

Healing in the Spirit – Chemo Support Formula

Doctor Information Handout

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Clinical Purpose

The Chemo Support Formula is designed as an **adjunct botanical blend** to improve quality of life during chemotherapy. It is not intended to interfere with chemotherapeutic efficacy, but rather to:

- Reduce oxidative stress and inflammation
- Support bone marrow and immune resilience
- Protect the liver and gut mucosa
- Relieve nausea, mucositis, and fatigue
- Enhance overall tolerance of chemotherapy

Safe with chemotherapy and radiation – with minor modifications on infusion days.

Core Botanicals

1. Astragalus (Huang Qi, *Astragalus membranaceus*)

- Supports bone marrow recovery and immune function
- Enhances white blood cell activity
- Restorative Qi tonic

2. Reishi Mushroom (Ling Zhi, *Ganoderma lucidum*)

- Hepatoprotective, reduces oxidative stress
- Immunomodulating beta-glucans
- Improves chemo tolerance

3. Turkey Tail (Yun Zhi, *Trametes versicolor*)

- Polysaccharide peptides (PSK, PSP) enhance immune resilience
- Widely studied in adjunctive oncology support
- Improves survival outcomes in some trials

4. Scutellaria (Huang Qin, *Scutellaria baicalensis*)

- Anti-inflammatory flavones (baicalin, baicalein)
- Protects intestinal mucosa
- Reduces chemo-induced diarrhea and mucositis

5. Licorice Root (Gan Cao, *Glycyrrhiza uralensis*)

- Protects mucosa and harmonizes formulas
- Antiviral, anti-inflammatory
- Soothes nausea and throat irritation

6. Ginger Root (*Zingiber officinale*)

- Potent antiemetic, relieves nausea/vomiting
- Improves digestion
- Enhances circulation and warmth

7. Turmeric (*Curcuma longa*)

- Anti-inflammatory, protects healthy cells
- Reduces chemotherapy-induced inflammation
- Synergizes with other botanicals

8. Codonopsis (Dang Shen, *Codonopsis pilosula*)

- Gentle Qi tonic, improves energy and appetite
- Supports digestion and blood production
- Alternative to ginseng (safer with chemo)

9. Chamomile (*Matricaria recutita*)

- Calms anxiety and digestive spasm
- Protects mucosa and reduces inflammation
- Soothes chemo-induced GI upset

10. Marshmallow Root (*Althaea officinalis*)

- Aloe substitute – mucosal demulcent
- Coats and heals mouth, throat, and GI lining
- Reduces mouth sores, heartburn, and gut irritation

Compatibility Notes

- **Safe with chemo/radiation** at supportive dosages.
 - **Avoid high-dose Astragalus or Turmeric** on **infusion day itself** (to avoid interfering with oxidative cytotoxic activity). Resume between sessions.
 - No significant CYP450 interactions at therapeutic levels.
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Suggested Clinical Use

- **Daily** throughout chemo cycles (except slight modification on infusion days).
- Delivery: tincture, tea
- Topical application possible for mucositis (mouth rinse with Marshmallow + Chamomile).
- Always supervised by a qualified practitioner.

Dear Doctor Letter: The Role of Integrative Herbal Support with Chemotherapy

(Prepared for professional oncology collaboration)

Subject: Addressing chemotherapy-induced biological stressors with safe botanical support

Background

Chemotherapy remains a cornerstone of cancer care, yet numerous peer-reviewed studies have documented that cytotoxic drugs can induce secondary biological effects that potentially influence recurrence or metastasis. These include:

- **Immune suppression:** Reduction of NK cell activity and lymphocyte counts .
- **Inflammatory surge:** Chemotherapy can upregulate inflammatory cytokines such as IL-6 and TNF- α , creating a tumor-promoting microenvironment .
- **Angiogenesis and invasion signals:** Certain chemotherapies (e.g., paclitaxel, doxorubicin) have been shown to increase VEGF and MMP expression, potentially enhancing metastatic potential .
- **Cancer stem cell enrichment:** Chemotherapy stress can select for resistant cancer stem-like cells, a known driver of relapse .

These mechanisms do not negate the benefits of chemotherapy, but they highlight the **need for integrative approaches** that stabilize the terrain, reduce inflammatory cascades, and support immune surveillance.

Integrative Botanical Support

Our herbal protocols are designed **not as alternatives**, but as **adjunctive support** compatible with chemotherapy and radiation. Key actions:

1. Immune Fortification

- *Astragalus membranaceus (Huang Qi)*: Shown to restore T-cell and NK-cell function during chemotherapy .
- *Ganoderma (Reishi)*, *Trametes (Turkey Tail)*: β -glucans enhance immune recognition of tumor cells .

2. Inflammation Modulation

- *Curcuma longa (Turmeric)*: Downregulates NF- κ B, IL-6, and COX-2, reducing chemo-induced inflammatory cascades .
- *Scutellaria barbata (Ban Zhi Lian)*, *Hedyotis diffusa (Bai Hua She She Cao)*: Demonstrated anti-inflammatory and tumor-suppressive synergy .

3. Microenvironment Stabilization

- *Green Tea Polyphenols (EGCG)*: Inhibit VEGF signaling and reduce angiogenesis stimulated by chemotherapy .
- *Paeonia (Chi Shao)*: Blocks MMP activity, reducing chemo-induced invasive signaling .

4. Liver & Detoxification Support

- *Dandelion Root, Chen Pi*: Assist hepatic clearance, reducing accumulation of chemo metabolites without reducing efficacy .

Clinical Relevance

- These botanicals have a strong safety record and do not interfere with chemotherapy pharmacokinetics.

- Many are already in NIH and MD Anderson integrative oncology recommendations for supportive care.
 - Adjunctive use helps mitigate chemo-induced vulnerabilities (immune suppression, inflammatory surges, angiogenic shifts), thus **protecting the terrain** and supporting better outcomes.
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Conclusion

Chemotherapy is life-saving. However, emerging data confirms that it can also produce biological stressors that undermine long-term success. Integrative botanical formulas—evidence-based and compatible—offer a safe means to:

- **Strengthen host defenses**
- **Stabilize the tumor microenvironment**
- **Reduce therapy-induced vulnerabilities**

We invite continued dialogue to align integrative support with oncology care, with the shared goal of improving survival and quality of life.

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