

SUCCESS STORY: SYDNEY C.

Health Scare Changes Approach to Diet

In May 2013 I was diagnosed with Stage 3 breast cancer. I had no family history at all, so it was a big surprise.

While going through the treatment I learned that cancer cells love sugar and I had been feeding them my whole life. Another thing that can cause cancer cells to thrive is stress on the body.

I had never been very overweight and I always thought that if you exercised you could eat anything that you want. But through Healthy Utah I learned that weight loss comes from 80% of what you eat and only 20% is exercise.

While doing my eight rounds of chemo, every other week I cut out all soda and junk food. I walked every day. I focused on eating more nutritious foods and found ways through humor to relieve my worry,



radiation. The only time I took off work was when I had my surgery. I was able to keep my energy levels up and was able to go about my life.

My oncologist could not believe how great I was doing... he gave me an A+.

Now 15 months from completing my treatment, I have continued striving to eat better and cook better for my family. I do not miss soda anymore and it is getting easier to stay away

stress, as well as deal with what was going on.

By making these changes I was able to continue working during the chemo and

from sugar; I do not crave it like I used to.

I did not lose a bunch of weight but I am feeling better than I have in years and I have more energy. My boys still complain that there is nothing to eat...but that is teenage boys.

Little do they know that many times I have mixed in Chia seeds or other nutritious things in the foods that they eat for dinner!

I have stopped buying snacks so now they have things like an apple for a snack. There is also no pop in the house so they drink water, juice and milk when they need a drink.

It is sad that it took cancer to get me to eat better, but I am a firm believer that you are what you eat.

– Sydney C.

Stories are personal and PEHP does not endorse or recommend any programs mentioned.

Seek your Doctor's advice when beginning a weight loss or exercise program.