

Top Supplements to Combat Cancer

Fish Oils

The number 1 supplement*: Long chain omega-3 is essential for cellular health, control of local inflammation, longevity and much, much more. Research shows supplementation, because it is daily and dose-controlled, actually provides more benefit than eating oily fish. Fish oils reduce the risk of cachexia, and can reduce polyps, the precursors to colorectal cancer.

Selenium

Helps displace heavy metals from the body. Antioxidant mineral recognised more and more as essential in the fight against cancer; for example, German research shows it lowers prostate cancer risk.

Vitamin E

Powerful immune system booster. But take a natural form that ideally combines all 4 tocopherols and all 4 tocotrienols. You simply cannot eat the daily quantities shown to be effective in scientific studies.



Chlorella

Rather than take vitamin A, go for superfood chlorella. People simply do not eat enough “greens”, and chlorella is a “super-green”. Wonderful source of both natural cis- and trans-beta-carotene, minerals and vitamin B-12, especially important if you employ a meat-free diet. This is how to get your vitamin A; your body will make what it wants from beta-carotene.

Vitamin D

The number 1 supplement*. If you cannot get a couple of hours in the sunshine every day, you should consider supplementation of 5000IUs, as recommended by Harvard medical School. This vitamin is actually a hormone and has been shown to activate the immune system, reduce the risk of cancer and even correct cancer cells in research studies.

Coenzyme Q10

Research shows antioxidant, anti-ageing, anti-cancer benefits levels in tissues decline as you age. Essential to your mitochondria, US research clearly shows you can recapture the levels of your youth by supplementation. Max 50 mgs a day. Above is wasted.

Grape Seed Extract

Shown in the American VITAL study to be the top antioxidant commonly available. It is an OPC, and Pine Bark Extract (another OPC but not in the research study) may be even better.

Curcumin

The Number 1 supplement* equal with vitamin D and fish oils. Research shows a variety of health benefits; an antioxidant and anti-inflammatory, this spice (Turmeric) seems to play a strong role in a number of anti-cancer pathways, and in other illnesses too. Prof. Aggarwal of MD Anderson claims he does not know a cancer it does not have a positive effect against. Take with olive oil and black pepper (pipeline) for maximum absorption.

B Complex

B Vitamins are essential for correct cellular division and replication apart from playing a role in the nervous system and many of the senses. A pre-cursor to diseases like Alzheimer's and cancer has been shown to be the buildup of Homocysteine levels in the body. B Vitamins can keep this under control. Normally your gut bacteria MAKE your B vitamins (if you feed them fibrous foods). But after antibiotics and chemo, your gut bacteria will not be functioning properly.

Resveratrol

Seems to play a prevention role in everything from dementia to strokes to cancer. It is now known to act as a pro drug with the CYP1B1 gene in cancer cells. The gene turns it in to piceatannol which kills the cancer cell. Research is coming thick and fast on this natural compound found in organic red grape skins.

Modified Citrus Pectin

Again, new research abounds on the abilities of this compound to block the "velcro patches" on the outside of cancer cells, reducing their abilities to stick to each other and to new tissues. This reduces metastases.

Indole 3 Carbinol



I3C can convert aggressive estradiol into a safer sister, and even modify estrogen receptor sites on cells (much like Tamoxifen) and prevent dangerous estrogens binding there. But it also works against non-estrogenic cancers via the p27 pathway. Research shows clear benefits in Triple Negative Breast Cancer.