

Let's Start a Health Up-leveling Revolution

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My Supplements List—This is NOT COMPLETE, it's a potential starting point to help heal from cancer, and to—SUPPORT A HEALTHY DIET--to help prevent cancer.

Melatonin—It has been previously recommended @ 20 mg a day (see Dr Frank Shallenberger on YouTube for his extensive report on using 180 mg a day)

Essiac Tea---Very powerful, well-known and widely studied. Must have Sheep Sorrel Roots! It helps eradicate cancer cells and tumors.

Liquid Kelp (Iodine) Most people are Iodine deficient.

Black Seed Oil---Known as being able to “cure everything but death” from a history of healing.

Fish Oil---Omega 3 EPA and DHA. Plant based Omegas are also available

Probiotic---For men or women, important for digestion and more

Magnesium---Malate, Glycinate, L-threonate (Brain), Citrate for constipation.

Magnesium is very important to functions within the body.

Chlorella Tabs---Excellent for detoxing the body of heavy metals, toxins, etc.

Vitamin D3---This is critical to maximizing one's health. It's best to have it tested once or twice a year to see where you're at. With Vit D3, **you'll want to take it with K2**

CoQ10---essential to energy production; has been known to improve heart health and blood sugar regulation, scavenges free radicals through body. Known to protect heart from damage by certain chemo drugs.

DIM and IC3---these two help balance and regulate estrogen

Graviola---Also known as Soursop, it can support healthy cell function. It's a free radical scavenger.

Ashwagandha--- an excellent adaptogen, it helps balance stress and mood. It also has known anti-cancer properties, such as inducing apoptosis, programmed death of cancer cells.

Ginko Biloba---Supports memory and mental performance. It may help with brain fog, or stress related forgetfulness.

Milk Thistle---supports healthy liver function, and may help limit the spread of cancer

N-Acetyl Cysteine---is used in the body to make the powerful antioxidant glutathione peroxidase.

Potassium---Many people are short on this electrolyte balancer. And it regulates the balance inside and outside of cells, including in the blood.

Selenium---Potent antioxidant. It helps guard cells from free radical damage.

Selenium is also found in organic Brazil nuts. Selenium is important in many ways. It is said to help work against cancer as well. It is said that 3 Brazil nuts a day can help keep cancer away.

Acetyl -L -Carnitine---Protects and promotes brain health

Vitamin B Complex---I use a coenzyme Methyl B-Complex (purchased at Co-Op). It's important to have complete B vitamins.

Turmeric (Curcumin)---A very well-known and powerful herb/supplement used for many things...including fighting/killing Cancer of many types. I use powdered in smoothies, and tablets for additional boosts.

Grapeseed Extract---Helps with improving circulation. Is known to have powerful antioxidant activity in inhibiting numerous cancer cell lines.

Astaxanthin(Hawaiian) ---Supports eye health, anti-aging, via cellular health, great immune function and more.

Pycnogenol (Pine Bark extract)-Protects whole body against oxidative stress, it's anti-inflammatory, fights viruses, improves cognition, blood flow and more.

Green Tea---contains EGCG, a very potent anti-cancer compound. Drinking a few cups a day can be beneficial.

Ceremonial Grade Matcha Green Tea---Very potent and is said to have 137 times more antioxidants than regular green tea. **Known to kill cancer stem cells.** Said to be 10 times more potent than regular green tea.

Pau D'Arco Tea---It is Very well known in South America and other countries. It is renowned for its anti-cancer properties.

Calcium D-Glucarate---is thought to/may help prevent certain types of cancer

Mushrooms—I use powdered mushrooms in my “kill cancer smoothies”.

Mushrooms are very potent against cancer and other issues. They also contain Beta Glucans which can boost immune systems in those that have been weakened.

Chaga---has been said that it's potent against multiple lines of cancer. Also anti-ageing

Turkey Tail---Proven effective against breast and prostate cancer (maybe others as well).

Reishi---Adaptogen, immune support, Longevity

Cordyceps---Energy, stamina, endurance

Lions Mane---Memory, Focus, Nerve Health

Moringa Powder---a high nutrient powdered greens

Organic Coconut Oil

Organic Extra Virgin Olive Oil (Bragg's Brand)

PectaSol-C--- supports cellular health, promote normal cell growth & more

I also recommend anti-stress activities including **Chiropractic, Yoga, Acupuncture and Meditation.** And exercise based on your health and abilities.

Everything listed here is based on my own personal experience. Everyone's body and needs will be different. This is a jumping off point where someone may need some direction and ideas to get started. I also eat a green diet loaded with veggies and certain fruits. We're all responsible for our own decisions...make the ones that resonate with you and your life. **Please pass this info on to others!**

Get in touch with me if you'd like more support. **I am endorsed by a retired Oncology Nurse with 30 years experience, and an LPN with 32 years in a variety of positions.**

Disclaimer: I am not a medical professional. This document or my support is not intended to provide medical advice, diagnosis or treatment. My experience comes from self-healing twice from 2 different cancers years apart. I have 100s of hours of research over the years.

Please return to website to check on potential updates.