

# Bone & Metastasis Support Formula

(Integrative Botanical Support for Strength, Regeneration & Pain Relief)

**Form:** Tincture or Tea (also available loose-leaf)  
**Category:** Integrative Oncology Support • Bone & Marrow Vitality • Pain & Recovery



The **Bone & Metastasis Support Formula** is crafted to strengthen the bones, protect against metastatic spread, reduce inflammation, and restore deep vitality. It brings together **Traditional Chinese Medicine wisdom** and **Western botanical science** to address the unique challenges faced by women experiencing bone metastasis or bone pain related to breast cancer and its treatments.

This formula nourishes the **Kidney and Liver systems** (the energetic roots of bone health), enhances circulation to dissolve stagnation and inflammation, and fortifies the marrow and connective tissues to rebuild strength from the inside out.



Herbal Role	Function	Representative Herbs
<b>Bone &amp; Marrow Restoration</b>	Strengthens bones, nourishes marrow, restores essence (Jing)	Eucommia ( <i>Du Zhong</i> ), Dipsacus ( <i>Xu Duan</i> ), Rehmannia ( <i>Shu Di Huang</i> ), Goji ( <i>Gou Qi Zi</i> )
<b>Anti-Metastatic Protection</b>	Blocks cancer spread to bone, inhibits angiogenesis, supports immune surveillance	Reishi ( <i>Ling Zhi</i> ), Scutellaria ( <i>Huang Qin</i> ), Ban Zhi Lian, Bai Hua She She Cao, Green Tea, Moringa
<b>Pain Relief &amp; Circulation</b>	Relieves bone and joint pain, improves microcirculation, reduces inflammation	Corydalis ( <i>Yan Hu Suo</i> ), Turmeric, Frankincense ( <i>Ru Xiang</i> ), Myrrh ( <i>Mo Yao</i> ), Dan Shen
<b>Mineral &amp; Connective Tissue Rebuilding</b>	Supplies calcium, silica, and trace minerals for bone matrix repair	Nettle leaf, Horsetail, Dang Shen, Poria

Herbal Role	Function	Representative Herbs
<b>Energy &amp; Immune Vitality</b>	Strengthens Qi, supports blood and lymph flow, enhances resilience	Astragalus ( <i>Huang Qi</i> ), Codonopsis ( <i>Dang Shen</i> ), Reishi, Fu Ling

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## Herbal Energetics & Spirit

This blend carries the deep vibration of **Earth and Wood — stability and renewal**. It supports the spirit of grounding and perseverance, helping women reconnect with their body's inner strength even in the presence of bone pain or fatigue.

*“My bones remember the strength of the mountains — unshakable, eternal, and filled with life.”*

Many women describe feeling more **anchored, calm, and supported** after several weeks of use — a sense that the body is rebuilding from its very foundation.

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## Clinical & Traditional Insights

- **Protects bone and connective tissue** by reducing osteoclast activity and promoting osteoblast repair.
  - **Inhibits inflammatory cytokines** (IL-6, TNF- $\alpha$ , NF- $\kappa$ B) known to drive bone metastasis.
  - **Supports immune modulation** through Reishi, Astragalus, and Moringa.
  - **Relieves bone pain naturally** through Corydalis, Turmeric, Frankincense, and Myrrh — without narcotic side effects.
  - **Rebuilds mineral reserves** via Nettle and Horsetail (rich in silica, calcium, magnesium, and iron).
  - **Balances Qi and Blood** to enhance energy and vitality through the healing cycle.
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## Suggested Use

(General patient-facing language for the website)

### **Tincture:**

Take 1–2 dropperfuls 2–3 times daily in water or tea, or as directed by your practitioner.

### **Tea (Loose-Leaf):**

Steep 1 tablespoon in 16 oz hot water for 15–20 minutes. Enjoy 1–2 cups daily.

*(Safe to use alongside chemotherapy, radiation, or hormonal therapy unless otherwise advised by your practitioner.)*

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## Complementary Formulas

Pairs beautifully with:

- **ER+/PR+, TNBC, or Triple Positive Master Formula** (depending on subtype)
  - **Chemo Support Formula** (during active treatment)
  - **Radiation Repair Cream + Internal Formula** (post-radiation healing)
  - **Terrain Reset Formula** (for long-term immune and energetic recovery)
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## Available From

**Healing in the Spirit / Luma Tea**



Handcrafted by Mary Spohn, LAc



*Integrative Botanical Oncology Protocols*



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