

# Post-Chemo & Radiation Recovery — Master Tincture

Gentle, comprehensive support for life after treatment

Crafted by Mary Spohn, LAc • Healing in the Spirit Protocols • Luma Tea

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## Quick Summary (Patient-Facing)

A single, balanced daily tincture designed for those **finishing chemotherapy or radiation**. It focuses on **energy, immune balance, liver detox, gut lining repair, blood & marrow nourishment, and nerve recovery**. Safe to begin **once your oncologist confirms treatment completion**.

**Safe with past chemo & radiation.** Compatible with most common post-treatment medications (e.g., tamoxifen, AIs). Always share new supplements with your care team.

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## Who It's For

- You've **completed chemo and/or radiation** and want structured, gentle support.
  - You're dealing with **fatigue, low stamina, sensitive digestion, brain fog, or neuropathy**.
  - You prefer **one simple daily formula** instead of multiple bottles.
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## What It Helps (6 Pillars)

1. **Bone Marrow & Blood Rebuild** — Astragalus, Dang Gui, Codonopsis, Eclipta, He Shou Wu
2. **Mitochondrial Energy** — Cordyceps, Gynostemma, Moringa, Green Tea (gentle)
3. **Liver Detox & Protection** — Schisandra, Milk Thistle, Turmeric, Dandelion
4. **Gut & Microbiome Repair** — Licorice, Smilax (Tu Fu Ling), Dandelion
5. **Immune Recalibration** — Reishi, Turkey Tail, Astragalus
6. **Nervous System & Neuropathy** — Gotu Kola, Ashwagandha, Corydalis

**Why a single bottle?** Post-treatment life is overwhelming. One **Master Recovery Tincture** keeps it clear and consistent.

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## How to Use

- **Tincture:** 2–3 droppers, **2–3× daily**, in warm water or tea.
- **Duration:** **8 weeks minimum**; many feel best with **3–6 months** of steady use.
- **Optional Tea Pairing:** Oat straw, nettles, chamomile, holy basil (hydration + minerals).

Listen to your body. If sensitive, start low and increase slowly.

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## What's Inside (19 Herbs)

**Astragalus (Huang Qi)** — immune & marrow rebuild  
**Angelica sinensis (Dang Gui)** — blood nourishment  
**Codonopsis (Dang Shen)** — gentle Qi & appetite support  
**Eclipta (Han Lian Cao)** — marrow/liver + hair recovery  
**He Shou Wu (prepared)** — yin & blood restoration  
**Cordyceps** — stamina & mitochondrial support  
**Gynostemma (Jiao Gu Lan)** — antioxidant, AMPK/energy pathways  
**Moringa Leaf** — nutrient-dense cellular repair  
**Schisandra (Wu Wei Zi)** — liver detox + adaptogen  
**Milk Thistle** — liver protection & gentle detox  
**Turmeric (Curcuma)** — inflammation balance, tissue recovery  
**Reishi (Ling Zhi)** — immune modulation, resilience  
**Turkey Tail (Yun Zhi)** — microbiome & immune tone  
**Licorice (Gan Cao)** — gut lining repair; harmonizer  
**Smilax (Tu Fu Ling)** — detox & skin/mucosa support  
**Dandelion Root** — digestive & liver flow  
**Gotu Kola** — nerve & connective tissue repair  
**Ashwagandha** — restorative sleep, stress resilience  
**Corydalis (Yan Hu Suo)** — gentle neuropathic pain support

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## Taste & Tips

- **Flavor:** Earthy, slightly bittersweet (licorice + schisandra balance).
  - Take in **warm water**; many prefer **after meals**.
  - Consistency matters — create a simple routine: morning, midday, evening.
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## Safety & Compatibility

- Designed for use **after** chemotherapy/radiation.
- Generally compatible with **tamoxifen, aromatase inhibitors, trastuzumab** and typical maintenance meds.

### ⚠ Cautions:

- **Licorice:** monitor if you have **hypertension or fluid retention**.
- **He Shou Wu:** **prepared (processed) form only**; avoid if you have active liver disease.
- **Allergies:** mushrooms (Reishi/Turkey Tail); Asteraceae sensitivity (Dandelion).
- **Pregnancy / breastfeeding:** consult your clinician before use.
- Always coordinate with your **oncology team**.

This product is **supportive wellness care** and not a substitute for medical treatment. Individual results vary.

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## Emotional & Spiritual Support (Optional)

- **Flower Essences:** Star of Bethlehem (trauma), Olive (exhaustion), Walnut (transition).
  - **Journaling prompts:** “What strength carried me through treatment?”, “What nourishment do I receive today?”
  - **Affirmation:** *I am rebuilding, gently and completely.*
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## For Clinicians (Brief)

- **Strategy:** single-bottle formula addresses marrow/immune, mitochondria, liver detox, mucosal repair, neuropathy.
  - **Suggested course:** 8–12 weeks, extend to 24 weeks based on fatigue, lab recovery, and tolerance.
  - **Adjuncts:** consider Vitamin D optimization, magnesium glycinate, omega-3s; probiotic repletion post-therapy.
  - **References:** Full doctor handout available on request (includes PubMed-style citations for all 19 herbs).
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## FAQs

### When should I start?

After your oncologist confirms treatment completion and you feel ready.

### Can I take this with my current medicines?

Generally yes; share your med list with us for personalized guidance.

### How long until I notice benefits?

Many feel steadier energy and digestion within **2–3 weeks**; deeper rebuilding continues over **8+ weeks**.

### Is there a tea version?

Yes. We offer a **gentle nutritive tea** to pair with the tincture for hydration and minerals.

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## Product Details

- **Format:** Tincture (single master formula)
- **Serving:** 2–3 droppers, 2–3x daily
- **Bottle Size:** 2 oz / 4 oz
- **Vegan / Gluten-Free**
- **Manufactured** in small batches

**Storage:** Keep cool, dark; close tightly.

**Shelf Life:** 2 years unopened; use within 6 months after opening.

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## SEO Meta

**Title:** Post-Chemo & Radiation Recovery Tincture | Luma Tea (Healing in the Spirit)

**Meta Description:** A gentle, comprehensive botanical formula for life after chemotherapy or radiation. Supports energy, immune balance, liver detox, gut repair, blood & marrow nourishment, and neuropathy relief. One simple daily tincture.

**Keywords:** post chemo recovery, post radiation support, fatigue after chemotherapy, liver detox after chemo, neuropathy support, immune balance, Luma Tea, Healing in the Spirit

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