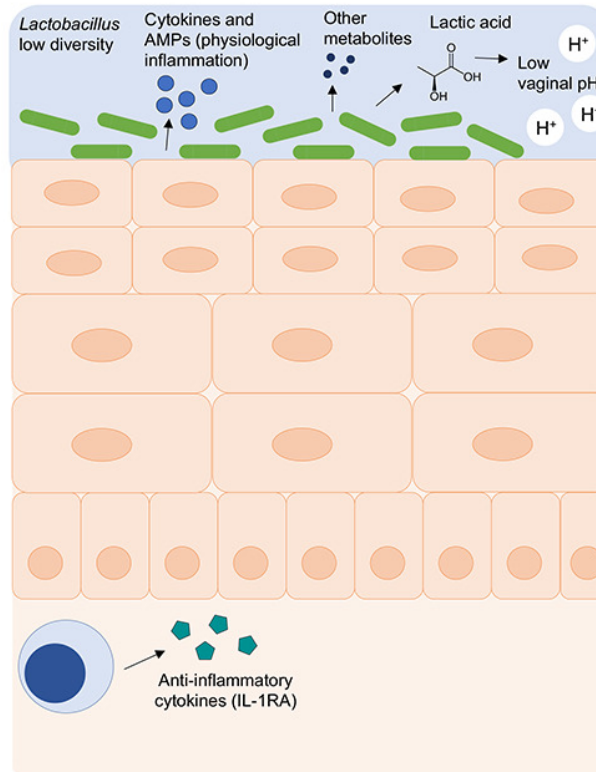
Integrative Naturopathic Practitioner

# Microbial Communities in Health and Gynaecological Cancers

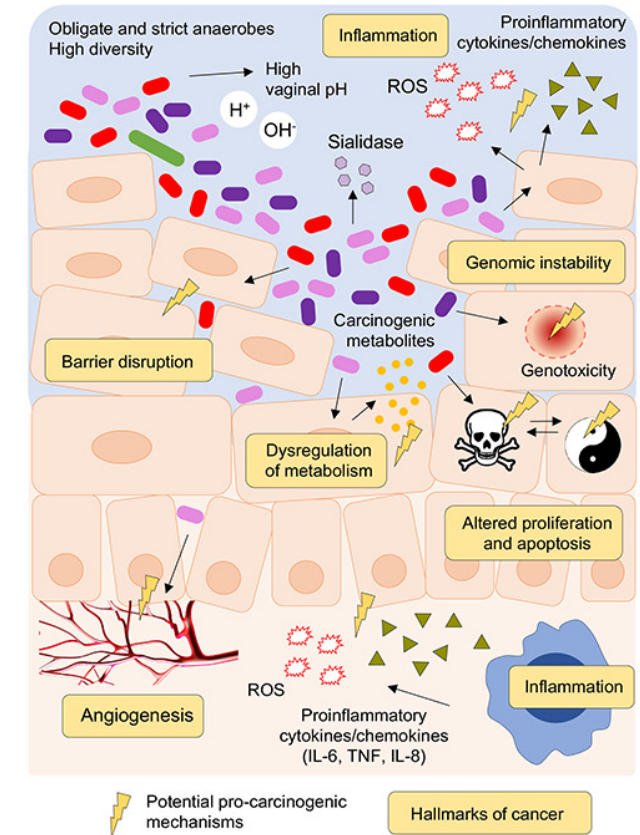


# Gynaecological Cancer Microbiota, Mucosal Homeostasis and the Hallmarks of Cancer

## A. HOMEOSTASIS



## B. DYSBIOSIS



# Top Strategies: Movement

---

What does your patient enjoy?

---

Exercise Physiologist referral – Medicare with the Chronic Disease Management Plan

---

20-60 mins 5-6 days a week? Make it fun & easy!

*Carla Whenn.*

Integrative Naturopathic Practitioner

# Top Strategies: Stress, Rest, Relaxation & Emotional Health

---

Stress influences everything... immune surveillance, inflammation, tumour progression

---

HPA axis regulation, Burnout. What is their daily disposition? What are their coping strategies?

---

Mindfulness, meditation, breathwork, talk therapies, art, nature therapy...

*Carla Whenn.*

Integrative Naturopathic Practitioner

# Paving the Path to Wellness

Based on the principles of lifestyle medicine, the PAVING program focuses on the whole person-body, mind, and spirit- with the goal to empower individuals to live healthier lives with a sense of purpose.





*Carla Whenn.*

Integrative Naturopathic Practitioner

# Paving the Path to Wellness

- A researched lifestyle medicine educational program focussing on 12 steps and how they correlate to healthy body (physical activity, nutrition, sleep), peaceful mind (stress resiliency, attitude, time out), joyful heart (purpose, social connection, energy), and action (goals, investigations, variety).
- Buy the Workbook here: <https://www.amazon.com.au/PAVING-Path-Wellness-Workbook-Frates/dp/1606795503>
- Read more and access the course here: <https://www.pavingwellness.org>

*Carla Whenn.*

Integrative Naturopathic Practitioner

See our **397** reviews on  Trustpilot

# Your Brain Can Heal Your Body

Let us show you how with the **only science-backed brain retraining program** for chronic conditions, anxiety & burnout, with **daily Zoom support**.



# Top Strategies: Nutritional & Botanical Medicines

---

General Priorities - Curcumin, EGCG, sulforaphane, vitamin D, selenium, zinc, probiotics/prebiotics, omega 3, vitamin C, multi

---

Medicinal mushrooms – All of them....

---

Cancer specific ie Cal-D Gluc or Sulforaphane in Breast Cancer or Calcium in CRC, Zinc in Prostate Cancer

*Carla Wenn.*

Integrative Naturopathic Practitioner

# Top Strategies: Monitoring & Education

---

Know the red flags

---

Functional markers: Full Blood Examination, General Biochemistry, ESR, Vitamin D, HbA1c

---

Cancer markers (context-specific)

---

Lifestyle tracking and ongoing check ins and support – Wellness Care

---

Build a support team if specific cancer risk is known

*Carla Whenn.*

Integrative Naturopathic Practitioner

# Prevention Plan

---

Personalised Plan is specific cancer risks apply – review pathology, genetics, microbiome, lifestyle factors

---

Food As Medicine & Lifestyle Medicine – make it fun as it needs to be lifelong

---

Highlight key risks in general or specific to cancer risks ie obesity in general or blackened meat in CRC

*Carla Whenn.*

Integrative Naturopathic Practitioner

# PROSPER Top 4 'Oncology Hallmarks' Foods to Enjoy

1. Turmeric - Added as the fresh root to foods with fat, as fat is required for turmeric to cross the cell wall and be beneficial in the body. Turmeric is traditionally used in curries and casseroles which is a great way to enjoy it, you may also like to try it in a smoothie with avocado, coconut milk or nut butter to increase absorption.
2. Green Tea - The EGCG naturally occurring in green tea has had extensive oncology research. Research suggests enjoying 3 mugs daily, this can be enjoyed hot or used as the liquid in smoothies, soups or as an iced tea. If you want help to reduce the caffeine in your green tea, ask me for my great tip next consult.
3. Cruciferous Vegetables - broccoli, cauliflower, brussel sprouts, cabbage, kale - these should be prepared in advance so they can easily be added to the diet daily. Try preparing steamed broccoli and brussel sprouts to enjoy over the next 5-7 days as a side to your main meals. Cauliflower heads can be roasted whole and enjoyed over a few days. Cabbage and kale sliced to make a coleslaw is also another simple way to have cruciferous frequently.
4. Mushrooms - From white button mushrooms to more exotic options, the more you can add to your diet the better. These are clinically trialled in oncology and do so many amazing things, ask me more about mushrooms in your next consult. But for now, enjoy more, especially if I have prescribed you a medicinal mushroom supplement. Eating mushrooms while taking a mushroom supplement increases the immune activity of the medicinal mushroom in clinical research.

*Carla Whenn.*

Integrative Naturopathic Practitioner

# Where to next with Prevention?

> [Cancer Discov.](#) 2024 Nov 1;14(11):2033-2036. doi: 10.1158/2159-8290.CD-24-0832.

## Advancing Cancer Prevention through an AI-Based Integration of Traditional and Western Medicine

Peng Zhang <sup>1</sup>, Qian Zhang <sup>1</sup>, Shao Li <sup>1</sup>

Affiliations + expand

PMID: 39485250 DOI: [10.1158/2159-8290.CD-24-0832](#)

### Abstract

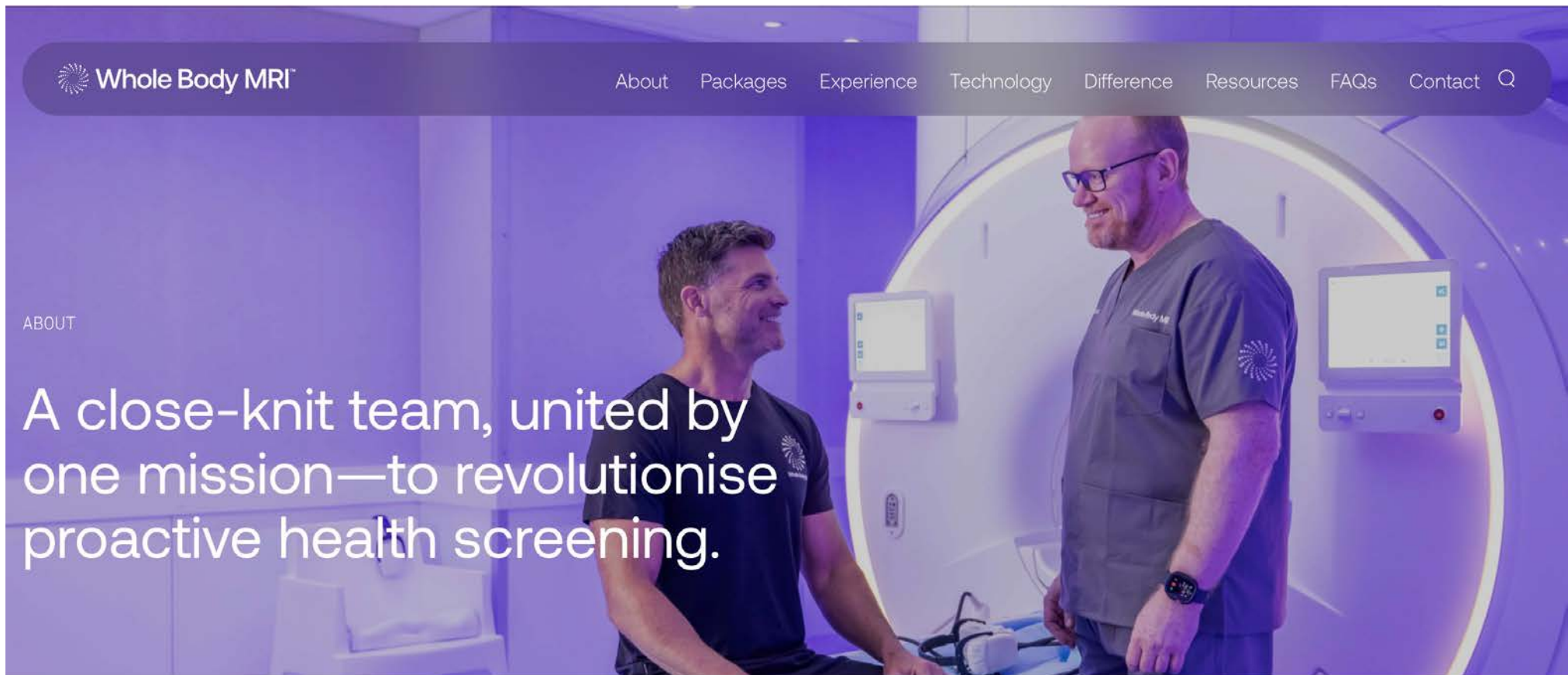
Traditional Chinese medicine has accumulated a wealth of experiences in individualized cancer prevention and serves as a complement to Western medicine. We propose an artificial intelligence-based integration of traditional and Western medicine as a new paradigm for cancer prevention, encompassing cancer risk screening and preventive intervention, which will provide new solutions for cancer prevention and offer fresh perspectives for traditional medicine research worldwide.

©2024 American Association for Cancer Research.

*Carla Whenn.*

Integrative Naturopathic Practitioner

# Mermaid Beach – Whole Body MRI



# Mermaid Beach – Whole Body MRI

“For those seeking a proactive approach to their health, our elective full-body MRI screening offers an extensive evaluation of your health status. This screening can detect various diseases, including some cancers, often before symptoms manifest. It provides a crucial baseline assessment, allowing for early intervention if needed.”

[ DR ZANE SHERIF, CO-FOUNDER ]



# Positive Pathology

---

Recommended testing – Medical recommendations

---

Wellness testing – Our recommendations

---

ESR, CRP, HbA1c, Vitamin D, B12, Fasting Glucose/Insulin

---

Cancer specifics - microbiome, viral hx, hormones...

*Carla Whenn.*

Integrative Naturopathic Practitioner



# Unlock your DNA health.

[Our solutions](#)



*Carla Whenn.*

Integrative Naturopathic Practitioner

**Cell Defence**  
How our body protects itself from DNA damage.



**Inflammation**  
Our body's natural defence mechanism.



**Vitamin D Receptors**  
In almost all cells, a key influence on bone health, immunity, skin and the nervous system



**Methylation and Homocysteine Metabolism**  
Influences our emotional wellbeing and many other functions of our body. Also reflects the health of our genes.



**Cardiovascular Health**  
The effectiveness of the system delivering oxygen and nutrients to every cell.



**Fat and Cholesterol Metabolism**  
Influences healthy weight management, appetite control and satiety.

*Carla Whenn.*

Integrative Naturopathic Practitioner



Training for  
Naturopaths & Nutritionists

HOPE

# THE 6 PRINCIPLES OF NATUROPATHIC MEDICINE



Do No Harm



The Healing Power of Nature



Identify & Treat the Cause



The Physician as Teacher



Treat the Whole Person



Prevention

Peninsula Herbal  
**DISPENSARY**  
Est. 2004

Naturopathic Clinic



Training for  
Naturopaths & Nutritionists

# Learn With Me: Evolving Concepts of Care

6-Month Practitioner Education Series for Naturopaths, Nutritionists & Integrative GPs

## Learn With Me over 6 sessions:

### **The Libido Lessons - Herbs, Hormones, Wellbeing & More - 11 September 2025**

Let's explore libido and the traditional and evidence based support for sexual wellbeing, hormones, metabolic health, stress and the complementary medicine tool box bursting with herbal medicines, nutraceutical and lifestyle advice for all people.

### **GLP-1 Medications, Natural GLP-1 Support & Metabolic Care - 16 October 2025**

Support people using semaglutide and related medications including nutrient preservation, gut health, metabolic resilience, lifestyle strategies and side effect prevention. Consider complementary medicine interventions to naturally support GLP-1 pathways. GLP-1 agonists are here to stay and not just for weight management, let's build your confidence in supporting these patients health and wellbeing goals.

### **Supporting Bariatric Surgery Patients - 13 November 2025**

Integrative strategies for pre and post-surgery support. From nutrient optimisation, gut adaptation, metabolic health, weight maintenance, mental health to microbiome considerations for better long-term results for people considering or having undergone bariatric surgery.

### **Our Place in Palliative Care - 4 December 2025**

Let's explore the role of Naturopaths, Nutritionists & Integrative Practitioners in palliative end-of-life care. From symptom management, dietary choices, pain, sleep, energetics, quality of life metrics to communication and the safe use of evidence-based interventions in collaboration with a palliative care team.

### **Cancer Prevention Strategies for All Patients - 22 January 2026**

Implement evidence based strategies in personalised cancer prevention. Let's explore wellbeing diets, food as medicine, nutraceuticals, and lifestyle interventions for cancer prevention across all patient populations.

### **The Andropause Shift - 12 February 2026**

Recognise, assess and manage hormonal changes, metabolic impacts, mood, cardiovascular risk and evidence based natural and complementary medicine support for men through midlife and beyond.

carlawrenn.com

On Sale NOW  
Limited tickets...

*Carla Wrenn.*

Integrative Naturopathic Practitioner

# Learn With Me: Evolving Concepts of Care

6-Month Practitioner Education Series for Naturopaths, Nutritionists & Integrative GPs

## How It Works:

- Register for individual sessions or the full package
- Join live online Thursdays at 6:00pm (Melbourne time)
- Catch up anytime with recordings if you can't attend live
- Get bonus training immediately after you register
- Put strategies into practice straight away with your patients

## Why Join This Series?

- PDF notes and LIVE presentation or recording options
- Practical tools you can apply immediately in practice
- Fill some gaps in naturopathic and nutrition education
- Stay ahead in an ever-evolving healthcare landscape
- CPE completion certificate

## Investment Options:

### Single Sessions – \$129 each

1. The Libido Lessons - Herbs, Hormones, Wellbeing & More - 11 September 2025 - [Buy Here](#)
2. GLP-1 Medications, Natural GLP-1 Support & Metabolic Care - 16 October 2025 - [Buy Here](#)
3. Supporting Bariatric Surgery Patients - 13 November 2025 - [Buy Here](#)
4. Our Place in Palliative Care - 4 December 2025 - [Buy Here](#)
5. Cancer Prevention Strategies for All Patients - 22 January 2026 - [Buy Here](#)
6. The Andropause Shift - 12 February 2026 - [Buy Here](#)

**Full Package Deal – \$499 [Buy Here](#)** - Buy 4 sessions, get all 6 +BONUS 2 part Learn With Me: Acute Care Training all valued at \$923



New areas to explore with Learn With Me, 6 sessions of evidence based strategies for emerging clinical topics to stay ahead in an ever evolving healthCARE landscape.

"Your patients are asking about the topics you never learned in college from palliative care, GLP-1 meds, bariatric surgery recovery, cancer prevention, libido and more.

Are you ready to meet them where they're at?" - Carla Wrenn

**carlawrenn.com**

*Carla Wrenn.*

Integrative Naturopathic Practitioner