

# About LaPalli

LaPalli LLC has been founded by Laura Palli, Swiss dietician and now USA registered and licensed with a master's in clinical nutrition, specialized in cancer patients following a nutritional, medical, physiologic, and evidence-based approach. Including global care because nutrition only isn't enough, in parallel with cancer treatments. We must always add physical activity, no drinking, and no smoking to obtain the best possible results.

Based on medical physiology, medical biochemistry, oncology, and nutritional science, I assembled much scattered research, concepts, and notions to create accessible and easy daily practices that enable a healthy nutrition and life.

The goals differ according to everyone's physical, emotional, or economic situation, and if one follows primary prevention, during treatments, after treatments, with recurrences, metastasis, or palliative. Everyone will be counselled based on his needs, with the same ethic and regard I would have for my family or myself.

My approach is global because only following a healthy nutrition isn't enough. If a person eats well but is sedentary, drinks and smokes, fighting cancer may be difficult, and in case of primary prevention not very effective. Physical activity is a medicine and fundamental against cancer. Not drinking nor smoking should be more evident. I explain and try to help people replacing their bad habits for healthy ones.

Our standards were always based on calories and proteins needs of one's active metabolic masse. Working with bioimpedance is very important for cancer patients, to monitor sarcopenia, edema, and muscle mass loss. Masses are indicative, Compared to total weight, which is only one parameter among others.

The results often show quickly, with a life quality improvement, reduced fatigue, improved lab analyses, less treatments' side effects, well-nourished patients, and improved treatments' results.

The first goals of a cancer nutrition and global care should be reducing side effects on short, medium, and long-term. Prevent patient malnutrition, improve their lifestyle, and maintain muscle mass. Secondly, trying to reduce chances of recurrences and metastasis. If recurrences and metastasis already are present, the with right combination of treatments and healthy lifestyle can be stabilized some regressions and "dormant" cancer cells. Follow ups show the metastatic lesions without metabolic activity, when following my protocols. Finally, the goal always are good lab results.

Without false promises or hopes, we must stay modest facing cancer cells and the power of the living. Every day we study, work hard, and fight to give sick people the tools to have the best possible results and life quality.

Now LaPalli LLC proudly adds a monthly magazine to its service. Discover more about, nutrition, cancer, moods, and curiosities. This magazine addresses anyone, explaining complex nutritional and scientific concepts in a way all can understand. With the hope and desire to share relevant knowledge, stopping misinformation.