

Anti-Cancer Supplementation Guide

This guide outlines evidence-based, minimalist supplementation strategies to support cancer prevention, healing, and recovery. Always consult with your oncologist or integrative practitioner before starting any supplement regimen.

1. Anti-Inflammatory Support

- Curcumin (Bioavailable Form e.g. Meriva or BCM-95)
 - Dose: 500-1000 mg/day
 - Why: Reduces chronic inflammation and inhibits NF-kB pathway, which is involved in tumor growth.

2. Immune Modulation

- Medicinal Mushrooms (Reishi, Turkey Tail, Maitake)
 - Dose: 1-2 capsules/day or as per brand
 - Why: Supports immune surveillance, reduces chemo side effects, promotes cell activity.

3. Cellular and Mitochondrial Protection

- Omega-3 Fatty Acids (EPA/DHA)
 - Dose: 1000-2000 mg EPA+DHA per day
 - Why: Anti-inflammatory, supports cellular membranes, brain and heart health.

4. Vitamin D Optimization

- Vitamin D3 + K2 (MK-7)
 - Dose: 2000-5000 IU D3 + 90-120 mcg K2
 - Why: Critical for immune function, cellular repair, and bone strength. K2 prevents arterial calcification.

5. Optional Add-Ons (Practitioner Supervised)

- Glutathione (liposomal or IV): Master antioxidant for detox and liver support
- NAC (N-Acetylcysteine): Precursor to glutathione, helpful for respiratory and oxidative stress
- Magnesium (Glycinate): Sleep, relaxation, nervous system balance

Book a consultation for personalized supplement guidance based on your diagnosis and treatment plan.

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Signature