

# TEAS, JUICES, AND INFUSED WATERS TO SUPPORT THE BODY



Guidiance On Your Cancer Journey

Created by Life2Vida



# Gentle Support for Cancer (General)

Supportive, not curative — teas, juices, and infused waters to help manage common side effects during cancer treatment

## Nausea • Appetite Changes • Digestion

### Ginger Tea

- Helps nausea, digestion, and circulation
- Best time: Morning, before meals, or as needed

### Peppermint Tea

- Eases gas, bloating, and stomach discomfort
  - Best time: After meals or evening

### Lemon Balm Tea

- Calms digestion and the nervous system
  - Best time: Afternoon or evening

## Fatigue • Anxiety • Sleep Support

### Chamomile Tea

- Promotes calm and rest
- Best time: Evening or bedtime

### Lavender Tea

- Helps with anxiety and restlessness
  - Best time: Evening

### Holy Basil (Tulsi) Tea

- Supports stress response and energy balance
  - Best time: Morning or early afternoon

## 🔥 Inflammation • Body Aches • Joint Pain

### 🍵 Turmeric Tea (low dose)

- Supports inflammation balance
- Best time: Midday with food

### 🍵 Rooibos Tea

- Antioxidant support, caffeine-free
- Best time: Any time

## 💩 Gut Health • Mouth & Throat Soothing

### ✿ Fennel Tea

- Reduces bloating and cramping
- Best time: After meals

✿ Slippery Elm Tea

- Soothes mouth sores and gut lining
- Best time: Between meals (separate from meds)

### ✿ Marshmallow Root Tea

- Soothes throat, stomach, and tissues
- Best time: Evening

## 滴 Immune & Nutrient Support (Gentle)

### ✿ Green Tea (weak brew)

- Antioxidant support
- Best time: Morning or early afternoon

### 🍵 Rooibos or White Tea

- Gentle antioxidant support
- Best time: Any time



## Gentle Juices (2–3x per week)

### 🥒 Cucumber + Celery + Parsley

- Hydration and minerals
- Best time: Morning or early afternoon

### 🥕 Carrot + Ginger

- Nutrients and nausea support
- Best time: Morning

### 🍎 Beet + Apple + Lemon (diluted)

- Circulation and liver support
- Best time: Midday

## 💧 Infused Waters (Daily Friendly)

### 🍋 Lemon + Cucumber Water

- Hydration support
- Best time: All day

### 🌿 Ginger + Mint Water

- Nausea and bloating relief
- Best time: Midday to evening

### Berry + Basil Water

- Antioxidant and brain support
- Best time: Morning or afternoon

### 🌙 Chamomile + Lavender Infusion

- Calm and sleep support
- Best time: Evening only

## ⌚ Gentle Timing Tips

⌚ Separate herbs from chemo by 2–4 hours

💧 Sip slowly – small, frequent amounts are best

🌸 Chemo days: keep choices simple and gentle

**⚠ Always consult your oncology team before adding herbs. This guide supports comfort and hydration only and is not intended to treat or cure cancer.**

♥ Support your body with kindness – healing is not about doing more, but doing what your body can tolerate.

*Disclaimer:*

*This guide is provided for awareness and educational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment.*

- *This is a generic guide, intended to provide general suggestions for hydration, comfort, and gentle side effect management. Individual responses may vary, and some herbs, teas, juices, or foods may not be safe for your specific cancer type, stage, or treatment.*
- *Do not resell or redistribute this resource.*
- *Always consult your oncologist or healthcare provider before adding any herbs, supplements, or dietary changes.*
- *This guide is intended for supportive purposes only and is not a cure for cancer.*