

Chemotherapy Detox

Chemotherapy drugs kill pathogens and beneficial bacteria, and they add a heavy toxic burden to the body. The circulatory system, endocrine system, lymphatic system, and every other system will be overwhelmed with toxins after using chemotherapy drugs, and soon the body will be inundated with pathogenic fungi. While chemotherapy will likely kill fungus, the fungal spores survive. And when there is nothing left to keep them in check, the spores will turn fungal and flourish. We recommend healing the gut and detoxifying the liver to recover from chemotherapy. Diet is crucial to this program, and we recommend continuing on with this diet to avoid another cancer diagnosis.

Gut Health 102

Gut bacteria defines your health. Science is in the process of figuring this out. One big reason gut bacteria is paramount to good health is that your gut bacteria do not stay in your gut. Our microbes that proliferate in our gut reside throughout our whole body. A healthy gut pushes healthy microbes into the bloodstream. It follows that an unhealthy gut ecosystem will leak unhealthy (pathogenic) microbes into the body.

They say that your gut comprises 80% of your immune system. That's sort of true. A healthy gut has thousands of different bacteria that live in harmony. A less healthy gut has fewer kinds of bacteria inside. Fungi and other pathogens will easily flourish in such a gut. When there is an injury in the body pathogens and beneficial bacteria do the same thing; they feed off of the sugars and starches of the dead and decaying cells. Pathogens cause more damage to the area, beneficial bacteria do not. Because of how beneficial bacteria works, they make it difficult for pathogens to flourish. A healthy gut feeds the body a colony of beneficial microbes

that help keep pathogenic activity from proliferating.

Diet

Beneficial bacteria like healthy food. Pathogens like unhealthy food. Your diet should primarily consist of the healthiest foods, lots of raw vegetables and herbs. We recommend 80% raw vegetables and 20% cooked vegetables and healthy whole grains like quinoa, brown rice, amaranth, and millet. Raw produce is high in fiber, which is essential for gut health. Fiber not only moves toxins through the bowels, but it also provides the perfect environment for healthy bacteria to thrive. Buy organic whenever possible, but small farms at your local farmer's market may have organic food that they don't certify (certification can be expensive).

Choose a wide variety of nutrient-dense foods. Eat huge salads every day with at least 12 different vegetables and a few fresh herbs. Pack your gut with raw vegetables and herbs every day and your gut will produce a variety of beneficial bacteria. There is no shortcut to this!

If you eat meat, make sure you choose organic meat. You do not want to eat meat from diseased animals fed hormones and antibiotics. Avoid processed foods, and do not eat any foods with artificial flavorings, colorings, preservatives, MSG, or trans fats. Avoid all GMOs. And do not let anyone cook your food for you. No rice cakes, no organic chips, no restaurant food, get completely well before you splurge. We also recommend cranberry lemonade made with stevia to help detoxify the kidneys and the liver. Check out *Detox Cheap and Easy Without Fasting – Recipes Included* and *Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet* for more on diet.

Supplements To Kill and Prevent Yeast, Candida, Mold, Fungus

Chemotherapy will leave a body ripe for fungal infections, but a body with cancer was a body that was probably already dealing with fungal issues. The supplements below will help properly balance the gut's ecosystem. SF722 kills all fungi, and it works amazingly well. Berberine is a potent antimicrobial. The Candida Complex and the Microdefense are two good supplement complexes that eliminate pathogens as well. Syntol and Abzorb are probiotics. In the past doctors have warned against using probiotics during chemo treatments but now well-informed doctors are recommending that probiotics should be taken a few hours after chemotherapy drug administrations for better treatment outcomes. Abzorb also has a systemic enzyme that will help break down Candida along with many other benefits.

- Formula SF722
- Syntol AMD Probiotic
- Berberine 500mg
- Candida Complex
- MycoCeutics MycoPhyto Complex
- MicroDefense
- Abzorb

Related: *How To Heal Your Gut*

Liver Cleanse

The cranberry lemonade recipe mentioned in *Detox Cheap and Easy Without Fasting* is very beneficial for the liver and kidneys. If money is tight, put the money towards food first, and just get the SF722 and the Abzorb, above. But if it's affordable, we also recommend a liver detox with Shillington's Blood Detox Tea, (and/or formula) Shillington's Liver & Gallbladder Tea (and/or

formula), and Mother Earth Organic Root Cider – Barrier Island Organics.

Enhanced Golden Milk Tea Recipe

This is a new twist on an ancient way of experiencing the benefits of turmeric. Ideally, use all fresh, unadulterated herbs whenever available. This will help detoxify the body, and it feels really good.

- 1 cup of warm Coconut Milk
- 1 ounce of turmeric juice, or 1 tablespoon of freshly grated turmeric (both should be with skin)
- 1 teaspoon ground Cinnamon
- 1 ounce of ginger juice or 1 tablespoon of freshly grated ginger (both should be with skin)
- 1 pinch of black pepper
- Pinch of cayenne pepper

Mix it all up and drink. For the drink to be warm, warm up the coconut milk only, but be careful not to cook the other ingredients. Add them in when the coconut milk is not too hot to drink so as to preserve enzymes and other fragile micronutrients.

Related: *Holistic Guide to Healing the Endocrine System and Balancing Our Hormones*

Conclusion

It all comes down to gut health. We can't harp on this enough. For healing from chemotherapy to preventing cancer, gut health is paramount. Don't skip and don't skimp on the salads. If you do nothing else from this article, we hope you'll start eating large, diverse salads as often as possible. Salads change the gut ecology for the better. Nothing else makes as big of a difference.

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