

Cancer Strong Wellness Badge



The 'Cancer Strong Wellness' badge symbolizes strength, resilience, and commitment to healing. It can be used across wellness protocols, healing journals, client programs, and social media to represent the journey of thriving through cancer with courage and care.

CONGRATULATIONS!

You are living a cancer-preventative lifestyle — one rooted in awareness, nourishment, and strength. This badge represents your commitment to holistic wellness and daily resilience.

Keep up the Good Work -

Get our free Blood Test Guide to keep a track on your Inflammatory markers

Essential Blood Tests to Track Inflammation, Metabolic Health & Hormonal Balance

Regular blood testing is a powerful tool for monitoring inflammation, organ function, and internal imbalances that may contribute to cancer development or recurrence. Below is a recommended panel to share with your healthcare provider:

General Health & Organ Function

- **CBC (Complete Blood Count)** – Checks immune status, anemia, infection
- **LFT (Liver Function Test)** – Assesses liver enzymes and detox capacity
- **KFT (Kidney Function Test)** – Evaluates kidney health and filtration levels

Inflammation Markers

- **CRP (C-Reactive Protein – hsCRP)** – Sensitive indicator of systemic inflammation
- **ESR (Erythrocyte Sedimentation Rate)** – General marker for chronic inflammation

Blood Sugar & Insulin Sensitivity

- **Fasting Blood Glucose**
- **Postprandial Blood Sugar (PP)**
- **HbA1c** – 3-month average blood sugar control
- **Fasting Insulin** – Assesses insulin resistance

Lipid & Cardiovascular Risk

- **Lipid Profile** – Cholesterol, LDL, HDL, triglycerides

Stress & Hormonal Panel

- **Cortisol (morning)** – Stress hormone that impacts immunity and tumor environment
- **Thyroid Profile (TSH, Free T3, Free T4, Anti-TPO antibodies)** – Metabolic regulation
- **Hormones** (based on gender & condition)
 - **Estrogen, Progesterone, Testosterone**
 - **DHEA, FSH, LH** (for menopausal or fertility tracking)

Pro Tip: Always test fasting (8–12 hours), and aim to retest every 3–6 months to track trends, not just snapshots.

Join our vibrant WhatsApp community for support, recipes, tips, and inspiration:

<https://chat.whatsapp.com/LXXGnJGS0TrDu5J7rMkvZf>

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Signature