

## Dr Green's Healing Mouth Drink for Preventing & Treating Mouth Sores in Head & Neck Cancer Treatment

[www.BeLovedCancerSupport.com](http://www.BeLovedCancerSupport.com)

It is helpful to make these in jam jars - 5 jars at a time covers one week of radiation. Only prepare 1 week's worth at a time to allow yourself to change the amount of honey if needed and also to preserve the integrity of the live probiotics (which only last roughly a week out of the fridge before losing potency). You can store the filled jars either in or out of the fridge.

Basic recipe:

- 30g/6 tsp powdered [L glutamine](#)
- 2 opened capsules of [zinc](#) carnosine
- lots of raw [honey](#) to taste (2-4 TBSP)

Add water to the jar, tighten the lid, then shake and drink half before your head and neck radiation session and half afterwards. Designed to prevent and treat mouth sores in head & neck chemoradiation.



Optional additions that also help reduce mouth pain;

- 2 opened capsules of Theracurmin water soluble [turmeric](#) (stains counters yellow, be careful). Tastes neutral.
- ¼ tsp [multistrain probiotics](#) (refrigerate bottle). Tastes neutral. Protects against pain & thrush
- [L carnitine](#) 3 capsules opened up. Tastes neutral.

Note: You can purchase some or all of the recommended ingredients in the Healing Mouth Drink from [this link](#). In order to access Dr Green's care packages & protocols, you will need to create a free account with Fullscript.com, a trusted online natural health dispensary. A portion of proceeds goes to the nonprofit KNOWoncology.org. Especially since amazon contains a large number of fraudulent supplements from third party sellers, it is safer to buy from Fullscript where you will also enjoy a better discount.

### Research Behind the Recipe

L Glutamine;

- Oral L glutamine 30g is a type of protein recommended in the Multinational Association of Supportive Cancer Care/International Society of Oral Oncology

guidelines for preventing mouth sores in people with head and neck cancer receiving chemoradiation ([Yarom 2019](#)).

#### Raw honey;

- Honey is also recommended in the Multinational Association of Supportive Cancer Care/International Society of Oral Oncology guidelines for preventing mouth sores in people with head and neck cancer receiving radiotherapy with or without chemotherapy ([Yarom 2020](#))
- In a systematic review, honey made mouth sores less severe, maintained or increased weight, and reduced treatment interruptions ([Tian 2020](#))
- Clinical tips: Don't use Manuka honey because it can sting while raw honey does not. Manuka honey was not as effective as raw honey for mouth sores ([Gkantaifi 2020](#)). Some people find that honey can become nauseating at high doses. Aim for 2-4 TBSP in your drink but if you need to, reduce the amount or omit.

#### Zinc studies:

- In a systematic review of 18 randomized controlled trials, people with head and neck cancer who added zinc to radiation had less mouth sores ([Hoppe 2021](#))
- A small RCT showed that there was an improved 5-year overall survival rate in people with nasopharyngeal carcinoma who were in the zinc supplemented group ([Lin 2009](#))

#### Curcumin:

- In a systematic review of 9 studies, oral and topical curcumin/turmeric were effective at preventing and treating severe mouth sores from radiation. Curcumin also delayed the onset of mucositis and prevented weight loss during treatment ([Dharman 2021](#))
- In a systematic review of 10 studies, oral and topical curcumin were helpful for pain, severity of mouth sores, swallowing, weight loss, and reduced need for hospitalisation ([Berkovitz 2025](#))
- Clinical tips: Curcumin can stain white counters so be careful to place kitchen cloths below when opening capsules. Many different forms of curcumin are commercially available, however Theracurmin is the only water soluble form that dissolves well in water. Do not use curcumin with bioperine (black pepper extract) during radiation because the bioperine can burn.

#### Probiotics:

- In a meta analysis of 12 RCT's, multistrain probiotics made mouth sores less severe. Bifidobacterium-containing products were more effective than other blends. *Streptococcus*-containing biotics did not work well ([Shafiei 2025](#))
- Bacillus Clausii sporebiotic (temperature stable): In a double blind RCT, 2 billion B Clausii probiotic taken twice daily decreased mouth sores in people undergoing head and neck cancer radiation ([Mirza 2022](#))

- Lactobacillus strains (esp L reuteri lozenges) with bifidobacterium strains are [likely optimal](#) for reducing candida/thrush

## L Carnitine

- In a [randomized controlled trial](#), people with HNC who took L carnitine 1500mg daily alongside chemoradiation had less fatigue, mouth sores, swallowing issues and fewer hospitalizations

*The above resources are for educational purposes only and do not constitute medical advice. Please consult your cancer care providers before adding anything to your treatment plan. The [KNOWoncology provider network](#) lists evidence-informed integrative oncology providers for best guidance.*