

Cancer Care Patient Support Guide

*Integrative Nutrition, Nutrients, Investigations &
Lifestyle Support*



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This guide is tailored to support integrative, patient-centred care.
It is not a substitute for oncology treatment.
Work closely with your health team to apply these principles to your
unique context.

Section 1: Nutritional Guidelines for Cancer Support

1. Calorie Cycling for Metabolic Balance

- Standard days: Eat between 1500–2000 calories
- Fasting-mimicking days: Every few days, eat ~500 calories

Why? This approach may reduce inflammation, support insulin sensitivity, and promote metabolic health.

2. Anti-Inflammatory Eating

Focus on a clean, whole-food diet to reduce inflammation.

Emphasise:

- Fresh vegetables (organic where possible)
- Lean proteins (rotate sources) and Good Fats: olive oil, avocado
- Herbs and spices (like turmeric, ginger, basil)
- Nuts and Seeds (30g a day - pecans, almonds, Hazelnuts)
- Whole Grains (buckwheat, amaranth, sorghum, millet, and wild rice, etc)
- Clean water

Avoid:

- Gluten containing Grains (especially processed)
- Sugar (including hidden sugars)
- Dairy (unless tolerated and organic)
- Stimulants (caffeine, alcohol)
- Processed and packaged foods

3. Broad Vegetable Intake - Eat the Rainbow

Aim for 8–10 servings per day:

- Leafy greens (spinach, kale)
- Cruciferous vegetables (broccoli, cabbage)
- Root vegetables (beetroot, carrot)
- Seasonal vegetables - 30 different plant foods per week

4. Diverse Fibre Sources and Prebiotics

- Chia, flaxseed, and pumpkin seeds
- Cooked/cooled resistant starches (potatoes, rice)
- Legumes and lentils (if tolerated)
- Green bananas, leeks, asparagus, garlic (prebiotic-rich)
- Resistant starch, FOS, Beta-Glucan
- Fermented foods - sauerkraut, kefir, miso, natto, and tempeh

5. Protein Distribution

- Target 1 gram of protein per kg of body weight per day
- Spread across meals and snacks

Example: A 60 kg person needs about 60g of protein per day.

6. Green Tea

- Drink **4 cups per day**, ideally organic

Contains EGCG, an antioxidant linked to reduced cancer cell growth in lab studies.

Section 2: Nutrient & Supplement Support

These supplements may support your immune system, reduce oxidative stress, and enhance cellular health.

Daily Core Nutrients

Nutrient	Target Level / Notes
Vitamin D	Keep blood levels >120 nmol/L
B12 (Active)	Maintain >100 pmol/L
Magnesium	Calming, enzyme support
Zinc	Immunity, DNA repair
Chromium	Blood sugar balance
Vitamin E	Use mixed tocopherols for best effect
CoQ10	300mg a day

Targeted Natural Compounds and Therapies

- **Intravenous Vitamin C (15-60g)**– used under supervision in integrative cancer clinics
- **CBD (Cannabidiol)** – pain relief, inflammation reduction, sleep support
- **PEA (Palmitoylethanolamide)** – 1200 mg/day; supports nerve health and inflammation control
- **Bromelain** – enzyme that supports protein digestion and reduces swelling
- **Berberine** – blood sugar and microbiome regulation
- **Zinc Carnosine** - (e.g. Polaprezinc) to help repair gut wall
- **RBAC(e.g. Biobran)** – 500 mg/day for immune modulation- 1g a day up to 6g
- **Low Dose Naltrexone** - anti-inflammatory - 0.5mg a day and titrate up under medical supervision
- **Nattokinase** – supports circulation and reduces fibrin build-up
- **EFAs (Omega-3s)** – anti-inflammatory fats from fish or algae
- **Glutathione (GSH)** – master antioxidant; available in oral or IV form
- **Hyperthermia** - may help improve effectiveness of other cancer treatments and recovery
- **Hyperbaric Oxygen** - Post-surgery and Post Radiation for wound healing support

- **PROSPER Key Medicines for HER2 Positive Breast Cancer Support:**
Tocotrienols, Medicinal Mushrooms' Turmeric, Sulforaphane, Olive Oil' Mistletoe
- **PROSPER Key Medicines for Triple Negative Breast Cancer Support:**
Medicinal Mushrooms, Turmeric, Green Tea, DIM, Melatonin, Vitamin D, Vitamin K

Always consult your integrative practitioner before beginning any new Integration regimen, especially if undergoing chemotherapy or radiation.

Section 3: Functional Investigations

These assessments may offer insights beyond routine pathology and guide your personalised support plan.

Routine Blood Tests

- FBC, ELFTs
- Vitamins: D, B12
- **Minerals:** Iron studies, Zinc, Magnesium, Iodine
- Inflammation markers: CRP, ESR, Ferritin

Advanced Cancer Testing

- Maintrac CTC Test:
 - Detects circulating tumour cells (CTCs) in blood
 - Helps monitor changes in cancer activity or risk of recurrence
- **RGCC Test** (Research Genetics Cancer Center):
 - Provides a detailed profile of:
 - CTC count and type
 - Sensitivity to chemotherapy and natural agents
 - Cancer-related gene expression and Immune status

These tests can complement conventional imaging and pathology, offering a more complete picture.

Section 4: Cancer Risk Reduction Strategies

A strong internal environment supports healing and reduces risk of recurrence.

1. Stress Management

- Daily calming activities: mindfulness, breathing, walking in nature
- Gentle support from herbs (e.g., ashwagandha, rhodiola) if needed
- Emotional support: counselling, group connection, expressive writing

2. Regular Movement

- **150+ minutes per week** of light-moderate activity
- Combine walking, stretching, strength training
- Rebounding (mini trampoline) or lymphatic massage for circulation

3. Improve Metabolic Health

- Reduce insulin resistance and fat storage
- Support with intermittent fasting or calorie cycling
- Nutrients like chromium, magnesium, and berberine can help

4. Lower Inflammation

- Remove triggers (dietary, environmental, emotional)
- Support **gut health and digestion** (ACV, Betaine Hydrochloride)
- Support **diverse gut microbiome**- ideal >250sp. Fibre, Probiotics
- Ensure **restorative sleep** (7–9 hours per night)
- Use anti-inflammatory agents like omega-3s, turmeric, boswellia

5. Environmental Considerations

- Reduce exposure to Wi-Fi, mobile phones and EMF radiation
- Avoid mould and toxin exposure
- Avoid chemicals in the home and from personal care products