Core Herbal Protocol for Cancer Support

- **crucifers**, at least 1-2 cups cooked daily, emphasis on kale also (B-vits)

- **garlic**, supplement or 3-5 cloves daily

- **flavonoids** from a variety of sources - some specific research linking specific ones to specific tumors *(e.g. isoflavones)*

- **astragalus**, 5-7g daily or the equivalent (5ml TID for a 1:3 tincture)

- **medicinal** mushrooms, usually a combination: shiitake, coriolus / trametes, chaga, maitake, ganoderma

- **selenium**: 400mcg daily at least, or 1/4 cup of Brazil nuts

- **berberine**- rich herbs, 1-4 grams daily depending on the plant.

- **curcumin**, 400-1200mg daily. Turmeric pwd. has about 3% curcumin, so 13-40g of Turmeric pwd. daily (!) N.C. 3-6 Tforce caps daily, Jarrow

- **no sugar**, drastically reduce refined carbs, **no alcohol**. severely moderate caffeine, try for green tea/ black tea instead of coffee

- **lymphatic** / alterative tea blend appropriate to the constitution

- **adaptogenic** tincture blend appropriate to the constitution + symptom profile + specific cancer