

Anti-Cancer Protocol

This integrative protocol blends functional nutrition, Ayurvedic essential oils, lifestyle detox, and emotional support— to aid healing, reduce side effects, and support long-term resilience during and after cancer treatment.

1. Anti-Cancer Nutrition

Eat More:

- Cruciferous vegetables: broccoli, kale, Brussels sprouts, cauliflower
- Antioxidant-rich foods: berries, turmeric, garlic, green tea
- Healthy fats: olive oil, avocado, walnuts, pumpkin seeds
- Clean plant protein: lentils, legumes, seeds, nuts

Avoid:

- Refined sugar, alcohol, dairy, processed/red meats
- Packaged snacks, seed oils (e.g. canola, soybean), food additives
- BPA/plastic packaging and artificial sweeteners

2. Essential Supplements (Max 3-4 Daily)

Take with food. Always consult your oncologist before starting.

- Curcumin (bioavailable): Anti-inflammatory, anti-proliferative
- Vitamin D3 + K2: Immunity and cell regulation
- Medicinal Mushrooms: Reishi, Turkey Tail, Maitake – immune modulating
- Omega-3 (EPA/DHA): Reduces inflammation, supports mitochondrial health

3. Essential Oil Therapy – 4-Blends System

Anti-cancer essential oils combine therapeutic botanicals such as frankincense, tea tree, lavender, ginger, peppermint, neem, castor oil, and black seed oil to support healing at every level: physical, emotional, and energetic.

Essential Oil Blends & Application Protocol:

- **Blend 1 – Cancer Cell Support**

Apply 5 drops directly to the affected area, morning & evening.

- **Blend 2 – Detox Support**

Apply 5 drops to the upper abdomen, 30 mins after breakfast and lunch.

- **Blend 3 – Emotional Healing**

Diffuse or inhale 5 drops immediately upon waking (aroma infusion).

- **Blend 4 – Maintenance/Recovery**

Apply 5 drops to the chemo/radiation area once daily, pre-lunch.

For enhanced absorption: layer castor oil under blends or use post-Epsom salt bath.

4. Detox & Lifestyle Rituals

Daily Detox Habits:

- Start with warm lemon water in the morning
- Eat cruciferous veggies daily to support liver Phase II detox
- Castor Oil Packs: 2–3x/week over the liver or abdomen
- Dry brushing or infrared sauna for lymphatic flow
- Avoid plastics, synthetic fragrances, scented candles, and chemical body care.
- Use epsom salt in warm water and soak your feet .

5. Movement, Mindset & Environmental Energy

Daily Healing Practices:

- Sunshine & Grounding: 15–20 minutes barefoot outdoors
- Breathwork or Meditation: 10 minutes daily to regulate the nervous system
- Gentle Movement: Walking, yoga, or rebounding for 30 mins
- Sleep: Prioritize 7–9 hours of deep, tech-free rest
- Connection: Stay socially and emotionally supported — healing is communal

Book a consultation for personalized guidance.

Shruti Sethi

Signature