



Andrea Schaffer

Oncology Nutrition Consultant
Advanced Integrative Metabolic Specialist
Functional Nutritional Therapy Practitioner
Restorative Health Practitioner
Brain Cancer Thriver

*Cancer is a messenger.
Your body wants to heal.
There is hope.*



Andrea Schaffer is an Oncology Nutrition Consultant who helps people navigate cancer through a personalized, data-driven approach to nutrition and lifestyle medicine. Drawing from both professional expertise and her own brain cancer journey, Andrea empowers individuals to optimize their terrain through advanced testing, metabolic health, and practical strategies that support resilience during and beyond a cancer diagnosis.

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ANDREA'S STORY

Cancer touches all of us in some way. For Andrea Schaffer, that connection began as a teenager when her mother was diagnosed with breast cancer in her early forties. Watching someone she loved navigate the uncertainty of a cancer diagnosis was both frightening and formative. Her mother's resilience, determination, and commitment to living a full and adventurous life sparked a lifelong interest in understanding how nutrition, lifestyle, and environmental factors influence health and healing.

That passion led Andrea into years of study and professional training in nutrition, functional health, and integrative oncology. As an Oncology Nutrition Consultant, Terrain Advocate, and Advanced Integrative Metabolic Specialist, she has dedicated her career to helping individuals reduce cancer risk, support treatment outcomes, and optimize the body's internal environment—or terrain—for healing.

What Andrea didn't realize was that her professional training was also preparing her for her own cancer journey.

In early 2023, despite feeling completely healthy and symptom-free, Andrea elected to undergo a preventative full-body MRI. The scan revealed a walnut-sized mass in the right temporal lobe of her brain. The discovery was entirely unexpected and immediately changed the course of her life.

Drawing on her background in metabolic oncology, Andrea quickly implemented a comprehensive nutrition and lifestyle strategy designed to support her body's terrain while preparing for surgery. In April 2023, she underwent a successful brain surgery at Barrow Neurological Institute, where the tumor was completely removed.

Two weeks later, pathology confirmed a diagnosis of Grade 3 oligodendroglioma, a malignant brain tumor. Faced with difficult decisions, Andrea chose to become an active participant in her own care. In collaboration with her medical team, she pursued a highly personalized integrative approach focused on metabolic health, targeted nutrition, advanced therapies, lifestyle optimization, and ongoing monitoring. Her experience reinforced many of the principles she had spent years teaching her clients: that health is multifaceted, that healing requires addressing more than a diagnosis alone, and that individuals have meaningful opportunities to support their health through informed choices.

Today, Andrea combines professional expertise with lived experience to guide individuals navigating cancer and complex health challenges. Her work emphasizes personalized nutrition, functional testing, metabolic health, and terrain optimization, helping clients move from fear and overwhelm toward clarity, confidence, and action.

Andrea's personal journey has deepened her empathy, strengthened her clinical perspective, and fueled her commitment to helping others navigate cancer with greater knowledge, confidence and support.

SHORT BIO

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.

CREDENTIALS & TRAINING

- Certified Advanced Integrative Metabolic Specialist
- Certified Oncology Nutrition Consultant
- Terrain Advocate
- Functional Nutritional Therapy Practitioner
- Functional Supplement Specialist
- Supplement Quality Specialist
- Restorative Health Practitioner
- Holistic Health Coach
- Bachelor of Arts, Colgate University

AUDIENCE TAKEAWAYS

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

FEATURED RESOURCES

Cancer is a terrifying, complicated and confusing experience. But there are many reasons to have hope. Here are some resources to help cancer patients navigate this with support.

- www.notjustbroccoli.com
- [Weekly Newsletter](#)
- [Sunshine Sessions](#) (Free online group sessions every other Monday)
- [Introductory Consultation](#) to help navigate the first steps to working on metabolic health
- [Deep Dive Program](#) to create a data-informed bioindividual health strategy with maximum support

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.



Please feel free to reach out for any questions.

SAMPLE INTERVIEW QUESTIONS

- Can you tell us about your decision to get a preventive MRI and how that changed the course of your life?
- What does "terrain" mean, and why does it matter in cancer?
- Why do you say cancer is more than just a tumor?
- 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?
- Many people think of testing as something you do after there's a problem. What would you want people to understand about the role testing can play before, during, and after a diagnosis?
- What labs do you find most valuable for understanding health?
- What are the first steps someone should take after receiving a diagnosis?

Get in Touch!

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