

How to Detoxify From Chemotherapy and Repair the Body

This is not the easiest article for me to write, as I have seen many people cure cancer naturally. On the other hand, being diagnosed with cancer is so incredibly scary for someone and their family, and choices are made in haste.

Many times I've seen someone who believed in natural medicine, someone who swore they would never go the chemo route, get talked into chemotherapy by what I hope are well-meaning physicians and a terrified family. If you are considering chemotherapy while reading this, I urge you to, first and foremost, find out how much time you have before the situation is dire. In most cases, the person diagnosed with cancer has much more time to make a decision than the oncologist led him or her to believe. In fact, with many types of cancer, the average five to seven-year survival rate is decreased once chemotherapy is administered.

If you have undergone chemotherapy, the bad news is that chemotherapy is often more dangerous than the cancer itself. We're not typically told this because of the immense profits involved. The good news is if you are very strict with your diet and you are not suffering from a host of other ailments that were brought on before the cancer diagnosis, you can detoxify the body and reverse most of the damage caused from the drugs.

Here's the catch. Whatever you were doing that caused your body to develop cancer in the first place has to stop! Chemotherapy ravages the body, and nobody is more prone to cancer than someone who already had it and underwent chemotherapy. After detoxifying from chemo drugs, don't just

put all of your newfound knowledge about health aside; it's time to live in a way that allows your body to continually detoxify. After all, your life depends on it. Your body just sent you that message loud and clear.

Related: *How To Heal Your Gut*

Juicing Tonic

Juice ginger, turmeric, cranberry, and lemon. Leave the peel on the ginger and turmeric. You will need two ounces of each juice. Each ingredient should be organic and whole and juiced immediately before it is consumed. Use a citrus juicer for the lemon. A juice press (slow juicer) is ideal for the other ingredients.

If you can't find whole fresh cranberries, try to find pure, unpasteurized, unsweetened, organic cranberry juice. If you cannot find it (try your health food stores and your local farmer's markets), get organic frozen cranberries. The last resort is pasteurized, organic, unsweetened cranberry juice that is not from concentrate. If you cannot find that, you're not trying hard enough.

Add a little bit of fresh cracked pepper and a pinch of cayenne to your cup of juice. Drink it. Shot it down or sip, whatever you need to do, but know that once it gets down, the ginger will settle your stomach.

For the first few days you should be drinking two cups of this tonic a day. After that, if you find that you're not terribly sick, you could move to just two or three ounces in the morning. If you suffer from serious nausea, then I recommend drinking the tonic regularly, sipping it throughout the day.

Related: *Can You Take Probiotics While Taking Antibiotics or While On Chemotherapy?*

Cranberry Lemonade

Make a gallon of fresh, organic, cranberry lemonade with stevia every day. Drink as much as you can. The juice will filter the kidneys and keep them operating, help cleanse the liver, and help balance the pH. The water needs to be distilled, not spring. Spring water is wonderful, but this is the time for pure, ultra clean drinking water void of any potential contaminants. If you don't like stevia, drink the lemonade without it, but do not use any other sweetener. [Click here for the recipe.](#)

Juicing

After chemotherapy, the body will have a very hard time digesting food, and juicing may be the best and possibly the only way to get enough nutrition into your body. If you are digesting food well enough I would skip the juicing.

I am not usually an advocate of regular juicing because juice is too sugary unless it's just vegetable juice. Unfortunately, pure vegetable juice is not palatable to most, including me. Granny Smith apples, beets, and carrots are all high in sugar, but you can use just a little juice from these three sources to sweeten your vegetable juice – but just enough to get it down.

Related: *Chemotherapy Detox*

Liver Detox

Chemotherapy is incredibly toxic to the body. You must cleanse the body of all remaining chemicals.

Detoxifying the blood and boosting the liver's ability to do its job are of paramount importance. Here are some well-known formulas that you can make yourself at home. Make sure all of

the ingredients are organic and/or wildcrafted and of the highest quality.

Doc Shillington's Blood Detox Formula (or purchase here)

Mix the following by volume, and make a standard tincture using 100 proof vodka as your menstruum:

- 2 – parts Red Clover Blossoms
- 2 – parts Chaparral
- 1 – part Lobelia
- 1 – part Cayenne
- 1 – part freshly chopped Garlic Bulb
- 1 – part Burdock Seed & Root
- 1 – part Poke Root
- 1 – part Yellow Dock Root
- 1 – part Goldenseal Root
- 1 – part Oregon Grape Root
- 1 – part Blood Root Sap
- 1 – part European Mistletoe
- 1 – part Periwinkle Flowers

Doc Shillington's Blood Detox Tea (or purchase here)

Use the exact same herbs as above in exactly the same proportions and make as a decoction only. Bring to a boil and let it simmer for 15 minutes, then drink.

Doc Shillington's Liver/Gallbladder/Pancreas Formula (or purchase here)

Use 100 proof vodka or a 50% alcohol mixture for your extraction.

A part is a part by volume and not by weight.

- 3 – Parts Milk Thistle Seed
- 1 – Part Dandelion Root & Leaf

- 1 – Part Oregon Grape Root
- 1 – Part Gentian Root
- 1 – Part Wormwood Leaf and Flower
- 1 – Part Black Walnut Hulls
- 1 – Part Ginger Root
- 1 – Part Fresh Garlic
- 1 – Part Fennel Seed

Doc Shillington's Liver/Gallbladder/Pancreas Tea (or purchase here)

All parts are by volume and not weight.

- 2 parts Roasted Dandelion Root
- 1 – Part Cinnamon Bark
- 1 – Part Cardamom Seed
- 1 – Part Licorice Root
- 1 – Part Juniper Berry (Mono Sperma is best)
- 1 – Part Ginger Root
- 1 – Part Clove Buds
- 1 – Part Black Peppercorns
- 1 – Part Uva Ursi Leaf
- 1 – Part Burdock Root
- 1 – Part Pau d' Arco
- 1 – Part Fennel Seed
- 1 – Part Horsetail Herb
- 1 – Part Orange Peel
- 1 – Part Parsley Root

Check out *How to make a tincture* for more information on making these formulas.

Immune System

Echinacea, vitamin C, and vitamin D are three supplements that should be used to boost the immune system. Anyone, who has gone through chemotherapy, should consider these supplements.

Shillington's Total Tonic will help boost the immune system and pull out heavy metals and other toxins from the body.

Shillington's Total Tonic Recipe: (or purchase here)

- 1 Handful of Garlic Cloves
- 1 Handful of chopped Onions
- 1 Handful of chopped Ginger
- 1 Handful of chopped Horseradish
- 1/2 handful of chopped Habanero Peppers

Throw in a blender and cover with an inch or two of Organic Apple Cider Vinegar.

Update: I like this Root Cider even better.

Candida

An unbalanced gut encourages an overgrowth of Candida. Candida leads to cancer (and almost every other disease and ailment of our modern era). Wormwood, a strong probiotic, oil of oregano, and undecylenic acid will keep the gut balanced and kill Candida.

Undecylenic acid, probiotics, oil of oregano, and salads (like these) repair the gut. Take oil of oregano separately from the probiotics, as the oil of oregano will kill beneficial bacteria. I recommend taking your probiotics at night, every night after other microbe-killing supplements and the last meal have been consumed.

Related: *Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections*

Epsom Salts Baths

Epsom salts pull salt and toxins out of the body while the skin absorbs magnesium and sulfates. Magnesium is critical for

enzymes, for oxygenation, muscle and nerve function, improving blood flow and reducing inflammation. Sulfates are building blocks for tissues, including nerve tissue.

To benefit the most from an Epsom salts bath, use the proper amount and soak for the required amount of time.

If you weigh 100 pounds, use one cup of Epsom salts. Use an additional $\frac{1}{2}$ cup for each additional 50 pounds. For example, 101-150 pounds = 1 $\frac{1}{2}$ cups. 151-200 pounds = 2 cups. 201-250 pounds = 2 $\frac{1}{2}$ cups. And so on.

Stay in the water for a full 40 minutes. The first 20 minutes pulls out toxins. The second 20 minutes absorbs magnesium and sulfates.

Hydrotherapy – Hot and Cold Showers

Hot water pulls blood to the skin's surface. Cold water does the opposite, driving the blood from the surface to the core. Alternating hot and cold speeds up circulation, bringing fresh blood to the tissues along with oxygen and nutrients, while aiding the body in carrying away toxins.

For 20 minutes, alternate hot and cold. Start with water as hot as you can stand for two minutes then switch to as cold as you can stand for two minutes, and then switch again. This is a very powerful healing tool.

Nutrition

Nutrition is the basis of health. In order for us to be healthy and stay healthy, we must detox, ridding ourselves of toxins, parasites, and pathogens, and we must give our body all of the building blocks it needs to heal itself by eating an abundance of nutritionally dense, whole foods. That's the foundation, and a good nutrition formula (make your own here) like this one should be included, but not substituted, for a

healthy diet. You can put this into smoothies, juice, drink with just water (which is a bit hard to get down), or sprinkle it on salads. The following link has a recipe for salads and for the cranberry lemonade.

Related: *Detox Cheap and Easy Without Fasting – Recipes Included*

Do not eat processed foods. Never eat artificial flavors, colorings, preservatives, MSG, trans-fats, or GMOs. It is impossible to eliminate all of these harmful chemicals if you eat out at conventional restaurants. It is nearly impossible if you eat processed, prepackaged foods, even from the “health food section.” It is entirely possible – actually downright easy – if you simply eat whole, fresh, unadulterated, organic foods. Your diet should consist of 80% fresh, raw, organic produce, more vegetables than fruits.

You do this by eating an incredible salad once a day, a salad with 10-15 vegetables, including plenty of dark leafy greens. You eat fresh fruit a few times a day (unless you are already getting fresh fruit in a smoothie or through juicing), and you add nutritional powder to your daily regime.

Your goal is to choose the most nutrient dense foods with the fewest toxins. Along with avoiding all the additives to foods, eliminate sugar and caffeine. Also, add essential fatty acids (Organic Vegan EFA, krill oil, or flaxseed oil) to your diet.

Right now, you need to avoid meat. If you choose to eat meat in the future, choose organic meat. Remember, we eat at the top of the food chain.

Recommended Supplements:

- Shillington’s Liver & Gallbladder Formula
- Shillington’s Liver & Gallbladder Tea
- Formula SF722 – Thorne Research
- FloraMend Prime Probiotic – Thorne Research
- Mother Earth Organic Root Cider – Barrier Island

Organics

- Organic Vegan EFA Liquid – Seroyal/Genestra
- Shillington's Blood Detox Formula
- Shillington's Blood Detox Tea
- Curcumin 500 with Bioperine – Pure Encapsulations
- Oil of Oregano – Gaia Herbs
- Krill Oil
- Shillington's Echinacea Plus

Further Reading:

- *The Health Benefits of Epsom Salts Baths*
- *Hot and Cold Hydrotherapy*
- *Inexpensive, Easy Detox – The One Gallon Challenge*
- *How to make a tincture*
- *Make Your Immune System Bulletproof with These Natural Remedies*