

Heather Williamson's Supplements and Treatments Jan 2024

*To block cancer metabolic pathways

Metformin	500mg/day
Loratadine (Clarintyne)	10mg/day
Luteolin	50mg/day
Resveratrol (NOW)	200mg/day
Berberine (Paradise)	3 x 500mg/day
Pomegranate whole fruit extract (Bluebonnet) for ellagic acid	2 capsules (320mg)/day
EGCg Green Tea Extract (Now)	1 x 400mg/day
Bergamot oil	daily

Other

Probiotic with bifidobacteria	1 capsule/day
Selenium (Nature's Way)	200mcg/day
Zinc (Paradise)	30mg/day
Complete B-Complex (Life Extension)	1 capsule/day
Chlorella (Now)	3 x 1000 mg/day
*Vitamin D3 (Doctor's Best)	2 x 5000IU/day
Sodium Bicarbonate	1 tsp/day
Activated charcoal	560mg/day taken in the middle of the night now and then.
*American Paw Paw (Natures Sunshine)	6 capsules/day
*Nerium extract & Sutherlandia Frutescens (Well like me Sutherlandia opc)	4 capsules/day
Percy's powder	1 sachet/day
DHA 700 (California Gold Nutrition)	1000mg/day
Liquid iodine (Metagenics)	3 drops/day

Teas

Green
Horsetail
Pau d'arco
Essiac
Dandelion Root

To help the liver

Milk Thistle (NOW)	3x300mg/day
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To help the bone (Because cancer is throughout my bones and has eaten a hole in my hip)

Living Calcium Advanced (Garden of Life)

6 tablets/day

The following 2 items are excellent for bone repair but are on hold for a while because my liver enzymes are high and could be affected by some of the herbs.

Christopher's Complete Tissue & Bone

3 x 2 capsules/day

Christopher's Complete Tissue & Bone Ointment

Apply 1-2 times/day

To block Estrogen (for estrogen positive breast cancer)

Letrozole

2.5mg/day

Zoladex (goserelin)

3.6mg/month

Melatonin

now and then

Indole-3-Carbinol (Advanced Physician Formula)

200mg/day

For Anemia

Iron (California Gold Nutrition)

36mg/day

To stop ulceration of skin metastasis

Herbal Savvy applied topically twice a day—Golden Seal

To detoxify aluminium (aluminium toxicity found by Oligoscan test)

Silicium (BioMedica Nutraceuticals)

2 x heaped scoops/day

My Diet

Low carbohydrates

No sugar (including honey) or fruit (except lemons, berries, apples, peaches)

Protein - Organic grass finished meat would be good but as I have an intolerance (I had an allergy and intolerance test done by allergytestaustralia.com) to most meats, I am having eggs, nuts, white fish and whey protein powder)

Healthy fats such as olive oil and coconut oil

**I dry fast once a week for 26-27hour (that is, no food or drink). Very effective for healing.*

I have an infrared (far and near) sauna 3-5 times a week for detoxing.

The items with an asterisk, I consider to be of most importance.