



Andrea Schaffer



ANDREA'S STORY

Andrea Schaffer is an Oncology Nutrition Consultant, Advanced Integrative Metabolic Specialist, Terrain Advocate and founder of Not Just Broccoli Oncology Nutrition. She specializes in helping clients navigate cancer through a personalized, evidence-informed approach that addresses nutrition, metabolic health, lifestyle factors, and the body's internal terrain.

Andrea's passion for oncology nutrition began after witnessing her mother's cancer journey as a teenager, inspiring a lifelong pursuit of understanding how food, lifestyle, and environmental factors influence health and healing. Her professional path took on new meaning when she was unexpectedly diagnosed with a cancerous Grade 3 oligodendroglioma brain tumor in 2023. Drawing on her extensive training in metabolic oncology, she became an active participant in her own healing journey, combining surgery with personalized metabolic nutrition and lifestyle strategies.

Today, Andrea blends professional expertise with lived experience to help clients move beyond overwhelm and take meaningful action. Her mission is to empower individuals with the knowledge, tools, and support needed to optimize health and improve quality of life during and beyond a cancer diagnosis.

AUDIENCE TAKEAWAYS

- Why cancer is about more than just the tumor
- How to advocate for yourself and participate in your care
- The role of nutrition, metabolism and lifestyle in health outcomes
- Practical actions you can implement immediately
- How to build a medical team that supports your goals
- How to interpret health through a terrain lens

Let's connect!

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For additional media assets: www.notjustbroccoli.com/media

SIGNATURE TOPICS

The Terrain Approach to Cancer

Why cancer is more than a tumor and what patients can do to support the environment in which cancer grows

Navigating a Cancer Diagnosis

Practical strategies for moving from overwhelm to empowerment

Why Personalized Cancer Approaches Matter

How extensive testing can determine the right approach and uncover imbalances that influence outcomes

Why Nutrition Can Be Your Biggest Ally During a Health Journey

How you can employ your diet as a mainline treatment

My Journey From Brain Cancer Diagnosis to Terrain Transformation

The personal story behind my work and my health journey.

SAMPLE INTERVIEW QUESTIONS

- Why did you decide to do preventive MRI and how did that change the course of your life?
- What does "terrain" mean, and why does it matter in cancer?
- What are the biggest nutrition mistakes cancer patients make?
- What did your own diagnosis teach you about healing?
- What questions should every newly diagnosed patient ask?
- What are the first steps someone should take after receiving a cancer diagnosis?



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