

FOOD, SUPPLEMENTS AND INTERNET CERTAINTY

A calm filter for the advice that arrives after a cancer diagnosis

Why this resource exists

A diagnosis can turn every meal, vitamin and ordinary choice into a source of fear. Online certainty often sounds convincing because it offers control.

This sheet helps you slow down, protect proven treatment and take questions to the right people without turning food into a moral test.

Before changing anything

What exactly is being claimed?

Is the claim about curing cancer, supporting wellbeing or managing a side effect?

Who benefits financially from the claim?

Could it interact with treatment or medication?

Has my oncology team or pharmacist reviewed it?

Keep the basics visible

- Take prescribed treatment as directed
- Stay hydrated as advised
- Eat enough to maintain strength where possible
- Prioritise protein and tolerable foods when needed
- Sleep and rest matter
- Report side effects rather than trying to out-supplement them

Questions for the clinical team

Is this safe with my treatment?

Could it affect my liver, kidneys, blood counts or bleeding risk?

Does it need to be stopped before a procedure?

**Is there a simpler or
better-supported option?**

A useful rule

Do not let internet certainty bully you away from evidence-based care. You are allowed to ask questions without accepting every claim.

Use this sheet as a starting point

You do not need to complete every section. Circle one line, write one name, or use one sentence. Small pieces of clarity are enough for today.

Important

This resource offers practical lived-experience support and does not replace medical, psychological, legal or employment advice. Contact your clinical team or emergency services if you are worried about your health or immediate safety.