



## Nutritional Foundational Protocol

**These nutrients are essentials that are foundational for optimal health. No matter how well we try to eat, our food is nutrient deficient, so supplementation is very important, especially on a healing journey.**

- Brocco Power- 2 capsules 3 times per day
  - Sulphoraphane in Broccoli Sprouts have been well researched and shown to stop the spread of cancer cells, kill breast cancer stem cells and increase the body's production of glutathione
  - Read this Blog: <https://breastcancerconqueror.com/broccoli-sprouts-peace-of-mind/>

The 7 Essentials® Brocco Power contains 2 cups of sprouts per capsule  
<https://breastcancerconqueror.com/product/brocco-power/>

- Matcha Green Tea- Enjoy 1-2 cups per day
  - Matcha Green Tea has over 130 times more EGCG when compared to regular green tea
  - Read this Blog: <https://breastcancerconqueror.com/matcha-breast-cancer/>

This is a very clean, organic, easy to use source of Matcha:  
<https://breastcancerconqueror.com/product/matcha-tea/>

- Flax Seeds- Grind and eat at least 5 teaspoons per day
  - Flax Seeds have been shown to help metabolize estrogen levels, decrease angiogenesis, slow down cancer growth and detoxify the liver
  - Read this Blog: <https://breastcancerconqueror.com/6-reasons-why-flaxseeds-are-healing-powerhouses/>
- Probiotic- Use a reliable probiotic daily.
  - Probiotics are foundational for a healthy gut! 80% of your immune system is in your gut so it is very important to support it.
  - Read this Blog: <https://breastcancerconqueror.com/can-probiotics-support-the-healing-of-cancer/>



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The 7 Essentials® Probiotic Support 15 and Bifido Blend are great options.

<https://breastcancerconqueror.com/product/probiotic-support-15b/>

<https://breastcancerconqueror.com/product/bifido-blend/>

- Vitamin C
  - Vitamin C is not only very supportive of your immune system but can also cause cancer cell death
  - Read this Blog: <https://breastcancerconqueror.com/can-vitamin-c-iv-heal-cancer/>

Consider either The 7 Essentials® Buffered C, 3-4 teaspoons per day or to bowel tolerance or Liposomal - C 2 teaspoons 4 times per day

<https://breastcancerconqueror.com/product/lipo-vitamin-c/>

- Vitamin D- Make sure to have your Vitamin D levels tested and supplement as needed.
  - Optimal Vitamin D levels have been shown to reduce breast cancer risk by 83% and are associated with an increased survival rate for Breast Cancer. Optimal levels are around 80-100 ng/ml
  - Read this Blog: <https://breastcancerconqueror.com/new-studies-prove-vitamin-d-benefits-for-breast-health/>

Consider either The 7 Essentials® D+K or BioMulsion D.

(If you choose BioMulsion D you will have to purchase a separate K. 100mcg of Vitamin K2 is recommended for every 5,000iu of Vitamin D)

<https://breastcancerconqueror.com/product/vitamin-d-k/>

<https://breastcancerconqueror.com/product/bio-d-mulsion-forte-2-bottles/>

- Vitamin E- Tocotrienols- Consider 1 capsule 3 times per day to equal 900mg per day (if you are needing a more aggressive approach, consider 2 capsules, 3 times per day)
  - Tocotrienols induce cancer cell death, prevent angiogenesis, decreases inflammation and is a powerful free radical killer
  - Read this Blog: <https://breastcancerconqueror.com/a-new-look-at-vitamin-e-tocotrienols-for-your-healthy-breast-journey/>



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Super E Plus is 100% tocotrienols from annatto pods only. Please note that studies have shown that as high as 9,000mg of tocotrienols per day has no toxic effects.

<https://breastcancerconqueror.com/product/super-e-plus/>

- Curcumin- 3 capsules per day, in individual doses, between meals
  - Curcumin is a powerful breast cancer inhibitor and turns off inflammatory genes associated with breast cancer
  - Read this Blog: <https://breastcancerconqueror.com/clinical-trials-may-further-prove-curcumins-cancer-fighting-power/>

The 7 Essentials® Curcumin is a highly bio-available form of Curcumin:

<https://breastcancerconqueror.com/product/optimal-curcumin/>

- Selenium- Consider 200 mcg once per day
  - Selenium inhibits estrogen induced breast cancer cells while the lack of selenium may increase the risk of progression of breast cancer and metastasis
  - Read this Blog: <https://breastcancerconqueror.com/why-you-need-optimal-levels-of-selenium/>

You can also order a 200 mcg from Thorne by emailing Jennifer at [store@breastcancerconqueror.com](mailto:store@breastcancerconqueror.com)

- Zinc- Consider 50mg per day
  - Zinc stimulates over 300 enzymes which promote immune system function
  - Read this Blog: <https://breastcancerconqueror.com/zinc-and-breast-cancer/>

If you wish to take it separately:

<https://breastcancerconqueror.com/product/super-zinc/>

- Melatonin- Consider at least 5 mg per night
  - Melatonin is a cytotoxic hormone that puts Breast Cancer cells to sleep
  - Read this Blog: <https://breastcancerconqueror.com/7-ways-melatonin-acts-as-a-breast-cancer-inhibitor/>



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These are great sources of Melatonin:

<https://breastcancerconqueror.com/product/melatonin-slow-release-2/>

<https://breastcancerconqueror.com/product/melatonin/>

Some even consider High Dose Melatonin

- Some consider taking 60 mg 3 times per day or 180 mg a few hours before bedtime. Some do well taking these capsules spaced out through the day, or others find it best to take all at once before bedtime.
- If you are interested you can use this link and provider code for high dose melatonin:  
<https://www.scientifichealthsolutions.com/product/melatonin-max/>

Provider code- 5101

- Magnesium- Consider 200 mg 2-3 times per day
  - Deficiency of magnesium is carcinogenic, but high levels of supplemented magnesium inhibits carcinogenesis
  - Read this Blog: <https://breastcancerconqueror.com/magnesium-deficiency-breast-cancer/>

You can use a Magnesium capsule or powder

<https://breastcancerconqueror.com/product/magnesium-power/>

<https://breastcancerconqueror.com/product/magnesium-ease/>

- DIM- Consider 2 with breakfast and 2 with dinner of The 7 Essentials® DIM Balance
  - DIM is a extract from cruciferous vegetables that can help metabolize estrogen
  - Read this Blog: <http://breastcancerconqueror.com/cruciferous-vegetables-dramatically-reduce-your-breast-cancer-risk/>

This DIM soft gel is a great source:

<https://breastcancerconqueror.com/product/dim-balance/>



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- Methyl support- Consider 2 capsules per day

<https://breastcancerconqueror.com/product/methyl-support/>

If it has been determined that you have an issue with methylation, this product is very important since it contains ingredients that will support the proper breakdown of your hormones and environmental hormones.

\*\*Please note that these are foundational supplements only. If you are on an active healing journey you will want to work with your coach to determine which other targeted essentials should be added to this list.

\*\* Please ensure that you have read and agree to our full disclaimer. The full disclaimer can be found on our website using this address: <https://breastcancerconqueror.com/disclaimer-waiver/>  
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