

A NUTRITION GUIDE • DIANE MURPHY

Veggies to juice for Breast Cancer Care & Recovery

Seven ingredients with research-backed roles in breast cancer care — what they do, why they matter, and how to put them in your glass.

INGREDIENTS

CITATIONS

SERVES

Seven

Peer-reviewed

You first

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Seven ingredients, quiet daily nourishment.

These aren't promises — they're patterns. Each ingredient on the following pages has been studied for compounds with research-backed effects on breast cancer biology: tumour suppression, anti-inflammatory activity, treatment-side-effect support, and gentle nutritional density.

Think of this as a shopping list, not a prescription. Juice once a day, add a handful to whatever you're cooking, or stir into a soup. None of it replaces the protocol your oncology team has built around your specific diagnosis — it sits quietly alongside it.

If a flavour combination doesn't appeal to you, swap it. The best version of any of these is the one you'll actually drink.

Citations link to peer-reviewed sources at PubMed and equivalent. Where I've cited a secondary source, the underlying study is linked alongside.



Carrots

ANTI-TUMOUR · RECURRENCE SUPPORT

01 ACTIVE COMPOUNDS

Beta-carotene

Researched for anti-tumour properties against breast cancer specifically — a precursor the body converts to vitamin A as needed.

02 WHAT THE RESEARCH SUGGESTS

Studied for an association with reduced risk of breast cancer recurrence, particularly when consumed as part of a regular dietary pattern rather than as a one-off.

CITATION

pubmed.ncbi.nlm.nih.gov/31280187/



Celery

BONE-METASTASIS PATHWAY

01 ACTIVE COMPOUNDS

Apigenin

A flavonoid researched for its ability to inhibit NF- κ B — a transcription factor identified as a key driver in bone metastasis from breast cancer.

02 WHAT THE RESEARCH SUGGESTS

Studied for downstream effects on the NF- κ B signalling pathway — the same pathway implicated in breast cancer cells' ability to colonise bone tissue.

CITATIONS

mossreports.com/parsley-component-fights-cancer

pubmed.ncbi.nlm.nih.gov/17159986/



Cabbage

APOPTOSIS · ANTI-TUMOURAL

01 ACTIVE COMPOUNDS

Sulforaphane

A sulfur compound formed when cabbage (and other crucifers) are chopped or chewed. Studied extensively for its anti-tumoural activity.

Indole-3-carbinol (I3C)

Another crucifer-derived compound shown to support oestrogen metabolism in research models.

02 WHAT THE RESEARCH SUGGESTS

Studied for inducing apoptosis — programmed cell death — in breast cancer cell lines, alongside anti-proliferative activity.

CITATIONS

pubmed.ncbi.nlm.nih.gov/31280187/

mcb.berkeley.edu/.../Park_poster.pdf



Apple peels

THREE-MECHANISM INHIBITION

01 ACTIVE COMPOUNDS

Quercetin

A flavonoid concentrated in the peel (peel + flesh together has roughly 4× the quercetin of flesh alone). Don't peel them — just wash them well.

02 WHAT THE RESEARCH SUGGESTS

Studied for inhibitory effects on cancer progression through three distinct mechanisms researched in the literature:

- **Apoptosis** — promoting programmed cell death.
- **Cell-cycle arrest** — constraining proliferation.
- **Metastasis inhibition** — reducing the spread.

CITATION

pubmed.ncbi.nlm.nih.gov/31754939/



Turmeric root

TREATMENT SIDE-EFFECT SUPPORT

01 ACTIVE COMPOUNDS

Curcumin

The bright-yellow polyphenol responsible for turmeric's colour. Pair with black pepper — piperine increases curcumin absorption many-fold.

02 WHAT THE RESEARCH SUGGESTS

Studied for two roles: inhibiting cancer stem cells while still supporting normal stem-cell function — and reducing the side-effects of conventional treatments.

PRACTICAL NOTE

Always juice or cook turmeric with a fat source and a crack of black pepper — curcumin is poorly absorbed otherwise.



Ginger root

ANTI-INFLAMMATORY · ANTI-METASTATIC

01 ACTIVE COMPOUNDS

Gingerols & shogaols

The active compounds in fresh and dried ginger respectively. Both are noted for anti-inflammatory and anti-nausea properties.

02 WHAT THE RESEARCH SUGGESTS

Studied for anti-inflammatory action with documented anti-metastatic and anti-invasive properties — specifically including the inhibition of breast cancer cell invasion in research models.

CITATION

pubmed.ncbi.nlm.nih.gov/31994470/



IF THIS RESONATES · REACH OUT

If you're living with or recovering from breast cancer — I'd love to hear from you.

Food does quiet, repeatable work alongside your medical care. If you'd like personalised support — meal plans built around your treatment phase, your appetite, and what your body is actually telling you — please reach out.

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The right glass, at the right moment, is its own kind of medicine — quiet, repeatable, and entirely on your terms.

— A NOTE FROM DIANE

The information in this guide is nutritional and culinary support — not medical treatment. The cited research studies the compounds named, not the act of juicing them. Please share any meaningful dietary changes with your oncology team, especially if you're managing treatment side effects, medication interactions, or specific clinical guidance.