

Hampton Nutrition's Signature Post-Treatment Nutrition Cancer Thrive Course

Have you finished your cancer treatment? Are you confused about what you should be eating to stay healthy and cancer free? Are you struggling with changes to your body or lingering treatment side effects? Then this course could be for you!

4 x 1:1 remote sessions with Registered Dietitian Alice

Session 1: Goal setting In this session we get to know you and plan together what a healthy, happy life looks like for you.	<p>This will include discussions around:</p> <ul style="list-style-type: none">● Your health background● Your cancer treatment● Ongoing side effects● Concerns around what caused your cancer● Any fears or concerns around food● Feelings about food and body● Diet history● What is important to you to achieve? Build up fitness? Reduce risk of recurrence? <p>We will use these discussions to set short and long term health goals which we will aim to achieve through diet.</p>
Session 2 + 3: Dietary education and personal diet changes In these sessions we will work to address all concerns identified in session 1 and start to build your dietary plan. This may involve some homework too!	<p>We will:</p> <ul style="list-style-type: none">● Discuss any specific side effects and how to address these. E.g Diarrhoea, constipation, wind, bloating, appetite changes etc.● Discuss evidence around dietary changes to reduce risk of cancer recurrence.● Set exercises for listening to the body's natural cues of what and when to eat and how to interpret these in the context of your health situation.● Discuss specific nutrients of concern.● Discuss overall balance of diet.● Discuss body image and how diet can play a role in this
Session 4: Reflection and forward planning In this session we will reflect on how the changes that have been made are going. Are these sustainable, have they addressed the issues discussed and are they leading us towards our goals?	<p>This will involve:</p> <ul style="list-style-type: none">● Checking in to make sure that the dietary changes agreed above are effective● Making sure that the plan is sustainable in the long term● Building confidence that you have the tools to make good decisions for your health going forwards

Following these sessions you will receive a written summary of your treatment and additional written resources to support you going forwards.