

[What You Should Know About Nutritional Supplements & Breast Cancer](#)

Women are faced with a tremendous amount of decisions about breast cancer treatments. My focus is on presenting the absolute best nutritional support for your body so that it can more effectively prevent and/or fight your disease. No matter what you may or may not decide to do; it is important that you begin an aggressive nutritional supplement program. This program is designed to build up your body's natural immune, repair, and antioxidant defense system. I would also encourage you to refer to the discussion found under [Cancer-General Concepts](#), also found on this web site.

You must learn to ask the right questions so you can make better and more informed decisions. I always encourage my patients to ask their oncologists about the potential danger and benefits of each therapy recommended. It is also critical to ask what clinical studies reveal should you refuse the therapy. For example, many of my patients with breast cancer have no evidence of its spread to the lymph nodes that were removed during surgery. Still, the oncologist will strongly recommend that the patient still receive six treatments of chemotherapy, stating that if she go through with the treatments she'll have a survival rate of 92% in five years. This is usually the end of the discussion.

However, when my patients ask the next question-"What if I choose not to go through with the chemotherapy-what are the chances that I will be around in five years?" The oncologist should answer this question by stating, "If you do nothing, statistics say your chances of survival would be 88% in 5 years." Now you can make a more informed decision about the proposed treatment.

Minimal support for Cellular Nutrition

My minimal recommendation for creating [cellular nutrition](#) is to simply take an [Antioxidant Tablet](#) and [Mineral Tablet](#) that contains as close to the recommended nutrients you can see by clicking on each particular nutrient or tablet. Several nutritional companies are now combining most of these nutrients into one or two different tablets, which makes it much more convenient to get the cellular nutrition that I recommend. The Antioxidant and [Mineral Tablets](#) need to offer the cell ALL of the antioxidants, [B cofactors](#), and antioxidant minerals needed by the cell at ideal levels. In order to achieve the best results, in general I recommend taking 2 [Antioxidant Tablets](#) and 2 [Mineral Tablets](#) in the AM with breakfast and in the PM with your evening meal. Now the exact amount may vary with the particular nutritional company you choose; however, nutritional should always be taken with food because of better absorption and better tolerance.

Optimal support for Cellular Nutrition

For the most favorable results for basic [cellular nutrition](#), I also recommend adding to the [Antioxidant Tablet](#) and [Mineral Tablet](#) some additional [Calcium/Magnesium Tablets](#) and [essential fats](#). You are able to get additional essential fatty acids from high-quality Flax Seed Oil or pharmaceutical-grade, filtered Fish Oil Capsules. These recommendations provide all the nutrients at their ideal levels creating the cellular nutrition I recommend in my book, *What Your Doctor Doesn't Know About Nutritional Medicine*.

Enhancers

It is critical that you know the necessity of adding Enhancers, which contain additional potent antioxidants, to your foundational cellular nutrition for optimal results. Patients who are suffering from a chronic degenerative disease or illness are producing more free radicals and are under more oxidative stress than the average healthy individual. Therefore, adding potent Enhancers to the basic cellular nutrition I recommend offers you the best chance to bring this oxidative stress back under control. The synergy and increased potency created by this approach to nutritional medicine is why I'm able to get such consistent improvement in the health of my patients.

However, in order to suit each individual's unique financial situation, I always offer both an optimal and a minimal plan for [cellular nutrition](#) and for adding Enhancers. Obviously, one's improvement of their health will be more consistent with the optimal recommendations; however, a minimal regime can still produce significant improvement in your health.

Please call or email the studio for more information on USANA Nutritionals, and Dr. Strands specific Breast Cancer Nutrition Protocol.

513-984-4437

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