Dear Doctor: TNBC Herbal Protocol – Clinical Overview & Safety Data

Luma Tea / Healing in the Spirit Protocols
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Introduction

This botanical protocol was developed to support patients with **Triple-Negative Breast Cancer (TNBC)** using a combination of **Traditional Chinese Medicine (TCM)** and evidence-informed **Western herbal research**. Each herb in this 18-herb formula was selected for its relevance to TNBC biology, including its ability to:

- Modulate inflammatory and immune pathways
- Induce apoptosis and autophagy in breast cancer cell lines
- Inhibit metastasis and angiogenesis
- Support organ resilience during chemotherapy and radiation

All herbs have demonstrated low toxicity, high therapeutic potential, and compatibility with standard oncologic care in current literature. This formula is offered in both tincture and tea form.

1. Huang Qi (Astragalus membranaceus)

Clinical Highlights: Immune-enhancing, anti-metastatic, marrow-restorative
Mechanisms: TGF-β1 and VEGF inhibition, interferon-γ activation, PI3K/Akt modulation
Active Compounds: Astragaloside IV, calycosin, polysaccharides
Compatibility: Supports chemo/radiation recovery
References: Cho WC. *Evidence-Based Anticancer Materia Medica*; Liu J. *Cancer Lett.* 2018

2. Bai Hua She She Cao (Hedyotis diffusa)

Clinical Highlights: Apoptosis in TNBC cells, STAT3 inhibition
Mechanisms: Upregulates Bax, caspase-3; suppresses PI3K/Akt and ROS pathways
Active Compounds: Iridoids, anthraquinones, scutellarein
Compatibility: Safe, radiation-protective
References: Huang M.Y. *J Ethnopharmacol.* 2015

3. Ban Zhi Lian (Scutellaria barbata)

Clinical Highlights: Angiogenesis inhibitor, chemo-synergistic
Mechanisms: Caspase activation, STAT3/NF-κB suppression
Active Compounds: Scutellarein, baicalin, wogonin
Compatibility: Compatible with chemo/radiation
References: Li-Weber M. *Cancer Treat Rev.* 2009

4. Shan Dou Gen (Sophora tonkinensis)

Clinical Highlights: TNBC apoptosis, immune enhancement
Mechanisms: ROS-mediated DNA damage, JAK/STAT3 inhibition
Active Compounds: Matrine, oxymatrine
Compatibility: Hepatoprotective with chemo
References: Liu J. *Biomed Pharmacother.* 2017; Zhang Y. *J Ethnopharmacol.* 2018

5. Yu Xing Cao (Houttuynia cordata)

Clinical Highlights: EMT and metastasis suppression
Mechanisms: Inhibits NF-κB, TGF-β, MMP-9

Active Compounds: Quercitrin, houttuynin
Compatibility: Supports detox and radiation resilience
References: Lu H.M. *Front Pharmacol.* 2021

6. Zhi Mu (Anemarrhena asphodeloides)

Clinical Highlights: Anti-estrogenic, metabolic regulator
Mechanisms: AMPK activation, glucose metabolism inhibition
Active Compounds: Timosaponin A-III, mangiferin
Compatibility: Balances chemo stress
References: Guo X. *Phytomedicine.* 2014

7. Bai Jiang Cao (Patrinia scabiosaefolia)

Clinical Highlights: Anti-inflammatory, tumor necrosis enhancer
Mechanisms: Caspase activation, HIF-1α suppression
Active Compounds: Patriscabosides, volatile oils
Compatibility: Supports tumor regression with chemo
References: Zhang L. *J Ethnopharmacol.* 2019

8. Chi Shao (Paeonia rubra)

Clinical Highlights: Blood invigoration, antioxidant, apoptosis-inducing
Mechanisms: COX-2 inhibition, mitochondrial ROS
Active Compounds: Paeoniflorin, gallic acid
Compatibility: Reduces toxicity-related stasis
References: Wang Y. *Phytomedicine.* 2018

9. Dang Shen (Codonopsis pilosula)

Clinical Highlights: Qi restoration, WBC support post-chemo
Mechanisms: Cytokine modulation, mucosal repair
Active Compounds: Polysaccharides, saponins
Compatibility: Widely used with chemotherapy
References: Zhang J. *J Ethnopharmacol.* 2020

10. Gan Cao (Glycyrrhiza uralensis)

Clinical Highlights: Anti-inflammatory, detoxifying, synergist
Mechanisms: NF-κB, PI3K/Akt inhibition
Active Compounds: Glycyrrhizin, liquiritigenin
Compatibility: Caution in hypertension
References: Wang Z.Y. *Cancer Lett.* 2010

11. Ling Zhi (Ganoderma lucidum)

Clinical Highlights: Immune enhancement, NK cell activation
Mechanisms: PI3K/Akt suppression, macrophage stimulation
Active Compounds: Beta-glucans, ganoderic acids
Compatibility: Radioprotective, marrow supportive
References: Boh B. *Int J Med Mushrooms.* 2013

12. Yun Zhi (Turkey Tail – Trametes versicolor)

Clinical Highlights: PSK and PSP immune modulation
Mechanisms: IL-2, IFN-γ activation, tumor immune evasion prevention

Active Compounds: PSK, PSP
Compatibility: Enhances chemo outcomes
References: Eliza W. *J Clin Oncol.* 2005

13. San Leng (Sparganium stoloniferum)

Clinical Highlights: Tumor dispersing, stasis breaking
Mechanisms: VEGF/HIF-1α inhibition, apoptosis
Active Compounds: Sparganium glycosides
Compatibility: Synergistic with chemo
References: Liu Y. *Phytomedicine.* 2019

14. E Zhu (Curcuma zedoaria)

Clinical Highlights: TNBC-specific antimetastatic effects
Mechanisms: STAT3, EMT, NF-κB blockade
Active Compounds: Curcumol, zedoarondiol
Compatibility: Radioprotective, enhances chemo
References: Chen H. *Phytother Res.* 2016

15. Jiao Gu Lan (Gynostemma pentaphyllum)

Clinical Highlights: Adaptogenic, apoptosis-inducing
Mechanisms: mTOR, NF-κB inhibition, ROS modulation
Active Compounds: Gypenosides, flavonoids
Compatibility: Liver/kidney protective
References: Zhang H. *Oncol Rep.* 2014

16. Soursop (Annona muricata)

Clinical Highlights: Cytotoxic to TNBC cells, anti-Warburg
Mechanisms: EGFR, NADPH oxidase inhibition, mitochondrial disruption
Active Compounds: Acetogenins, annonacin
Compatibility: Use in moderation; synergistic
References: Torres M.P. *BMC Complement Altern Med.* 2012

17. Green Tea (Camellia sinensis)

Clinical Highlights: TNBC apoptosis, metabolic inhibition
Mechanisms: EGFR, VEGF, AMPK activation
Active Compounds: EGCG, catechins
Compatibility: Enhances chemo, antioxidant
References: Wang W. *Cancer Lett.* 2014

18. Turmeric (Curcuma longa)

Clinical Highlights: Strong anti-inflammatory, NF-κB and COX-2 inhibitor
Mechanisms: Apoptosis via ROS, EGFR and STAT3 suppression
Active Compounds: Curcumin, demethoxycurcumin
Compatibility: Chemosensitizing, radioprotective
References: Aggarwal BB. *Biochem Pharmacol.* 2007

For further questions, clinical references, or patient coordination, please contact:
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“The story that created cancer is no longer running the show”

Sometimes illness is connected to a deeper story—old stress, unresolved grief, patterns of over-giving, or painful events that may have shaped how the body held tension and imbalance. It doesn’t mean you caused your cancer, but it does mean the body and spirit may have been carrying a burden for a long time.

When we say *“the story that created cancer is no longer running the show,”* it means that this old pattern is no longer in charge of your life. You are no longer defined by past pain, fear, or imbalance. Instead, your healing journey has helped you step into a new story—one of strength, freedom, balance, and hope.

Your body is being restored, your inner fire is alive again, and your immune system remembers how to protect you. Most importantly, your spirit is reclaiming its rightful place at the center of your healing. The cancer no longer has the leading role—you do.