



MEDICAL CONDITIONS

## THREE NUTRIENTS FOR CERVICAL CANCER

**Focussing on what you put into your body is an important part of your treatment when you've received a cervical cancer diagnosis.**

There are specific nutrients you can add to your eating plan that may help target the invasion in your cervical cells.

### 1. Vitamin A

It's a well-known vitamin that reduces inflammation and fights the resulting free radicals that target and cause changes in cells. In the cervix, this is a common cause of cervical cancer. It also boosts your immune system to help it to fight foreign and invading cells that cause cervical cancer.

**"GET YOUR NUTRITION  
IN THE FORM OF WHOLE  
FOODS"**

Add vitamin A-rich foods like spinach, apples, tomatoes, and broccoli to your diet during your treatment.

### 2. Vitamin B

It plays a major role in protecting you from cervical cancer, as it can help your



body to repair the damaged cells in your cervix. It has also been shown to reduce the effects of inflammation and fight the HPV virus linked to cervical cancer.

Foods that are rich in riboflavin include almonds, milk, liver, and mushrooms.

### 3. Turmeric

It's an anti-inflammatory nutrient that can fight the HPV virus and relieve some of the symptoms associated with cervical cancer like heavy vaginal bleeding and severe pelvic pain.

Turmeric is available in natural form to use as a spice.

Speak to your doctor before changing your diet or supplementing with any of these nutrients.