Cancer journey
Balancing nutrition
Swallowing challenges
- Piece of bread caused coughing; acid reflux?

- 1 wk later, blood

- Tumor found July; cancer!

- How to approach
Going in strong worked for me

-Before/After
-Surgery Sep 2018
-Feeding tube food plus bone broth from home
Monday
Egg Saccheli Bake
Rustic Turkey
Deep Eddy Chicken Stew w/ gnocchi

Shopping
Calphia
Chicken Thigh
Apples
Whirlpool apple juice?

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<th>OXY</th>
<th>Tylenol</th>
<th>Gabi</th>
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10  6   3
Pre-radiation: things were improving
- Add calories
- Nutrient dense
- Theme = Gravy
- Long game; be patient
Things I never thought I could have or enjoy again:

- Popcorn
- Ice cream
- Wine/alcohol
- Fresh fruit
- Sushi
- Anything spicy
- Carbonated drinks

It’s ok... I’m still standing!