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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