



Can Cure

Issue 9, March 2022

Can Cure is the Nag Foundation's Newsletter that helps create awareness about various issues related to Cancer and its treatment. It is an opportunity for our members, both doctors and patients, to share their insights and testimonies with you.

Why should we detox our bodies?

According to the Cambridge dictionary, to detox is a period when you stop taking unhealthy or harmful foods, drinks or substances into your body for a period of time.

Detoxing eliminates toxins from the body, it improves health and promotes weight loss.

There are many ways to Detox

- Maintain good quality sleep
- Drink more water
- Avoid sugars and processed foods
- Eat Antioxidant rich foods
- Eat foods rich in Probiotics
- Reduce salts in your diet
- Exercise regularly

Include these detox drinks in your diet:

- ✓ **Orange – carrot – ginger detox:** Juice one carrot, two oranges, ½ inch of raw turmeric, ½ inch ginger, and ½ a lime. Strain and drink.
- ✓ **Lemona:** Juice of 1 to 2 lemons, handful of mint leaves, honey to taste, crushed ice.
- ✓ **Lemona and Cucumber:** Juice of 1 to 2 lemons, 1 cucumber grated and squeezed, handful of mint leaves, honey to taste, crushed ice.
- ✓ **Oatmeal and Cinnamon:** 1 bowl of boiling water, soak a teaspoon of oats for 2 to 3 hours, add a teaspoon of cinnamon powder. You can add a ¼ cup of water. Drink.
- ✓ **Liver detox:** 1 teaspoon whole coriander seeds, 1 teaspoon cumin seeds, 1 teaspoon saunf (fennel), 2 cups water. Boil till it reduces to 1 glass. Cool and then drink on an empty stomach.

(Contributed by Breast Friends, our Support Group)

Cancer Awareness and Screening

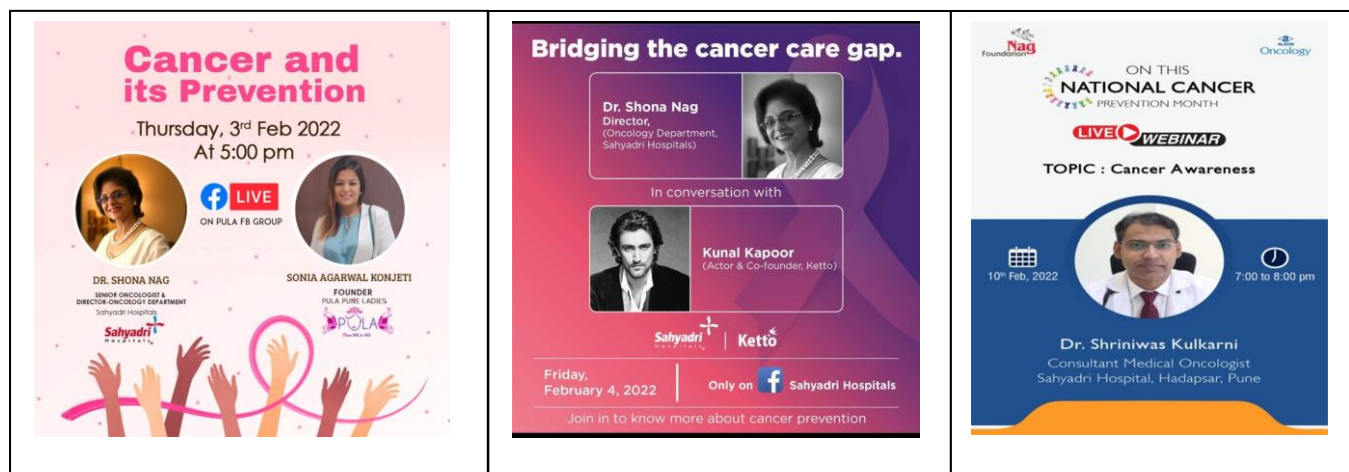
February 4th is celebrated as **World Cancer Day**. It is an international awareness day led by the Union for International **Cancer** Control (UICC) to raise worldwide attention and inspire action for a **Cancer**-free world. Cancer awareness is the key to early detection and health seeking behaviours. At the Nag Foundation, talks were organized to destigmatize cancer. Keeping the Covid situation in mind, the awareness sessions were online

Dr. Shona Nag had a Q&A with Mrs Sonia Konjeti, the founder of PULA (Pune Ladies). It was very informative and well received.

On 4th February, Ketto arranged an online conversation with Dr. Shona Nag, who shared her insights in conversation with actor Kunal Kapoor. This was moderated by Dr. Sonia Basu, V.P. Ketto.

To watch this informative session visit <https://fb.watch/aZXLsroYB3/>

Dr. Shrinivas Kulkarni, Consultant Medical Oncologist, Sahyadri Hospital, Hadapsar, addressed the myths surrounding cancer and its treatment.



An Oral & Breast Awareness and Screening camp for the employees and staff of Malaka Spice restaurant in Pune.



Patient Support & Rehabilitation

Breast Friends, our support group, had an offline meeting on 25th February. Dr. Smita Gaikwad spoke on the role of Ayurveda in maintaining a healthy body. She patiently answered the queries and doubts of the participants.



Panchshil Foundation sponsored a special Women's Day Lunch for the members and volunteers of the Nag Foundation at the Ritz Carlton Hotel, Pune. It was an afternoon of laughter, camaraderie and good food. A big thank you to the Panchshil Foundation.



A new initiative for the Foundation – a Weekly Clinic has been started at Nag Foundation, Koregaon Park, by Dr. Shona Nag & Dr. Shri Inamdar.

VISIT
DR.SHONA NAG
FOR CANCER
CONSULTATION

**EVENING OPD
EVERY THURSDAY
4 PM ONWARDS**

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KOREGAON PARK

For more details visit our website www.drshonanagbreastcancer.in

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**OPD MONDAY TO THURSDAY
4 PM ONWARDS**

Two of our beautiful and brave Breast Cancer Survivors walked a fashion ramp to showcase the strength and the Never Say Die spirit of our survivors.



On a special note, one of our patients, Priyanka Shroff, was pregnant when she was diagnosed with breast cancer. Dr. Shona Nag, Founder and Managing Trustee was with her the whole way. Today, we see the beautiful and happy family.



BEING THE DIFFERENCE

Patient Aid (Jan – March 2021)

General Aid to patients – **₹ 3,61,437.72**

If the Nag Foundation has made a difference to the lives of our patients and enabled individuals to reconsider health priorities, it is because of the empathy and the generosity of our patrons and donors. We would like to thank –

Ravinder Bindra
Anu Aga
Myrna Dalal
K. K. Nag Pvt. Ltd.
Savita Paulose
Mugdha Satarkar
Jasmine Shroff
Shoaib Kazi
Arjan Watumull Charity Trust
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Eenakshi Ramchandani
Wagh Eye Clinic

A special thank you to all our donors who wish to remain anonymous.

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