

Holistic Approach to Chemotherapy

Combining Western and Herbal medicine for your greatest well-being.

Before treatments, prepare - or have prepared when you get home by you or someone else who can help:

During Chemo

Soups- Drink Soup broth made with Astragalus, mushrooms (Shiitake, Maitake), kelp or other seaweeds, miso, garlic, burdock, carrots, onions, etc. *This will keep your body nourished at a core level, while also helping your body to cleanse.*

Tea- Have teas prepared. Drink **Ginger tea** to ease nausea and control vomiting, but understand that this is one of the body's miracle defenses to expel poisons from the body. Cut fresh ginger and steep in boiling water for about 15-20 minutes. *Note: You may want to alternate ginger tea with **Chamomile tea**, which will assist in the same way.*

When you feel ready for food- begin with comfortable, nourishing foods like brown (organic) rice, cooked root vegetables, cooked fruits like apples and pears. Skip dairy and animal proteins and concentrate on a whole foods diet. *Food lies at the heart of good health. Nourish your body with wonder foods. **Avoid refined foods, processed foods like white flour and white rice, fried foods, white sugar and unprocessed honey or corn syrup, junk food, caffeine, alcohol, and cigarette smoke.***

Drink lots of pure spring or distilled water to help wash waste out of the body (A minimum of 1/2 -3/4 your body weight in oz's of water daily).

Get fresh air! Open windows, and rest outside in a prepared space if possible.

Rest and sleep as much as possible. Your body can focus on healing best when you are sleeping.

During Chemo Supplements

Milk Thistle seed to cleanse liver- 2 caps 3xs daily

Vitamin B-complex- Get methylated B vitamins, 1-2 caps 2xs day

Astragalus- 1200 mgs daily in food, bone marrow soup or tincture (60 drops 3xs day).

Probiotics: **Acidophilus** at night on an empty stomach and **Bifidus** in the morning with breakfast to maintain healthy bioflora in the stomach and intestines.

Baths daily: 1-3 cups Epsom salt; to cleanse toxic chemicals out through the skin.

Actively visualize your body healing.

Surround yourself with loving people and places.

Gentle exercise to oxygenate the blood and build strength: walking, yoga and meditation.

Body Work- Reiki, Polarity, Acupuncture, Massage or other types of body/energy work.

Laugh, Get and give lots of hugs!

During Chemo-

Herbs can be in tea, capsules or tinctures.

Nausea – **Ginger, Peach leaves or Chamomile** tea; 1 teaspoon per cup. 3-4 cups daily.

Metalic taste/smell of brine and copper – Black Horehound tincture and/or German Chamomile Teas

Detoxify the body and prevent side effects – **Spruce tree flower essence**. Take during treatments.

Immune System Support– use some of or all of these mushrooms: Maitake, Zhu ling, Shiitake, Turkey Tail, Reishi, Chaga, and Snow Fungus. Tinctures, caps or powders to equal 60 drops 3xs daily, to equal 1200 mgs daily.

For malnutrition, low appetite, weak digestion, exhaustion- Astragalus 1200 mgs day.

Diarrhea- Slippery Elm 1-2 caps 1 hour before food 3xs daily or ½ tsp per cup of tea.

Cleanse liver, kidney and blood- Burdock tea, 2 caps or 60 drops tincture 3xs day.

Reduce damage to normal tissues during therapy- Garlic as tea or caps

Increase stamina, boost energy and vitality – Siberian Ginseng

Support elimination- Flax seeds or Flax oil- 2500 mgs (Keep refrigerated).

Blood cleanser, anti-cancer- Red Clover blossoms tea 3cups day.

Caster oil packs on the lymph nodes or any other swellings that are affected.

Off Chemo, begin detoxifying your body and restoring your immune system. **Echinacea, Astragalus, medicinal mushrooms (Reishi, Shiitake, Maitake, etc.), Red Clover tea, Nettles, Alfalfa, Siberian Ginseng, Dandelion root, Burdock root, Milk Thistle seed**, and the appropriate supplements which are listed below.

Off Chemo Supplements

Co-enzyme Q10 (as Ubiquinol)- 100 mgs 2-3 xs da

Vitamin B-complex- Get methylated B vitamins, 1-2 caps 2xs day

Grapeseed extract- (take with food) 2 caps 3xs day.

Vitamin C- buffered with bioflavonoids or rosehips to bowell tolerance.

Vitamin E- 400-800Ius (wheat germ oil w/selenium NOT acetate) (take with food).

L-glutamine- 1000-4000 mgs 1-3xs day, 1 hour before meals.

Vitamin A- (emulsified) (take with food) 2500-500 mgs day.

Milk Thistle seed- to cleanse the liver- 2 caps xs day with food.

Zinc- (organic raw pumpkin seeds are a great source) up to 50 mgs 1x day.

Off Chemo-

Continue with detox **Baths daily**: 1-3 cups Epsom salt; to cleanse toxic chemicals out through the skin.