

A person wearing a long, flowing white dress stands on a sandy beach at sunset. The person's hands are clasped in front of them. The background shows the ocean with gentle waves and a soft, golden light from the setting sun.

FROM SURVIVING → SOARING

Your first steps to rebuild your body, energy & confidence
after cancer treatment

An evidence-based nutrition guide for post-treatment recovery

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BACK TO **BALANCE**

CANCER NUTRITION

WELCOME

I created this guide for the woman who has finished cancer treatment and is ready to reclaim her power and rebuild.

Because this is the part no one really prepares you for.

When I was diagnosed, I remember feeling paralyzed by fear- not only when I was diagnosed, but even when treatment was over.

What changed everything for me wasn't just getting through treatment- It was learning how to support my body *after*.

Learning how to nourish myself with intention.

How to rebuild my energy.

How to support my body through treatment-related side effects.

Most importantly- how to feel like myself again.

This guide is what I wish I had in that phase.

Your starting point.

Your next chapter.

Welcome to your SOARING era.

Hanna

“You are not powerless. Small daily actions shape your healing journey.”



THE MOMENT NO ONE TALKS ABOUT

You finished treatment.

Everyone celebrates.

But you're sitting there thinking...

Why don't I feel like myself?

You're exhausted. Your body feels off. Your energy isn't there.

And no one really told you what happens next.

THE SHIFT

You are not broken.

You are rebuilding.

Your body has been through something extremely intense.

That doesn't mean anything is wrong.

It means:

Your body is ready to be rebuilt—properly.

This is your SOARING era.

IF THIS IS YOU...

This is for you if:

- You've finished treatment
- You feel depleted or disconnected from yourself
- Your digestion feels off
- Your energy isn't where it used to be
- You want to restore balance but don't know what to do next

You're not alone.

THE GAP

Most support ends when treatment ends.

But your body is still:

- recovering
- repairing
- recalibrating
- rebuilding

Without support, you stay stuck in:

- fatigue
- inflammation
- low energy

Because no one gave you a roadmap.

THE SOAR FRAMEWORK

S — Stabilize

O — Optimize

A — Activate

R — Rebuild

You don't need to do everything.

You just need to start.

STABILIZE

Start here:

- Eat consistently
- Hydrate daily
- Focus on easy-to-digest foods
- Add quality protein

Consistency > perfection

POWER UP YOUR FOUNDATION

- Prioritize protein at each meal
- Aim for consistent nourishment (don't skip meals)
- Stay hydrated (2–2.5L daily)
- Support key nutrients (B12, vitamin D, magnesium)

Small daily inputs create powerful shifts.

OPTIMIZE

Add in powerful cancer-fighting foods:

- Leafy greens
- Cruciferous vegetables
- Berries
- Seeds
- Legumes
- Whole soy foods

You're not just eating.

You're rebuilding.

POWER UP YOUR DAILY REBUILD RITUAL

- Smoothie: berries, greens, plant protein, flax/chia
- Soup: batch-cook with vegetables, legumes, herbs
- Optional juice: greens, lemon, ginger

Keep it simple. Keep it consistent.

This is how you rebuild without overwhelm.

ACTIVATE

Support your body's systems:

- Gut health
- Immunity
- Detoxification pathways

Simple shifts:

- Add fibre slowly
- Prioritize sleep
- Move daily

POWER UP YOUR GUT

- Add fermented foods (if tolerated)
- Include prebiotic fibers (oats, onions, legumes)
- Reduce ultra-processed foods

Your gut is the foundation of your recovery.

REBUILD

Now we rebuild:

- Energy
- Muscle
- Hormones

Start with:

- Balanced meals
- Stay connected. Stay supported.
- Move your body daily
 - walking
 - light strength training
 - stretching/ yoga

POWER UP YOUR STRENGTH

- Walk daily (even short, gentle movement)
- Add light resistance training (as tolerated)
- Focus on rebuilding, not pushing

This is how you restore energy and confidence.

THE SHIFT

This isn't about perfection.

This is about:

Taking your power back.

NEXT STEPS

The SOAR Protocol™

A step-by-step system to:

- Rebuild your body
- Restore your energy
- Feel like yourself again

[Learn more](#)

WHAT'S NEXT: YOUR SOARING ERA

You've done the hardest part.

You got through treatment.

Now it's time to rebuild your body, restore your energy, and
feel like yourself again.

Because this next phase?

It doesn't happen by accident.

It happens with the right support.

Now it's time to rebuild

...to rise.

... to **SOAR.**

THE SOAR PROTOCOL™

This is the exact framework I use to help women rebuild after cancer and step into their next level of health.

Inside, we focus on:

Stabilize — rebuilding your nutritional foundation so your body feels supported again

Optimize — using powerful, plant-based foods to protect, repair, and nourish

Activate — supporting your gut, immune system, and natural healing pathways

Rebuild — restoring your energy, strength, hormones, and confidence

This is where everything comes together.

Not just information-

But a clear, step-by-step path forward.



Stabilize
Nutritional
Status



Optimize
Cancer-Fighting
Nutrition



Activate
Healing
Mechanisms



Rebuild
Strength &
Health

YOUR NEXT STEP

[Explore The SOAR Protocol™](#)

See exactly how this framework works, what's included, and how it can support your next chapter.

You're not starting over.

You're rebuilding.

And this is where you begin to SOAR.