



SUPPORT DURING CONVENTIONAL CANCER TREATMENT



OPTIMIZING THE BODY'S RESILIENCE & RECOVERY WHILE UNDERGOING CHEMOTHERAPY & RADIATION

Cancer is not always a sudden, isolated event. In most cases, it involves dysfunction in cellular metabolism, immune regulation, and detoxification systems. Cancer cells are always present in the body—but cancer only becomes a disease when those cells replicate uncontrollably.

If someone chooses conventional cancer treatment, it's essential to support the whole body, not just target the tumor. Chemotherapy and radiation are toxic by nature—they're designed to destroy fast-replicating cells, but in doing so, they also stress the body. That's why supporting the body's functional balance can make a significant difference in how well someone tolerates treatment and how quickly they recover.

Maximize Nutrition

Food is one of the most powerful tools we have to nourish, protect, and restore the body during treatment.

- **Choose organic whenever possible**

Reduce toxins like pesticides, herbicides, fungicides, and artificial additives (e.g., food coloring, preservatives). The lower the toxic burden, the more energy the body has for healing.

- **Ensure adequate protein intake**

Protein is essential to prevent muscle loss and support repair. While some cancer protocols may advise minimizing animal products or red meat, protein is still crucial. When consuming animal proteins, choose grass-fed, pasture-raised, and wild-caught sources.

For those limiting animal protein:

- Add plant-based protein powders (like Nuzest Clean Lean Protein, a clean pea protein option)
- Aim for a balance that maintains strength and preserves lean body mass without overburdening digestion



Maximize Nutrition

- **Focus on anti-inflammatory foods**

- Increase: fresh vegetables (especially cruciferous and leafy greens), berries, turmeric, omega-3s (like flaxseed or wild salmon)
- Decrease: sugar, processed grains, and inflammatory oils (corn, canola, soybean, etc)

- **Use antioxidants—but only in between treatments**

There is ongoing debate around using antioxidants during chemotherapy or radiation because they may counteract the oxidative stress those treatments rely on to kill cancer cells.

Instead:

- Temporarily pause antioxidant supplements a few days before and resume several days after treatment sessions.
- In between treatments, antioxidants can support cellular repair and detoxification.
- Some evidence suggests high-dose curcumin (which becomes pro-oxidant at higher levels) may enhance chemo and radiation. For example:
 - [Curcumin in combination with chemotherapy](#)
 - [Curcumin enhances chemotherapy and radiation therapy](#)
 - [Curcumin and radiation in pancreatic cancer](#)

Support Detoxification (Between Treatments)

The body's detox systems are under more stress than usual during cancer treatment. Supporting detox pathways between treatments can reduce side effects and improve resilience.

- **Key nutrients for detox support:**

- Methylated B vitamins and magnesium to support methylation and cellular repair
- Cruciferous vegetables, alliums (garlic, onions), and leafy greens to promote liver detox enzymes

- **Stay hydrated**

Drink plenty of clean, filtered water with electrolyte minerals. This helps flush toxins and supports kidney and liver function.

- **Address constipation**

Efficient elimination is essential. If constipation is present, it increases the body's toxic load.

- **Reduce exposure to external chemicals**

- Switch to non-toxic laundry detergent, soaps, shampoo, lotions, cleaning products
- Use air and water filters when possible
- Avoid synthetic fragrances and air fresheners



Support Detoxification (Between Treatments)

- **Modified Citrus Pectin (MCP)** – *Pectasol-C* by EcoNugenics

MCP is unique among detox tools in that it can be safely used during and after treatment. It has been extensively studied for its ability to:

- Inhibit cancer cell growth
- Block metastasis by antagonizing galectin-3, a protein that:
 - Helps tumor cells stick together
 - Facilitates new blood vessel growth
 - Shields cancer cells from immune attack
- Promote apoptosis (programmed death) of cancer cells
- Support detoxification by binding to heavy metals like lead

This makes MCP a valuable adjunct both **during** and **after** treatment, helping reduce toxic burden while offering protective anti-cancer properties.

Strengthen Immune Function

A strong immune system is vital during and after treatment—not just to fight cancer but also to prevent infections and aid tissue healing.

- **Check and optimize key immune nutrients:**
 - Vitamin D: Aim for at least 50 ng/mL
 - Zinc, Vitamin A, and Vitamin C: Strive for levels in the upper half of the lab range
- **IV Vitamin C:**

There's robust research on using intravenous vitamin C alongside chemotherapy to improve outcomes. Discuss this option with your oncologist.

Create an Environment for Healing

Healing is about more than just what we eat or take. It's also about the environment we live in—both physically and emotionally.

- **Sleep and rest:** Deep, consistent sleep is when the body does its best healing.
- **Stress reduction:**
 - Lean on family, friends, and a support network
 - Practice saying "yes" to help and receiving care
 - Consider professional support or community groups
- **Mind-body therapies** (even recommended in mainstream cancer centres):
 - Meditation
 - Yoga
 - Breathwork
 - Music therapy
 - Guided imagery



Create an Environment for Healing

- Daily green smoothies (especially *between chemo rounds*):

These can be healing and anti-inflammatory. Try blending:

- Avocado
- Broccoli or kale
- Fresh lemon juice
- Cucumber and celery
- Green apple for sweetness

These nutrient-dense smoothies support detoxification, cellular repair, and gut health.

Repair the Gut After Treatment

Chemotherapy often increases intestinal permeability (“leaky gut”) by damaging the mucosal lining of the GI tract.

- **Gut repair** is essential post-treatment and can last for several months.
- **Consider GI Revive** (by Designs for Health):
 - Contains L-Glutamine for nourishing intestinal cells
 - Includes mucilaginous herbs (like slippery elm and marshmallow root) to soothe and regenerate the gut lining

Supporting gut health also improves immune function and overall recovery.

Final Thoughts

Cancer treatment can be physically and emotionally overwhelming—but you are not powerless. Supporting the body’s detox, immune, and repair systems can make the journey more manageable, reduce side effects, and promote deeper healing.

This approach is not about replacing conventional medicine—it’s about complementing it with smart, supportive strategies rooted in functional and holistic health.