

Supplements For Cancer and Natural Healing

Shares of these supplements for cancer were incredibly important after I choose to heal naturally from cancer, approaching it first with non-toxic methods using diet, lifestyle, and detoxification.

Beta-1, 3D Glucan



Beta-1, 3D Glucan by Transfer Point works by modulating the immune system to function more optimally. The Transfer Point brand is the most reputable and trusted brand of Beta Glucans, so this is not the supplement to try to skimp on.

Ancient Elements offers Beta-1, 3D Glucan in excellent bundle deals. Also check back often to my [Facebook page](#) where I announce sales when I hear of them.

Dr. David Williams Daily Advantage Vitamins



The multi-vitamin I began taking in 2008 is Dr. Williams Daily Advantage. They consist of 8 capsules you take twice daily and contains 83 different dietary nutrients.

*During seasons of pregnancy where I experienced nausea/ morning sickness I could not stomach all the capsules from the Daily Advantage. I switched to *Garden of Life Prenatals* when pregnant.*

*A great liquid multi-vitamin option with great taste is *Liquid Health Multiple*.*

Dosage for one with cancer is 1 capsule per 50 pounds. A preventative dose is 2 capsules daily.

Vitamin D3 / K2

Shares **ibwa Essiac Tea**



Essiac Tea has been used as an herbal remedy against cancer by Native Americans for hundreds of years. I drank it 2-3 times daily during my natural cancer treatment and found that it was VERY effective in tumor reduction of my lymph nodes. It is a detox tea so it works by helping remove toxins from the lymph system, especially therapeutic for lymphomas but also other cancers as well. Purchase [HERE](#).

Vitamin D3/ K2 combo is an extremely helpful supplement for everyone but especially for those with cancer. Virtually everyone is deficient in vitamin D (which is technically a hormone,) so unless you are getting hours of sun exposure each day, supplementation is needed. Many studies over the past 10 years have shown correlation of lower Vitamin D levels and negative cancer outcome. You can see a gathering and discussion on some of these studies [HERE](#).

I prefer a D3/K2 combo. The K2 ensures that the D3 gets where it needs to go and D3 from cholecalciferol is more readily absorbed. I have used Zhou brand for many years and it works quickly to get your levels up to optimal within a few weeks. When trying to raise levels I took 10,000 – 15,000 iu daily and then dropped down to a maintenance dose of 5,000-10,000 daily while monitoring blood levels every few months.

Purchase [HERE](#).

Leave a Reply

Your email address will not be published. Required fields are marked *

Shares

Comment *

Name *

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51 thoughts on “Supplements For Cancer and Natural Healing”



Subhojit says:
February 27, 2021 at 8:09 AM

[Reply](#)

Hi Courtney,

Thank you for your work and for giving hope to cancer patients around the world!

My wife is suffering from Hodgkin’s Lymphoma Stage III and we are following alternative treatments.

1. Could you suggest some detoxification processes for better absorption of nutrients?
2. Since we are from India, we are not able to get hands-on “Dr. David Williams Daily Advantage Vitamins”. Could you please suggest an alternative to this?

Any other suggestions which might help her, please let me know.

We would be forever grateful to you!

Shares

Thanks!



Subhojit says:
February 22, 2021 at 2:48 AM

[Reply](#)

Hi Cortney,

My wife, Ipsita, aged 30 years, is suffering from Classic Hodgkin’s Lymphoma Stage IIIB. We are from India.

1. Could you please recommend any natural approach to detoxify the body and absorb the nutrients more efficiently? I guess this is very important in order to get any positive results.
2. We are not getting the multivitamin ‘Dr. Williams’ Daily Advantage’ in India. Could you please suggest any alternative for the same?

Thank you..



Rossy Ibarra says:
May 12, 2020 at 2:34 PM

[Reply](#)

Hola Cortney,

Thank you very much for share all what are you did and doing. My question is: I have metastases in my liver, can I take the flaxxoil? My cancer was found in my small intestine 13 years ago. Now the oncologist found small nodes in my lungs, tiroides and liver. Six years ago I had my third surgery and found four malignant tumors in my liver. I have never received chemotherapy or radiation, only receive an hormonal injection. Im trying to do all what you are doing. I lost 25 pounds I feel fine. Im waiting for my next blood test that is at the end of May.

Thank you again and God bless you.

AntiCancerMom says:

[Reply](#)



June 9, 2020 at 3:51 PM

Hi Rossy! Ultimately, only you and your doctor can decide what is right for you, but know that Dr. Budwig worked with cancer patients of all severity, many of whom were considered “terminal!”



Jeane says:
December 27, 2019 at 4:14 PM

Reply

Shares

Flor essence is what I used for my mini schnauzer who had lymphoma. He went into remission. I have known several people who used it with very positive results.



Jane says:
December 12, 2019 at 9:08 AM

Reply

Your links to the vegan protein powder are no longer working. Could you please give us the name of it so that we may search for it. Also any links to the amounts of astragalus selenium and curcumin and green tea vote is the combo would be appreciated. Thank you for all you do!



AntiCancerMom says:
April 21, 2020 at 10:15 PM

Reply

I always use Sunwarrior vegan protein powder. 😊 Garden of Life at times as well.



Dr. James Chappell says:
November 5, 2019 at 12:49 PM

Reply

Do you have a specific protocol for inflammatory breast cancer (left) with metastasis to the distal head of the left clavicle?

If not, do you know someone that does?

Sincerely,

Dr. James Chappell

(208) 939-1176

<http://www.drjameschappell.com>



AntiCancerMom says:
April 21, 2020 at 10:17 PM

Reply

I would contact Dr. Veronique DeSaunier at
<http://www.breastcancerconqueror.com>



Christina says:
September 25, 2019 at 9:04 PM

[Reply](#)

Hi Cortney.

Shares

What do you think of beta 1.3 glucan from algae extract and how does it compare? It is yeast free and made by Pure Synergy. I chose it because it is cheaper and taking it long term makes a difference.

My husband who has bladder cancer T1 high grade takes 3 tablespoons of cottage cheese and 3 tablespoons of flaxseed oil once a day. He does not like the taste. I also read of people who have taken 2 tbspn of FO and had results with bladder cancer.

I also read of others who stopped and the cancer came back with a vengeance and could not be tamed which made me hesitate about going on the budwig protocol.

Have you also heard of Joe Tippens a cancer survivor ?

Your thoughts on this wd be appreciated.



AntiCancerMom says:
April 21, 2020 at 10:24 PM

[Reply](#)

I have not heard of algae based BG. Transfer Point has been studied the most, so I trust it. I just know that Dr. Budwig STRESSED for her patients to stay on the protocol a minimum of 5 years. I stayed on for 7!



Ally says:
August 13, 2019 at 1:25 AM

[Reply](#)

Hi Cortney!

I live in Australia and cannot source Daily Advantage (they do not deliver here) and Heart Plus/Green tea extract from the Health Co-op website Bill Henderson recommended in the book (as they have sold out and shutting down). I assume I can substitute Daily Advantage with the other options you've mentioned, however I'm wondering if you know of an alternative to Heart Plus? I can easily get all the ingredients separately from iherb but I'm not sure what cautions I should take. Thoughts?



AntiCancerMom says:
September 12, 2019 at 3:03 PM

[Reply](#)

Hmmm, yes I heard this and it's such a bummer. I can't imagine they will stop selling that supplement altogether. I will check with a few sources I know and will try to see if anyone is going to take over that particular product.



Ambrose says:
November 5, 2019 at 11:44 PM

[Reply](#)

Shares

Hi Courtney, as you might be aware that ourhealthcoop has closed. They were selling Heart Plus and Green tea extract at very reasonable price. Whole idea of Bill's protocol was to treat cancer cheaply. Based on your network do you know if there would be any alternatives to this who would be selling at similar prices? Dr Rath's equivalent is 6-7 times costly. Please help. Do you use Bill's protocol today at maintenance dosage level?



AntiCancerMom says:
April 21, 2020 at 10:16 PM

[Reply](#)

Hi Ambrose, we are still trying to find a good alternative. I'm so bummed about this, too! It's a big deal!



AE says:
August 8, 2019 at 12:29 AM

[Reply](#)

Did you take selenium, magnesium, and vitamin C as separate capsules in addition to the Williams supplements? The Williams pack already has these in them. Do you recommend the extra dosage?



AntiCancerMom says:
September 12, 2019 at 3:02 PM

[Reply](#)

When I was still dealing with cancer I took additional supplements to the Daily Advantage. This isn't professional advice, I just wanted to make sure I covered my bases. 😊



JenniferCe112 says:
May 18, 2020 at 12:38 PM

[Reply](#)

I'm curious about the supplements you take. I'm just starting Budwig. She was very much against supplements, as they can interfere with the efficacy of the protocol...particularly vitamin C. Vitamin C is a powerful antioxidant, which can protect the cancer from the oxidative stress created by the FOCC mixture. Were you advised to take the Vitamin C at a specific time? Thank you for the info!

Shares



AntiCancerMom says:
June 9, 2020 at 3:53 PM

[Reply](#)

At the time of my healing I had not heard this important piece of information about supplements and the FOCC! I actually didn't learn about it until a few years ago. Perhaps it got lost in translation? I always waited about an hour before or after the FOCC to take any supplements. Maybe that helped for me? But I honestly didn't know at the time and did take a ton of supplements, but usually with space from the FOCC.



Brent Wallace says:
July 19, 2019 at 1:53 PM

[Reply](#)

3 years ago I was faced with a very aggressive cancer that completely filled the inside of my bladder. We were blessed with healing as we worked alongside of the urologist with multiple natural protocols over the course of 5 surgeries to remove tumors. Fueling your immune system with plant based nutrition is the answer to healing! I have been cancer free now for the past 2 years. 🙏 We did this without chemo or radiation and I continue flooding my body with massive amounts of high quality nutrition everyday! Our food supply is horrible anymore and I've found that you need hundreds of thousands of micronutrients from a wide variety of fruits , vegetables and berries everyday. I have also found an easy way to add this into your diet everyday that is backed by over 25 years of clinical research. I welcome you to read my story in hopes it may help you, a friend or a loved. Prayers up for you 🙏 – Brent

<https://brentshealth.com>



Jenny says:
June 10, 2019 at 2:14 AM

[Reply](#)

I have tried so many times to download your 25 recipes to no avail. Is there a cook book of yours I can buy



AntiCancerMom says:
June 13, 2019 at 5:01 PM

Reply

Hi Jenny, I emailed it to you. 😊

Shares



Michele says:
July 20, 2019 at 7:47 AM

Reply

I have been having the same problem I cannot download can you perhaps email to me.



AntiCancerMom says:
July 20, 2019 at 12:55 PM

Reply

I emailed it to you, but if you want to so subscribe you'll have to confirm that via the email you should have received. Check your spam folder as well. 😊



Keith says:
May 15, 2019 at 1:53 PM

Reply

Hi, you mentioned taking probiotics. What probiotics did you take for your gut health? Did you take any other supplements other than what you have listed?

Thanks and regards..



AntiCancerMom says:
June 13, 2019 at 4:55 PM

Reply

A good one to start with is Jarrow brand EPS. It is shelf stable and I have noticed a difference with it and used it during my pregnancies to ward off Strep B. Good value as well.



Robin says:
April 1, 2019 at 12:10 PM

Reply

Did you take the Daily advantage which contains Vitamin D when you were doing a navarro clinic HCG test? The test states no vitamin D as it interferes with the test so I am thinking you took out the capsules that contained Vitamin D? Seems bad because I will be missing ALL the other vitamins. Thank you so much for your website and answering this critical question.

Shares



AntiCancerMom says:
June 13, 2019 at 4:49 PM

[Reply](#)

I did because at the time they didn't advise against it. I think they advise not to take for only a few days ahead of time.



Angela says:
September 19, 2018 at 1:37 PM

[Reply](#)

Which brand selenium did you use? Did you avoid Silica in your capsules?



AntiCancerMom says:
September 28, 2018 at 10:39 PM

[Reply](#)

I used NOW brand for a long time and have also used Thorne.



carri Foss says:
July 14, 2018 at 8:50 PM

[Reply](#)

Is it true one must have all their amalgams out of their mouth before using Essiac tea?
Thanks Carri



AntiCancerMom says:
July 18, 2018 at 2:10 PM

[Reply](#)

I've never heard that. Not sure.



Lydia says:
April 17, 2018 at 4:48 PM

[Reply](#)

I'm curious to know ALL of the supplements/pills you were taking on your cancer protocol. I read somewhere else on your blog that you were taking like 50 or so pills a

day but the ones listed here don't add up to that. What else were you taking? Enzymes? Barley tablets? Antioxidants?



AntiCancerMom says:
May 8, 2018 at 12:59 PM

Reply

They are all on my How I Beat Cancer page. 😊 It's everything in Bill Henderson's book + what I researched and added. YES to Barley Greens and Hearts Plus + Green Tea Extract.

Shares



Jay Townsend says:
December 14, 2017 at 6:18 PM

Reply

Hi Courtney,

A good friend of mine's mom is battling ovarian cancer with conventional chemo 😞 She is trying to follow an organic, no sugar diet but she is losing weight and her doctors are encouraging her to push calories (ice cream etc) and not be concerned with sugar and contents. She IS concerned and I'm trying to come up with some healthy, fattening alternatives for her. Can you help? Would love to hear any and all suggestions for me to give her. Wondered about Bone Broth Protein powder added to smoothies, have encouraged healthy fats etc. Also wanted your thoughts on supplements for her. I'm selling oils with Kelsey and have read about benefits of Frankincense with ovarian cancer, will present that as well. Thanks for any help!

Jay Townsend (I'm Kelsey's friend Katie's mom)



AntiCancerMom says:
February 22, 2018 at 5:59 PM

Reply

Yes, frankincense orally has been shown to be helpful but I haven't done it myself. It's hard to couple chemo with a healthy diet if appetite is affected. She def needs to make calories a priority on the day's her appetite is challenging her.



Dawn says:
August 8, 2017 at 1:51 PM

Reply

Hello, thank you for your site such great information. My question to you is besides the Living foods Institute did you go to any other clinic? TIA

AntiCancerMom says:

Reply



October 10, 2017 at 7:45 PM

LFI isn't a clinic. I had an oncologist also and a holistic md.



Pat says:

August 6, 2017 at 5:47 PM

Reply

What vitamin c did you use?

Shares



AntiCancerMom says:

October 10, 2017 at 7:46 PM

Reply

A food based ascorbic acid should be fine!



Pat says:

August 6, 2017 at 5:47 PM

Reply

Which vitamin c did you use?



AntiCancerMom says:

October 10, 2017 at 7:47 PM

Reply

A food based according acid should be fine. Buy made in USA



Heather says:

March 23, 2017 at 9:41 AM

Reply

Can I ask you the name of the center in Atlanta you went to how much it cost you?



AntiCancerMom says:

March 23, 2017 at 11:11 PM

Reply

For detox? The Living Foods Institute- I want to say that in 2008 it was 3,500 per person. My husband and I both went....so it was double that.



JP says:

October 3, 2016 at 10:49 PM

Reply

Do you know if you can you take this tea when you are on blood pressure medicine?

Is the dry blend tea leaves that you strain out?

When you say you drank it 2-3 times/daily, did you drink it as hot tea? When you say

you drank it 2-3 times/daily was it 2-3 cups?

Thank you for any help you can offer.



Cindy Marmo says:
July 21, 2016 at 12:20 PM

Reply

Shares

I am disappointed you did not list the barley grass from Green Supreme on this list. Bill was a huge believer in our company and visited here and spoke with the original owners. We are talked about in every single book and still have many people ordering every day. I will recommend your new blog to people that have questions about diet.



AntiCancerMom says:
August 4, 2016 at 10:33 PM

Reply

Hi Cindy, I'm getting there. I'm a busy mom of three and this blog is my hobby. I'm gradually adding products and will get Barley Power up there eventually. Thanks for chiming in.



Jennifer Rose says:
March 1, 2017 at 3:44 PM

Reply

Barley Power Green Supreme is an excellent and essential ingredient in the Bill Henderson Protocol. I started taking it a year ago after being diagnosed with Breast Cancer. Thank you so much for bringing us this great product.



AntiCancerMom says:
March 7, 2017 at 3:44 PM

Reply

I agree! It is actually part of the Bill Henderson protocol.<http://amzn.to/2lUDojf>



Diane Hamilton says:
July 16, 2017 at 6:26 PM

Reply

are the pills of Barley Power Green Supreme OK to take?
Will the work just as well?



AntiCancerMom says:
October 12, 2017 at 10:57 AM

That is what I took. 😊

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Shares