

## 9 PILLARS OF WELL-BEING

ANTI-ANGIOGENESIS  
- The Anti Cancer Diet and Lifestyle

Educational Series Part 5

Prof. Dr. Mirnalini  
KandiahDr. Vaidehi  
UlaganathanDr. Vijaendreh  
Subramaniam

Dr. Trijntje Reilly ND

Dr. Sivaneswaran  
Poobalasingam

\*All Timelines in MYT (UTC + 8:00)

Time*	Topics	Speaker
0830 – 0845	Zoom Opens. Welcome Participants	Mr. Suresh Dhawan
0845 – 0900	Greetings & House Rules	Mr. Suresh Dhawan
0900 – 0920	Introduction to Anti-Angiogenesis: The Anti-Cancer Diet.	Mr. Alex Kumar/ Mr. S.Yoga Thevan
0920 – 1020	Plant Based Nutrition and Physical Activity: Moving Towards Prevention of Angiogenesis.	Prof. Dr. Mirnalini Kandiah
1020 – 1035	Morning Coffee Break	
1035 – 1135	Omega-3 Fatty Acids, Inflammation and Angiogenesis: Nutrigenomic Effects	Dr. Vaidehi Ulaganathan
1135 – 1235	Eat To Beat Cancer	Dr. Vijaendreh Subramaniam
1235 – 1245	CanSurvive Updates	Mr. Suresh Dhawan
1245 – 1345	Lunch Break	
1345 – 1400	CanSurvive Announcements	Mr. Suresh Dhawan
1400 – 1500	Anti-angiogenesis Properties of Edible Weeds	Dr. Trijntje Reilly ND
1500 – 1600	An Anti-angiogenesis Lifestyle For Cancer Prevention	Dr. Sivaneswaran Poobalasingam
1600 – 1630	Quiz, Closing Remarks & Gratitude	Mr. Suresh Dhawan

## CanSurvive &amp; Its Purpose

CanSurvive is a support and information service for those who are challenged with cancer. Not just information and support, but a service that offers a greater awareness of the benefits of holistic, non-invasive cancer therapies, nutrition and diet, as well as orthodox treatments; what is available and where to access them. It is a window of light into the world of healing, where the word "Terminal" is a challenge, not a death sentence.



Saturday, 8:30 am – 5:00 pm

19<sup>th</sup> March 2022

via zoom

Register: <https://tinyurl.com/5dvs69yb>

Organised by:

CanSurvive Centre Malaysia Berhad (903023-M)

Website : [www.cansurvive.org.my](http://www.cansurvive.org.my)

Facebook : CanSurvive Malaysia



# ANTI-ANGIOGENESIS

## - The Anti Cancer Diet and Lifestyle

# THE SPEAKERS



**Prof. Dr. Mirnalini  
Kandiah**

### Plant Based Nutrition For Anti Angiogenesis

Prof. Dr. Mirnalini Kandiah is currently with the Department of Food Science & Nutrition at the Faculty of Applied Sciences, UCSI University, Kuala Lumpur.

She sits on the University Examination Board, the University Senate and the University Ethics Committee. She is also leading the department in developing the 1<sup>st</sup> Malaysian degree programme in Nutrition with Wellness and the MSc in Nutrition with Management programme.

Her research interests include epidemiological studies on diet related non-communicable diseases among Malaysians particularly colorectal and breast cancers.

In recognition of her contributions to the advancement of the field of human nutrition in Malaysia, she was conferred the prestigious title of Fellow of the Nutrition Society of Malaysia in 2005.

She has also won the University Excellent Service Medal, in recognition of her academic and professional contributions to the university and community. This was in her previous position at University Putra Malaysia.

### Omega-3 Fatty Acids, Inflammation and Angiogenesis : Nutrigenomic Effects

Dr. Vaidehi Ulaganathan is Head of Program for BSc (Hons) Nutrition and Wellness and a senior lecturer, with the Faculty of Applied Sciences, UCSI University, Kuala Lumpur.

She has a Doctoral Degree in the field of Clinical Nutrition.

Her main research expertise is on Clinical Nutrition emphasizing healthy eating and wellness mainly among cancer patients and other non-communicable chronic disease patients.

She initiated several studies among secondary school students to promote healthy eating and lifestyle and healthy food choices at home and school canteen to prevent chronic diseases in adulthood.

She is also the recipient of several awards, including a GOLD Medal for her research presentation in conjunction of National World Cancer Day celebration in 2012.

She is also committed to working to improve nutrition and physical wellness among underprivileged communities. Dr Vaidehi is the recipient of Corporate Social Responsibility grant from Bank Rakyat Malaysia, for three consecutive years, since 2019, for her work.



**Dr. Vaidehi  
Ulaganathan**



**Dr. Vijaendreh  
Subramaniam**

### Eat to Beat Cancer

Dr. Vijaendreh Subramaniam is a Senior Consultant GynaeOncologist at Mahkota Medical Center, a leading private hospital in Malaysia.

He graduated from the University of Malaya and commenced postgraduate training in Obstetrics and Gynaecology (O&G). He then worked at Raigmore Hospital in Scotland and also gained a postgraduate qualification in O&G from the Royal College of Obstetricians and Gynaecologists. He also furthered his sub-speciality training in Gynae-Oncology in the UK at the St. Bartholomew Hospital, which is one of the leading cancer centres in London.

He also trained in Minimally Invasive Surgery in gynaecological cancers from the world-famous Kurashiki Medical Centre in Japan.

After working in oncology for sixteen years, in 2011 he expanded his practice areas to include alternative and complementary modalities in an integrative fashion, in the treatment of cancer.

He has travelled extensively, learning and observing firsthand from leading practitioners of integrative medicine, in many parts of the world.

He believes that the best results in cancer treatments are only possible by integrating the best of conventional therapy and complementary / alternative therapies.

### Anti-Angiogenesis Properties of Edible Weeds

Dr. Trijntje Reilly ND is a Naturopathic Doctor and Herbalist, from Australia.

It was when her mother was diagnosed with colon cancer that Dr. Trijntje got to know about the medical system and treatments in hospitals. When her mother died in 1950, she felt that there must be a better way of treating cancer. This search for a better way of treatment became a strong passion.

She did a 4-year Naturopathic course. She was fortunate to have a teacher who had a passion for herbs that grow around and their medicinal properties.

Over the years Dr. Trijntje has much success with patients with all types of cancer, as well as with depression, anxiety and addictions, and other types of ailments.

She and her husband Fergus, make their own medicine mostly from medicinal weeds they grow themselves.

Their latest success is Contamishield Remedy, which is for Covid and Long Covid. They treated people who were referred to them by doctors, who were unable to help the patients. This Remedy they noted is an antidote for the spike protein as well.



**Dr. Trijntje Reilly ND**



**Dr. Sivanewaran  
Poobalasingam**

### An Anti-angiogenesis Lifestyle For Cancer Prevention

Dr. Sivanewaran Poobalasingam is the Founder President of the Malaysian Society of Lifestyle Medicine which is affiliated to the Lifestyle Medicine Global Alliance. He is the Country Representative for this Alliance as well as the International Council of Integrative Medicine.

A Certified Lifestyle Medicine Physician, Dr. Siva is CEO of Amrita Integrative and Lifestyle Medicine Center and Amrita Lifestyle Medicine Academy, a wellness academy.

Being a pioneer of Lifestyle Medicine in the country, he is frequently invited to speak on Lifestyle Medicine by Malaysian government institutions as well as international organisations like UNFPA.

He is a published author and has written books on a mind-body approach to wellness and on the importance of herbs and nutrition in healthy ageing.

Dr. Siva has served as the Scientific Chairperson for Lifestyle Medicine of various organizing committees of conferences including "The First World Congress on Healthy Ageing".