

**Natural
Cancer
Treatments
That Work**

Natural Cancer Treatments

VERSION 1.00

PHI NATURAL HEALTH INTERNATIONAL LTD

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"It should be forbidden and severely punished to remove cancer by cutting, burning, cautery, and other fiendish tortures. It is from nature that the disease comes, and from nature comes the cure, not from physicians."

Paracelsus, (1493-1541 AD)

"... never take defeat. When all is lost, try something new. Life is too precious to let it slip away from lack of initiative or plain inertia."

Hulda Regehr Clark, Ph.D.,N.D. "The Cure for All Advanced Cancers"

Important Note:

Do not delay in seeking advice from a qualified, licensed medical professional about treatment for your cancer. The information presented here is no way meant to discourage you from undertaking conventional treatments for your cancer, but hopefully will support you and your doctor to undertake 'smarter', more effective approaches to beat your cancer. The information is provided for educational and informational purposes only, and is not intended to be a substitute for the diagnosis, treatment and advice of a qualified, licensed medical professional. The information is provided to support your informed consent to any treatment program you may decide to undertake. Self-treatment for clinical cancer is not advised. Statements regarding alternative treatments for cancer have not been evaluated by the FDA. Please consult your qualified, licensed medical professional or appropriate health care provider about the applicability of any opinions or recommendations with respect to your own symptoms or medical conditions. The researchers, writers and editors at PHI NATURAL HEALTH INTERNATIONAL LTD are not doctors, and shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information provided. No representation or warranties of any kind are made with regard to completeness or accuracy of the information. Quotations are used as 'fair use' to illustrate various points made. Quoted text may be subject to copyright owned by third parties.

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Introduction

Purpose

This book is a comprehensive compilation of over 350 natural and alternative cancer treatments. It is a result of extensive research of the methods cancer victors have used to make themselves cancer free. Read their stories in **I Beat Cancer!** which is a directory of over 2,000 people who beat their cancer using the treatments described in this e-book.

The objectives of the book are to:

- Encourage you to be open-minded and seek ALL the information about your choices of treatments
- Be a starting point for your discussions with your doctor or with the qualified, licensed physicians who use these treatments in their practices, or your chosen natural therapist. Please do not delay in consulting a licensed physician for an opinion if you suspect you have cancer.
- Be a starting point for your own research so you can make the best-informed decisions about your treatment plan.

The consensus of the majority of alternative cancer therapists is that, the chance of full recovery using alternative therapies is almost 100%. with a newly diagnosed condition of early cancer, before any traumatic or toxic treatments have been received.

Unfortunately, by the time most patients consider alternative treatments, they have already undergone other treatments.

The e-book does not advise you which treatments to choose. It simply provides you with information that you are unlikely to obtain from your doctor, or find by yourself. You can make use of the information in discussion the experts who developed these treatments, and with the qualified, licensed physicians, therapists and clinics who use them in their practices.

Background

The "war on cancer" has been a colossal failure despite hundreds of billions of dollars spent on research and treatment. Each year, approximately one and a half million Americans will learn they have cancer. And two out of three cancer patients will die of the illness (or related therapy) within five years of diagnosis.

While the news media periodically announce major cancer breakthroughs, the cures occur mainly in the press releases.

For more information, read **How Successful are Conventional Cancer Treatments?**

Local therapy or 'whole body' therapy?

Cancer is a biologic puzzle. There is no unanimous agreement on what makes cells grow abnormally, in endless, uncontrolled multiplication. There could be many different valid ways to treat cancer.

To conventional physicians, cancer is a localized disease, to be treated in a localized manner. By cutting out the tumor, irradiating it, or flooding the body with toxic (and often carcinogenic) drugs, the conventional physician hopes to destroy the tumor and thus save the patient. But all too often, the cancer is still present and has metastasized, or re-occurs.

In contrast, the alternative physician regards cancer as a systemic disease, one that involves the whole body. In this view, the tumor is merely a symptom and the therapy aims to correct the root causes.

Dr. Josef Issels, who successfully treated many “incurable” cancer patients, stated:

“.. those who believe cancer is a local disease [that is, conventional physicians] think that the tumor comes first and only afterwards follows the generalised illness; those who think it is a generalised disease of the body [alternative physicians] believe that first comes the illness, and only afterwards the tumor... from this basically different way of looking at cancer, [the two types of physicians] take separate paths towards the solution to cancer.

Cancer is a general disease of the whole body from the outset.

The tumor is a symptom of that illness.

It is my contention, based on twenty-five years of clinical experience with over eight thousand cancer patients, that only by recognising the disease is, and always has been, one affecting the whole body from the outset, can it be more effectively arrested. By adopting that principle, the statistics of survival can be improved from the present grim position where eight out of every ten patients die having received all possible surgery, radiotherapy and chemotherapy.”

What Will My Doctor Say About These Treatments?

He or she may not be interested. You may be asked for published articles about the treatments in peer-reviewed medical journals. If those articles exist, you will most likely be told that if the treatments in question were effective, the FDA would have approved them; if a treatment is not approved, it cannot be a good and beneficial therapy. The trouble with this answer is that obtaining FDA approval takes many years and can cost several millions of dollars for clinical trials. The simple fact is that there is no money to spend to do these trials on treatments that are often un-patentable and therefore unprofitable.

As far as publishing is concerned, it is against the policy of all mainstream medical journals to publish any research coming from other than allopathic (mainstream) sources. You will also notice that many of the treatments described in this e-book belong to categories that do not fall under the jurisdiction of FDA approval, and are not regulated by them. It is not common knowledge that many such therapeutic categories exist. For example, none of the medications used by homeopathic and naturopathic doctors are regulated by the FDA..

Chemotherapy drugs are regulated by the FDA and you may well ask the question,

“If chemotherapy is not only harmful, but has been statistically shown to be almost useless, as indicated in **How Successful are Conventional Cancer Treatments?** and by many others like Ralph W. Moss in their books, then why does my doctor insist that I should take it?”

You should ask your doctor that question.

Why Doesn't My Doctor Know about These Treatments?

The reason alternative cancer treatments are not more widely known has little to do with their alleged therapeutic ineffectiveness and far more to do with political control and the therapy marketplace.

Many of the treatments are on the "Unproven methods of cancer management" list maintained by the American Cancer Society, which is effectively a 'blacklist'. Also, your doctor will not know about most of these treatments because:

- Medical schools don't teach alternative treatments.
- Medical journals rarely contain articles about alternative treatments. Medical journals are published for the allopathic establishment, and they are mostly financed by advertisements from pharmaceutical companies.

¹ Cancer a Second Opinion, the Classic Book on Integrative Cancer Treatment by Josef Issels, MD

- Doctors receive a lot of negative information about alternative treatments from the American Medical Association (AMA) and the pharmaceutical industry.
- Internet 'Quackwatches' and so forth decry alternative therapies even when there is contradictory evidence to their effectiveness. See [Quackwatch](#) below.
- The American Cancer Society (ACS), the National Cancer Institute (NCI) and other Government cancer bodies will not investigate or promote alternative treatments.
- Your doctor can only prescribe treatments that are Food and Drug Administration (FDA) approved. If your doctor prescribes treatments that are not FDA approved, he or she can be sued or lose their license.
- Their state medical boards may fine them heavily, suspend their license to practice or even revoke it.
- The federal government can close them down and confiscate their property.
- They may lose their right to see patients in hospitals.
- Others doctors (their peers) openly ridicule and criticize them.

How Can the AMA Ignore These Alternative Treatments?

The AMA is not a scientific body. That is a widespread misconception. It is the professional association of a special interest group, namely of allopathic medical doctors. The AMA is their "trade union", their political lobbying group, and their disciplinary board. Its task is to protect the financial and other interests of its members, and at the same time to control them. The AMA has as much to do with medical science as the Teamsters' Union has with engineering science.

Hope for the Future

Yes, there is hope. Ever so slowly, the medical scene is being revolutionized. According to the American College for Advancement in Medicine, physicians (in many cases) are showing eagerness to learn more about natural medicine and how to best implement it into their practice. Scientists, teaching at nutritional seminars, report that attendees are often medical doctors, a vast departure from years past.

The references attached to many of the treatments demonstrate that non-toxic alternative treatments are now passing from the fringes of medicine into the mainstream. They are increasingly being adopted and authenticated by conventional scientists around the world.

Ralph W. Moss, Ph.D., a respected cancer industry analyst, states:

"In more than thirty years of studying and chronicling developments in the field of cancer therapy I have seen many useful alternative treatments at first mercilessly vilified and driven underground, only to resurface years later when science eventually confirms that the active principle of such a treatment really does have some recognizable, quantifiable effect against cancer cells."

For example, hyperthermia or heat therapy—once branded as a "worthless remedy" and "quackery" by the ACS in 1967, was removed years later from the Unproven Methods list. Today, hyperthermia has been hailed by some oncologists as the fifth modality in cancer treatment after surgery, radiation, drugs, and immunotherapy.

Quackwatch and Quackbusters

One mechanism by which people are 'frightened off' from alternative treatments today is so-called 'quackbuster' organizations like Quackwatch.

Dr. Elmer Cranton, in defending chelation therapy (see [Chelation](#)), writes about them,

"There exist a small number of self-styled medical thought-police who call themselves "quack busters." This organization has the mission of attacking alternative and emerging medical therapies in favor of the existing medical monopoly. They even have their own [Quackwatch Internet website](#). It would be interesting to be able to trace the funding for this group back to its original source. One investigator alleges that funding comes indirectly, through a number of cutouts, from pharmaceutical manufacturers. [Click here for investigative reports on the "Quackbusters."](#)

For years these so-called quackbusters have attacked nutritional supplementation and high potency multi-vitamins as "quackery." ... recent scientific studies now prove that virtually anyone can benefit from nutritional supplementation. With egg on their faces from this recent vitamin research, those same critics continue to attack chelation therapy. I will answer below, point by point, a critical article on the Quackwatch website by Dr. Saul Green entitled "[Chelation Therapy: Unproven Claims And Unsound Theories](#)," in which Dr. Green attempts to discredit EDTA chelation using half-truths, speculation, and false statements."

Click [here](#) for Dr. Cranton's report.

Dr. Robert Atkins, inventor of the highly-popular Atkins Diet, stated:

"There's a war going on ... The War Against Quackery is a carefully orchestrated, heavily endowed campaign sponsored by extremists holding positions of power in the orthodox hierarchy.....

The mutimillion-dollar campaign against quackery was never meant to root out incompetent doctors; *it was, and is, designed specifically to destroy alternative medicine...* The millions were raised and spent because orthodox medicine sees alternative, *drugless* medicine as a real threat to its economic power.

And right they are...the majority of the drug houses will not survive."²

And alternative cancer physician, Kurt W. Donsbach, D.C., N.D., Ph.D. says:

"Alternative medical therapy has been cast into a position of "the last resort." Therefore, an alternative practitioner who gets even a small percentage of his patients well should be looked at with considerable respect, because he has helped those for whom no more could be done by allopathic medicine.

In fact, quite the opposite is true. Medical doctors, by and large, classify alternative practitioners as "quacks," which is defined by Webster as "fraudulent doctors." If a patient goes to an allopathic doctor for months or years and eventually is told, "there is no more medicine can do for you," and then that patient turns to an alternative practitioner who helps them and may even cure them - who is the quack?

Is it the doctor who treated for months or years at considerable cost and the patient continuously proceeds to a more serious state - or the healer who used "unproven" therapies to achieve results?

Is the definition of quackery, "One who practices a form of healing other than allopathic medicine?" If this is so, I proudly proclaim myself a "quack!"

The research team at Phi Natural Health International found the warmings of the Quackbusters very helpful in the research for this e-book – the more agitated and vociferous they were about particular treatments or individuals, the team knew that it was on to something that has proved very effective!

"It is estimated that if people had a choice, lack of demand would shrink Doctors and Drugs to less than 10% of its current size, with the remainder almost entirely related to trauma medicine. That would be a \$900,000,000,000.00 (nine hundred BILLION dollar) loss to them. They are not going to take this loss without a good fight."---Dr Richard Shulze, N.D.

More on quacks and quackery at <http://www.whale.to/p/quacks.html>!

Many perceive a very organized worldwide movement to eliminate alternative remedies in favor of pharmaceutical drugs.

Will consumers accept the fear and anxiety promoted by news items that natural nutrients such as Vitamin E and A in larger than RDA dosages cause further health problems? Or will they realize that the methodology of such research is flawed and limited in scope and so is the way they are reported?

See [Erosion of Your Health Freedom is Happening NOW](#).

Please take a while to make up your own mind about what will help you with your cancer. Your life may depend on it. In particular, read what other people have said has helped them get rid of their cancer. Read the stories of all the cancer winners in **I Beat Cancer!**

Take Control of Your Own Health!

Many say that the Cancer Establishment's system is largely designed to protect the monetary interests of chemotherapy, radiation, and surgery. Keep an open mind about all the available options.

This e-book is not meant to provide medical advice. The only advice we wish to give you is this: do not surrender your independent thinking. Reason things out, and make your own decisions. Network with other patients. Consult with researchers and innovative doctors. Search out different opinions. Do not let arrogance, based on fancy titles and institutional authority dictate your most important decisions. Do you know how many thousands of people were sent home to die, who later completely recovered? We are not talking about "spontaneous" remissions, but natural healing, achieved with non-toxic holistic treatments. Read **I Beat Cancer!**

Become your own Health Detective! For example, go to Pubmed at <http://www.ncbi.nlm.nih.gov/entrez/query.fcgi> and search on "beta-glucan cancer". You will find exciting information such as "*Beta-glucan inhibits the genotoxicity of cyclophosphamide, adriamycin and cisplatin*" which describes how beta-glucan pre-treatment approximately halves the damage done by chemotherapy drugs. Why not ask your doctor about it if you have decided to receive chemotherapy?

If you become aware of any factual errors in this book, sources not given due recognition, or additional information you believe should be included in this book, please write to feedback@naturalcancertreatments.com Thank you in advance for your feedback.

Please be aware that because most of these treatments have not been rigorously tested, there is no guarantee that they are safe or will work for you. It is beyond the scope of this e-book to provide safety advice and warnings. Please determine these for yourself.

Work with your doctor to identify treatments that, at the least in his/her eyes, will "do no harm". Also, talk with people who have used the treatments successfully. Be aware that a treatment that may work for one person may not work for another because of differences in our genetic make-up and unique circumstances.

Take control of your own health! There is no one on the face of the earth who has more interest in your welfare and well-being than you yourself do. You must take control of your own destiny and not leave it to others who have their own vested interests.

How To Get the Most From This E-book

For any treatment described at the website <http://naturalcancertreatments.com> that you are interested in, you can go immediately to the page referred to, to find out about that treatment.

You can also click on any treatment in the Table of Contents and jump to the treatment immediately.

See what cancer victors have used in **I Beat Cancer!** and read about that treatment in this e-book.

The Index includes an alphabetical listing of all the treatments and the different names under which they are known. This is useful if you wish to locate a treatment quickly.

Print out any treatment that you might want to discuss with your doctor or research further. Printing 2 pages per page saves paper and is still readable.

Books recommended for further reading can be ordered online from Amazon.com or from your regular bookshop.

Glossary

Understanding a few simple definitions and acronyms that repeatedly crop up in this e-book will be helpful to you.

Term	Definition
acidosis	A condition characterized by excessive acid in the body fluids. Also see alkalization and pH
alkalization	Blood serum pH never changes – it is maintained by the body at around 7.37. It does this by by excreting with the urine either more acid or more alkali. However, body tissue pH will fluctuate constantly based on diet. Most cancer patients tested apparently will show a pH of 4 – 5 which is very acidic. This acidity of body tissue drives out oxygen. Low oxygen equals an environment ripe for cancer. As two-time Nobel Prize winner, Otto Warburg, pointed out, cancer thrives in an oxygen deficient environment. Alkaline tissue holds 20 times more oxygen than does acidic tissue and this oxygen rich environment is critical for maintaining health and eliminate anaerobic bacteria, viruses, fungi, etc. that are harmful. This is why wellness practitioners recommend eating green foods (these foods are rich with alkaline elements to keep the pH balanced) and avoid eating processed foods which contain numerous acid elements. Also see pH .
alopecia	The loss of hair, which may include all body hair as well as scalp hair.
AMA	American Medical Association
anaerobic	Does not require oxygen.
angiogenesis	(an-je-o-JEN-uh-sis). The growth of new blood vessels feeding the tumor. Cancer patients want to disrupt this process by whatever means possible.
angiogenesis inhibitor	An agent that prevents the growth of new blood vessels to a tumor in an attempt to starve the tumor of necessary nutrients.
antioxidant	Antioxidants are substances that may protect cells from the damage caused by unstable molecules known as free radicals. Free radical damage may lead to cancer. Antioxidants interact with and stabilize free radicals and may prevent some of the damage free radicals otherwise might cause. Examples of antioxidants include glutathione, lipoic acid, catalase, superoxide dismutase, melatonin, beta-carotene, lycopene, and vitamins C, E, and A.
apoptosis	Natural cell death. Cancer patients want apoptosis to happen to their cancer cells as soon as possible.
cachexia	(ke-KEK-se-uh). A wasting away of normal body tissue.
cancer	Any malignant growth or tumour caused by abnormal and uncontrolled cell division; it may spread to other parts of the body through the lymphatic system or the blood stream.
carcinogenic	Cancer-causing.
carcinoma	A form of cancer made up of epithelial cells. Epithelial cells line body cavities, cover internal organs and line the internal portions of organs and the skin.
chemotherapy	(kee-mo-THER -a-pee). Chemotherapy is the use of drugs to try to stop or slow the growth of cancer cells. It often is used in combination with other treatments (radiation therapy or surgery). Chemotherapy can be administered orally (capsule, pill, or liquid), by injection into a vein, artery, or muscle, or by intravenous (IV) drip. Chemotherapy affects rapidly growing cells, which may be cancerous or normal (such as hair cells, bone marrow). Short-term side effects of chemotherapy include pain, fatigue, hair loss, mouth sores, nausea, vomiting, suppression of the immune system, infection, fungus, shearing off of intestinal villi, memory loss and heart damage. Longer-term side-effects include permanent damage to ovary and testes, and an increased risk of secondary cancers, as chemotherapy agents are

<p>cytotoxic debulking enzymes</p>	<p>carcinogenic. Toxic or poisonous to cells. Surgical removal of the major portion of a tumor. An enzyme is a protein, or protein complex, that catalyzes a chemical reaction. Enzymes are essential to living organisms, and a malfunction of even a single enzyme out of approximately 2,000 present in our bodies can lead to severe or lethal illness. There are two classes of enzymes recognized: 1. Metabolic enzymes - These are responsible for repair, formation and function of each cell within each and every tissue of the body. 2. Digestive enzymes - These are necessary for the proper breakdown of ingested foods to allow effective absorption of the nutrients to occur. Raw foods contain varying quantities of the following four basic types of plant enzymes: protease for protein digestion, amylase for carbohydrate digestion, lipase for fat digestion, and cellulose for fiber digestion. Every raw food contains exactly the right quantities and types of enzymes necessary to digest that particular food. Although enzymes are present in all raw foods, they become devitalized in cooked or highly processed foods. Temperatures greater than 118° F. kill enzymes. Even steaming vegetables kills enzymes, as does irradiating or microwaving them. Freezing, however, does not affect enzymes. When the body receives foods deficient in enzymes, it increases its number of white blood cells as a defense mechanism. Enzymes are then released from these cells as well as from the lymphatic tissue and spleen, where they also are stored, into the blood to digest toxins resulting from eating processed foods. When white blood cells are continually elevated due to a diet high in processed food, the immune system is weakened. This is because enzymes, normally held in reserve to help fight infection, are instead pulled out of storage from white blood cells and other storage sites to digest the processed food. Also see pancreatin.</p>
<p>FDA fermentative fibrin</p>	<p>Food and Drug Administration Carry out metabolic processes anaerobically, that is, without oxygen. Fibrin is naturally occurring in the body and is involved in the clotting process of blood. Fibrin covers cancer cells with a protective coat, hindering recognition by the immune system. In addition, fibrin relays a signal to the cancer cell to start angiogenesis, the growth of new blood vessels. Once their fibrin coating is removed, for example, by fibrin-eating enzyme mixes like Vitalzym, the cancer cells are exposed and our bodies' killer cells can destroy them. And angiogenesis and cancer growth and spread is inhibited.</p>
<p>free radicals</p>	<p>Highly unstable molecules that interact quickly and aggressively with other molecules in our bodies to create abnormal cells. They are capable of penetrating into the DNA of a cell and damaging its "blueprint" so that the cell will produce mutated cells that can then replicate without normal controls. Free radicals are unstable because they have unpaired electrons in their molecular structure. This causes them to react almost instantly with any substance in their vicinity. Oxygen, or oxy, free radicals are especially dangerous. Free radicals accelerate aging and contribute to the development of many diseases, including cancer and heart disease. See oxidative stress.</p>
<p>immune system</p>	<p>Our immune system is a complex network of cells and organs that work together to defend the body against attacks by "foreign," or "non-self," invaders. It comprises an army of white blood cells -- NK cells, T and B cells -- which travel around inside us destroying the millions of intruding microbes that penetrate our bodies every day, as well as the thousands of newly infected or abnormal body cells that develop. The immune system is one of the body's main defenses against disease. Cancer may develop when the immune system breaks down or is not functioning adequately. A side-effect of conventional cancer treatments is also depletion of the immune system.</p>
<p>immunotherapy incidence inoperable leukemia</p>	<p>A form of therapy that uses your body's immune system to treat a disease. The number of new cases of cancer within a defined group and time frame. Unsuitable for treatment by surgery. Also called unresectable or nonresectable. (loo-KE-me-uh). Cancer of the blood-forming tissues, such as bone marrow and lymphatic systems. This type of cancer results in the uncontrolled production of</p>

	abnormal white blood cells.
lymphocytes	A type of white blood cell distributed throughout the body by way of the lymphatic system. The lymphatic system consists of lymph nodes and vessels, the thymus, spleen and bone marrow.
lymphoma	A type of cancer that begins in lymphatic tissue and may spread to other parts of your body.
macrophage cells	Immune cells that trap and engulf foreign cells and particles, scavenge cellular debris, and destroy infectious agents such as viruses, parasites, bacteria, and fungi.
melanoma	A tumor of the melanocytes — cells that produce skin pigment.
metastasis	(Muh-TAS-tuh-sis). Spreading of a disease from one part of the body to another, usually referring to the movement of cancer cells through the lymph or blood. Also called distant cancer.
metastasize	To spread from the first cancer site, for example, breast cancer that spreads to the bone.
mortality rate	The number of people in a population group who die of cancer within a set period of time, usually one year. A cancer mortality rate usually is expressed in terms of deaths per 100,000 people.
multiple myeloma	(MUL-tih-pul mi-uh-LO-muh). A cancer of the plasma cells — the part of the immune system that produces antibodies.
NCI	National Cancer Institute
natural killer cells	White blood cells that attack tumor cells and body cells that have been invaded by foreign substances.
neoplasm	A new growth of tissue or cells; a tumor that is generally malignant.
NIH	National Institutes of Health
Non-Hodgkin's lymphoma	A cancer of the lymphatic system. Non-Hodgkin's lymphoma is related to Hodgkin's disease but is made up of different cell types.
oxidative stress	Destruction caused by free radicals. It occurs when the available supply of the body's antioxidants is insufficient to handle and neutralize free radicals. The result is massive cell damage that can result in cellular mutations, tissue breakdown and immune compromise. It is also the mechanism by which cancer treatments such as radiation therapy and photodynamic therapy, exert their anti-tumor effects. See free radicals .
pH	pH is the abbreviation for potential hydrogen. The pH range is from 0-14, with 7 being neutral. Above 7 is alkaline and below 7 is acidic. The higher the pH reading, the more alkaline and oxygen rich are tissues. The lower the pH reading, the more acidic and oxygen deprived are tissues. The internal environment of a normal healthy body is slightly alkaline, maintaining a pH of just above 7. Also see alkalization .
pancreatin	The pancreas is a gland that resides behind the stomach. It secretes insulin into the blood to regulate blood sugar. It also makes digestive enzymes which flow into the intestinal tract. These enzymes are necessary to break down protein, carbohydrates and fat so they can be digested. Pancreatin is a mixture of the fat dissolving enzyme, lipase, the protein enzymes such as protease, and those that break down carbohydrates like amylase. Also see enzymes .
phagocytosis	The process by which a cell engulfs particles such as bacteria, other microorganisms, aged red blood cells, foreign matter, etc. The principal phagocytes (cells that can engage in phagocytosis) include the neutrophils and monocytes (types of white blood cells). One of the ways to fight cancer is the use of agents to stimulate macrophage production and activity.
pleomorphism	Pleomorphism holds that the human body houses symbiotic, primitive microorganisms which can change in form. When the body's internal environment is healthy, the symbiotic relationship is maintained. However, when the internal environment becomes imbalanced through influences such as poor diet, stress and toxins, the symbiosis shifts. This microbial form changes through several stages to a virulent, pathogenic form, which has been associated with cancer.
prostate-specific antigen (PSA).	A protein made by the normal prostate gland. Elevated levels of PSA in the blood may indicate the presence of infection, inflammation, prostate enlargement or cancer.
proteolytic	A catch-all term referring to enzymes that digest protein. Supplemental forms can

	incorporate any of a wide variety of enzymes including trypsin, chymotrypsin, pancreatin, bromelain, papain, and a range of fungal proteases. In the body, proteolytic digestive enzymes are produced in the pancreas, but supplemental forms of enzymes may come from fungal or bacterial sources, extraction from the pancreas of livestock animals (trypsin/chymotrypsin) or extraction from plants (such as papain from the papaya and bromelain from pineapples). The primary uses of proteolytic enzymes in dietary supplements are as digestive enzymes, anti-inflammatory agents and pain relievers. Also see enzymes .
radiation therapy	(ray-dee-AY-shun THER-a-pee). Use of high-energy electromagnetic waves (radiation) — from outside the body or implanted into the tumor or body — to kill cancer cells. Sources of radiation include X-ray, cobalt, strontium, radium and linear accelerators. Possible side-effects are headache, nausea, vomiting, loss of appetite, constipation and infection. Longer-term side-effects include an increased risk of secondary cancers. Adverse side effects of radiation for prostate cancer may include diarrhea, colitis, problems associated with urination and a degree of impotence.
relative survival rate	Measures survival rates of one group of patients treated one way against those of another group that was treated differently. Usually used to assess if one form of treatment is better than another.
sarcoma surgery	A malignant tumor of muscles or connective tissue such as bone and cartilage. In cancer surgery, all or part of the tumor may be cut out. The most common side effects of surgery are scarring, damage to the healthy areas around the tumor, bleeding and infection during healing. Other side-effects may be pain, disfigurement and loss of function.
survival rate	Commonly defined as the measure of the number of people who develop cancer and survive for five years after diagnosis.
systemic testosterone deprivation	Affecting the entire body. Also known as ablation. A form of prostate cancer therapy involving either surgically removing the testicles or taking medications to block the production of male hormones, specifically testosterone, which encourages prostate cancer growth. An adverse side-effect is memory loss.
tumor white blood cells (WBC)	A tissue growth that can be benign or malignant; a neoplasm. General term for a variety of cells responsible for fighting invading germs, infection, and allergy-causing agents. Specific white blood cells are: neutrophils 40 - 75 % eosinophils 5 % basophils 0.5 % lymphocytes 20 - 50 % monocytes 1 - 5 % The figures show the relative proportions of the different types of white blood cell. The reason for the range of figures shown is that the requirement for different types of white blood cell will vary from time to time. Neutrophils, eosinophils and basophils are collectively known as granulocytes due to prominent granules in their cytoplasm. Lymphocytes and monocytes are classed as white blood cells because they are a constituent of blood and ultimately originate from the bone marrow.

Erosion of Your Health Freedom is Happening NOW

There are events happening in Europe in 2005 that seem destined to shape the health industry worldwide.

The European Union (EU) Food Supplements Directive is big news because the stage is being set to make the RDA's (recommended daily requirements of vitamins and minerals) to be far lower than their therapeutic range. This means that Europeans face not being able to purchase Vitamin C in doses higher than 200mg, folic acid not higher than 1mg, niacin not higher than 32 mgs, Vitamin B6 not higher than 10 mg for example. By August of 2005 the EU Directive hopes to be in full effect classifying vitamins and minerals as medical drugs rather than dietary supplements, which means they are subject to government regulation in terms of dosage and bioavailability.

To make matters worse, nutrients that are not on the RDA list including chromium picolinate, lysine and selenium, will be banned from over the counter sale and will be illegal to buy without a prescription. The Directive only allows supplements to be made from a list of 15 minerals and 13 vitamins leaving out another 40 that are important to human metabolism. As a result around 5,000 safe formulas that have been on the market for decades will soon be banned in Europe.

How this effects us in North America is that once this legislation is passed in Europe, due to the larger form of legislation called CODEX Alimentarius, it is on the way of becoming global by the year 2007, and the remedies that we have come to rely may no longer be available. And if they are, by prescription only and at a much greater cost than we are paying today!

"FDA plans to amend its regulations and procedures for consideration of standards adopted at CODEX. This action is being taken to provide for the systematic review of Codex standards in order to enhance consumer protection, promote international harmonization, and fulfill the obligations of the United States under international agreements."

FDA/CFSAN Federal Register 62 FR 36243 July 7, 1997 Speech of Michael A. Friedman. <http://www.fda.gov/ola/1997/319.html>

Search on the word "CODEX" within any of the links below to find out who to contact to voice your concerns about freedom of choice for health care.

"People think the FDA is protecting them--it isn't. What the FDA is doing and what people think it's doing are as different as night and day."

Dr. Herbert Ley, ex-Commissioner of the FDA.

In the United States: International Advocates for Health Freedom: <http://www.iahf.com/>

In Canada: Friends of Freedom in Canada: <http://www.friendsoffreedom.org/>

In Europe: Alliance for Natural Health: <http://www.alliance-natural-health.org/>

What People Have Done to Get Rid of Their Cancer

From an analysis of **I Beat Cancer!**, the following is a summary of several successful approaches.

Most people did a combination of things and did not just rely on a single 'silver bullet' to get themselves well. This seems very important in achieving successful outcomes. For example, combining a treatment that kills cancer cells with a treatment that boosts immunity and another treatment that detoxifies the body, appears to raise the odds of recovery to a much higher level than any single treatment could achieve on its own.

With the combining approach, people have not tried to do everything at once, just addressed each priority before adding the next treatment.

As stated above, it seems imperative to use a combining approach.

Another important aspect is that most natural and alternative treatments are non-specific. In other words, they work with any cancer.

Examples of successful combining approaches that people have undertaken from home are:

[Dr. Clark's 21 Day Curing Program](#)

"The success rate for advanced cancer is about 95%. So you can count on this method, not merely hope it will work for you. It is a total approach that not only shrinks tumors, but also normalizes your blood chemistry, lowers your cancer markers, and returns your health. The small failure rate (5%) is due to clinical emergencies that beset the advanced cancer sufferer. However, if you combine the advice in this book [The Cure for All Advanced Cancers] with access to hospital care, even "hopeless" patients can gain the time necessary to become well again."

All the supplies for this program can be bought very simply by ordering online at <https://www.drclark.com/> or Tel: 1-800-220 3741.

[Dr. Budwig Flaxseed Oil and Cottage Cheese \(FOCC\) Approach](#)

"What she (Dr. Johanna Budwig) has demonstrated to my initial disbelief but lately, to my complete satisfaction in my practice is: CANCER IS EASILY CURABLE, the treatment is dietary/lifestyle, the response is immediate; the cancer cell is weak and vulnerable; the precise biochemical breakdown point was identified by her in 1951 and is specifically correctable, in vitro (test-tube) as well as in vivo (real)... " (Dr. Dan C.Roehm, "Townsend Letter for Doctors", July 1990)

In 1967, Dr Budwig broadcast the following statements during an interview over the South German Radio Network, describing her incoming patients with failed operations and radiation therapy,

"Even in these cases it is possible to restore health in a few months at most, I would truly say 90% of the time... This has never been contradicted, but this knowledge has been a long time reaching this side of the ocean, hasn't it? Cancer treatment can be very simple and very successful once you know how. The cancer interests dont want you to know this...May those of you who have suffered from this disease (and I include your family and friends in this) forgive the miscreants who have kept this simple information from reaching you for so long".

The approach involves FOCC and the avoidance of margarine and other hydrogenated oils that are found in processed food and restaurant meals. A typical testimonial is from this stage IV prostate cancer survivor at <http://www.beckwithfamily.com/Flax1.html>

[The Four Corners approach with Poly-MVA](#) This involves taking Poly-MVA (8 tsp/day), Biobran/MGN-3 (3 grams/day), Coral Calcium (9 capsules/day), Liver Support (6 capsules/day) and 9 capsules of Q-gel for a total of 135 mg a day (equivalent to 450 mg of CoQ10).

To illustrate the success of this approach, read the story of the Stage IV breast cancer patient who was given two weeks to live by Hospice, and who undertook this treatment for 3 months. Her story can be read at

http://www.polymvasurvivors.com/testimonial_breastcancer_mulrey.html

More information about Poly-MVA including video testimonials for breast cancer, multiple myeloma, bladder cancer, non small cell lung cancer, Stage IV brain cancer, prostate cancer, and leukemia is at <http://www.polymvasurvivors.com/>

[Dr. Rosy Daniel's integrated self-help approach](#) (reported 30-40% success rate) involving carctol, a low-acid diet, dietary inclusions such as Chinese mushrooms (or Biobran/ MGN-3) and tumeric, coriander, cumin seed, other supplements such as Vitamin B17 and shark liver oil, and a mind/ body approach such as spiritual healing. See Dr. Rosy Daniel' Health Creation website at <http://www.healthcreation.co.uk/>. Outside the UK, carctol can be ordered at <http://www.herbscancure.com/carcorder.htm> or Tel: (+91) 981 8181405 (India). Testimonials at the Health Creation website include:

"Pancreatic cancer -- alive 4 years on. Astounding since this is one of the most aggressive cancers"

"Secondary melanoma - alive 2 years on. This case has shocked the medical world"

"Grade 4 brain tumor - alive 2 years on. Doctors are gobsmacked "

[An example of a combining protocol a woman with breast cancer created for herself](#)

– described at <http://health.groups.yahoo.com/group/FlaxSeedOil2/message/16293>

Daily I took the 3 Tablespoons oil in 1/2 cup cottage cheese [Referring to Dr. Budwig's treatment]. I added other things to make a smoothie out of it. I felt this was a very important part of the things I was doing. I added these things every day:

- 10 or more glasses of water. I added some oxygen enhancing liquid to it. I can't remember the name of it.
- No colas of any kind. (I have been cola-free for 1 year now. Yah!)
- No sweets of any kind
- Daily doses of [pancreatin](#) at each meal and before bedtime. I felt this was another extremely important part of the protocol.
- Primal defense
- RM-10
- Wipe-out
- FOS and Multidofulos
- Alka-Trace and Coral Calcium to balance [ph](#)
- [Cell Food](#)
- D-Lenolate

The other important part was the [Black Salve](#) that I put on my tumor. It basically took out the tumor and created an eschar. I had to do this twice to remove all of the tumor. It created quite a scar but even that seems to be slowly improving. This took about 1 to 2 months to totally remove the tumor. It finally was healed over about 7 months later. Now I am working on making the scar less noticeable as the area was on my chest, easily above the swimsuit line."

With respect to the above-mentioned salve, excellent results have apparently been obtained with the Cansema black salve, particularly for all skin cancers. Photographs, video testimonials and extensive written testimonials for basal, squamous cell and advanced melanoma cancers can be viewed at the Alpha Omega Labs information site at <http://www.altcancer.com/index5.htm>.

Regarding the use of the Cansema salve for breast cancer, Alpha Omega Labs state:

"unless you are under the care of CAM (complimentary and alternative medicine) physician; or a good naturopath, osteopath, chiropractor or other licensed health care professional, we do not advise the use of Cansema Salve in the treatment of breast cancer. Pattie's growth was small[referring to a testimonial on the site], so it apparently worked for her. But had her breast cancer been of a larger size, the use of Cansema Salve to remove it could have been excruciatingly painful. You can get good narcotic-grade analgesics (pain-killers) from a good physician -- a real "must" if you're going to tackle a sizeable growth."

Cansema can be ordered at <http://health.centreforce.com>

Mexican Cancer Clinics

Many effective treatments are not available in clinics or doctors' offices in the US, so people have often travelled to clinics in Mexico and beyond for these treatments (See **Who Can Help Me when I Have Cancer?** for more information).

These treatments include the highly successful protocols that were developed by Dr. Josef Issels and Dr. Max Gerson.

If you are prepared to travel, read information about the Mexican cancer clinics supplied by The Cure Foundation at <http://www.cancure.org>.

Helpful Source

A helpful source of high quality and leading-edge natural products beneficial in treating cancer is the Wolfe Clinic at <http://www.thewolfeclinic.com/> You can arrange a telephone consultation with Dr. Wolfe from anywhere in the world (followup consultations are free after the initial consultation) and products can be ordered at <http://www.shoptthewolfeclinic.com/>.

The Wolfe Clinic stocks such hard to find products as Biobran/ MGN-3, a powerful immune system boster, as well as cesium chloride to raise pH and stop pain.

What to Address

As contained in **I Beat Cancer!**, treatment strategies that cancer winners have employed includes the often urgent one of treating pain and cachexia; a change of diet to one incorporating raw food and eliminating sugar, white flour and processed foods; inhibiting tumors by stopping the cancer cells growing, or by killing them by introducing cytotoxic substance into them, lowering the voltage of the cells, raising the oxygen content of the cells, or by otherwise creating an environment that is lethal to cancer cells, or causing them to revert to normal, or debulking by surgery (but ensuring that any 'escaping' cancer cells were destroyed before they recolonized elsewhere in the body); eliminating parasites in the body; reversing acidosis (low pH in the body) to increase alkalinity and oxygenate the tissues; detoxification to eliminate underlying toxicity as well the toxicity from dying cancer cells; building or rebuilding the immune system; repairing damage to affected areas and organs.

Also, cleaning-up their personal environment to help eliminate the cancer and insure against its recurrence – doing a dental cleanup to remove dead teeth including root-canaled teeth, mercury and cavitations has proved to be vital; eliminating parasites and yeast; removing suspect substances from their everyday lives e.g. deodorants, body lotions, sprays, talcum powder, fragrances, conventional cleaning materials, fluoride, isopropyl alcohol, benzene, industrial emissions, etc); and minimizing the dosage and the effects of conventional treatments if they chose to undertake these (for example, protecting against heart damage, stroke, hair loss, immune system destruction, etc.)

Also important are: forming a support network, or at least having one other person helping; addressing the emotional aspects and resolving the possible trigger factors for their cancer, and gaining a feeling of more control over their lives.

Underlying Theme

An underlying theme with many of the treatments people have used is the need to get more oxygen into the tissues. Two-time Nobel Prize winner Dr. Otto Warburg proved that cancer cells cannot survive in an oxygen rich environment because they have an

anaerobic, fermentative metabolism, that is, in simplified terms - they require sugar, not oxygen, to survive. They die in an oxygen-rich environment.

"... for cancer, there is only one primary cause. Summarized in a few words, the cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar."

... Because no cancer cell exists in which the respiration is intact, it cannot be disputed that cancer could be prevented if the respiration of the body cells would be kept intact."³

Alkaline tissues can apparently hold around 20 times more oxygen than can acid tissues. Cancer patients' tissues are invariably acid. So many treatments deal with raising pH and getting oxygen into the body's tissues to eradicate the cancer.

"Introduce oxygen, they go away. The key is to figure out how to re-establish oxygen uptake of infected cells. Its not rocket science. Remove the toxins and metals, restore missing elements of nutrition and raise the oxygen potential. Then cancer goes away. No surgery, no chemo, no radiation."

Additional Accessible and Relatively Inexpensive Treatments

The following list merely touches on a score or so of the over 350 treatments described in this e-book, to illustrate the gentle healing power of natural and alternative cancer treatments.

Accessible, and relatively inexpensive treatments that cancer victors have used include:

- [Insulin Potentiation Therapy \(IPT\)](#) if you decide to have chemotherapy – it makes the chemotherapy you receive many times more powerful, so you only need a small dose of the chemotherapeutic agent which means you avoid major side-effects
- [DMSO](#) also may support a reduction in the dosage needed of the chemotherapeutic agent, and also promotes remission. It also helps with side effects such as hair loss, nausea, and dry mouth.
- [Dr Nagourney's Ex-Vivo Apoptotic Laboratory Assay \(EVA\)](#) to identify which chemotherapy will be most effective for you (as described in **How Successful Are Conventional Cancer Treatments?**)
- [Radiofrequency Ablation \(RFA\)](#) for inoperable tumors when chemotherapy and radiation have failed – to cook the tumors to death without affecting surrounding tissue.
- [Hydrazine sulfate](#) to reverse cachexia and kill off cancer cells.
- [High pH therapy](#) with cesium chloride to eliminate pain within 12-24 hours, and raise the pH of tissues to stop the growth of cancer cells.
- [Oncolyn](#) to regress tumors.
- [Vitalzym](#) to eat the fibrin coating off the cancer cells so other substances like Oncolyn can kill the cancer faster. Also see Enzymes below.
- [CoQ10](#) – around 500mg daily with fat, to regress tumors.
- [Vitamin E](#) (in a mixed form that includes succinate, gamma tocopherol and tocotrienols) to inhibit cancer growth, and protect against hair loss and heart damage if you have chemotherapy.
- [Biobran/MGN-3](#) --perhaps the most effective substance available to optimize immune function and eliminate cancer.

³ The Prime Cause and Prevention of Cancer by Dr. Otto Warburg - Lecture delivered to Nobel Laureates on June 30, 1966 at Lindau, Lake Constance, Germany http://www.ozonetherapy.co.uk/articles/Warburg_The_Prime_Cause_of_Cancer.htm

- [Impower/ AHCC](#) -- optimises the immune system as well but is thought not to be as effective as Biobran/ MGN-3.
- [Beta-glucan](#) – optimises immune function particularly through the activation of macrophage cells. Inhibits the adverse side-effects of chemotherapy.
- [Vitamin C](#) - some people have experienced a complete remission after following the guidelines in **Cancer and Vitamin C: A Discussion of the Nature, Causes, Prevention, and Treatment of Cancer With Special Reference to the Value of Vitamin C** by Ewan Cameron and Linus Pauling.
- [Dr. Matthias Rath](#) 'Vitamin C, l-proline and l-lysine Epigallocatechin from Green Tea' – to stop the spread of cancer.
- [Artemisinin](#) to deliver a knockout oxidative stress to cancer cells.
- [Hydrogen peroxide](#) to introduce oxygen.
- [Germanium](#) (GE-132) to normalize physiology and introduce oxygen.
- [Oncotox](#) – one of the best immune system stimulants. Given for a short time by intramuscular injection; after that it can be used orally.
- [IP-6](#) to reduce and eliminate tumors.
- [Ellagic acid](#) to stop cancer growth and promotes apoptosis.
- [Essiac tea](#) to normalize physiology, counteract the side-effects of chemotherapy and radiation, and promote remission.
- [Dr Robert Jones' gentle phenergan protocol](#) to knock out the mitochondria (energy centres) in the cancer cells to kill them.
- [Poly-MVA](#) to replace nutrients, rebuild strength and reverse cancer .
- [Prebiotics and probiotics](#) – for a healthy immune system.
- [Enzymes](#) to properly digest food, strengthen the immune system, rid the body of malignant tumor cells, and improve the response rate and counter the adverse side-effects of chemotherapy and radiation. Also see Vitalzym above.
- [Pawpaw](#) – its papain enzymes breaks down fibrin on cancer cells and stops cancer cell growth and prevents metastasis.
- [Melatonin](#) to put cancer cells to sleep and to prevent damage to cells that can lead to cancer.
- [Selenium](#) to reduce the risk of developing cancer.
- Getting the basics right – [Nutrition and Diet](#)
 - Avoidance of sugar (sugar is like 'fertilizer' for cancer) and artificial sweeteners – using xylitol or stevia instead
 - Avoidance of colas and soft drinks
 - Avoidance of margarine and other harmful, hydrogenated oils that are found in processed food and restaurant meals
 - Avoidance of white flour and all processed and refined foods
 - Including an abundance of uncooked vegetables, vegetable juices, and fruit (organic if you can afford it)
- [Dental cleanup](#) – removal of devitalized (dead) teeth including root canaled teeth, removal of mercury amalgams, and cleanup of cavitations – to reclaim a healthy immune system and reverse degenerative changes.
- [Dr. Clark Cleanups](#) for diet, body, and home to remove cancer-causing parasites and pollutants at their source, and allow the body to start healing itself.

- A [Rife-based frequency device](#) such as the Bare device, to shatter cancer cells and associated parasites.
- [Meditation](#), [massage](#) and [exercise](#) to reduce stress – to improve immune system functioning, and make the body less acidic so tissues can hold more oxygen.
- [Behavioral therapy](#) to modify characteristics typical of a ‘cancer personality’.
- [EFT](#) to address the trigger factors and other emotional factors connected with cancer.

Of course, discuss these treatments with your doctor, and other health professionals. Self-treatment is not recommended. If you decide to undertake conventional treatments, there may be interactions between natural treatments and the conventional treatments that need to be identified.

Work with a physician or therapist to design a treatment plan. Schedule testing to be done at regular intervals to assess your progress. Keep a diary or record of your treatment and other aspects of your environment that you change so that you can relate these to your improvements.

Additional Reading

This e-book is part of the set of e-books and Reports available from www.naturalcancertreatments.com.

Natural Cancer Treatments THAT WORK

This e-book. Over 350 natural and alternative treatments that people have reported using to beat their cancer. The most comprehensive and fully indexed information on this topic available anywhere in the world.

Only available from www.naturalcancertreatments.com

I Beat Cancer!

Over 2,000 testimonials including every testimonial on the internet. People telling their own story of how they beat their cancer with natural and alternative treatments. This will save you months of searching on the Internet. All cancer types are covered. Almost 300 testimonials for breast cancer alone! ‘Unique... only one of its kind e-book’. Not available anywhere else.

Only available from www.naturalcancertreatments.com

How Successful are Conventional Cancer Treatments?

An inside look at the scientific basis for conventional cancer treatments. The observations and studies from experts will startle and unsettle you but will help you and your doctor on your own quest for answers and additional knowledge to conquer your cancer. Only available from

www.naturalcancertreatments.com

Who Can Help Me when I Have Cancer?

A helping hand of people and organizations you can contact right now, to get help with finding the best doctor for YOU, to be put in touch with cancer winners to talk to, to obtain financial assistance if you need it, and much more. FREE from www.naturalcancertreatments.com

Diets

Binzel Nutritional Program

Philip E. Binzel initiated the Binzel nutritional program. Binzel recommends an intake of vitamins, particularly A and C, proteolytic enzymes, pangamic acid and nitrilosides. This has to be supplemented by a diet rich in raw, non-refrigerated fruits and vegetables, and regular cleansing of the bowels. He stresses the toxic effects of animal proteins in the diet and their degenerative impact on the pancreatic enzymes.

Binzel said he began looking for alternatives to standard treatments in the 1970s after all his cancer patients died. He was attracted to studies performed by medical researchers in the 1950s that, he said, identified a group of naturally occurring substances in the body known as nitrilosides -- also found in raspberries, strawberries and the seeds of other fruits such as apricots and apples -- as key cancer preventers.

"Laetrile is nothing more than a concentrated form of nitrilosides,"

he said.

When ingested, nitrilside has merited recognition by maintaining non-toxic cyanide levels, and acting as a potential threat to the immune surveillance, thereby lessening the frequency of cancerous tumors. The most common clinical appearance of nitrilosides is amygdalin (Laetrile) and in natural form in berries, apricot and peach kernels, grape seeds, blackberries, strawberries, bean sprouts, lima beans, macadamia nuts and other fruits.

Binzel remarked:

"My biggest problem [at first] was understanding nutrition. In four years of medical school, one year of internship and one year of Family Practice residency, I had not even one lecture on nutrition."

Studies seem to suggest that manganese, magnesium, selenium, Vitamin B, and Vitamin A help patients combat diseases better. The objective of the Binzel program is to increase the efficiency of the human immune system, and to discourage detrimental mechanisms from manifesting themselves.

The Binzel diet comprises fresh vegetables, fruits, grains, and vegetable proteins. The enzymes present in fresh non-citric fruits, such as apples, peaches and pears, and vegetables greatly contribute to good nutrition. Patients are urged to have lots of salads, fruits, whole grain foods like pasta and brown bread. The diet discourages sugar, fat, and any thing that is animal or an animal by-product. This means abstinence from all kinds of meat, fish, eggs, and even dairy products, and stress is placed on a high fiber diet.

Dr. Binzel's patients included a long list afflicted with cancer of the breast, colon, urinary bladder, stomach, bone, ovary, lung, uterus, brain, and malignant lymphoma, lymphatic leukemia, and malignant melanoma. Most were in advanced stages of suffering, and had undergone extensive chemotherapy and radiation.

It has been reported that all his patients, who followed his nutritional therapy displayed remarkable improvement.

His book, **Alive and Well: One Doctor's Experience with Nutrition in the Treatment of Cancer Patients** describes the complete Binzel nutritional program, the challenges that he has faced, and the success stories of the patients under his care.

Further Reading

- *Alive & Well: One Doctor's Experience with Nutrition in the Treatment of Cancer Patients* by Philip E. Binzel

References

- <http://www.campaignfortruth.com/Eclub/310103/cancersurvivorsbattleplan.htm>
- <http://fluoride.oralhealth.org/papers/2001/columbusdispatch070101.htm>

Colonel Joe Diet Procedure/Oxalic Acid

The Colonel Joe protocol is largely based on carrot juice. Colonel Joe claims it is the oxalic acid in the diet that kills the cancer cells. (Of course, carrots contain a lot of cancer-fighting beta-carotene too.)

Source and Reference

- <http://www.coljoe.com/>

Diana Dyer

Diana Dyer, a former hospital dietician who decided to learn everything she could about cancer and nutrition after a breast cancer diagnosis, published a 54-page cancer and nutrition booklet called **A Dietician's Cancer Story**.

People find her advice extremely valuable and see her as someone who shared their pain. As a three-time cancer survivor as well as a health care professional, Diana Dyer offers unique perspectives on various complementary approaches to improve the quality of life in cancer patients.

These approaches include lifestyle changes, such as diet, exercise, meditation, as well as other techniques that should be viewed not as alternatives to conventional medicine, but rather as complementary.

Furthermore, these strategies may be of value not only during the active treatment of cancer, but also during the period of recovery. By becoming active participants in these lifestyle changes, as Ms. Dyer has done, cancer survivors can better regain control of their lives and improve its quality.

She has developed dozens of healthful, easy-to-fix meals for patients - especially popular are her "SuperSoy" and "PhytoChemical" shakes. Ms. Dyer, a mother of two, credits the diet and daily exercise with keeping her free of cancer for the past five years.

She states:

"I think the most important thing to remember is that no one (and I mean this sincerely - no one) yet knows the complete answer to how to keep me or you 100% cancer-free. So pick and choose strategies from my book that seem reasonable, manageable, and affordable for you to implement. Anything is likely better than nothing. As you get one thing under control and implemented, then maybe pick another."

Ms. Dyer had discovered that the conventional approach to cancer disregards the importance of the right diet. As she states - "The more I read, the more convinced I become that what we put in our mouths, more than any other one thing, is the cause of any original cancer episode and cure your cancer of recurrence. We've talked a lot in these pages about supplements and we'll soon discuss enzyme therapy."

"Certainly, many of these substances can contribute to your recovery. However, the best and cheapest way to restore your body's metabolism to its natural balanced state and regain your health is to eat right."

'Do you realize?' she asks, "The average American consumes 152 pounds of sugar per year! Don't believe it? Just take a look at your pantry. All that sucrose, corn syrup, caramel color and fructose is just sugar in disguise."

Acrylamide, a proven carcinogen (cancer causing agent), is only allowed in your drinking water at a level of 0.12 micrograms per serving by the Environmental Protection Agency (EPA).

McDonald's French Fries, large, 6 oz. serving, contain 72 micrograms or 600 times the EPA limit. Burger King, Wendy's, KFC, etc. are just slightly lower. Still want that "super size"?

"The processed food we eat has had virtually all the good nutrients, plus all the digestive enzymes, processed out of it. Our bodies can't produce the enzymes needed to digest this stuff."

We eat ourselves into degenerative diseases, like cancer.

Sources

Ms. Dwyer's website is a good place to read her beliefs and cancer treatment recommendations in detail - <http://www.cancerrd.com>

Further Reading

- A Dietician's Cancer Story by Diana Dyer

Dr. Flavin-Koenig

There are several treatments based on diet to battle cancer, but this one has been in focus worldwide as Dr. Flavin-Koenig is an advisor to the National Cancer Institute (NCI) in the U.S.

Dr. Flavin-Koenig recommends the following, based on her own observations of cancer cell activity in the biological lab and 23 years of treatment of cancer patients:

Beta Carotene: this is Vitamin A in plant form. Dosage: 200 mg per day. She calls this the most important treatment (after stopping smoking) which she uses. It inhibits the "bcl-2" gene and makes cells more sensitive to immune therapy, as well as chemo and hyperthermia. Dr. Flavin-Koenig uses low-dose chemo, but only to treat lung and colon cancer but says "it is not enough alone."

Vitamin A: from cod liver oil, which also has Vitamin D. Dosage: one gram a day. This "limits the rate of DNA synthesis and causes apoptosis (programmed cell death) in most tumors -- colon, prostate, sarcoma, lung, breast, etc." Note: Synthetic Vitamin A and that found in fish oils, like cod liver oil, can be toxic if taken in excess. Beta carotene is not toxic.

Soy Products: (a controversial subject) "inhibit the receptors for hormones" and are therefore effective in treatment of prostate cancer.

Fish Oil: Dosage: 4 grams a day. It inhibits angiogenesis and the "ras" gene that feeds tumor growth.

N-Acetylcysteine: Dosage: 600 mg, 3 times a day. It inhibits angiogenesis, transforms "bcl-2" into "bax" [another gene], which "makes it pro-apoptosis. It also increases T-killer cells and binds with [gets rid of] nitric oxide which suppresses the immune system and stimulates tumor growth."

Sodium Selenite: Dosage: 400 micrograms a day. It inhibits the protein Kinase C. It should not be taken at the same time as Vitamin C.

Vitamin C: Dosage: 3-5 grams a day spread through the day or 3 grams a day combined with 5-7 grams by IV twice a week. It increases hydrogen peroxide in the tumor cells [which kills them].

Lactoferrin: Dosage: 1 gram dissolved slowly in mouth at bed- time. It inhibits angiogenesis and binds with iron to decrease tumor growth. It also has anti-viral activity.

Bromelain: Dosage: 1 capsule 4 times a day. It also inhibits angiogenesis. It is an enzyme extracted from pineapples.

Wobe Muggos: An enzyme mixture, which enhances the immune system and helps block tumor growth, especially in colon cancer.

Indomethacin: May require a prescription. It blocks the Prostaglandin E2 (PGE2) and ornithine decarboxylase. Both of these play a major role in angiogenesis and tumor growth plus metastases.

Devil's Claw: A somewhat less effective substitute for above. Take 3 times a day.

Thuja: For cervical cancer. It is an anti-viral plant, which comes in tincture form.

Some general guidelines:

For Prostate Cancer: Green tea and lots of soy products to reduce hormone receptors and melatonin - 9 mg - at night.

No Vitamin E except "succinate." Other types of Vitamin E protect tumors.

No iron, no B complex, no zinc.

Eat lots of fish (no shellfish -- too much cholesterol), limited eggs, chicken, turkey and all vegetable dishes, with olive oil.

No red meat and no unsaturated fatty acids. Instead olive oil and butter. Butter has butyric acid that prevents DNA synthesis. This is also found in wheat bran and figs.

Dr. Flavin-Koenig is constantly searching internationally for treatments including chemo, plants, teas, vitamins, hyperthermia, etc.

Because of her encyclopedic knowledge, she often consults with colleagues in hospitals all over Europe and with MD Anderson and others in the U.S. She is currently testing a tea from Turkey, which cured liver metastases from kidney cancer.

Sources

Dr. Med. Dana F. Flavin-Koenig Durrbergstr 28 82335 Berg Germany E-mail: dana_fk@hotmail.com Telefon: 08151 – 5478 Fax: 08151 - 953278

References

- <http://www.annieappleseedproject.org/drflavrecnut.html>

Dr. Kristine Nolfi/Dr. Eva Hill

Danish doctor Kristine Nolfi is reputed to have cured her own cancer with an 100% organic and vegetarian raw-food diet and then continued to cure cancer patients in the same way on her health farm.

She lost her medical license for using 'dangerous' and unapproved methods but her fame nevertheless spread throughout Scandinavia. In New Zealand, Dr. Eva Hill did much the same thing to cure her own cancer and to help many of her patients.

Further Reading

- Raw Food Treatment of Cancer by Kristine Nolfi
- My Experiences with Living by Kristine Nolfi

Dr. Maude Tresillian Fere's Self-Cure

Dr. Maude Tresillian Fere in New Zealand is reputed to have cured herself of bowel cancer without the aid of surgery, radiation, or chemotherapy. She objected profoundly to these methods of dealing with cancer, although she was in every other way an orthodox doctor.

It was her view that an excess of sodium caused cancer in the system. Since this was a whole-body problem, a partial-body solution could not be successful.

Her treatment consisted of the following:

Ammonium chloride: seven and a half grain tablets. 1 tablet three times daily half an hour before meals.

Liquid diluted phosphoric acid: in the proportion of ten drops to a drachm of water. One teaspoonful in a little (2 tablespoons) water, half an hour after each meal. [Please find out what 'a drachm' is from a pharmacist]

Tincture of iodine: one drachm of iodine tincture to four ounces of water. One teaspoon a day at any time.

- 'Acidulated water': Standard strength dilute hydrochloric acid: dilute one teaspoon in a pint and a quarter of cold boiled water, half-drunk mid-morning and half drunk mid afternoon.
- 'Stock Vinegar': one tablespoon of standard strength diluted hydrochloric acid in half a pint of cold boiled water. A teaspoon of this mixture was taken with a quarter pint of milk once a day.
- Plastic spoons should be used. This could also be taken with carrot juice as a replacement for the acidulated water.
- A strictly vegetarian diet for three months with fresh vegetables very lightly cooked with nuts and sweet fruits like raisins, dates etc
- No bottled, tinned or preserved foods, or salt of any kind – i.e., salt-free butter, bread etc, no sugar, tea, coffee, alcohol, condiments or spices
- It took Dr. Frere two years before she felt she had been fully cured.

She stressed all her life that this regime must be followed strictly without deviation.

Further Reading

Does Diet Cure Cancer? by Maud Tresillian Fere

References

- <http://www.fightingcancer.com/download/fcpdf/21%20A-Z%20of%20alternative%20options.pdf>

Dr. Johanna Budwig/Flaxseed Oil & Cottage Cheese (FOCC)

The basis of Dr. Budwig's program is simply the use of flaxseed oil blended with low-fat cottage cheese (FOCC).

Dr. Budwig states in her book, **Flax Oil As a True Aid Against Arthritis Heart Infarction Cancer and Other Diseases:**

"I often take very sick cancer patients away from hospital where they are said to have only a few days left to live, or perhaps only a few hours. This is mostly accompanied by very good results...in the hospital it was said that they could no longer urinate or produce bowel movements. They suffered from dry coughing without being able to bring up any mucous. Everything was blocked. It greatly encourages them when suddenly the ...fats with their wealth of electrons, start reactivating the vital functions and the patient immediately begins to feel better."

After three decades of research Dr. Budwig, a six-time Nobel Prize nominee, found that the blood of seriously ill cancer patients was always, without exception, deficient in certain important essential ingredients such as phosphatides and lipoproteins. (The blood of a healthy person always contains sufficient quantities of these essential ingredients. However, without these natural ingredients cancer cells grow wild and out of control.)

Blood analysis showed a strange greenish-yellow substance in place of the healthy red oxygen carrying hemoglobin that belongs there. This explained why cancer patients weaken and become anemic. This startling discovery led Dr. Budwig to test her theory.

She found that when these natural ingredients were replaced over approximately a three month period, tumors gradually receded. The strange greenish elements in the blood were replaced with healthy red blood cells as the phosphatides and lipoproteins almost miraculously reappeared. Weakness and anemia disappeared and life energy was restored. In symptoms of cancer, liver dysfunction and diabetes were completely alleviated.

Dr. Budwig then discovered an all-natural way for people to replace those essential ingredients in their bodies. These two natural foods, organic flax seed oil & cottage

cheese) must be eaten together to be effective since one triggers the properties of the other to be released.

In the mid 1950's, Dr. Budwig began her long and meticulous research on the importance of essential fatty acids (linoleic and linolenic) in the diet.

Her subsequent discoveries and announcements sparked mixed reactions.

While the general public was eager for this information, German manufacturers of commercial dietary fats (margarine, hard shortening, vegetable oils) went to extremes to prevent her from publishing her findings.

Dr. Budwig preached against the use of what she calls "pseudo" fats. In order to extend the shelf life of their products, manufacturers use chemical processes that render their food products harmful to the body. These harmful fats go by a number of names, including "hydrogenated," "partially hydrogenated" and even "polyunsaturated."

The chemical processing of fats destroys the vital electron cloud within the fat. Once the electrons have been removed, these fats can no longer bind with oxygen, and they actually become a harmful substance deposited within the body. The heart, for instance, rejects these fats and they end up as inorganic fatty deposits on the heart muscle itself.

Chemically processed fats are not water-soluble when bound to protein. They end up blocking circulation, damage heart action, inhibit cell renewal, and impede the free flow of blood and lymph fluids. The bio-electrical action in these areas slows down and may become completely paralyzed. The entire organism shows a measurable loss of electrical energy which is replenished only by adding active lipids to the diet. These nutritional fats are vital.

Science has proven that fats play an important role in the functioning of the entire body. Fats (lipids) are vital for all growth processing, renewal of cells, brain and nerve functions, even for the sensory organs (eyes and ears), and for the body's adjustment to heat, cold and quick temperature changes. Our energy resources are based on lipid metabolism. To function efficiently, cells require true polyunsaturated, live electron-rich lipids, present in abundance in raw flaxseed oil. True polyunsaturated fats greedily absorb proteins and oxygen and pump them through the system.

Lipids are only water-soluble and free-flowing when bound to protein; thus the importance of protein-rich cottage cheese. When high quality, electron-rich fats are combined with proteins, the electrons are protected until the body requires energy. This energy source is then fully and immediately available to the body on demand, as nature intended.

"What Dr. Johanna Budwig has demonstrated to my initial disbelief but lately, to my complete satisfaction in my practice is: CANCER IS EASILY CURABLE, the treatment is dietary/lifestyle, the response is immediate; the cancer cell is weak and vulnerable; the precise biochemical breakdown point was identified by her in 1951 and is specifically correctable, in vitro (test-tube) as well as in vivo (real)..."

stated Dr. Roehm, an oncologist, in the **Townsend Letter for Doctors**, July 1990. Dr. Roehm further claimed:

"... this diet is far and away the most successful anti-cancer diet in the world".

General Rules

The patient has no nourishment on day #1 other than 250 ml (8.5 oz) of Flax Oil with honey plus freshly squeezed fruit juices (no sugar added!). In the case of a very ill person, champagne may be added on the first day in place of juice and is taken with the Flax Oil and honey. Champagne is easily absorbable and has a serious purpose here.

1. Sugar Is Absolutely Forbidden. Grape juice may be added to sweeten any other freshly squeezed juices.
2. Other 'forbiddens' are:
 - All animal fats.
 - All Salad Oils (this included commercial mayonnaise)
 - All Meats (chemicals & hormones)

- Butter
 - Margarine
 - Preserved Meats (the preservatives block metabolism even of Flax Oil)
3. Freshly squeezed vegetable juices are fine - carrot, celery, apple, and red beet.
 4. Three times daily a warm tea is essential - peppermint, rose hips or grape tea - all sweetened as desired with honey. One cup of black tea before noon is fine.

Daily Plan:

- Before breakfast - a glass of Acidophilus milk or Sauerkraut juice is taken.
- Breakfast - Muesli (regular cereal) is overlaid with 2 tablespoons (30 ml) of Flax Oil and honey and fresh fruit according to season - berries, cherries, apricots, peaches, grated apple. Vary the flavor from day to day. Use any nuts except peanuts! Herbal teas as desired or black tea. A 4 oz (120 g) serving of '**The Spread**' (directions below). This is fine to eat 'straight' like a custard, or add it to other foods taken in the day as you will see.
- Morning tea (10am) - A glass of fresh carrot juice, apple, celery, or beet-apple juice is taken.
- Lunch - Raw salad with yoghurt-Flax Oil Mayonnaise (directions below).
- In addition to 'greens' salads, use grated turnips, carrots, kohlrabi, radishes, sauerkraut, or cauliflower. A fine powder of horseradish, chives, or parsley may be added for flavor.
- Cooked Meal Course - Steamed vegetables, potatoes, or such grains as rice, buckwheat, or millet may be served. To these add either '**The Spread**' (See below) or '**The Mayo**' (See below) - for flavor and to up your intake of Flax Oil. Also, mix '**The Spread**' with potatoes for an especially hearty meal. Add caraway, chives, parsley, or other herbs.
- Dessert - Mix fresh fruit other than those used for breakfast with '**The Spread**', this time (instead of honey), flavored using cream of lemon, vanilla, or berries.
- Afternoon Tea (4pm) - A small glass of natural wine (no preservatives) or champagne or fresh fruit juice with 1-2 tablespoons of honey-coated Flax Seeds.
- Supper - Have this early, at 6pm. Make a hot meal using buckwheat, oat or soy cakes. Grits from buckwheat are the very best and can be placed in a vegetable soup, or in a more solid form of cakes with herbal sauce. Sweet sauces & soups can always be given far more healing energy by adding '**The Spread**'. Only honey or grape juice can be used for sweeteners. NO white sugar (or brown!) Only freshly squeezed juices and NOT reconstituted juices (preservative danger) may be used. These must be completely natural.

How to prepare '**The Spread**':

Place 250 ml (8.5 oz) flaxseed oil into a mixer bowl and add one pound (450 g) of 1% cottage cheese (i.e. low fat, for example Quark) and add 4 tablespoons (60 ml) of Honey. Turn on the mixer and add just enough low fat milk or water to get the contents of the bowl to blend in together. In 5 minutes, a preparation of custard consistency results that has NO taste of the oil (and no oily 'ring' should be seen when you rinse out the bowl).

Alternatively, you can use yoghurt instead of cottage cheese in proportions of 1 oz (30 g) of yoghurt to 1 tablespoon (15 ml) each of flaxseed oil and of honey and blend as above.

Note: When flaxseed oil is blended like this, it does not cause diarrhea even when given in large amounts. It reacts chemically with the (sulphur) proteins of the cottage cheese, yoghurt, etc.

How to prepare '**The Mayo**' (Mayonnaise):

1. Mix together 2 tablespoons (30 ml) flaxseed Oil, 2 tablespoons (30 ml) milk, and 2 tablespoons (30 ml) yoghurt.

2. Then add 2 tablespoons (30 ml) of lemon juice (or apple cider vinegar) and add 1 teaspoon (2.5g) mustard plus some herbs such as marjoram or dill.
3. Next, add 2 or 3 slices of health food store pickles (no preservatives! - read label!) and a pinch of herbal salts.

Dr. Roehm further states:

"The champagne vehicle IS easier to assimilate and get someone almost on their death-bed going again. A retention enema of 250 ml (8.5 oz) of oil is another route to get this precious life-furthering, ELECTRON-RICH oil into the body. It can also be applied to the skin for transdermal absorption.

You will have to remain on this diet for a good 5 years, at which time your tumour may have disappeared. Persons who break the rules of this diet, Dr. Budwig reports, (ie eating preserved meats, candy, etc) will sometimes grow rapidly worse and cannot be saved after they come back from their spree (bon-bons mean bye-bye).

In 1967, Dr. Budwig broadcast the following sentence during an interview over the South German Radio Network, describing her incoming patients with failed operations and x-ray therapy":

"Even in these cases it is possible to restore health in a few months at most, I would truly say 90% of the time".

"This has never been contradicted, but this knowledge has been a long time reaching this side of the ocean, hasn't it? Cancer treatment can be very simple and very successful once you know how. The cancer interests don't want you to know this.

May those of you who have suffered from this disease (and I include your family and friends in this) forgive the miscreants who have kept this simple information from reaching you for so long".

It is believed Dr. Budwig was referring to people above who had NOT previously been treated with radiation or chemotherapy.

Flaxseed oil is readily denatured by oxygen, heat, and light. That's why it is used in paint. Rancid oil is bad for health, so oil MUST be carefully produced, packed under nitrogen in lightproof containers, refrigerated until used, used as fresh as possible, and stabilized with protein (The Spread, etc) promptly once the container is opened.

Flaxseeds may also be used. Seeds need only be cracked in a food blender, or they may be ground in a coffee grinder. One needs three times the amount of seeds to get the oil equivalent. Seeds are high in calories, so one may gain weight. The seeds are also high in soluble fiber, so blending with liquid tends to produce ever-hardening "jellies". Fresh-cracked seed sprinkled on muesli & eaten promptly tastes great.

There is a newsgroup where people discuss FOCC and describe their experiences, successes and tips. "The purpose of this group is for information and discussion of Dr. Johanna Budwig's Oil-Protein Diet and Protocol and the value of flaxseed oil in different applications pertaining to health." To subscribe, simply send a blank email message to FlaxSeedOil2-subscribe@yahoogroups.com.

Sources

Omegaflo and Barleans are two brands of organic flaxseed oil. Buy from the refrigerator in your health food shop or find the best price online. Just click http://froogle.google.com/froogle_advanced_search Enter product name in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- Flax Oil As a True Aid Against Arthritis Heart Infarction Cancer and Other Diseases by Dr. Johanna Budwig
- The Oil Protein Diet Cookbook by Dr. Johanna Budwig

References

- Flax Oil As a True Aid Against Arthritis Heart Infarction Cancer and Other Diseases by Johanna Dr. Budwig
- Promotion and Prevention of Tumor Growth Effects of Endotoxin, Inflammation, and Dietary Lipids, by Raymond Kearney, Ph.D, Department of Infectious Diseases, The University of Sydney, Sydney, N.S.W. 2006 Australia. International Clinical Nutrition Review, October, 1987 Vol. 7, No. 4.

- Roehm, Townsend Letter for Doctors, July 1990
- Ed McCabe, Oxygen Therapies
- The natural way to better health and longer life, Bullivant.
- Arlin J. Brown, March of Truth On Cancer, (seventh edition). Summary of 79 nontoxic cancer treatments. Available from the Arlin J. Brown Information Centre Inc., P.O. Box 251, Fort Belvoir, Virginia, 22060. Ph: 1-703-752-9511.

Dr. Max Gerson/Gerson Therapy

The Gerson Therapy was established more than seventy-five years ago by Dr. Max Gerson, and described in detail in his book **A Cancer Therapy: Results of Fifty Cases and the Cure of Advanced Cancer**. Dr. Gerson died in 1959. The Gerson Institute was established as a non-profit organization in 1978; the Gerson Therapy hospital in Tijuana has been open since 1977. More than 8,000 patients have been treated, most arriving in 'terminal condition' yet many have recovered. Dr. Gerson's daughter continues her father's work by consulting at the Gerson Institute.

The diet includes twelve or more glasses daily of freshly pressed fruit and vegetable juices, a daily vegetable soup, and potassium/iodine supplements. Dr. Gerson stressed the importance of a high potassium content that is more in the skins or outer part of root vegetables than in the centres. Sodium, on the other hand, was to be severely restricted - the diet was completely without added salt but with added potassium salts instead. Gerson believed also that an imbalance between sodium and potassium in each cell also contributed to the development of cancer. Therefore, his therapeutic diet excludes sodium and provides abundant potassium.

In addition, Gerson prescribed hydrochloric acid with pepsin, pancreatin, high doses of Lugol's solution for iodine together with freeze-dried thyroid, niacin, Royal Jelly, and injections of vitamin B12 with crude liver. In addition, raw liver juice was used for its high content of enzymes. Later, with increasing chemicalization of agriculture the liver juice was omitted while linseed/flax oil was belatedly added to the list of supplements.

Liver detoxification with frequent coffee enemas was another cornerstone of the Gerson Therapy; otherwise, patients with advanced cancer might die despite disappearing tumors.

Some patients are also given castor-oil enemas and oral and/or rectal hydrogen peroxide and rectal ozone treatment. Forbidden foods include salt, oil, berries, nuts, drinking water, and all bottled, canned, refined, preserved, and processed foods. No aluminum utensils are used, and juices must be pressed.

Dr. Gerson stated:

"Cancer is not a single cellular problem; it is an accumulation of numerous damaging factors combined in deteriorating the whole metabolism, after the liver has been progressively impaired in its functions. This slow poisoning of the entire organism, a lowering of the electrical activity in vital organs, and the weakening of the liver, the prime organ of detoxification, creates a 'cancerous body that is anergic'"

Gerson Therapy is based on the view that malignant growths result from metabolic dysfunction within cells. This was to be countered by diet and detoxification. Gerson felt that, in order to be healed, the body needed to be 'detoxified' with agents that rendered it hypersensitive to abnormal substances (including bacilli and cancer cells), which the body will then eliminate. The more malignant the cells, the more effective the therapy. The clinic claims to "cure half of the patients who have a month to live, and 90% of patients with any early cancer.

Third Opinion states:

"Especially excellent results are observed in advanced cancers of all types, including: inoperable lymphoma; spreading melanoma; metastasis to the liver; aggressive ovarian cancer; and pancreatic cancer."

Sources

The Gerson Institute provides full information about the Gerson Therapy which is carried out at the Gerson Therapy hospital in Tijuana Mexico. The Gerson Institute is at 1572 Second Avenue, San Diego California 92101. Ph (619) 685 5353, (888) 4-GERSON, (800) 838-2256 Email mail@gerson.org Website www.gerson.org

Further Reading

- A Cancer Therapy: Results of Fifty Cases and the Cure of Advanced Cancer by Dr. Max Gerson
- The Gerson Therapy: The Amazing Nutritional Program for Cancer and Other Illnesses by Charlotte Gerson, et al
- Dr. Max Gerson - Healing the Hopeless by Howard Straus
- Healing Cancer and Other Degenerative Diseases With the Gerson Therapy : The Complete Guide to Home Use by Charlotte Gerson
- Gerson Diet Therapy for Women's Cancers: Breast Cancer, Ovarian Cancer, Cervical Cancer by Charlotte Gerson

References

- Cassileth BR. Alternative medicine handbook: the complete reference guide to alternative and complementary therapies. New York: W. W. Norton & Co., 1998:186-188.
- Diamond WJ, et al. An alternative medicine definitive guide to cancer. Tiburon, California: Future Medicine Publishing, Inc., 1997:772.
- Weitzman S. Alternative nutritional cancer therapies. Int J Cancer 1998;11(Suppl):69-72.
- Third Opinion: An International Resource Guide to Alternative Therapy Centers for Treating and Preventing Cancer, Arthritis, Diabetes, HIV/AIDS, MS, CFS, and Other Diseases by John M. Fink

Dr. Moerman's Anti-Cancer Diet

This diet is an immune system building diet, a "metabolic balancing" diet and is designed to stop the spreading of cancer. It is not designed to kill cancer cells directly, but is designed to build various aspects of the immune system and build the collagen fibrils so that the cancer does not spread.

Dr. Moerman was a country medical doctor in Holland who fine-tuned his diet over many years by treating both pigeons and then human patients who voluntarily went through his treatment plans. Like several other alternative cancer treatments, it was developed on a trial-and-error basis. His research covered around 50 years, from the early 1930s to his death in 1988.

Like many other alternative doctors, he considered that "cancer was [caused by] a malfunctioning of the immune system that manifested itself outwardly on the body's weakest organ as a tumor."

There are eight key nutrients in this diet:

- Vitamin A (requires Vitamin D as a catalyst)
- Vitamin B complex
- Vitamin C
- Vitamin E
- Citric Acid
- Iodine
- Iron
- Sulphur

Dr. Moerman identified 17 symptoms of cancer, each of which can be addressed by one or more of the eight key nutrients.

The diet basically consists of most vegetables, most fruits, some whole grains, butter, some other dairy products, egg yolks (not egg whites), and some other items. The diet is designed to supplement the eight nutrient supplements. The diet is very strict in things that cannot be consumed (e.g., table salt - even iodized table salt, and meat are not allowed).

The complete diet, along with recipes, can be seen in the book, **Dr. Moerman's Anti-Cancer Diet - Holland's Revolutionary Nutritional Program for Combating Cancer** by Ruth Jochems (with a Forward by Linus Pauling) .

References

- <http://www.cancertutor.com/Cancer/Moerman.html>

Dries Cancer Diet

The most essential food in this diet is the pineapple, known to be a valuable cancer treatment food.

"The Dries cancer diet is based largely upon the consumption of raw fruits, mostly tropical fruit such as pineapple and mango, as well as certain raw vegetables, seeds and condiments such as yoghurt, buttermilk and some oils. The basis of the selection of these foods is their bio-energetic value measured in bio photons, which apparently have an effect upon resistance to cancer."

See the book: **The Dries Cancer Diet: A Practical Guide to the Use of Fresh Fruit and Raw Vegetables in the Treatment of Cancer**. Based on the author's research with over 300 cancer patients, this book explains the relationship between food, cancer and environmental factors.

Further Reading and References

- The Dries Cancer Diet: A Practical Guide to the Use of Fresh Fruit and Raw Vegetables in the Treatment of Cancer by Jan Dries
- The Cancer Handbook: What's Really Working (What Doctors Don't Tell You) by Lynne McTaggart

Fruitarian Diet

As with the Raw Food diet, there is no universally agreed upon "Fruitarian Diet" for cancer. Rather, it is a diet based on fruits, nuts, seeds and berries (which are fruits). See also the [Raw Food Diet](#).

In the book **A Raw-Food Doctor's Cure** by Dr. O.L.M. Abramowski, M.D, this Australian Doctor describes how the fruitarian diet saved his own life, rejuvenated his body, and transformed him from an over-fed, diseased, old man into a comparatively young, vigorous, and healthy person, fit and willing to live life to the limit. The Doctor describes how he healed patients of disease through fruitarian diet at his sanitarium. David "Fats Avocado" Wolfe considers it, "The most inspiring booklet you'll ever read."

References and Further Reading

- A Raw-Food Doctor's Cure by Dr. O.L.M. Abramowski

Hallelujah Acres Diet/ Dr. George Malkmus

Developed by Dr. George Malkmus, this vegetarian approach has apparently helped people with a wide variety of diseases.

Hallelujah Acres proclaims the simple message of God's original plan for the care of the physical body. This plan includes the lifestyle features of humanity's first home in paradise: a living plant-food diet, vigorous exercise, fresh air, pure water, sunshine, proper rest, and those other factors that promote physical well-being.

Dr. Malkmus writes:

"After more than 20 years of personal experience and research, I consider BarleyGreen the single most important food I put into my body each day. It is the most nutritionally dense food I know of on earth today, and it provides my body cells with all the nutrients they need to remain strong and healthy. I personally consume three to four tablespoons of BarleyGreen daily.

The second most important food in my diet is carrot juice. Presently I consume an average of 16 ounces of freshly extracted carrot juice from a Champion Juicer daily. During my bout with cancer more than 20 years ago, I consumed one to two quarts daily, as BarleyGreen did not exist at that time. At the Gerson Clinic today, they give eight 8-ounce servings of carrot juice daily to their patients along with 4 glasses of a green drink similar to BarleyGreen.

Using this juice therapy along with a cleansing program, they are healing "incurable" diseases, such as lung cancer, brain cancer, spreading melanoma and more.

The third most important food I put into my body is the raw fruits and vegetables, which are consumed at the noon and evening meals. I eat no breakfast and haven't for over 20 years. (A glass of BarleyGreen is my only breakfast food.) Thus, my average daily food intake consists of approximately 85% raw food. I do allow myself some cooked food at the end of the evening meal, which might consist of a baked white or sweet potato, brown rice or steamed vegetables, but this is more for its taste than nutritional value.

On this basically raw food diet, which has included large amounts of raw vegetable juices, I have not only been able to remove all my physical problems and keep them gone for over 20 years, but also experience abundant energy, great enthusiasm, wonderful clarity of mind, freedom from stress (even though I am in a potentially stressful ministry), and have marvelous physical endurance. What more could anyone ask or want from their body? And my desire is that everyone might be able to know how they too can experience the same ... thus the reason for Hallelujah Acres!"

Sources

The Diet is fully explained at the Hallelujah Acres website at <http://www.hacres.com/>

Further Reading

- The New Cancer Survivors: Living with Grace, Fighting with Spirit by Natalie Davis Spingarn

References

- <http://www.hacres.com/>

Jethro Kloss

Jethro Kloss's cancer treatment was based on correct food, herbs, water, fresh air, massage, sunshine, exercise, and rest. Jethro Kloss was a well-known early American herbalist of the "old school". For cancer treatment, he used mainly red clover blossoms, violet leaves and flowers, the roots of burdock and yellow dock, golden seal, echinacea, aloes, agrimony, dandelion root, supposedly with good success.

Jethro Kloss has earned especially high regard among cancer survivors and his work is a cornerstone of legendary formulas and programs.

In his book **Back To Eden**, he wrote about what causes the different kinds of cancers, how to prevent it, and how to cure it. He has even included a letter to the National Cancer Research Institute of Washington in which he offers his services to show how the cure is accomplished. The Institute refused his help.

But he also includes in the section on Cancer documented proof that his treatment works. No drugs are used, just herbs and a health regime.

Further Reading

- Back To Eden by Jethro Kloss
- Back To Eden Cookbook by Jethro Kloss

Johanna Brandt Grape Diet/ Wortman Grape Diet

In South Africa, Johanna Brand, a naturopath, is reported to have used the now famous grape cure to cure herself of stomach cancer in the 1920's. For six weeks she ate nothing but grapes and she regards black varieties as the best. Thousands of former cancer victims have testified as to the effectiveness of her method. Because it is now so

difficult to obtain unsprayed grapes, commercially sprayed grapes have sometimes been used after thorough washing in warm soapy water and careful rinsing.

Purple (Concord) grapes (with their skin and seeds) contain several nutrients that are known to kill cancer cells. These kinds of grapes also contain nutrients to stop the spread of cancer. They also help detoxify the body.

The original diet involves 12 hours of fasting every day, followed by 12 hours where you consume absolutely nothing except grapes (and/or grape juice). The consumption of the grapes is spread out over the 12 hours, not just at meal times. In other words, they are consumed slowly over many hours, not quickly over two or three short bursts. The fasting obviously does not starve the cancer cells to death; however, the fasting does have a significant purpose. The fasting makes the cells hungry, and when the cells do get food, what they get is grape juice, which contains several major cancer killing nutrients, such as:

- ellagic acid,
- catechin,
- quercetin,
- oligomeric proanthocyanidins (OPC) or procyanidolic oligomers (PCO), originally called: pycnogenol (seeds),
- resveratrol (skin coloring of purple grapes),
- pterostilbene,
- selenium,
- lycopene,
- lutein,
- laetrile (amygdalin or Vitamin B17) (seeds)
- beta-carotene,
- caffeic acid and/or ferulic acid (together they kill cancer cells), and
- gallic acid

In other words, the fasting is used to "trick" the cancer cells into consuming the first thing that comes along. The grapes become a great "transport agent" for getting the poisons into the cancer cells, meaning the grape juice carries the cancer killing nutrients into the cancer cells as they feed on the grape juice.

Cancer cells thrive on sugar and grape juice is virtually pure "sugar." The fast makes the cells hungry and when the grape juice becomes available, the cancer cells 'gobble up' the sugar in the grapes or grape juice. But as the cells are ingesting the juice, they are also consuming substances that are poisonous to them.

Cancer cells consume about 15 times more glucose and other sugars as well as more minerals and some other nutrients, than regular cells. The 1931 Nobel Prize in medicine was awarded to Dr. Otto Warburg for this discovery. This means a grape cure diet can propel several times more of certain cancer-killing nutrients into the cancer cells than normal cells. Thus, the combination of consuming high levels of glucose, minerals, and other nutrients, plus the fasting, makes the purple grapes an exceptional cancer-fighting food. The fasting is critical to this diet, and should not be taken lightly.

To ensure the patient gets all of the main killer nutrients, the grape juice should include crushed seeds (in order to get the OPCs) and the nutrients from the purple skins (to get the critical resveratrol). The purple color, such as in concord purple grapes, has a critical cancer killing nutrient not found in other grapes. Back when she wrote her book, in the 1920s, the advantage of purple grapes was not known.

Also, if you eat or process whole grapes, you should buy grapes with the seeds, not seedless grapes. This is another aspect that Johanna Brandt could not have known about in the 1920s. The darker the purple grapes the better. (Note: Because purple grapes and

red grapes are so frequently confused with each other, it is not clear exactly how good red grapes are. This is why you should look for the word "concord" on the package, although there are purple grapes other than concord grapes that are just as good.)

Warning

With mixed grape juice, even organic, it is generally required to be pasteurized. Pasteurization destroys an unknown number of nutrients in the grape juice and could neutralize a significant portion of the nutrients in the grape juice. Avoid premixed grape juice.

Unfortunately, most, if not all, frozen grape juice is also pasteurized. Frozen grape juice also may have a small amount of tap water added to it. Some organic grape juices are processed with spring water, but even these may be pasteurized.

Only fresh purple grapes, pesticide free and totally unprocessed, qualify for this diet.

Quote from Johanna Brandt's book:

"It is safe to say that the first seven to ten days on grapes only would be required to clear the stomach and bowels of their ancient accumulations. And it is during this period that distressing symptoms often appear. Nature works thoroughly. She does not build on a rotten foundation. The purification of every part of the body must be complete before new tissue can be built. Also, a person on the Brandt diet will probably lose significant weight during the first few weeks. I mention this because a person, who begins this diet at 120 pounds or less, may need to watch their weight closely in order to keep from getting too low in weight. To keep their weight up, they might want to favor the Wortman Diet (**to be discussed next**). During the 8 hours they can eat on the Wortman diet, they can make sure they eat enough solid foods to keep their weight from dropping too much."

Similar custom modifications can be made to address any other potential health problem a person might have. The Wortman Diet allows a great deal of individual flexibility to deal with specific issues.

Wortman Grape Diet

When Fred Wortman of Albany, Georgia, developed an inoperable malignancy of the intestine, he faced the prospect of long treatments with radiation "therapy". "The doctors," Mr. Wortman said, "refused to operate when they discovered the condition of my bank balance."

Being a wide reader, he remembered a simple remedy for cancer that was given in a book by a 'Mrs. Brandt', and looked it up. It was rather involved and cumbersome to follow, so he reduced it to its essentials, took the "cure", and was completely cancer free within a month.

Wortman then had his experience published in "The Independent" and received hundreds of replies. Over 200 cancer sufferers reported complete recovery.

The grape treatment cured lung cancer in two weeks, he reported. Cancer of the prostate took a little longer - about a month. Only four cases of leukemia (cancer of the blood) were treated, but the judicious usage of grape juice cured them all.

Start the treatment like this:

- Begin with a 24 oz. bottle of (dark concord) grape juice the first thing in the morning. Take a couple of swallows every 10 or 15 minutes (Do not gulp it down all at once). Do not eat until Noon.
- After 12 o'clock, live the rest of the day normally, but do not eat anything after 8 o'clock in the evening...food seems to carry off the curative agent in the grape juice, which may be magnesium (sic), so stick to the fast between 8 P.M. and Noon the following day.
- Keep this up every day for 2 weeks to one month.

Whereas Brandt claimed a 100% cure rate of exclusively terminal cancer patients, Wortman claims a "nearly 100%" cure rate of cancer patients in undefined condition. All had been given up on by the medical community of the 1920s, and I believe they were using chemo at that time since it was invented in 1909)

According to naturopath, Walter Last, in Australia, "thousands of former cancer victims have testified as to the effectiveness of her [the Brandt] method. Because it is now so difficult to obtain unsprayed grapes, commercially sprayed grapes have sometimes been used after thorough washing in warm soapy water and careful rinsing." Of course, organic grapes are best.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter organic concord grape juice in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- Grape Cure by Johanna Brandt

Reference

- How to Conquer Cancer, Naturally by Johanna, Brandt

Macrobiotic Diet/Zen Macrobiotics

Macrobiotics is based on the writings of a Japanese physician, Sagen Ishizuka (1850-1910). He cured himself of cancer by abandoning the refined diet of affluent Japan and reverting back to the unpurified Japanese diet of brown rice, soybeans, fish, miso soup, sea vegetables, and other traditional Oriental foods - the ancestral diet.

"The macrobiotic diet is a mainly vegetarian diet consisting of 50% whole cereal grains, 20 to 30% locally grown vegetables, small amounts of soups, beans and sea vegetables, white meat, fish and fruit in limited amounts. Potatoes, sweet potatoes, tomatoes, eggplants, peppers, asparagus, spinach, beets, zucchini, avocados, mayonnaise, tea, coffee, and red meat are to be avoided."

Some proposed reasons why the macrobiotic diet helps some cancer patients:

- Low in fat
- High in fiber
- High vegetable intake
- Improved sodium to potassium ratio
- Ability to change an acid (cancer) environment back toward alkaline (healthy)
- Potent anti-cancer agents found in soybeans, sea vegetables and other fresh produce
- Thyroid stimulating substances found in sea vegetables.

Michio Kushi established a macrobiotic center in Boston in 1978 and has gained a noteworthy following. Kushi has publicly encouraged cancer patients to continue with conventional care. This program includes cotton clothes, fresh air, and exercise.

Earlier in this century, Are Waerland became famous for a successful diet that consisted of sour milk and similar products, whole grains raw or only partly cooked as well as fruits and vegetables. There are still many active Waerland groups in Germany and Scandinavia. Bircher-Benner advocated a similar lacto-vegetarian raw-food diet. He invented the by now famous but greatly deteriorated muesli.

The macrobiotic diet based on cooked brown rice and only a minimum of raw food is very different from all the other anti-cancer diets

"Although a relatively recent creation, the macrobiotic diet is based in large part on the yin-yang principle of balance, a fundamental component of ancient Chinese medicine. Yin and Yang are opposite forces believed to describe all components of life and the

universe. Here the world view of balance is embodied in diet, including the selection, preparation, and consumption of foods."

"For treating and preventing cancers, diets are to be varied according to the "Yin" and "Yang" nature of the tumors."

Anthony J. Sattilaro, MD, an anaesthesiologist at Methodist Hospital in Philadelphia has become a vocal proponent. He "attributes this diet as the reason he recovered from metastatic prostate cancer."

"According to Kushi, cancer is the result of a person's behavior, largely due to improper diet but also to his or her thinking and lifestyle. Improper diet produces a "chronically toxic blood condition." He considers cancer to be a natural mechanism that localizes the toxic condition and detoxifies the body. Kushi writes, "Of primary importance in dealing with cancer, then, is not to disturb this natural mechanism by taking out or destroying the cancer.' The standard macrobiotic diet in cancer treatment is varied depending on the type of cancer.

Kushi calls the conventional treatments of radiation therapy, chemotherapy, and surgery 'violent or artificial' and 'toxic and unnatural'. He says the recovery of cancer patients treated macrobiotically is hindered if they have undergone conventional treatments. He states that compared with cancer patients treated only macrobiotically, conventionally treated patients who are then treated macrobiotically 'often take longer to recover... and their recovery is often more complicated and difficult.'" (CA 1984)

To proponents, cancer is seen as a result of an unbalanced condition, by which the body attempts to localize toxins and thereby produce balance. Therefore, after "macrobiotic diagnosis," specific dietary recommendations are made and implemented. The implication is that appropriate dietary treatment will resolve the cancerous state.

Further Reading

- The Cancer Prevention Diet: Michio Kushi's Macrobiotic Blueprint for the Prevention and Relief of Disease by Michio Kushi, Alex Jack
- Cancer With Diet and Lifestyle by Michio Kushi, Edward Esko
The Macrobiotic Way: The Complete Macrobiotic Lifestyle Book by Michio Kushi, Stephen Blauer
- The Macrobiotic Approach to Cancer: Towards Preventing and Controlling Cancer With Diet and Lifestyle by Michio Kushi, Edward Esko
- Zen Macrobiotics for Americans by Roger Mason
- Zen macrobiotic cooking:: Book of Oriental and traditional recipes by Michel Abehsera
- The Book of Macrobiotics: The Universal Way of Health, Happiness, and Peace by Michio Kushi

References:

- <http://members.theglobe.com/Ensign1/index.html>
- <http://www.macrobiotic.org/>
- Brain cancer <http://www.macrobioitics.org/sanders.html>
- Breast cancer <http://www.macrobioitics.org/weil.html>

Mucusless Diet Healing System/Arnold Ehret

This diet consists of water fasting and a type of raw food vegan diet, with an emphasis on certain fruits. Like all vegan diets, if using this diet for the treatment of cancer, it is often recommended there should be a strong emphasis on the allowable foods that are known to treat cancer.

Source

Go to the Raw Food section for more information at <http://www.arnoldehret.org/>

Further Reading

- Mucusless Diet Healing System by Arnold Ehret
- Rational Fasting (Ehret's Health Literature) by Arnold Ehret
- The Story of My Life by Arnold Ehret

Raw Food Diet/Dr. Norman Walker/Jay Kordich

Dr. Norman Walker was credited by many for promoting a raw food diet and live-vegetable-juice therapy that healed them of "incurable" diseases. Dr. Walker's recommendations were:

- Drink plenty of raw vegetable juices, particularly carrot juice.
- Stop taking milk and milk products, refined flour products, and meat.

Among Dr. Walker's contributions was his discovery of the therapeutic value of fresh vegetable juices and in 1930, the development of what would become known as the Norwalk Press Juicer. The present "juicing" protocol is directly attributable to him.

In his book **Colon Health Key to Vibrant Life**, Dr. Walker stated:

"The very best of diets can be no better than the very worst, if the sewage system of the colon is clogged with a collection of waste and corruption." And, "... constipation is derived from the Latin word "constipatus," which translated means "to press or crowd together, to pack, to cram."

There are two crimes against Nature that civilization indulges, 1) constipation, and 2) eating devitalized and refined foods."

Jay Kordich, known to the world as "The Juiceman", met and was tremendously inspired by Dr. Walker. Kordich claims that at age twenty, he became gravely ill with a cancer and was told he might not live. Inspired by literature about the Gerson diet, he began drinking thirteen glasses of carrot-apple juice every day.

"Two and a half years later," he says in the book, "I was a well man."

After healing himself of cancer through The Raw-Food Diet and juice therapy, Jay worked with Dr. Walker beginning in the 1940s up until Dr. Walker's death in 1984 at the reported age of 118.

Anne Wigmore, who pioneered wheatgrass treatment, observed that cancer cells thrived on cooked food but could not survive on raw food.

Sources, Further Reading and References

- Fresh Vegetable and Fruit Juices: What's Missing in Your Body? by N. W. Walker, Dr. Norman W. Walker
- Become Younger by Dr. Norman W. Walker
- The Vegetarian Guide to Diet and Salad by Dr. Norman W. Walker
- Colon Health Key to Vibrant Life by Dr. Norman W. Walker
- Raw Food Treatment for Cancer <http://www.cancertutor.com/Cancer/RawFood.html>
- The Juiceman's Power of Juicing by Jay Kordich
- The Juice Advantage by Jay Kordich
- 12 Steps to Raw Foods: How to End Your Addiction to Cooked Food by Victoria Boutenko, Gabriel Cousens. Excerpt from page 59 "... family had very serious health problems before we went on raw food. We have described our family story in our book Raw ..."

Richardson Cancer Diet

In the 1960's, Dr. Richardson was convinced that Cyanide containing vitamin B 17 arrested, contained, and even prevented cancer and a lack of nutritional enzymes was at the root of cancer.

Dr. Richardson wrote in 1977:

"Instead of patients spending their final days or years butchered in surgical theaters or micro-waved in chemotherapy and radiation rooms, I have witnessed my patients experiencing an improved quality of life and enjoyment in their remaining time."

The Richardson Cancer Diet uses specific vitamins and minerals, plus digestive enzymes, to aide in the prevention of cancer and in cancer recovery - vitamins like B15 and B17.

Dr. Richardson never stopped believing that it is not the cancer that kills, but the breakdown of the body's own defense mechanism. If the body's pancreatic enzymes and vitamin and mineral levels are adequate, according to Dr. Richardson, the immune system can actually keep cancerous cells in check.

Vitamin B17 is a natural cyanide-containing compound that gives up its cyanide content only in the presence of a particular enzyme group called beta glucosidase. Miraculously, this enzyme group is found almost exclusively in cancer tissue, which results in the cancer's failure to survive the cyanide. There appear to be no known harmful side-effects of B17 and the cyanide in B17 does not affect non-cancerous cells.

Further Reading

- Richardson Cancer Diet Book by Dr. Janet Starr Hull obtainable from <http://www.alternativecancerdiet.com/>

References

- <http://www.alternativecancerdiet.com/>

Rudolf Breuss/The Breuss Cancer Cure

The Breuss-Cure, which originated in Germany, lasts for 6 weeks. A maximum of 500 ml of freshly pressed vegetable juices is used, mainly beetroot with some carrot, celery and radish. In addition, herbal teas and onion broth are recommended. The treatment is claimed to have cured thousands.

The book, **The Breuss Cancer Cure**, details the Breuss diet. It has sold over 900,000 copies, been translated into five languages, and claims to have led to over 45,000 testimonials from cured sufferers. Both the book and the diet are still actively being used.

The Breuss diet is based on a 42 -day fast, but the definition of "fast" used in the Breuss diet actually includes certain types of foods, such as raw fruits and vegetable juices, all taken in liquid form. The theory is that cancer cells can only live on the protein of solid food. Therefore, if you drink nothing but vegetable juice and teas for 42 days the cancerous cells die while the normal cells continue to thrive.

"Breuss juice vegetable juice that consists of 55% red beet root, 20% carrots, 20% celery root, 3% raw potato, 2% radishes ... The potato is optional except for liver cancer where it plays an important part." His book actually talks about multiple diseases.

The diet contains virtually zero glucose and other sugars. Researchers also believe it works because cancer cells are very inefficient at processing glucose and other sugars and that the formula literally starves the cancer cells to death by depriving them of glucose and other sugars. Normal cells can survive on much less glucose and other sugars because they are much more efficient at processing these items.

Filtered green tea and filtered Essiac tea have been natural enhancements to the Breuss diet.

Sources

The authentic Breuss Cancer Treatment is offered with medical care and supervision in a clinic in Germany: Breuss fasting Clinic Kurhotel Chattenbuhl An der Rehbocksweide 29a 34346 Hannoversch Munden Deutschland Tel. 0049-554133461 Fax. 0049-554131086

Further Reading

- The Breuss Cancer Cure: Advice for the Prevention and Natural Treatment of Cancer, Leukemia and Other Seemingly Incurable Diseases by Rudolf Breuss

Herbal Treatments

African Bush Willow/Combretastin (CA4P)

African bush willow has been found to kill cancerous cells by disrupting angiogenesis, that is by cutting off their blood supply. Combretastatin (CA4P), derived from African Bush Willow, used with a sophisticated form of radiation therapy has produced startling results.

The combination therapy completely destroyed cancerous tumors in 85% of mice to whom it was administered.

"This does not necessarily mean that we would be able to cure people, but it does make it worth exploring this further," said Professor Richard Begent.

And more than nine months after the treatment was stopped the animals were still clear of any sign of cancer.

The researchers, from the Royal Free Hospital, University College Medical School, and the Gray Laboratory Cancer Research Trust now plan to carry out trials in humans.

The new drug, Combretastatin (CA4P), is derived from the bark of an African bush willow. It works by destroying the blood vessels that supply the tumors with vital nutrients. However, it has no damaging effect on healthy tissue. The destruction of the tumors is completed by attacking them with radiation carried into the cells by antibodies similar to those used by the body's immune system to destroy infection. Essentially, the drug attacks the tumor from the inside out, while the radiotherapy attacks from the outside in. In isolation, each treatment could never completely destroy all the cancer cells.

But in tandem they are a potent force, which the scientists believe can produce a long-term cure.

Professor Richard Begent, head of oncology at the Royal Free Hospital, led the research. Even killing off a tumor's blood supply was not enough to destroy it because part of it was still sustained by the body's normal blood supply. However, the radioactive antibodies used in the new treatment were able to starve the tumor of this supply too.

He said, "This does not necessarily mean that we would be able to cure people, but it does make it worth exploring this further and seeing if it can be of benefit to people with cancer."

Dr. Lesley Walker, the Cancer Research Campaign's Director of Cancer Information, said, "This is the latest step in the very encouraging development of this drug for treating cancer. This good news confirms what we have been saying all along — that treatments that directly target cancers and spare normal tissue will be the cancer therapies of the future." Dr. Walker said that as well as proving to be an effective treatment, the combination therapy should also greatly reduce side effects for the patient. Approximately 200 patients with a variety of different cancers will be recruited to take part in the human trials.

A drug that indirectly attacks tumors by destroying the blood vessels that feed them substantially boosts the effectiveness of traditional anti-cancer medications in laboratory animals, new University of Florida research shows.

Scientists have also found that by combining CA4P prodrug with standard chemotherapy agents, tumor cells in mice were killed off at 10 to 500 times the rate of chemotherapy alone.

The drug was employed against human tumor cells breast, ovarian and AIDS-related Kaposi's sarcoma that had been injected into the animals.

"We previously had shown that the drug was effective when combined with radiation therapy," said Dietmar Siemann, a professor of radiation oncology in UF's College of

Medicine. "But now we have shown that it performs well with traditional anti-cancer drugs. It does well on its own, but it's also a way to enhance the effectiveness of chemotherapy."

In breast and ovarian tumors models, combretastatin with cisplatin or cyclophosphamide caused a dramatic increase in tumor cell death a 10- to 500-fold increase -- over any of the medications by themselves.

Combretastatin by itself does not eradicate an entire tumor because it attacks only new blood vessels that have developed to support the cluster of cancerous cells. The outer rim survives because it is nourished by blood vessels that supply normal tissue.

An associate professor of radiation oncology at the Stanford University School of Medicine, Amato Giaccia, noted that several laboratories around the world are finding similar results with combretastatin and a variety of tumor types. That's encouraging, he said, because "it's getting real and reproducible effects."

Further Reading

Humane Society: Stories About Tragedy and Golf by Jonathan Shute. Excerpt from page 289 "... The earnest appeal to investigate the willow tree as a cancer cure piqued the interest of ... from the bark of the African Bush Willow, had shown a remarkable efficiency in starving cancerous tumors ..."

References

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- <http://www.jcrows.com/treebark61701.html>

Aloe Vera/Acemannan

Aloe is a succulent related to the lily family that is indigenous to Africa but currently cultivated all over the world. There are over 300 different species of aloe, the best known of which is Aloe Vera. It has been used medicinally in folk traditions since ancient times as a remedy for cuts and burns, and internally as well for intestinal ailments and for cleansing purposes. The clinical use of aloe began in the 1930s with reports of successful treatment of x-ray and radium burns. Today, aloe is also commonly found in commercial shampoos and skin lotions.

Aloe is generally considered safe for use in humans, both topically and orally and is reported to be non-toxic even when injected in high doses. Aloe Vera is also approved by the FDA as a natural flavoring. But side effects from the use of aloe have also been reported. A bitter yellow substance in the bundle sheath is a purgative and laxative, and must be removed in processing--skin and intestinal irritation can also result from applying or ingesting the raw juice.

Aloe has been studied extensively in Russia, as well as in Madagascar and Japan. There is considerable research evidence for aloe's usefulness as a non-specific immune stimulator and immune modulator. These findings point not only to aloe's potential role as adjuvant therapy for cancer, but also to its value for patients whose immune function has been compromised as a side effect of mainstream therapy. Most studies, however, examined the effects of aloe or its constituents when injected; it is unclear, therefore what results might be expected from the use of aloe taken orally.

In 1976, guided by assays for tumor-inhibitory activity, researchers examined an extract of the seeds of the aloe species *Rhamnus frangula* L. and isolated aloe emodin, compound that showed significant antileukemic activity against the P-388 lymphocytic leukemia in mice.

In a pair of studies carried out at the Pasteur Institute in Madagascar in 1980 and 1981, researchers found that mice given a hypodermic injection of unrefined Aloe vahombe extract were protected against infection caused by the bacteria *Klebsiella pneumoniae*, *Listeria monocytogenes* and *Yersinia pestis*, *Plasmodium berghei* parasites, and *Candida albicans* fungus.

In a third study in 1983, the researchers examined the effect of a polysaccharide fraction of aloe on the development of experimental fibrosarcoma and melanoma in mice.

Polysaccharides are large a class of carbohydrate molecules that include the common sugars. They administered the fraction intravenously.

According to the authors:

"In the case of the McC3-1 tumor, but it is encouraging to note that under different experimental conditions the rate of growth of tumors in animals, which were treated, is slower than in those not treated. Preliminary studies of its action seem to indicate that the fraction acts upon non-specific [immune] response and could possibly stimulate the phagocyte [foreign body ingesting] activity of the peritoneal macrophagus [immune cells]."

In their 1988 review of aloe research, Klein and Penneys cite in vitro studies in which aloe inhibited the metabolism of arachidonic acid. One product of arachidonic acid suppresses the activity of immune cells that are part of the body's surveillance against cancer cells.

Aloe also decreases thromboxane production by platelets in vitro. Thromboxane is produced by platelets and enhances platelet aggregation, which under normal circumstances is the process by which blood clots and wounds begin to heal. But this same coagulation process can also thicken the blood and promote the arrest of cancer cells that have broken loose from tumors to become lodged at distant sites, which is a critical step in the metastatic process. As an anticoagulant, aloe might inhibit tumor cell arrest at potential metastatic sites.

Two Russian researchers carried out an evaluation of antimetastatic properties of aloe and of its usefulness in potentiating the effectiveness of chemotherapy. Using three types of experimental tumors in mice and rats, they found that aloe treatment contributed to a reduction of tumor mass, metastatic foci and metastasis frequency at different stages of tumor progress without affecting major tumor growth. They concluded:

"Succus Aloes potentiates the antitumor effect of 5-fluorouracil and cyclophosphamide as components of combination chemotherapy."

In another animal study, S.Y. Peng found that acemannan increased survival of sarcoma-bearing mice: Acemannan, in both enriched and highly purified forms, was administered intraperitoneally to female CFW mice into which murine sarcoma cells had been subcutaneously implanted. The rapidly growing, highly malignant, and invasive sarcoma grew in 100% of implanted control animals, resulting in mortality in 20 to 46 days, dependent on the number of cells implanted. Approximately 40% of animals treated with acemannan at the time of tumor cell implantation (1.5×10^6 cells) survived.

Roberts and Travis tested whether a wound dressing gel that contained acemannan extracted from aloe leaves might affect the severity of radiation-induced acute skin reactions in C3H mice and compared the effect to other commercially available gels such as a personal lubricating jelly and a healing ointment.

They found that the average peak skin reactions of the acemannan-treated mice were lower than those of the untreated mice at all radiation doses tested. The average peak skin reactions for mice treated with personal lubricating jelly or healing ointment were similar to irradiated control values. Reduction in the percentage of mice with severe skin reactions was greatest in the groups that received wound dressing gel containing acemannan for at least 2 weeks beginning immediately after irradiation. There was no effect if gel was applied only before irradiation or beginning 1 week after irradiation.

Sato and colleagues also examined the protective effects of *Aloe arborescens* on mouse skin injury induced by x-rays and also concluded that there was a significant protective effect from skin injury.

This research on aloe's usefulness with skin irritation and radiation burns coincides with its traditional use in this regard and is significant for patients undergoing radiation therapy. Some practitioners also advise patients to take aloe orally for mouth and gastrointestinal damage from radiation, a practice considered safe because of its lack of toxicity.

Research also indicates that aloe may be of use to the significant minority of cancer patients experiencing cachexia, or wasting.

Also see [WLA-132](#).

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter aloe vera juice in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

One source is at CVS Online Pharmacy Store <http://www.cvs.com/CVSAApp/cvs/gateway/detail?prodid=201370> Ph (888) 607-4287.

Further Reading

- Aloe Vera, Jojoba and Yucca by John Heinerman
- Aloe Vera the New Millennium: The Future of Wellness in the 21st Century by Bill C. Coats, Robert Ahola

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- Boik, *Cancer and Natural Medicine*, 136.

Astragalus/Huang-qi

Astragalus is a popular immune boosting herb. It is often the herb of choice for anyone needing to restore T-cell (a specific type of white blood cell that is part of the lymphocyte family) counts, something very important to cancer patients. It does not seem to have any direct effect on malignancy, meaning it is not cytotoxic, but it seems to strengthen the immune system in such a way as to make the battle with cancer somewhat less taxing on the patient.

It is also used as an adjunctive support for persons undergoing chemotherapy.

Astragalus contains numerous components, including flavonoids, polysaccharides, triterpene glycosides (e.g. astragalosides I-VII), amino acids, and trace minerals. Research conducted by the M.D. Anderson Hospital in Houston, Texas, confirms this

herbs immune-potentiating actions. Astragalus appears to restore T-cell counts to relatively normal ranges in some cancer patients.

The great Chinese Emperor Shen Nung around 5000 years ago first discovered astragalus. Westerners began to realize the medicinal importance of *A. membranaceus* during the 1800s. Dr. Alexander van Bunge, a Russian physician who studied East Asian plants, first described the species for the West in 1868. Astragalus is slowly becoming one of the better-known Chinese herbs. Some of its popularity may be attributed to extensive scientific study that began in the 1970s confirming the herb's ability to stimulate the immune system, fight bacteria, viruses, and inflammation, protect the liver, and act as a diuretic and adaptogen. Adaptogens are substances that have nonspecific actions and cause minimal disruption to the body while normalizing body functions, no matter the condition or disease.

Astragalus strengthens the body's resistance and invigorates and promotes tissue regeneration via photochemicals in the plant such as polysaccharides, especially astragalan I, II, and III, and saponins and triterpenes.

In studies performed at the National Cancer Institute and 5 other leading American Cancer Institutes over recent years, it has been positively shown that while astragalus does not directly attack cancers, it does however strengthen a cancer patient's immune system allowing them to recover significantly faster and live longer. Researchers believe on the basis of cell studies that astragalus augments those white blood cells that fight disease and removes some of those that make the body more vulnerable to it. In these same studies, both in the laboratory and with 572 patients, it also has been found that Astragalus promotes adrenal cortical function, which also is critically diminished in cancer patients. Astragalus also ameliorates bone marrow depression and gastrointestinal toxicity caused by chemotherapy and radiation. Astragalus is presently being looked upon as a possible treatment for people living with AIDS and other viral conditions as it also increases interferon production and enhances NK and T cell function. Astragalus shows support for peripheral vascular diseases and peripheral circulation.

Astragalus is available in capsule, tablet, and fluid extract form, and as dried root and prepared tea.

In Traditional Chinese Medicine, astragalus is often used in daily doses of 9 g to 15 g of the dried sliced root, simmered for several hours in a quart of water (the decoction is ready when the water is reduced down to a pint).

Alternatively, astragalus is prepared by combining 1 part honey, 4 parts dried root, and a small amount of water in a wok or skillet, then simmering the mixture until the water evaporates and the herbs are slightly brown.

To make your own tea, boil 1 ounce of Astragalus root in 1 cup of water for 15 to 20 minutes.

In tablets or capsule form, it is typically combined with ginseng in doses of up to 500mg taken 3 times a day.

Astragalus appears to have no known adverse side effects.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter astragalus. Select "100 Results". Select "Sort by Price: Low to High".

One source for the organic product is Greenbush Herbs International at <http://store.yahoo.com/greenbush-herbs/astragalus.html> Email info@greenbush.net

Further Reading

- 8 Weeks to Optimum Health by Andrew Weil M.D. Excerpt from page 135 "... from the immunosuppressive effects of the latter. I commonly recommend astragalus to cancer patients ; it will not interfere with the conventional therapies. ..."

References:

- <http://www.itmonline.org/arts/iepcancer.htm>
- http://www.wholehealthmd.com/refshelf/substances_view/1,1525,10006,00.html

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- www.irelandcancercenter.org/cancer-treatment-center-aa.html

Beet Juice Crystals

Red beet juice has been an important part of human nutrition for centuries. In modern times, French nutritionists have tested the value of beet juice, using diets that include up to 6 pints of beet juice daily. Often, beet juice is used in combination with other juices. Beet juice, carrot juice, and green juice form the central trio in many juicing programs.

Juicing programs, with their widely recognized benefits, have a long tradition, both in North America and around the world. Such researchers as Norman Walker D.Sc Ph.D., and Dr. Bernard Jensen have been investigating the effects of making juice a part of the daily diet since the early part of this century.

The conclusion of their research is that there are three juices that are the key, the core, of any effective juice program: a green vegetable juice, carrot juice, and beet juice.

Beetroot juice is high in cancer fighting phytochemicals as well as vitamins B1, B2, B6, beta carotene, vitamin C, folic acid, vitamin E, the minerals sodium, potassium, magnesium, calcium, manganese, iron, cobalt, copper, zinc, chromium, selenium, and numerous enzymes.

RediBeets is dehydrated beetroot juice and is available in powder or caplet form. RediBeets can be taken dry or mixed with water, another juice, or with Barleygreen. The recommended serving is 1 to 2 teaspoons taken on an empty stomach. Do not exceed 2 servings per day without the advice of your health practitioner.

Sources

Identify sources and best prices at Froogle. Just [click http://froogle.google.com/froogle_advanced_search](http://froogle.google.com/froogle_advanced_search) Enter beet juice crystals in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

One organic product is Redibeets.

Further Reading

- Dr. Jensen's Juicing Therapy : Nature's Way to Better Health and a Longer Life by Bernard Jensen, Bernard Jensen PhD Excerpt from page 53 "... Max Beimer in the 1890s, I watched researchers feed raw beets to laboratory rats. The beets successfully reduced the rate of cancer growth. Beets are cleansing for the liver, gallbladder, and bowel, and I always try to include a little beet juice or grated beet (the size of a golf ball) in ..."

References

- <http://www.qforhealth.com/itm00008.htm>

Black Seed Oil/Black Cumin/Nigella Sativa

"These results confirmed earlier findings that Black seed has a positive stimulating effect on the immune system. These findings are of great practical significance since they indicate that a natural immune enhancer like the Black seed could play an important role in the treatment of cancer, AIDS, and other disease conditions associated with immune deficiency states."

"Black seed has also been found to contain anti-tumor properties. In vivo studies showed that the active ingredient could completely inhibit the development of a common type of cancer cells called Ehrlich ascites carcinoma."

Sources

Identify sources and best prices at Froogle. Just [click http://froogle.google.com/froogle_advanced_search](http://froogle.google.com/froogle_advanced_search) Enter black seed oil in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- Black Seed: Nature's Miracle Remedy by W. G. Goreja, W.G. Goreja.

- On Page 26: "... Research Research from around the globe is producing increasing support for Black Seed's widespread healing powers. Since 1959, over 200 studies have been ... the deadliest of diseases, especially when combined with complimenting treatments. Cancer: The Cancer Immune-Biology Laboratory of South Carolina recently published results ... to date. They reported the following encouraging results: "Black Cumin Oil (Black Seed) generally helps stimulate the production of bone marrow and cells of the immune system... It increases the production ..."
- On Page 28: "... preventing the liver toxicity associated with long-term cancer treatments. The anti-oxidant properties of thymoquinone are believed to contribute to this result. Furthermore, the volatile oils of Black Seed have been shown to inhibit tumor growth by blocking the mechanism that allows for the development of blood vessels within ..."
- On Page 48: "... purity. Buy an amount that you will use within a few weeks. The oil will begin to decompose from the moment the bottle has ... turning rancid after an excessive period of time. " Try Black Seed capsules coated with vitamin E. These break down more slowly ... to fight and eliminate dangerous substances in the body. From cancer-fighting properties to antioxidants to antihistamine agents - all elements in the herb combine for unparalleled healing effects. Moreover, recent studies ..."

References

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Beetroot/Dr. Ferenczi

Dr. Sandor (Alexander) Ferenczi of Csorna is generally acknowledged as having pioneered of the use of beetroot (*beta vulgaris cruenta rubra*) as a cancer therapy in the nineteenth century.

The fact that beetroot has remarkable therapeutic properties was known in antiquity, and Dr. Ferenczi was really only continuing a long tradition begun by the fathers of medicine. Known to Hippocrates, Galenus, and Dioscorides, the beetroot first came to the attention of western europeans via Paracelsus, (Philipp Theophrastus Bombast von Hohenheim) who described it in 1540. The therapeutic properties of beetroot were ascribed to its ability to strengthen the blood and combat fever, with the result that beetroot was used to treat numerous illnesses.

Closer to our own times is the university professor J.F. Osiander of Göttingen, who mentioned that beetroot was used to treat tumors of the nose in a book on folk medicine published in 1826. By 1929, the German doctors Farberse and Schoenenberger were using beetroot therapeutically.

The Hungarian Professor Bakay of the University of Budapest carried out experiments in 1939 (long before Dr. Ferencz) on 72 patients suffering from cancer or leukemia in his clinic in the Hungarian capital. He observed regression of the tumors, increases in weight and improvement in the general condition of his patients.

Jewish doctors have also long been aware of the therapeutic properties of beetroot. Even in the Talmud Rabbi Chanina and Rabbi Jochanan recommend "eating beetroot, drinking mead and bathing in the Euphrates.

The Mexican J. Erdos writes that during a journey through North Africa in 1939 he met a healer in the Atlas Mountains who had studied Tropical Medicine in Paris, and who claimed to have successfully treated malignant tumors with beetroot. Erdos also writes that he met a healer in Yugoslavia who stated quite categorically that in the regions where large quantities of beetroot are eaten:

"fatal necroses of the stomach and lung are unknown."

Sources

Buy beetroots, preferably organic, at your local market..

Further Reading

- Herbal Medicine, Healing & Cancer by Donald Yance. Excerpt from Page 56: "... hospital in Csoma, Hungary, using nothing but raw red beets. According to Ferenczi, beetroot contains a tumor-inhibiting substance that he attributes to its natural red coloring agent, betaine."

References

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Boluses

A bolus is like a suppository, used either vaginally or anally. Dr Schulze, a proponent of boluses, created a bolus of Squaw Vine herb, Slippery Elm Bark, Goldenseal root, Yellow Dock root, Comfrey root, Marshmallow root, Chickweed herb, Mullein leaf, Garlic bulb, and Coconut and Tea Tree oil. Some boluses can be made into suppositories by mixing the materials and placing them into the freezer. These would be used for cervical problems.

He recommends them for cervical, uterine, ovarian, colon cancer, and any lower abdominal cancers (and for cysts). The herbs are cleansing and have anti-tumor properties, and absorbed anally they can help fight many cancers. This formula has apparently been very successful for cervical dysplasia. A strategy often recommended is to fight dysplasia with a mixture of this bolus and an immunomodulator or immuno stimulant such as Biobran/MGN-3, Agaricus mushrooms, or Aloe Vera.

Dr. Schulze recommends inserting the bolus at night, and keeping it inside as long as possible (two days if administered into the cervix). For cervical problems, afterwards, in the evening, you should douche. His favorite douche is a pint of water with a couple of tablespoons fresh squeezed lemon or lime juice, or a couple of tablespoons of raw organic apple cider vinegar.

However, many people find this formula to be drying, and Dr. John R. Christopher (a renowned herbalist and healer and Dr. Schulze's mentor) recommends Yellow Dock Tea for the douche. Do this for six days; rest on the seventh. The routine is to be carried out for a period of six weeks to six months.

The recipe for Dr. Schulze's bolus: equal parts of Squaw Vine herb, Slippery Elm Bark, Goldenseal root, Yellow Dock root, Comfrey root, Marshmallow root, Chickweed herb, Mullein leaf all of these powdered (using a coffee grinder, not a blender for they heat up the herbs, or a mortar and pestle and a little elbow grease).

This is the original formula, however, to potentiate these ingredients, you may add garlic bulb, cayenne pepper, and Tea Tree oil may be added to the herbs. The cayenne pepper, is actually soothing and is reportedly not caustic (unless you find an open sore). Melt some cocoa butter and mix it all up in your hands and shape it into something that looks close to your pointing finger. These can be stored in the freezer for a long period.

The ingredients for Dr. John Christopher's Herbal Bolus are a little different: Squaw Vine, Goldenseal root, Chickweed, Mullein leaves, Slippery Elm bark, Marshmallow root, Blue Violet, Yellow Dock root.

Cocoa butter melts at a very low temperature, which is why it is used as the binding agent for the powdered herbs. The bolus has to melt at body temperature so that the bolus will disperse and the herbs will move throughout the reproductive and eliminatory systems.

You can use a slow cooker or a yoghurt maker with a one quart capacity. A double boiler is another option, but you want to be sure your temperatures are really low. The herbs do not need to be cooked at all. In fact, it is probably better not to cook them. They just need to be stirred into the melted cocoa butter.

1. Melt the cocoa butter. Do not allow it to bubble or burn.
2. Stir in the powdered herbs a little at a time. Stop if the mixture becomes too stiff. If the mixture is too thin, add some turmeric powder. If it is too thick, add some olive or sesame (not toasted but raw sesame oil).
3. Allow the mixture to cool enough that you can handle it without burning yourself.
4. You have two main options:
 - a. Roll the mixture as if making a pie crust. Then slice it into narrow strips that you wrap individually in wax paper.

- b. Separate a little bit of the mixture as if making cookies, and roll each into something about the size of the last two sections of your baby finger, 2-3 inches long and approximately the same thickness as your smallest finger.
5. Wrap each bolus individually (in wax paper) and put in the refrigerator.

The Garden Patience blend is Dr. Christopher's recommendation. It can be steeped as a tea and consumed as a beverage as well as used as a douche. For best results, use it both ways, being very careful of the temperature used for douching. It can be obtained from Holistic Health Service. An excerpt from the Holistic Health Service website <http://www.drnathanrabb.com/Productsb.htm>:

"The herbal bolus has a tremendous drawing power. It sucks out the toxins like a sponge. It also spreads powerful herbs throughout the vaginal, rectal and entire urinary and genital organ areas. The herbal bolus can be used for all internal vaginal disorders as well as Prostate problems."

Sources

Holistic Health Service <http://www.drnathanrabb.com/Productsb.htm>

Identify other sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search
Enter bolus herbs. Select "100 Results". Select "Sort by Price: Low to High".

If you cannot find these herbs locally (only wild crafted or organically grown herbs are recommended), contact is Pacific Botanicals in Oregon, <http://www.pacificbotanicals.com/> Phone 541-479-7777.

Health Freedom Resources (students of Dr Schulze). <http://www.healthfree.com/index.htm> Phone (800-822-7226) and they will make up a bolus for you.

Further Reading

- School of Natural Healing by John R. Christopher. Excerpt from page 372 "... for use. Administration: Dip 1 piece of the slippery elm bolus into hot water and insert ... of yellow dock (Rumex-crispus) or Dr. Christopher's Vaginal Douche (yellow dock combination), and repeat the pack. CASE ..."
- The Way of Herbs by Michael Tierra. Excerpt from page 21 "... into the vagina to treat infections, irritations and tumors. The herbs used in the bolus may include astringents such as white oak bark or bayberry ..."

References

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Burdock Root/Arctigenin

Burdock root is a key ingredient in the herbal formulas for cancer, the Hoxsey Therapy and Essiac tea, as well as a staple in the Japanese and macrobiotic diets. Burdock has historically been used against tumors in several countries: China (in a record from 502 A.D.), Japan, Italy (in the twelfth century), Spain, and Chile. The Potawatomi Indians in the Midwest used a related species, lesser burdock, as an antitumor agent.

"The burdock root is comprised mainly of carbohydrates, largely INULIN (not insulin), mucilage, starches and some sugar. Inulin is the principle active ingredient in burdock root and it has been shown to have remarkable curative powers in lab studies. Inulin helps strengthen the organs, especially the liver, and its natural sugars help to regulate blood sugar metabolism. Some diabetics claim that they have been able to eliminate the need for taking insulin ... Inulin is also regarded as a powerful immune system regulator, and when teamed up with echinacea it is a powerful immune system booster. Inulin is thought to attach itself to the surface of white blood cells and make them work better. It is even thought that Inulin can activate T-Cells in the attack against cancer cells."

Burdock seed contains a number of ligands, including arctigenin, which has been shown to induce differentiation in mouse myeloid leukemia (M1) cells.

In their report on their studies of terminal differentiating agents from methanolic extracts of over 200 plants tested, Kaoru Umehara and his colleagues at the University of Shizuoka found that burdock seeds showed a marked differentiation. They have the power of

inducing activity toward M1 cells at very low concentrations, though they were inactive towards a human promyelocytic leukemia cell line.

Arctigenin has also demonstrated potent cytotoxic effects against another human leukemia cell line while showing no toxicity to normal lymphocytes. Arctigenin was less effective in inhibiting the growth of a human T lymphocytic leukemia cell line.

Studies have shown antitumor activity with burdock in animal tumor systems, with various fractions inhibiting Yoshima sarcoma in mice by as much as 61%. Japanese researchers tested burdock and nine other vegetable juices for their ability to prevent chemically-induced chromosomal mutations in rat bone marrow cells. Significant suppression of the incidence of mutations was found using the fresh or boiled juice from onion, burdock, eggplant, cabbage, and welsh onion.

Burdock was also found by another team of Japanese researchers to reduce the mutagenicity of chemicals activated by the metabolism, as well as those whose mutagenicity is not dependant upon metabolic activity. Purification of the "burdock factor" increased its effectiveness and reduced the level of mutagens by 24%, whereas fresh juice reduced mutagens by 17%.

Benzaldehyde, which has been isolated from burdock, has also shown anticancer activity. See Benzaldehyde.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter burdock root in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

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- Essiac: A Native Herbal Cancer Remedy by Cynthia Olsen, et al
- Beating Cancer With Nutrition by Patrick Quillin, et al
- Essiac Essentials: The Remarkable Herbal Cancer Fighter by Sheila Snow, Mali Klein
- The Cancer Prevention Diet: Michio Kushi's Macrobiotic Blueprint for the Prevention and Relief of Disease by Michio Kushi, Alex Jack. Excerpt from page 44 "... 44 : The Cancer Prevention Diet Condiments should ... tekka, a combination of carrot, burdock, and lotus root that has been finely chopped and sautéed ..."
- Herbal Medicine, Healing & Cancer by Donald Yance, Arlene Valentine. Excerpt from page 23 "... antimutagenic properties. Some of the most powerful antimutagenic foods are burdock, garlic, ginger, turmeric, and citrus peel. Studies have shown that in order to promote cancer growth, oncogenes, mutated suppressor genes (like p53), and carcinogens must ..."

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Cannabis/Medical Marijuana/Tetrahydrocannabinol (THC)

"The term medical marijuana took on dramatic new meaning last February, when researchers in Madrid announced they had destroyed incurable brain cancer tumors in rats by injecting them with THC, the active ingredient in cannabis. Most Americans don't know anything about the Madrid discovery. Virtually no U.S. newspapers carried the story, which ran only once on the AP and UPI news wires, on Feb. 29. The ominous part: This isn't the first time scientists have discovered that THC shrinks tumors. In 1974, researchers at the Medical College of Virginia had been funded by the National Institutes of Health to find evidence that marijuana damages the immune system. Instead, they found that THC slowed the growth of three kinds of cancer in mice -- lung and breast cancer and a virus-induced leukemia. The government quickly shut down the Virginia study and all further cannabis/tumor research, according to Jack Herer, who reports on the events in his book, **The Emperor Wears No Clothes**. In 1976, President Gerald Ford put an end to all public cannabis research and granted exclusive research rights to major pharmaceutical companies, which set out -- unsuccessfully -- to develop synthetic forms of THC that would deliver all the medical benefits without the 'high'."

Further Reading

- The Emperor Wears No Clothes by Jack Herer
- <http://www.ardpark.org/research/shrinktumors.htm>
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- <http://americanmarijuana.org/pot.shrinks.tumors.html>

Chaparral/Larrea/NDGA/M4N

Chaparral tea is a long-standing Native American remedy for cancer which originated among the tribes of the desert Southwest.

It is prepared by grinding leaves and twigs of an evergreen desert shrub known as the Creosote Bush called *Larrea divericata* Coville or *Larrea tridentata* Coville. Chaparral tea, which contains a potent antioxidant, nor-dihydroguaiacetic acid (NDGA), has been found to have anti-tumor activity.

Researched by the University of Utah, it is marketed by Jason Winters as part of an anti-cancer herbal remedy. Dr. Rona states:

"An aqueous extract of the leaves and twigs, so-called chapparal tea, is an old Indian remedy and has been used for a wide variety of ailments, including arthritis, cancer, venereal disease, tuberculosis, bowel cramps, rheumatism, and colds. It is said to possess analgesic, expectorant, emetic, diuretic, and anti-inflammatory properties. Dried chaparral is described as one of the best herbal antibiotics, being useful against bacteria, viruses and parasites, both internally and externally. There are a hundred or more varieties of plants that are called chaparral. The one that is used medicinally is *Larrea divaricata*.

Most researchers attribute the effects to nordihydroguaiaretic acid or NDGA. This is an antioxidant that is often added to oils to prevent rancidity, but it seems to have other benefits, including protecting tissue from damage when exposed to carcinogens. Studies show that NDGA may also inhibit cell proliferation as well as DNA synthesis.

Chaparral may also be useful in combatting certain bacteria and viruses and has shown much promise with herpes. Dr. Christopher felt that chaparral acted on the fermentation processes that nourish morbid conditions in the body. He also believed that it stimulates reproduction of healthy cells in such a way as to drive out unhealthy ones. Dr. William Kelley, a dentist who has contributed much to holistic cancer theories, felt that chaparral is a natural chelator that helps to remove toxins from the liver and pancreas.

Chaparral has been used for centuries without incident by Native American Indians as well as by millions of cancer victims. In fact, it is estimated that over 200 tons (500 million capsules) has been sold in the U.S. in the last two decades alone. Dr. Norman Farnsworth's extensive studies on chaparral in the 1970s and 1980s were unable to find any hepatotoxic properties."

Dr. William Kelly from the Kelly Research Foundation states:

"I've found that chaparral is very effective in 7% of the cases of malignancy. The action is not as many researchers believe--a specific activity against the cancer cell, but rather an indirect one. In about 7% of the cases of malignancy, the pancreas and the liver as well as other tissue of the body are so congested with poisons such as medications, sprays, drugs, metallic poisons, and pollutants, that these tissues cannot carry on normal activity.

This is basically an antagonist to the enzyme and vitamin and mineral metabolism that goes on in the body. In cancer specifically, we find that the pancreatic enzymes are locked with the antagonists and are rendered totally ineffective. By chelating these antagonists from the pancreatic enzymes, we find that normal activity takes place and the person's own cancer defenses take over and destroy the tumor in malignant conditions.

It has been found further and should be seriously investigated by the Federal Government that Chaparral works well in chelating the toxins out of the bodies of those who have been drug addicts. We recommend taking two Chaparral tablets before each meal. This seems to be an effective way of chelating antagonists from the body that otherwise could not be accomplished."

Warning: Larrea should be used with caution in persons with a history of previous, or current, liver disease. There are also reports of allergic reactions to chaparral and to its resin. Read Ralph W. Moss' commentary of the toxicity of chaparral at http://www.cancerdecisions.com/102404_page.html.

M4N is derived from chaparral. Long derided by medical authorities as both ineffective and dangerous, for the past dozen years its sale has been virtually banned by the Food and Drug Administration (FDA). Yet now chaparral is turning out to be the source of a scientifically validated medicine to fight cancer. In a Phase I study:

"South Carolina doctors have announced that a drug called M4N shrinks inoperable tumors of the head and neck region. Researchers injected M4N directly into the tumors of eight such patients who were not eligible for surgery. According to press releases, they saw evidence that the agent killed the tumors in these patients, all of whom had advanced, otherwise untreatable forms of the disease." (Reuters 2004).

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search. Enter chaparral. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- Killing Cancer: The Jason Winter's Story by Sir Jason Winters

References

- <http://www.aboca.us/pdf/herbs/burdock.pdf>

Cayenne Pepper

"Hot chili peppers not only fire up your food, they may also put the heat on cancer cells and force them to self-destruct. A new study shows a natural substance found in chili peppers kills cancer cells by starving them of oxygen. Researchers tested the chili pepper substance (known as capsaicin) along with a related compound (resiniferatoxin) on human skin cancer cells to analyze how the cells reacted. Both compounds are natural substances known as vanilloids. They found that the majority of the skin cancer cells exposed to the substances died. The researchers say these substances seem to kill cells by damaging the cell membranes and limiting the amount of oxygen that reaches the cancer cells."

References

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Further Reading

- Curing With Cayenne by Sam Biser

Chicory Root

"Chicory root, a popular ingredient in herbal coffees, contains an anti-cancer carbohydrate known as inulin. Inulin prevented the formation of colon cancer tumors in several animal studies, according to a review published last year in the British Journal of Nutrition."

Reference

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Chinese Bitter Melon/Kuguazi/Karela

Bitter melon, also known as bitter gourd, bitter pear melon, karela, ampalaya, balsam pear, boston apple, bitter apple, wild cucumber, cindeamor, carilla plant, African cucumber, margose, concomb (Africa), Kuguazi (China) and Karela (Pakistan), is common in Asia as well as in Southern California, southern Florida and South America. This leafy plant bears fruit which looks like a bumpy cucumber.

"In Brazilian herbal medicine, bitter melon is used for tumors, wounds, rheumatism, malaria, vaginal discharge, inflammation, menstrual problems, diabetes, colic, fevers, worms. It is also used to induce abortions and as an aphrodisiac. It is prepared into a topical remedy for the skin to treat vaginitis, hemorrhoids, scabies, itchy rashes, eczema, leprosy and other skin problems. In Mexico, the entire plant is used for diabetes and dysentery; the root is a reputed aphrodisiac. In Peruvian herbal medicine, the leaf or aerial parts of the plant are used to treat measles, malaria, and all types of inflammation. In Nicaragua, the leaf is commonly used for stomach pain, diabetes, fevers, colds, coughs, headaches, malaria, skin complaints, menstrual disorders, aches and pains, hypertension, infections, and as an aid in childbirth."

Several *in vivo* studies have demonstrated the antitumor activity of the entire plant of bitter melon. In one study, a water extract blocked the growth of rat prostate carcinoma; another study reported that a hot water extract of the entire plant inhibited the development of mammary tumors in mice. Numerous *in vitro* studies have also demonstrated the anticancerous and antileukemic activity of bitter melon against numerous cell lines, including liver cancer, human leukemia, melanoma, and solid sarcomas.

"Traditional Remedy: 1 cup of a standard leaf or whole herb decoction is taken one or two times daily, or 1-3 ml of a 4:1 tincture is taken twice daily. Powdered leaf in tablets or capsules - 1 to 2 g can be substituted, if desired."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter bitter melon in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

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- <http://www.shirleys-wellness-cafe.com/cancer.htm>

Chuchuhuasi Tree

Italian researchers have found that an extract from the chuchuhuasi tree fights tumors and reduces inflammation.

Chuchuhuasi is an enormous canopy tree of the Amazon rainforest that grows to 30 m high. Several botanical names have been given to this species of tree (which has led to confusion); it is referenced as *Maytenus krukovii*, *M. ebenifolia*, *M. laevis*, and *M. macrocarpa*. It has large leaves (10–30 cm), small, white flowers, and extremely tough, heavy, reddish-brown bark.

Indigenous people of the Amazon rainforest have been using the bark of chuchuhuasi medicinally for centuries. Its name means "trembling back," which refers to its use for arthritis, rheumatism, and back pain. One local Indian arthritis and rheumatism remedy calls for one cup of a bark decoction taken three times a day for more than a week.

Chuchuhuasi is a powerhouse of phytochemicals—mostly triterpenes, flavonols, and sesquiterpene alkaloids. Two of the more well-known phytochemicals in chuchuhuasi are maytensine and maytansine—alkaloids long documented (since the 1960s) with antitumor activity and which occur in other *Maytenus* plants as well. Other novel compounds, including dammarane- and friedelane-type triterpenes, also have been documented in chuchuhuasi bark.

Its long history of use has fueled much clinical interest in the research community. In the 1960s, an American pharmaceutical company discovered potent immune-stimulating properties of a leaf extract and a bark extract, documenting that it increased phagocytosis in mice. Researchers reported in 1977, that alcohol extracts of the bark evidenced anti-inflammatory and analgesic activities in various studies with mice, which validated chuchuhuasi's traditional uses for arthritic pain.

Its anti-inflammatory action again was reported in the 1980s by an Italian research group. They reported that this activity (in addition to radiation protectant and antitumor properties) were at least partially linked to triterpenes and antioxidants isolated in the trunk bark. In 1993, a Japanese research group isolated another group of novel alkaloids in chuchuhuasi that may be responsible for its effectiveness in treating arthritis and rheumatism.

Local people and villagers along the Amazon believe that chuchuhuasi is an aphrodisiac and tonic, and the bark soaked in the local rum (aguardiente) is a popular jungle drink that is even served to tourists. Local healers and curanderos in the Amazon use chuchuhuasi as a general tonic to speed healing and, when combined with other medicinal plants, as a synergist for many types of illnesses. In Colombia, the Siona Indians boil a small piece of the bark (5 cm) in 2 l of water until 1 l remains, and drink it for arthritis and rheumatism.

In the Peruvian Amazon, chuchuhuasi is still considered the best remedy for arthritis among both city and forest dwellers. It is also used for arthritis; as a muscle relaxant, aphrodisiac, and analgesic; for adrenal support; as an immune stimulant; and for menstrual balance and regulation. In Peruvian herbal medicine systems, chuchuhuasi alcohol extracts are used to treat osteoarthritis, rheumatoid arthritis, bronchitis, diarrhea, hemorrhoids, and menstrual irregularities and pain. In Brazilian herbal medicine, the bark is prepared into a decoction and used topically on skin cancers.

In the United States, a pharmaceutical company studying chuchuhuasi's anti-inflammatory and anti-arthritic properties determined that these alkaloids can effectively inhibit enzyme production of protein kinase C (PKC). PKC inhibitors have attracted much interest worldwide, as there is evidence that too much PKC enzyme is involved in a wide variety of disease processes (including arthritis, asthma, brain tumors, cancer, and cardiovascular disease). A Spanish research team found more new phytochemicals in 1998, one of which was cited as having activity against aldose reductase.

In the mid-1970s, Italian researchers tested a chuchuhuasi extract against skin cancers and identified its antitumor properties. They attributed these effects to two chemicals in chuchuhuasi called tingenone and pristimerin. Three groups found new and different sesquiterpene compounds in 1999, two of which showed marginal antitumor activity against four cell lines, and one of which was documented as effective against leishmaniasis (a tropical parasitic disease). Other researchers found four more chemicals in the roots of chuchuhuasi (named macrocarpins) in 2000—three of which were documented as cytotoxic to four tumor cell lines.

Traditional Remedy: Traditionally, 1 - 2 cups daily of a standard bark decoction or 3 - 6 ml 2-3 times daily of a standard tincture is used for this rainforest remedy.

References

- <http://www.shirleys-wellness-cafe.com/herbs2.htm>

Cocoa

The Aztec King Tezozomoc of Azoapatzalco regarded chocolate as a divine substance. Cocoa is derived from a plant called 'cacao', a word derived from the Aztec "cacahuatl." This is an evergreen tropical American tree that bears leathery ten-ribbed fruits on the trunk and older branches. Cocoa powder is made from cacao seeds, which have been fermented, roasted, shelled, ground and freed of most of its fat. Mexicans prize chocolate as an unsweetened food and use it in their famous chicken dish, mole poblano.

The darker the chocolate, the better it is for you, according to Professor Joe Vinson of the University of Scranton. Weight for weight, he said, milk chocolate has twice as many

antioxidants as blueberries and dark chocolate has five times as many. And cocoa powder contains twice as much antioxidants as dark chocolate and is almost devoid of fat.

Researchers at the University of California, Davis found that chocolate inhibits the clumping of platelets. "Cocoa consumption had an aspirin-like effect," they wrote. Cocoa butter is mainly stearic triglyceride, which is less well absorbed than other fats, and is excreted. Thus, cocoa butter has a minimal effect on serum cholesterol.

The eminent food researcher John Weisburger, PhD concluded: "The cocoa bean, and tasty products derived from the cocoa bean such as chocolate, and the beverage cocoa, popular with many people worldwide, is rich in specific antioxidants." The regular intake of such products, he continued, would increase the level of antioxidants, prevent the oxidation of "bad" LDL cholesterol, and probably prevent heart disease. "It would seem reasonable to suggest inhibition of the several phases of the complex processes leading to cancer," Weisburger said.

A report from France in January 2002, showed that certain substances in cocoa powder inhibit 70% of cancer cells during a critical phase of their growth cycle. Japanese researchers have shown that tiny amounts of a cacao bean extract (called polycaphenol) are more toxic to human tumor cells than to normal cells. In some regards polycaphenol was even more effective than vitamin C. Pretreatment of mice with polycaphenol also protected them from lethal E. coli infections.

Cornell University food scientists say:

"Cocoa teems with antioxidants that prevent cancer."

Comparing the chemical anti-cancer activity in beverages known to contain antioxidants, they have found that cocoa has nearly twice the antioxidants of red wine and up to three times those found in green tea.

The Cornell researchers, led by Chang Y. Lee, say the reason that cocoa leads the other drinks is its high content of compounds called phenolic phytochemicals, or flavonoids, indicating the presence of known antioxidants that can stave off cancer, heart disease and other ailments.

They discovered 611 milligrams of the phenolic compound gallic acid equivalents (GAE) and 564 milligrams of the flavonoid epicatechin equivalents (ECE) in a single serving of cocoa. Examining a glass of red wine, the researchers found 340 milligrams of GAE and 163 milligrams of ECE. In a cup of green tea, they found 165 milligrams of GAE and 47 milligrams of ECE.

Lee said:

"Personally, I would drink hot cocoa in the morning, green tea in the afternoon and a glass of red wine in the evening. That's a good combination."

Sources

Buy at your supermarket or identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search. Enter cocoa. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- The What to Eat if You Have Cancer Cookbook by Daniella Chace, Maureen Keane

References

- <http://psa-rising.com/eatingwell/cocoa122003.htm>

Comfrey/Symphytum Officinale/Dr. H. E. Kirschner

"Dr. Kirschner personally observed the powerful anticancer effects of comfrey on a patient of his who was dying from advanced, externalized cancer. He prescribed fresh, crushed-leaf comfrey poultices throughout the day. He writes that, "Much to the surprise of the patient and her family," there was obvious healing within the first two days of treatment, with continued visible improvement over the next few weeks. "What is more,"

he writes, "much of dreadful pain that usually accompanies the advanced stages of cancer disappeared," and there was a dramatic decrease in swelling." The leaves should only be used externally.

"Allantoin, a key ingredient found in abundance in comfrey, may be among the reasons comfrey works. Allantoin helps cells to grow and grow together."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter comfrey. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- Herbal Medicine, Healing & Cancer by Donald Yance, Arlene Valentine

References

- http://www.doctoryourself.com/comfrey_herb.html

Curcumin/Turmeric

"Imagine a natural substance so smart it can tell the difference between a cancer cell and a normal cell; so powerful it can stop chemicals in their tracks; and so strong it can enable DNA to walk away from lethal doses of radiation virtually unscathed. Curcumin has powers against cancer so beneficial that drug companies are rushing to make drug versions. Curcumin is all this and more. Curcuma longa is a ginger-like plant that grows in tropical regions. The roots contain a bright yellow substance (turmeric) that contains curcumin and other curcuminoids. Turmeric has been used in Ayurvedic and Chinese medicine for centuries. But it's only within the past few years that the extraordinary actions of curcumin against cancer have been scientifically documented. Among its many benefits, curcumin has at least a dozen separate ways of interfering with cancer."

Turmeric (tumeric) has long been revered as the foundation of herbal programs for health. In India's system of Ayurvedic medicine, turmeric has been recognized as a key balancing and detoxifying herb. In Indonesia, Japan, and China people embrace turmeric for its powerful yet safe liver detoxification and in the western medical and herbal traditions, turmeric is considered by many to be one of the most important healing herbs.

Extensive trials have been conducted to ascertain its value as an anticancer drug. Turmeric launches a multiple attack on cancerous cells. Scientists at M. D. Anderson, Texas wrote in January 2003: "Extensive research over the last 50 years has indicated [curcumin] can both prevent and treat cancer. The anticancer potential of curcumin stems from its ability to suppress proliferation of a wide variety of tumor cells, down-regulate transcription factors NF-kappa B, AP-1 and Egr-1; down-regulate the expression of COX2, LOX, NOS, MMP-9, uPA, TNF, chemokines, cell surface adhesion molecules and cyclin D1; down-regulate growth factor receptors (such as EGFR and HER2); and inhibit the activity of c-Jun N-terminal kinase, protein tyrosine kinases and protein serine/threonine kinases."

In the latest of a series of reports, the M. D. Anderson says:

"Curcumin can suppress tumor initiation, promotion, and metastasis."

Pharmacologically, curcumin has been found to be safe. Human clinical trials indicated no dose-limiting toxicity when administered at doses up to 10 g/day. All of these studies suggest that curcumin has enormous potential in the prevention and therapy of cancer.

Internet prostate cancer support groups (notably Don Cooley's lists) began seriously experimenting with turmeric to cope with a troublesome side effect of androgen-suppression therapy, gynecomastia (sore swollen breasts). Then there are the turmeric warriors, who report that dietary intake of turmeric (in salads, soups and sandwiches made with fresh root) and use of curcumin paste externally brings some relief.

University of Leicester began investigating dietary agents including curcumin, genistein, and the vitamin A analogue 13-cis retinoic acid for tumor-suppressing properties. They

observed that curcumin slows the rate at which hormone-responsive prostate cancer cells become resistant to hormonal therapy.

Antioxidant, anti-inflammatory and anti-carcinogenic properties of turmeric and curcumin are undergoing intense research. Tests in Germany, reported July 2003, found that "All fractions of the turmeric extract preparation exhibited pronounced antioxidant activity...." Turmeric extract tested more potent than garlic, devil's claw, and salmon oil as quoted in *J Pharm Pharmacol*. 2003 Jul; 55(7):981-6].

Some studies find no ill effects from large doses but others (listed in references below) disagree. A recent study of curcumin to prevent cataracts found, unexpectedly, that in rats low doses did lower cataract rates but heavy doses raised the rate of cataracts.

Another study found that rats fed large amounts of turmeric for 14 days developed enlarged, damaged livers.

Several studies indicate that curcumin slows the development and growth of a number of types of cancer cells. In Japan recently researchers defined curcumin as a broad-spectrum anti-cancer agent.

Its induction of "detoxifying enzymes," researchers say, indicates its "potential value ... as a protective agent against chemical carcinogenesis and other forms of electrophilic toxicity. The significance of these results can be implicated in relation to cancer chemopreventive effects of curcumin against the induction of tumors in various target organs".

Several breast tumor cell lines, "including hormone-dependent and -independent and multidrug-resistant (MDR) lines," respond to antiproliferative effects of curcumin. Aggarwal et al examined cell lines "including the MDR-positive ones," and found they were all "highly sensitive to curcumin. The growth inhibitory effect of curcumin was time- and dose-dependent. Overall our results suggest that curcumin is a potent antiproliferative agent for breast tumor cells and may have potential as an anticancer agent."

Other laboratories offer varying explanations but confirm the activity level of curcumin against breast, prostate and other cancers.

Some researchers say curcumin inhibits angiogenesis, i.e. formation of new blood vessels, which tumors use to nourish themselves as they grow.

As an anti-inflammatory, turmeric triggers heat-shock stress response. Heat shock proteins stimulate the immune system. "The mechanism of the stimulation by curcumin of the stress responses," Japanese researchers say, "might be similar to that of salicylate [aspirin and similar substances], indomethacin and nordihydroguaiaretic acid [an anti-oxidant that interferes with arachidonic acid metabolism]."

Research at Memorial Sloan-Kettering a few ago back indicates that it makes sense to drink green tea along with a meal spiced with turmeric for double-boosted anti-cancer protective effects:

"EGCG and curcumin were noted to inhibit growth by different mechanisms, a factor which may account for their demonstrable interactive synergistic effect."

If you are taking medications or undergoing radiotherapy or chemotherapy to treat cancer, be extremely cautious about possible interactions and effects of turmeric/curcumin on your liver and other organs.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter turmeric. Select "100 Results". Select "Sort by Price: Low to High".

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Echinacea

Echinacea may build immunity during cancer treatments and possibly protect against certain forms of cancer. Rotating echinacea with extracts of medicinal mushrooms may help to strengthen overall immunity during cancer treatments. While additional research is needed to define the potential role of echinacea in fighting cancer, a small German study showed that in patients with advanced colon cancer the herb appeared to prolong survival in those who took it in conjunction with standard chemotherapy. The herb presumably boosted the immune system's ability to fight invading cancer cells.

"Echinacea stimulates the white blood cells that help fight infections in the body. Research has shown that echinacea enhances the activity of a particular type of white blood cells-macrophages. A particular glycoprotein in echinacea was found to significantly increase the killing effect of macrophages on tumor cells."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter echinacea. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- Beating Cancer With Nutrition by Patrick Quillin, et al. Excerpt from page 12 "... as you will see in the chapter on herbs. Astragalus, echinacea, goldenseal, licorice, ginseng, ginkgo, ginger, and PC-SPES are on the golden hit parade of herbs to help you toward recovery from cancer. Work with a professional who can help guide you toward ..."

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Essiac/Flor' Essence/Lasagen/Ojibway Indian Tea/Transfer Factor

Essiac is an herbal cancer treatment developed by a Canadian nurse, Renée Caisse (1888-1978). (Essiac is Caisse spelled backwards.) Ms. Caisse claimed that the formula had been given to her in 1922 by a patient whose breast cancer had been cured by a traditional Native American healer in Ontario.

Thousands of patients have since been treated with this herbal mixture, most of them at Caisse's own Bracebridge Clinic in Ontario. While this clinic was shut down in 1942, the controversy over Essiac simmered for years. Charles Brusch, MD--President John Kennedy's physician--is said to have declared that Essiac 'cures cancer'. Essiac cannot be freely marketed in either the US or Canada. However, a company in Ontario is allowed to provide Essiac to Canadian patients under a special arrangement with health officials there. One problem is that Caisse never made the formula public in her lifetime. A number of companies now sell competing "original" Essiac in the form of a tea, but the authenticity of some of these formulas are open to question.

Since Essiac is now a very well known treatment, it is important to point out that while Caisse did provide the herbs for oral use, most of her greatest success would seem to have involved the injectible form of the herbs. They would obviously be more potent and fast-acting if administered in this way. Caisse actually felt quite strongly that this method of delivery was the only way to assure that the body could resist malignancy.

As with many that experience the frontiers of knowledge, Caisse speculated about what many to this day do not understand. She felt there was an undiscovered gland that was affected by Essiac, one that acts to inhibit the supply of the substances that nourish cancer cells. Everyone, even her strongest defenders, is quick to point out that while no one has disproved her theory, no one has corroborated it either. This said, the four herbs that everyone agrees are the cornerstones of the Essiac formula are fairly well understood.

Many users of Essiac believe that Essiac can and does improve the body's ability to fight cancer and that Essiac is effective at reducing the side effects of chemotherapy and radiation treatments. Users have reported that with the reduction in chemotherapy/ radiation side effects, they are much better able to handle the full course of their treatments - eliminating interruptions and delays in treatment.

In 1937, Dr. Emma Carson spent 24 days inspecting the Bracebridge Clinic in Ottawa where Caisse had done most of her work. In reviewing 400 cases of cancer patients, she declared:

"The vast majority of Miss Caisse's patients are brought to her for treatment after [conventional treatment] has failed and the patients are pronounced incurable. The actual results from Essiac treatments and the rapidity of repair were absolutely marvelous and must be seen to convincingly confirm belief."

But Essiac was tested at both Memorial Sloan-Kettering (MSKCC) and the US National Cancer Institute (NCI) in the 1970s and was said to have no anticancer activity in animal systems. However it is well understood that most of its identifiable components have individually shown anticancer properties in independent tests.

The four core ingredients of Essiac:

- Burdock (*Arctium lappa*). See [Burdock](#).
- Indian rhubarb (*Rheum palmatum*): This plant has been demonstrated to have antitumor activity in the sarcoma 37-test system. Certain chemicals in Indian rhubarb, such as aloe emodin, catechin, and rhein have shown antitumor activity in animal test systems.
- Sorrel: Aloe emodin, isolated from sorrel, shows "significant antileukemic activity."
- Slippery elm: Slippery elm contains beta-sitosterol and a polysaccharide, both of which have shown anti-cancer activity.

According to the providers of the best-known version of the formula:

"all four herbs normalize body systems by purifying the blood, promoting cell repair, and aiding effective assimilation and elimination. When combined, their separate beneficial effects are synergistically enhanced."

Homemade, this treatment costs about 4 cents per day. No wonder, in the era of \$150,000 bone marrow transplants, Essiac is becoming more popular. Several companies sell it and all claim to have the right formula.

Ingredients: The following makes a year's supply for \$5.00 or £3.72, according to **Essiac Essentials**. Mix the herbs together very, very thoroughly. Use 1 cup of herb mix per 2 gallons distilled water each time you brew.

Herb	Weight		Form	% of Recipe
Burdock root	4.25 ozs.	120g	pea-size cut	53%
Sheep sorrel	2.8 ozs.	80g	powdered	36%
Slippery Elm bark	0.7 ozs.	20g	powdered	9%
Turkey rhubarb root	0.18 oz.	5g	powdered	2%

To make 1 cup of mix to brew with 2 gallons of distilled water:

Burdock root (cut) = 1/2 cup

Sheep Sorrel (powdered) = 3/8 cup

Slippery Elm bark (powdered) = 2 tablespoons + 2 teaspoons

Turkey rhubarb (powdered) = 1 teaspoon

Directions:

1. Thoroughly mix these dry ingredients in a bowl.
2. Pour the dry mixture into a wide-mouth glass jar and shake well.
3. Mix 1½ quarts of distilled water to every ounce of the dry mixture and boil it up in a stainless steel, lidded pot.
4. After boiling hard for 10 minutes, turn off the heat.
5. Scrape down the sides of the pot, and stir well.
6. Let the pot sit for 10-12 hours.
7. To preserve a supply, sterilize the implements and reheat the liquid until it is steaming hot, but not boiling.
8. Strain the mixture and put it in bottles.
9. Tighten caps of the bottle and then set aside to cool. Once the bottles are opened, they should be refrigerated, but not frozen.

Take one ounce of Essiac with two ounces of hot water every second day at bedtime, on an empty stomach two or three hours after supper. Do not eat or drink anything for at least one hour after taking Essiac. Continue the treatment every other day for thirty-two days, then take the treatment every three days. Always keep Essiac refrigerated but never in the freezer.

It is important to question the source and authenticity of the herbs. For example, there are over 100 species of "sorrel" but it is important to make sure one is getting real sheep sorrel (*Rumex acetosella*), and not some substitute, such as ordinary garden sorrel (*Rumex acetosa*).

The final product looks somewhat like apple cider or light honey and has a mild, earthy aroma and a flavor that some patients refer to as "punk"-a little like dry, decayed wood.

Some patients complain of nausea and/or indigestion after taking Essiac, says Snow. This may be because they take it on a full stomach. Large doses of burdock root tea have also been found toxic in certain cases.

Note: Essiac should not be used if you have renal (kidney) problems because it contains two herbs, which are contraindicated for such cases.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter essiac or the names of the individual herbs. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

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- Essiac: A Native Herbal Cancer Remedy by Cynthia Olsen, et al
- Essiac Essentials: The Remarkable Herbal Cancer Fighter by Sheila Snow, Mali Klein
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Garlic

There has been more written about the wonderful benefits of garlic than any other food source known. Its history dates back 3,500 years: Hippocrates, the father of medicine, was the first to write that garlic was an excellent medicine for eliminating tumors.

Garlic is frequently used as a supporting remedy in the treatment of cancer. It has proven anti-cancer properties. Not only does it protect against the formation of tumors, including metastases, it also inhibits the growth of established tumors. In addition, it strengthens the immune system and improves the detoxifying ability of the liver.

According to Dausch and Nixon:

"One possible beneficial effect of garlic or its components may be their ability to enhance the body's mechanism for eliminating exogenous substances including carcinogens. In some studies, garlic has been shown to have a stimulating effect on certain enzymes that are known to be involved in removing toxic substances. Antihepatotoxic [liver detoxifying] activity of garlic sulfur components have been described in vitro and vivo."

The liver detoxification capacity is potentially be of great interest to cancer patients undergoing chemotherapy, since liver eliminates the toxic chemotherapy from the body.

Garlic stimulates the production of an enzyme called glutathione S-transferase (GST), which, naturally occurring in the body, protects against cancer by detoxifying potent carcinogens. There is no data in the National Toxicity Program on garlic, but the ancient Chinese classified garlic as a moderately toxic herb because high doses can lead to stomach upset and intestinal gas. However, a cold-aged extract from Japanese whole-clove garlic allows for the conversion of some of the active components to be converted in less irritating compounds with less odor.

Researchers believe that the single beneficial element in garlic was Allicin, the compound formed when the bulb is crushed. Allicin is an unstable compound that is strongly antibacterial and mainly responsible for garlic's characteristic odor. Now, researchers have discovered other sulfur compounds in garlic, along with 17 amino acids, germanium, calcium, selenium, copper, iron, potassium, magnesium, zinc, and small amounts of vitamins A, B1, and C. The main active components in garlic seem to be the various sulfur compounds.

Li and colleagues at the Strang-Cornell Cancer Research Laboratory describe the research on garlic in a 1995 article in *Oncology Reports*:

"Based on experimental and epidemiological evidences garlic could be classified as an anti-carcinogen. The specific phase(s) of the carcinogenic process, i.e., initiation, promotion, or progression at which garlic or its constituents may exert its biological effect, however, remains to be determined in many cases."

Intriguing evidence exists for using garlic with therapy for existing cancers. According to Boik:

"Theoretically, garlic may inhibit cancer by a variety of mechanisms, including reduced angiogenesis, reduced platelet aggregation, and increased fibrinolysis."

Dutch researchers found that compounds in garlic inhibit endothelial umbilical cell proliferation in vivo, an indication that they might also inhibit tumor angiogenic activity. The anti-angiogenic effect of thiols, compounds found in garlic, may be related to their ability to inhibit free-radical production by macrophages. Macrophages are found in great numbers in solid tumors, and can comprise 10 to 30% of the cells in a tumor. Under the low-oxygen conditions found in the interiors of solid tumors, macrophages secrete large amounts of angiogenesis factors, perhaps because of the stimuli are similar to those found in situations where wound healing is required.

Israeli scientists have destroyed malignant tumors in mice using a chemical that occurs naturally in garlic, the Weizmann Institute reported. The key to the scientists' success lies in a unique, two-step system for delivering the cancer-wrecking chemical to the tumor cells.

Alliin is composed of an enzyme, alliinase, and an inert chemical called alliin. Scientists attached alliinase to an antibody that was programmed to be attracted to a gastric tumor's characteristic receptors. Then they injected that alliinase-antibody combination into a cancerous mouse. Once the alliinase-antibody had settled on the tumors, the scientists introduced alliin into the mouse. The combination of alliinase and alliin - at the site of the tumor - created the toxic alliin, which cured the mouse of its gastric tumors.

Pruthi showed that unstable sulfur compounds cause loss of therapeutic properties if garlic is heated above 60 degrees centigrade. Cooked garlic loses medicinal value.

Further Reading

User's Guide To Garlic: Learn How This Remarkable Food An Reduce Your Risk Of Heart Disease And Cancer by Stephen Fulder

Sources

- Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter garlic. Select "100 Results". Select "Sort by Price: Low to High".

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Hoxsey Herbal Treatment

The Hoxsey herbal treatment is obtainable from the Bio Medical Center in Tijuana who state,

"In general, we have seen a 50-70 percent success rate in the treatment of cancer. The best types of cancer to respond to Hoxsey Therapy have been: breast cancer, kidney cancer, lymphomas, melanoma, prostate cancer, skin cancer and thyroid cancer."

Harry M. Hoxsey, a controversial and colorful figure who said he obtained the formula from his grandfather, first used it in 1924. The elder Hoxsey was a farmer who observed one of his horses apparently cure itself of cancer by instinctively eating certain plants. Many plants, which animals seek when they are ill, contain nitrilosides. Amygdalin (Laetrile) is classified as a nitriloxide.

Born in Illinois, the charismatic practitioner of herbal folk medicine faced unrelenting opposition and harassment from a hostile medical establishment. Nevertheless, two federal courts upheld the "therapeutic value" of Hoxsey's internal tonic. Even his 'arch enemies', the American Medical Association and the Food and Drug Administration, admitted that his treatment could cure some forms of cancer. A Dallas judge ruled in federal court that Hoxsey's therapy was

"comparable to surgery, radium, and x-ray"

in its effectiveness, without the destructive side effects of those treatments.

But in the 1950s, at the tail end of the McCarthy era, Hoxsey's clinics were shut down. The AMA, NCI, and FDA organized a "conspiracy" to "suppress" a fair, unbiased assessment of Hoxsey's methods, according to a 1953 federal report to Congress. Hoxsey's Dallas clinic closed its doors in 1960, and three years later, at Hoxsey's request, Mildred Nelson, R.N., his long-time chief nurse, moved the operation to Tijuana, Mexico.

According to eminent botanist James Duke, Ph.D., of the United States Department of Agriculture, all of the Hoxsey herbs have known anticancer properties.

They are cited in **Plants Used Against Cancer**, a global compendium of folk usage of medicinal plants compiled by NCI chemist Jonathan Hartwell. Furthermore, Duke noted, the Hoxsey herbs have long been used by Native American healers to treat cancer, and traveling European doctors picked up the knowledge and took it home with them to treat patients.

Medical historian Patricia Spain Ward reported "provocative findings of antitumor properties" in many of the individual Hoxsey herbs when she investigated the Hoxsey regimen in 1988 for the United States Congress's Office of Technology Assessment. The basic ingredients of Hoxsey's internal tonic are potassium iodide and such substances as licorice, red clover, burdock root, stillingia root, barberis root, pokeroot, cascara, prickly ash bark, and buckthorn bark. Ward noted that:

"orthodox scientific research has by now identified antitumor activity"

in most of Hoxsey's plants.

For example, two Hungarian scientists in 1966 reported "considerable antitumor activity" in a purified fraction of burdock. Japanese researchers at Nagoya University in 1984 found in burdock a new type of desmutagen, a substance that is uniquely capable of reducing mutation in either the absence or the presence of metabolic activation. This new property is so important, the Japanese scientists named it the B-factor, for "burdock factor." Also see [Burdock Root](#).

Hoxsey himself believed that his therapy normalized and balanced the chemistry within the body. Like many other holistic healers, he considered cancer to be a systemic disease, not a localized one. Cancer, he wrote:

"occurs only in the presence of a profound physiological change in the constituents of body fluids and a consequent chemical imbalance in the organism."

His herbal medicines are intended to restore the original chemical balance to the body's disturbed metabolism, creating an environment unfavorable to cancer cells, which cease to multiply and eventually die. The herbal remedies are said to strengthen the immune system, cause tumors to necrotize, and help carry away the resulting wastes and toxins. In 1954, an independent team of ten physicians from around the United States made a two-day inspection of Hoxsey's Dallas clinic and issued a remarkable statement. After examining hundreds of case histories and interviewing patients and ex-patients, the doctors released a signed report declaring that the clinic "... is successfully treating

pathologically proven cases of cancer, both internal and external, without the use of surgery, radium, or x-ray.

"Accepting the standard yardstick of cases that have remained symptom-free in excess of five to six years after treatment, established by medical authorities, we have seen sufficient cases to warrant such a conclusion. Some of those presented before us have been free of symptoms as long as twenty-four years, and the physical evidence indicates that they are all enjoying exceptional health at this time.

We as a Committee feel that the Hoxsey treatment is superior to such conventional methods of treatment as x-ray, radium, and surgery. We are willing to assist this Clinic in any way possible in bringing this treatment to the American public."

But the treatment was denied to the American public.

At the Bio-Medical Center in Tijuana, Hoxsey Therapy is administered in two forms. One is taken orally and the other is a salve (containing bloodroot) which, if the tumor is on or close to the surface of the skin, is applied topically.

The Hoxsey therapy is reportedly effective in alleviating pain in many cases. The clinic's patient brochure includes case histories of patients successfully treated.

Sources

For further information on Hoxsey therapy and details on treatment, contact. Bio-Medical Center 3170 General Ferreira, Colonia Juarez, Tijuana, Baja California 22150, Mexico Phone: 011 52 66-84-9011 Fax: 011-52-664-684-9744 Email bmc@telnor.net

Further Reading

- You Don't Have to Die by Harry Hoxsey
- When Healing Becomes a Crime: The Amazing Story of the Hoxsey Cancer Clinics and the Return of Alternative Therapies by Kenny Ausubel
- <http://www.herbalgram.org/youngliving/herbalgram/articleview.asp?a=2270>

Other Material

- Video: Hoxsey: How Healing Becomes a Crime (originally entitled Hoxsey: Quacks Who Cure Cancer?), 1987. Ninety-six minutes. An excellent, very moving documentary on the Hoxsey therapy, covering its history, the Bio-Medical Center, and the politics and economics of cancer. Obtainable from <http://www.amazon.com>

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- Third Opinion by John M. Fink

Jason Winters Tea

Like the Essiac formula, this tea is a blood cleanser. Jason Winters traveled around the world on a desperate journey to heal his terminal cancer when he was given just three months to live. Near death, he finally came across the right combination of the right herbs, healed himself, wrote a book about it, traveled on lecture tours, and helped others heal their cancers. You can find this tea in most health food stores.

Jason Winters described his own cure from terminal cancer in his book, **Killing Cancer**. It has sold more than 12 million copies. When Jason Winters cured his cancer, he felt compelled to get the word out:

"I must tell you that I was scared. I was not prepared to take on the billion-dollar drug companies, the medical associations and doctors, all of whom would chew up and spit out anyone that would dare to even say that possibly, just possibly, herbs can help."

Winters sums up the system:

"When a person is healing people but is not a medical doctor, does not belong to the AMA, and if he is not prescribing harmful drugs, then he can expect to be persecuted."

In 1978, a large, cancerous growth appeared on the side of Jason's neck. Normal cancer treatments had little effect on the growth and Jason was told to prepare to die. But Jason didn't give up on life. He turned to the alternative health field and natural remedies. He found special herbs on three different continents that had been used for centuries to combat cancer.

The individual herbs had little effect on Jason, but when he mixed them together in a tea, their synergistic effect caused his tumor to begin to shrink, the cancer to leave his body and today he is in perfect health.

During the time since this discovery of the special herbs and the tea that contains them, Jason has written numerous books and has been invited to speak to hundreds of thousands of people all around the world. Presidents, prime ministers, and congressmen have come to him to talk about physical problems in their families. Through television and radio, Jason has reached millions more with his thoughts about alternative health care. Jason was knighted in Belgium in 1985 for his work in the health field.

Jason states:

A strong immune system is the cornerstone of good health and a long life. One of the major results of our fast-paced industrialized society is that we are constantly taking in impure air, water, and food. This causes toxins to build up rapidly to the point where our bodies are no longer able to eliminate them. With all of this poisoning us, is it any wonder our immune systems are unable to function properly?

In an effort to restore my own health, I traveled the world, researching the traditional and time tested ways to eliminate these toxins to strengthen and protect the immune system in my body. Research studies are convincing us that if you cleanse and detoxify the system, the human body has the ability to heal itself and maintain good health."

The herbal ingredients seem to act synergistically, each boosting the effect of the others, making a herbal beverage that acts as a powerful natural blood purifier and detoxifier.

A purported recipe is found on the internet at <http://www.bioelectric.ws/eng/whattodo.html>:

"A person should drink half a gallon daily for every 100 lbs of their weight. Here is the recipe:

32oz water, 1/8 cup Burdock, 1 tsp Licorice root. Put herbs in water and bring to boil. Then turn down heat and cook for 15 minutes. Then turn heat very low and add: 1/4 cup Red Clover, 1 tsp Chaparral. Cover and cook for 15 minutes."

Sources

<http://www.sirjasonwinters.com/teas.htm>

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter jason winters tea. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

- <http://www.sirjasonwinters.com/>
- Killing Cancer: by Sir Jason Winters
- Killing Cancer 18 Years Later by Sir Jason Winters

Kampo

Kampo is fundamentally a clinical system based on the classical medical literature dating back to the Han Dynasty in ancient China. In Japan today, fully 75% of physicians use at least some of the traditional Kampo formulas, which are available

in almost all pharmacies by prescription, or under the advice of specially- trained pharmacists.

Kampo is different from "Western-style" herbology, which uses individual herbs or their standardized extraction. Kampo mixes together multiple raw herbs, according to specific ancient formulas, and then performs an extraction on the entire mixture. The combination of the specific herbs and this specific extraction processes creates a remedy far more effective than the total of each herb extracted individually. Kampo, the Japanese version of Chinese herbalism, has reported many successes in treating cancer. In Tokyo, many Kampo doctors work in conventional hospitals prescribing drugs, but moonlight to pursue their private herbal practices. Kampo doctors dispense with much of the conceptual framework of traditional Chinese medicine such as the division of the body into yin and yang parts.

Some Kampo medicines:

Juzen-taiho-to (TJ-48) is a traditional kampo medicine used in Japan and China. "we ... demonstrated that the M/T ratio is decreased by administration of TJ-48 in patients with gynecologic cancer."

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15206133

Preventive effect of Kampo medicine (Hangeshashin-to) against irinotecan-induced diarrhea in advanced non-small-cell lung cancer.

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Licorice root/ *Glycyrrhiza glabra*

According to herbalists, licorice (or *Glycyrrhiza glabra*) is one of the two or three most important herbs in the world. To the Chinese, there is no other herb that acts on such a grand scale except, perhaps, ginseng. Licorice root is found in more medicinal combinations in Chinese Medicine than any other herb including ginseng. Chinese consider it the key to health.

Licorice root contains both the isoflavone licochalcone-A and triterpenoid saponin. Regarding licochalcone-A, in a scientific study:

"Cells from patients with leukemia, breast and prostate cancer that were grown in cultures in the lab were killed when enough of the extract was added."

Regarding triterpenoids, in a study:

"They may block the production of prostaglandin - a hormone-like fatty acid that may be responsible for stimulating the growth of cancer cells - and help get rid of cancer-causing invaders. Triterpenoids have been shown in test tubes to stunt the growth of rapidly multiplying cells, like cancer cells, and they may even help precancerous cells return to normal."

Also:

"Medical researchers have isolated several active substances in licorice root including glycosides, flavonoids, asparagine, isoflavonoids, chalcones and coumarins. Primary of these is glycyrrhetic acid."

Licorice root is toxic, so much research needs to be done on this herb.

References

- <http://www.holoweb.com/cannon/wildd.htm>

Lymphotonic PF2

Lymphotonic PF2 is a herbal non-toxic drink that it is claimed, stimulates your immune system to be immediately alert to any invasive attack by cancerous cells.

This is what the manufacturers claim:

"It will fight All-Comers. It will unleash its defense troops: the Killer cells, T-cells, Leucocytes and Macrophage (mop up trash recycling cells) and other troops, to repulse the invasion. Not finding any poison to fight, since Lymphotonic PF2 is herbal and non-toxic, it will turn on the malignant cells, neutralizing them and knocking them out. Thus, you will win the fight and exterminate the invaders.

Improvement of your condition is immediate, surprising your own oncologists and agnostics around you. They will find any and every excuse to interpret your unexplainable REMISSION. You do not owe explanations to anyone. No one will believe that Lymphotonic PF2 had anything to do with your sudden improvement. Have faith in your own Inner Power, and the catalytic jolt from an inoffensive herbal drink.

In vitro, pre-clinical and clinical tests in Russia conducted under one of Russia's top scientists and Microbiologists Evgenii Severin, and we dare here and now to give, not only a brief clinical report undertaken by other Russian Doctors, but the patients names. We also mention, as the rules dictate, those whom we could not save. We have recently conducted research in the Cancer Centre of the University of Illinois, Chicago, under the leadership of Dr. John M. Pezzuto, one of the discoverers of the Lymphotonic PF2 molecule.

We will never interfere with what your oncologist ordered or ask you to discontinue or reduce the doses of Radio or Chemotherapy he prescribed. However, Lymphotonic PF2 in most cases will help diminish or neutralize the usual side effects, such as loss of hair, general weakness, loss of appetite, sleeplessness, dizziness, deconcentration making subject unable to drive a car, etc.

Practically in all cases where the patient started with Lymphotonic PF2, after having been radiated or subjected to chemotherapy, loss of hair was halted within one month. Especially for women, this advantage makes them tolerate chemotherapy.

The definitive result reported here show that the studied substance termed LYMPHOTONIC PF-2 clearly has anti-tumor not only due to the direct Cytotoxic or cytostatic action, but also due to the activation of the defense system of the organism in general. It was shown by its ability to prevent cancer in the animal model where LYMPHOTONIC PF-2 proved to be an effective prophylactic agent.

Its low toxicity and high anti-tumor activity in the experimental animals makes LYMPHOTONIC PF-2 a perspective candidate for its use in a phase I of the pre-clinical trial for the investigation of its possible use in the cancer therapy."

A summary of all clinical tests described at <http://www.goodbyecancer.com/trials/trialsinvtro.htm> indicates Lymphotonic PF2:

1. has no mitogenic effect on the human PBLs in vitro.
2. does not induce the secretion of the cytotoxic factors by human PBLs in-vitro.
3. does not change the anti-tumor activity of anti-tumor drugs (i.e. doxorubicin).
4. has no reversible effect on the multiple-drugs resistance of cancer cells.

5. increases the cytotoxic activity of the peripheral blood lymphocytes, monocytes, and neutrophils of healthy donors and cancer patients against malignant target cells in vitro.
6. is cytotoxic against rapidly proliferating normal and malignant cells in high concentration.
7. induces the increase of cytotoxic activity of immunocompetent cells against malignant cells both in vitro and in vivo.
8. fractionation and analysis of the fractions showed that the stimulating effect of Lymphotonic PF2 on cytotoxic activity of PBLs is determined by the multi-component mixture of lipophilic substances, extracted by hexane and chloroform and also by the water-soluble high molecular, carbohydrate-containing fraction.
9. is non-sterile, contaminated by bacteria and fungi. This makes it impossible to store without sterilization by filtration, though this procedure leads to the partial loss of its biologic activity.
10. significantly reduces frequency of tumor formation, and when used in high doses, increases the mean life span of the treated animals. Lymphotonic PF2 inhibits tumor growth and appeared to be very effective in the prevention of tumor formation, so it can be used for the prophylactic cancer.

Sources

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References

- <http://www.goodbyecancer.com>

Mangosteen Fruit

Bottled mangosteen juice has become the subject of a large MLM drive under the brand name Xango.

There is some scientific evidence for the fruit's anti-cancer properties:

"Antiproliferation, antioxidation and induction of apoptosis by *Garcinia mangostana* (mangosteen) on SKBR3 human breast cancer cell line.

We found that antiproliferative effect of CME [crude methanolic extract] was associated with apoptosis on breast cancer cell line by determinations of morphological changes and oligonucleosomal DNA fragments. In addition, CME at various concentrations and incubation times were also found to inhibit ROS production. These investigations suggested that the methanolic extract from the pericarp [skin] of *Garcinia mangostana* had strong antiproliferation, potent antioxidation and induction of apoptosis. Thus, it indicates that this substance can show different activities and has potential for cancer chemoprevention which were dose dependent as well as exposure time dependent."

Sources

<http://www.xango.net>

Further Reading

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References

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Noni Juice

Noni Juice, sometimes called Tahitian Noni, is a commercially available extract coming from a South Seas island plant. Natives there have reportedly used it for centuries to treat a wide variety of diseases. There have been many anecdotal, but few scientific, reports on its ability to greatly assist the body in overcoming cancer.

Like grape juice, Noni juice contains a whole slew of cancer fighting nutrients. It kills cancer cells (the anthraquinone damnacanthal and the trace element selenium), it stops the spread of cancer (beta sitosterol, noni-ppt and limonene), it stimulates the white blood cells and other parts of the immunity system (polysaccharides) and takes part in a process that enlarges cell membranes so they can better absorb nutrients (proxeronine aids in creating xeronine). And this is only a partial list.

Noni juice is reputed to work quickly. It is regarded by many as a very effective cancer treatment. There were noticeable cases where terminal cancer patients were completely cured of their cancer in as little as 10-12 days, but this not necessarily typical.

Frequently it is taken after orthodox medicine has given up on a patient.

Sometimes people wonder why such a product is not successful for all patients. Consider this quote:

"... we discovered that liquid Noni must be pasteurized (heat processed) before it can be shipped from Hawaii, and that sugars and juices are added to make it more palatable. Its taste and smell are so terrible that even researchers refused to drink it, thus the addition of sugar. Noni must be taken on an empty stomach because stomach acid destroys its properties. When sugar is added to Noni, the digestive process stimulated by the sugar destroys its properties. In other words, most of the Noni available is worthless."

However, there is an enormous amount of scientific evidence as to the anticancer activities of individual nutrients that are well known to exist in Noni (not always researched as part of a study of Noni, but frequently researched relative to other plants).

Noni juice stimulates the production of nitric oxide, which may be the key to its health benefits. In addition to helping regulate blood circulation and the functions of major organs (including the brain), scientists have discovered that nitric oxide also boosts immune response and reduces tumor growth.

For example:

"Recently, researchers found that the main reason Noni juice provides so many benefits is that it stimulates the production of Nitric Oxide in the body. The 1998 Nobel Prize for Medicine was awarded to three researchers for the discovery of Nitric Oxide. They found it to be a signaling molecule involved in controlling the circulation of blood, regulating activities of the brain, lungs, liver, kidneys, stomach, and other organs. In addition, they found that it effected a "seemingly limitless" range of functions in the body. They found that Nitric Oxide reduces tumor growth, and increases the immune response against the radical replication of cells."

Anything that gets enough oxygen to a cancer cell is going to kill the cell.

HSI Panelist Jon Barron, admits that at first he dismissed MLM testimonials about Noni benefits. But Jon describes his reaction as "shocked" once he had a chance to examine the nutrients in Noni juice, which he now describes as a "serious cancer treatment." But even though he's enthusiastic about Noni, Jon has not become a distributor, to avoid bias in his judgment. In addition to his Baseline of Health web site (jonbarron.org), Jon also maintains a site called Cancer Tutor (www.cancertutor.com), specifically devoted to sharing information about alternative cancer treatments. Here are some important points that Jon makes about taking Noni juice on his Cancer Tutor site:

"From 8:00 PM to 8:00 AM, eat and drink nothing except natural water or better yet ionized water.

Between 8:00 AM and 11:00 AM, eat and drink nothing but Noni juice (spread out) on an empty stomach.

Between 11:00 AM and noon, eat and drink nothing.

Between noon and 8:00 PM, eat only the allowable foods in the laetrile diet, the metabolic therapy diet, the Raw Food diet or the Jon Barron diet (ionized water would be OK during these hours). This will double or triple (if you use ionized water when allowed) the effectiveness of the Noni juice treatment.

Because of the way Noni juice works, it is essential to stay away from trans fatty acids, (margarine), and advisable to go on the Budwig Flaxseed Diet during the 8 hours you can eat."

Vast differences in the quality and cancer-fighting abilities between different brands of Noni Juice have been reported. Tahitian Noni Juice manufactured by Morinda is a recommended brand.

Are immune responses pivotal to cancer patient's long term survival? Two clinical case-study reports on the effects of Morinda citrifolia (Noni):

"In the State of Hawaii, there are abundant claims of benefit from cancer patients' use of the fruit juice of Morinda citrifolia (Noni). There is no well documented clinical report in peer review journals. The author here studiously examined 2 such claims through interview, review of the medical records and pathology slides. The author concludes that these cases are valuable experiences and hopes to stimulate interest in Noni research as an important part of adjuvant immunotherapy for cancer."

Inhibition of angiogenic initiation and disruption of newly established human vascular networks by juice from Morinda citrifolia (noni):

"Noni, the juice of the fruit from the Morinda citrifolia plant, has been used for centuries as a medicinal agent. We tested the effects of noni juice in a three-dimensional fibrin clot matrix model using human placental vein and human breast tumor explants as sources for angiogenic vessel development. Noni in concentrations of 5% (vol/vol) or greater was highly effective in inhibiting the initiation of new vessel sprouts from placental vein explants, compared with initiation in control explants in media supplemented with an equivalent amount of saline. These concentrations of noni were also effective in reducing the growth rate and proliferation of newly developing capillary sprouts. When used at a concentration of 10% in growth media, noni was able to induce vessel degeneration and apoptosis in wells with established capillary networks within a few days of its application. We also found that 10% noni juice in media was an effective inhibitor of capillary initiation in explants from human breast tumors. In tumor explants which did show capillary sprouting, the vessels rapidly degenerated (2-3 days) in those exposed to media supplemented with 10% noni."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter noni juice. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

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- Tahitian Noni Juice: How Much, How Often, For What, by Neil Solomon
- 76 Ways to Use Noni Fruit Juice by Isa Navarre

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Olive Leaf Extract

Olive leaf extract has enormous antiviral, anti-fungal, antibacterial, anti-parasitic, and heart health benefits. The active ingredient oleuropein interferes with viruses in several ways: It disrupts the viral amino acid production, inhibits replication, and in retro-viruses neutralizes enzymes that are needed to alter the RNA of a healthy cell, whereby the virus would be able to take over those cells.

"Olive leaf extract also has a powerful immune system boosting effect by means of increasing phagocytosis in white blood cells (the effect is the destruction of foreign bacteria and viruses that are literally gobbled up)."

Olive leaf extract has a long history of being used against illnesses in which microorganisms play a major role. In more recent years, a drug company discovered that in vitro (test tube) an extract from olive leaf (calcium elenolate) was effective in eliminating a very broad range of organisms, including bacteria, viruses, and parasites, as well as yeast, mold, and fungi. The problem with using it in the body was that once in the blood, a protein combined with it and caused it to be inactivated.

In 1995, a U.S. company found that if the active molecule in olive leaf extract was rotated around a specific axis by a precise amount, the blood protein no longer inactivated it and it was therefore able to effectively eliminate or control a very broad range of microorganisms and associated conditions in the body, including herpes, Epstein Barr and cytomegalo viruses, chlamydia, cholera, hepatitis (A, B and C), malaria, measles, meningitis, rabies, tapeworm, salmonella, tuberculosis, staphylococcus, polio, vaginitis, thrush, strep throat, whooping cough, pneumonia, ringworm, bacillus cereus, and many others.

Olive leaf extract products without this special molecular rotation are only effective in the body for a short period until they have been inactivated by a blood protein (approximately 15 minutes) and so they are minimally effective. For further details on the full range of effectiveness see the book **Olive Leaf Extract** by Dr. Morton Walker. Olive leaf extract has been shown to lower blood pressure, cause dilation of coronary arteries, reduce atrial fibrillation, and possess antioxidant capacity. Many people report higher energy levels while taking olive leaf extract. Olive leaf extract has been shown to be extremely safe and nontoxic even in large doses.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter olive leaf extract.. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

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- Olive Leaf Extract by Jack, N.D. Ritchason

References

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- http://www.hmscrown.com/Olive_Leaf.html

Oregano Oil

"Greek investigators, publishing in the Journal of Agriculture and Food Chemistry, determined that oil of wild oregano even destroyed human cancer cells. While spices may oxidize or destroy pathogens, amazingly, they also act as antioxidants for human cells, specifically for the fats of the human cell membranes."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter oregano oil. Select "100 Results". Select "Sort by Price: Low to High".

References

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Pau D'Arco/Taheebo Tea/Lapacho/Lapacho Morado/Ipe Roxo/ Ipe/Trumpet Bush

Lapachol, the active ingredient in pau d'arco, can produce strong biological responses against cancer. It is said that the pau d'arco tree yields lapachol and 20 other compounds that may be useful in treating cancer

Also, known as "lapacho," "ipe roxo" and "taheebo tea," pau d'arco is derived from the inner bark of the *Tabebuia* tree of Brazil and Argentina. It is used in folk medicine in South America for the treatment of a wide variety of illnesses including colds, flu, malaria, gonorrhea, and cancer.

In some cases, cancer remissions have been achieved; however, it is apparently necessary to continue drinking the tea for the rest of one's life to maintain the remission. The tea is sold widely in health food stores.

Pau d'arco is thought to act by inhibiting the formation of fibrin, which has the effect of preventing the formation of new blood vessels. New blood vessels are necessary for new tumors to form in a process called angiogenesis. Fibrin also is necessary for the formation of the protein coats, which surround and protect malignant cells.

Pau d'arco also is also employed in herbal medicine systems in the United States for lupus, diabetes, ulcers, leukemia, allergies, liver disease, Hodgkin's disease, osteomyelitis, Parkinson's disease, and psoriasis, and is a popular remedy for candida and yeast infections. The recorded uses in European herbal medicine systems reveal that it is used in much the same way as in the United States, and for the same conditions.

The chemical constituents and active ingredients of pau d'arco have been well documented. Its use with (and reported cures for) various types of cancers fueled much of the initial research in the early 1960s.

The plant contains a large quantity of chemicals known as quinoids, and a small quantity of benzenoids and flavonoids. These quinoids (chiefly, anthraquinones, furanonaphthoquinones, lapachones and naphthoquinones) have shown the most documented biological activity and are seen to be the center of the plant's efficacy as an herbal remedy.

In the 1960s, plant extracts of the heartwood and bark demonstrated marked anti-tumor effects in animals, which drew the interest of the NCI. Researchers decided that the most potent single chemical for this activity was the naphthoquinone named lapachol and they concentrated solely on this single chemical in their subsequent cancer research.

In a 1968 study, lapachol demonstrated highly significant activity against cancerous tumors in rats. By 1970, NCI-backed research already was testing lapachol in human cancer patients. The institute reported, however, that their first Phase I study failed to produce a therapeutic effect without side-effects—and they discontinued further cancer research shortly thereafter.

These side-effects were nausea and vomiting and anti-vitamin K activity (the main concerns which caused anemia and an anticoagulation effect).

Interestingly, other chemicals in the whole plant extract (which, initially, showed positive anti-tumor effects and very low toxicity) demonstrated positive effects on Vitamin K and, conceivably, compensated for lapachol's negative effect.

Once again, instead of pursuing research on a complex combination of at least 20 active chemicals in a whole plant extract (several of which had anti-tumor effects and other positive biological activities), research focused on a single, patentable chemical - and it didn't work as well.

Despite NCI's abandonment of the research, another group developed a lapachol analog (which was patentable) in 1975. In one study, they reported this lapachol analog increased the life span of mice inoculated with leukemic cells by over 80%.

In a small, uncontrolled 1980 study of nine human patients with various cancers (liver, kidney, breast, prostate, and cervix), pure lapachol was reported to shrink tumors and reduce associated pain—and three of the patients realized complete remissions.

The phytochemical database housed at the U.S. Department of Agriculture has documented lapachol as being anti-abscess, anti-carcinomic, anti-edemic, anti-inflammatory, anti-malarial, antiseptic, antitumorous, anti-viral, bactericidal, fungicidal, insectifugal, pesticidal, protisticidal, respiradepressant, schistosomicidal, termiticidal, and viricidal. It's not surprising that pau d'arco's beneficial effects were seen to stem from its lapachol content. But another chemical in pau d'arco, beta-lapachone, has also been studied closely recently and a number of patents have been filed on it.

In a 2002 U.S. patent, beta-lapachone was cited to have:

"significant antineoplastic activity against human cancer cell lines . . . [including] promyelocytic leukemia, prostate, malignant glioma, colon, hepatoma, breast, ovarian, pancreatic, multiple myeloma cell lines and drug-resistant cell lines."

In another U.S. patent, beta-lapachone was cited with the in vivo ability to inhibit the growth of prostate tumors.

In addition to its isolated chemicals, a hot water extract of pau d'arco demonstrated antibacterial actions against *Staphylococcus aureus*, *Helicobacter pylori* (the bacteria that commonly causes stomach ulcers), and *Brucella*. A water extract of pau d'arco was reported (in other in vitro clinical research) to have strong activity against 11 fungus and yeast strains.

Pau d'arco and its chemicals also have demonstrated in vitro antiviral properties against various viruses, including Herpes I and II, influenza, polio virus, and vesicular stomatitis virus. Its antiparasitic actions against various parasites (including malaria, schistosoma, and trypanosoma) have been confirmed as well. Finally, bark extracts of pau d'arco have demonstrated anti-inflammatory activity and have shown to be successful against a wide range of induced inflammation in mice and rats.

Pau d'arco is an important resource from the rainforest with many applications in herbal medicine. Unfortunately, its popularity and use have been controversial due to varying results obtained with its use. For the most part, these seem to have been caused by a lack of quality control—and confusion as to which part of the plant to use and how to prepare it.

Many species of *Tabebuia*, as well as other completely unrelated tree species exported today from South America as "pau d'arco," have few to none of the active constituents of the true medicinal species. Pau d'arco lumber is in high demand in South America.

The inner bark shavings commonly sold in the U.S. are actually by-products of the timber and lumber industries. Even mahogany shavings from the same sawmill floors in Brazil are swept up and sold around the world as "pau d'arco" (due to the similarity in color and odor of the two woods). In 1987, a chemical analysis of 12 commercially-available pau d'arco products revealed only one product containing lapachol—and only in trace amounts.

As lapachol concentration typically is 2–7% in true pau d'arco, the study surmised that the products were not truly pau d'arco, or that processing and transportation had damaged them. Most pau d'arco research has centered on the heartwood of the tree.

When buying, read the label, and be sure the tree listed is *Tabebuia impetiginosa* or *Tabebuia heptaphylla*.

It is recommended that for the best results, the bark and/or wood must be boiled at least 8–10 minutes—rather than brewed as a simple tea or infusion (lapachol and the other quinoids are not very water soluble).

Sources

One source is at <http://www.rain-tree.com/pau-d-arco-extract.htm>

Identify other sources and best prices at Froogle. Just [click http://froogle.google.com/froogle_advanced_search](http://froogle.google.com/froogle_advanced_search) Enter pau d'arco. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

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- Pau D'Arco: Immune Power from the Rain Forest by Kenneth Jones
- Pau D'Arco: Taheebo, Lapacho by Rita Elkins

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Pecta-Sol

Pecta-Sol is modified citrus pectin. Pectin is a complex carbohydrate molecule found in most plants but especially citrus fruit. It is used in making jellies and is an ingredient in some antidiarrhea medicines. The long-chain molecule found in grocery store pectin is not absorbed by the body. Modified citrus pectin is made from shorter molecular chains and is readily absorbed from the intestinal tract.

Pecta-Sol stops the adhesion of cancer cells thereby preventing or inhibiting metastases.

Cancer cells are particularly susceptible to having Modified Citrus Pectin attach to them because of the nature of their cell membranes. Once the modified citrus pectin has attached itself to the cancer cells floating in the blood stream, the cancer cells become coated and unable to attach themselves to the lining of blood vessels or other potential metastatic sites. This process can only occur in the bloodstream, hence the importance of allowing the short chained pectin to be absorbed by the body. It is often recommended to take this product with PCSpes (no longer sold in the U.S.).

Cancer cell metastasis is the mechanism of disease progression that greatly increases the systemic harm caused by cancer and eventual death of most cancer patients.

"A special pH-altered form of citrus pectin has been shown to inhibit cancer cell metastasis by interfering with the transport and proliferation of tumor cells to secondary sites in the body, specifically by inhibiting the ability of cancer cells to adhere to other cells."

Research on modified citrus pectin shows it also enhances the activity of natural killer immune cells that is required to destroy cancer cells which are migrating in the bloodstream.

While the research on modified citrus pectin is still preliminary, the results of the published research indicate that it is completely safe and should be considered for use by any cancer patient who can afford it.

There is a special manufacturing process required to turn regular citrus pectin into the pH-altered citrus pectin, so the consumption of pectin as it naturally occurs in citrus fruits is not an alternative.

Sources

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Red Clover/*Trifolium pratense*

Red clover has been used for centuries. The NCI researched the herb and found four anti-tumor compounds in it.

Red clover has been cultivated since ancient times, primarily to provide a favorite grazing food for animals. But, like many other herbs, red clover was also a valued medicine. Although it has been used for many purposes worldwide, the one condition most consistently associated with red clover is cancer. Chinese physicians and Russian folk healers also used it to treat respiratory problems.

In the nineteenth century, red clover became popular among herbalists as an "alterative" or "blood purifier." This medical term, long since defunct, refers to an ancient belief that toxins in the blood are the root cause of many illnesses. Cancer, eczema, and the eruptions of venereal disease were all seen as manifestations of toxic buildup.

Red clover was considered one of the best herbs to "purify" the blood. For this reason, it is included in many of the famous treatments for cancer, including the Hoxsey cancer cure and Jason Winter's cancer-cure tea.

Recently, special red clover extracts high in substances called isoflavones have arrived on the market. These isoflavones produce effects in the body somewhat similar to those of estrogen, and for this reason they are called phytoestrogens (phyto indicates a plant source). The major isoflavones in red clover include genistein and daidzen, also found in soy, as well as formononetin and biochanin.

"The isoflavones isolated from red clover have been studied for their effectiveness in treating some forms of cancer. It is thought that the isoflavones prevent the proliferation of cancer cells and that they may even destroy cancer cells. Laboratory and animal studies have found that red clover isoflavones may protect against the growth of breast cancer cells. This is surprising because estrogens (and isoflavones have estrogenic properties) have generally been thought to stimulate the growth of breast cancer in women."

Red clover may be useful in treating prostate cancer:

"A 66-year-old physician with prostate cancer took a concentrated phyto-estrogen based on red clover for just one week and thereby caused his tumour to regress. The patient had been diagnosed with a high PSA level (13.1 micrograms/liter) in March 1996 and a subsequent needle biopsy had confirmed the presence of a low grade adenocarcinoma. He was scheduled for a radical (suprapubic) prostatectomy and, on his own initiative, decided to take a daily dose of 160 mg of a phyto-estrogen product based on red clover (Promensil tablets - 4 X 40 mg/day) for the seven days preceding his operation. After the operation the biopsy tissue and the tumour tissue were compared. It was clear that the tumour tissue showed a high degree of apoptosis (cell death) resembling the effect of high-dose estrogen therapy and consistent with tumour regression. Professor Stephens concludes that this case history provides further evidence that phyto-estrogens may prevent prostate cancer. He also points out that there were no adverse effects of the phyto-estrogen treatment."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter red clover in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

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Rye Extract/Oralmat

Oralmat is a patented extract of *Secale cereale*, more commonly known as ryegrass. Oralmat is a completely non-toxic and pleasant tasting liquid that is administered under the tongue to allow the active ingredients to be absorbed directly by the mucous membranes in the mouth.

Though researchers are still looking for the particular nutrient or nutrient combination in rye responsible for its overall healing power, the individual constituents of rye grass extract have been proven in clinical and laboratory studies to:

- Increase the immune system's ability to identify, weaken and destroy virus, fungal and bacterial infections.
- Increase bone marrow production - our white and red blood cells originate in bone marrow.
- Aid in the energy production within the cell.
- Increase the body's resistance to fungal infections.
- Protect against the toxic effect of radiation therapy.
- Help stimulate activity to remove plaque build-up in arteries.
- Neutralize free radicals, and rye also acts as an anti-inflammatory for inflamed skin.

Oralmat appears to be a powerful "immunomodulator" which helps the body achieve homeostasis - a bio-chemical equilibrium.

When a body is in homeostasis, it automatically monitors and regulates the production and use of nutrients, immune chemicals, and hormones, despite potentially threatening changes in the external environment —such as an invasion by bacteria or allergens.

Gluten and pollen are not present in the rye extract, and there are no known side effects associated with its use.

Another interesting affect is the ability to organize the brain's processes. The drops, taken under the tongue like many homeopathic tinctures, acts as an anti-trauma agent and can relieve different kinds of pain, such as headache, sunburn and pain from wounds, as well as reportedly providing dramatic relief from asthma and other respiratory conditions.

Tests have also shown that the Rye Extract drops act to normalize blood profiles and can dilate or constrict blood vessels.

The latest laboratory or clinical tests on the use of Rye Extract drops were carried out by Professor Indies Moodily from the Faculty of Health and Sciences at the University of Witweeterarand in Johannesburg when he was testing the use of Rye Extract drops in relation to five types of cancer. The results showed that Liver Carcinoma was inhibited by 52.3% to 89.3%, Breast Cancer and Chronic Myclogenous Leukemia by 89.3% and 78.12% respectively, and Liver Cancer (He 3B) and Renal Cancer registered 55% and 52.3% inhibition factors.

The results differed, because the drops were tested on different cancers in different strengths. Some cancers responded to a greater degree with the lower strength drops, and

some gave better results with the stronger strengths. However, in both cases, the results were very positive.

Kay Kohnke, wife of John Kohnke, who was involved in work done on Oralmat in wound healing on animals, underwent surgery for breast cancer. David Rudov takes up the story:

"She was badly knocked about, ...in considerable pain, was badly bruised and inflamed across the breast and under the arm. The incision was covered by a see-through occlusive plastic covering and the wound was not looking good." On David's suggestion and her Doctor's approval, the occlusive covering was replaced by non-absorbent gauze and sprayed with ORALMAT Spray.

Kay also took ORALMAT drops, 3 drops sublingually 3 times a day and the next day was "amazed as to how well she felt. There was no pain, the inflammation had gone, and the bruising and swelling were receding."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter oralmat or oralmat spray in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

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http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=1179505

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Sassafras Tea

Sassafras tea is made from the young root of sassafras, *Sassafras abdidum*. It contains up to 9% of a volatile oil, which, consists of about 80% safrole, the active ingredient. Safrole is also a component of many essential oils, such as star anise oil, micranthum oil and camphor oil.

Sassafras was always popular in folk medicine, being regarded by rural people as a spring tonic or purifier of the blood. The root bark was being used to treat fevers by the natives of Florida prior to 1512 and formed one of the earliest exports of the New World. It still enjoys a considerable reputation as a stimulant, and as treatment for rheumatism, skin disease, syphilis, typhus, dropsy (fluid accumulation), and so on.

Safrole can be toxic to the liver when extracted from the herb and administered in large doses. Like many herbs with toxic compounds, the whole plant contains other substances that neutralize the toxic one. No study had ever shown that the herb sassafras was toxic.

[Dr.] "Mowrey tells the story of sassafras tea, a blood cleanser that has been used as a tonic in the United States for centuries. One of its constituents, safrole, can be toxic to the liver when extracted from the herb and administered in large doses. Like many herbs with toxic compounds, the whole plant contains other substances that neutralize the toxic one. No study had ever shown that the herb sassafras was toxic. There wasn't even anecdotal evidence that the tea posed a danger. But the FDA prohibited its interstate shipment in 1976 based on this reasoning: When sassafras — a food — is added to water — also a food — the substance safrole migrates from the sassafras into the water and therefore becomes a food additive. Once this convoluted reasoning was used to label sassafras a food additive, the FDA was allowed to control it.

"During the entire proceedings, the power of the scientific method, initially utilized to create the controversy, became impotent in resolving the situation. Unasked questions cannot be answered. The question of whether whole sassafras herb or even sassafras tea was toxic to the liver was never experimentally addressed"

Mowrey reported.

There is evidence that safrole, at more modest doses, could stimulate the conversion of other carcinogens to non-carcinogenic metabolites, thus potentially being an anticarcinogen. One study shows that Safrole oxide induces apoptosis in human lung cancer cells.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter sassafras tea in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

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Saw Palmetto/Beta-Sitosterol

Saw palmetto is an herb that has been shown in clinical studies to have beneficial effects in reducing symptoms of benign prostatic hyperplasia.

There are a variety of compounds within the saw palmetto berry including phytosterols (plant sterols). These plant sterols have a chemical structure similar to cholesterol. The most commonly found phytosterols in saw palmetto are beta-sitosterol, campesterol, stigmasterol and cycloartenol.

The best known use of saw palmetto is for the treatment of prostate enlargement. However, there is a possibility that substances in saw palmetto could have an influence on a variety of body tissues. They may even have anti-tumor potential. In one study, treatment with beta-sitosterol resulted in a dose-dependent growth inhibition on human colon cancer cells.

Saw palmetto is best taken with meals since it is fat-soluble. Most of the time, the recommended dosage is one pill, twice a day. However, a higher dosage of 320 mg taken once a day is also an option. It appears that urinary symptoms due to mild to moderate prostate enlargement respond more readily to saw palmetto than symptoms due to severe enlargement.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter beta-sitosterol in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

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Sheep Sorrel

Sheep sorrel is one of the ingredients of Essiac Tea. Rene Caisse, the Canadian nurse who popularized Essiac as a cancer cure, felt this herb was the most active cancer fighter among all the herbs present in the old Indian brew. She said on a number of occasions:

"The herb that will destroy cancer... is the dog-eared sheep sorrel, sometimes called sour grass."

Interestingly, for hundreds of years, sheep sorrel has appeared in historical archives in both North America and Europe as a remedy for cancer.

Rene Caisse observed that not only was sheep sorrel effective in attacking and breaking down tumors, it also was effective in alleviating many chronic conditions and degenerative diseases. Also see [Essiac Tea](#).

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter sheep sorrel in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

References

- <http://www.herbmed.com/bwxpinfo.html>
- <http://seasilver.threadnet.com/Preventorium/sorrel.htm>

St John's Wort/Hypericin

Studies by a number of researchers have shown that some cancers can be treated through the administration of hypericin, one of the active constituents of St John's Wort. Hypericin's effectiveness is believed to be in its ability to induce a natural cell death (apoptosis) in cancer cells, essentially converting immortal cancer cells to mortal cells. Couldwell et al (1994) incubated malignant glioma cancer cells with hypericin for 48 hours. Results demonstrated that hypericin inhibited the growth of established tumours in a dose dependant manner.

Hypericin might also be useful as a transport agent to get cancer-killing nutrients into cancer cells. It is already being tested for use with orthodox Photodynamic Therapy (PDT).

"In experiments using mice, hypericin was shown to accumulate specifically in tumor tissue. When these hypericin-treated mice were irradiated, tumor growth was inhibited. Similar results have been found in human tumor cell lines. Hypericin was taken up by the tumor cells, rendering them more vulnerable to the killing effects of specific types of light. These results suggest that hypericin can be used as a phototherapy tool when treating cancer."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter hypericin. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

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WLA-132 (Concentrated form of Aloe Vera)

Aloe has had a long history of therapeutic uses for burns, reduction of pain, as well as anti-viral and anti-bacterial applications. A highly concentrated form of Aloe, WLA-132, seems to provide a strong boost to the body's immune system. WLA-132 appears to increase T lymphocytes and attack cancer, AIDS, herpes, and other viruses. WLA-132 has the attributes of being natural, nutritional, and non-toxic as well as powerful.

WLA-132 builds up the number of T-4 and T-8 lymphocytes in the body. Then, when these increase to sufficiently balanced numbers, they help the body to strengthen itself. It may be also be taken alongside conventional cancer treatment. WLA-132 is reported to be safe.

Dr. Wendell Winters, associate professor of Microbiology at the University of Texas Health Science Center in San Antonio, who has been researching Aloe Vera for the past 16 years, says:

"In fact, WLA-132 probably should be in everyone's household arsenal to become and stay healthy."

The research studies of H. Reginald McDaniel, chief Pathologist at the Dallas/Fort Worth Medical Center, confirm the ability of Aloe Vera to stimulate and dramatically strengthen the natural immune system. According to McDaniel:

"The material in this plant turns on the defensive intracellular mechanisms to fight against not only the viruses but also tumors."

In fact, McDaniel, believing that the potential of Aloe extract is unmatched, says:

"The development of the Aloe Vera extract may be the most important single step forward in the treatment of diseases in the history of medicine."

"Yet, three weeks after having given these three people WLA 132, their T cells were way up and we had three people who were literally jogging around the clinic."

Four months into a study where AIDS patients were treated with WLA-132, all of the cancers that accompanied AIDS began to disappear. The researchers found that when they stimulated the production of the T4 lymphocytes, they were also stimulating the production of interferon, interleukens, and tumor necrosis factor. In essence, the entire immune system was being activated into a major defensive maneuver. The interferon and interleukens were attacking the viruses, and the tumor necrosis factor, in concert with the naturally occurring emodines and lectins in Aloe, were destroying the malignant tumors.

Rebalancing Auto-Immune Disorder

The ability to bring the body back to balance is particularly important in auto-immune problems where the body attacks itself, such as rheumatoid arthritis and lupus erythematosus. One characteristic of certain auto-immune diseases is demyelination, or losing the insulation on the nerve cells. Cells that produce myelin parallel the nerve pathways and provide insulation. People with an auto-immune disorder may have an immune system that attacks the nervous system and strips the insulation from the nerves.

"One person with a neuropathy came to me about a year ago and wanted to be treated with WLA-132. You must get your doctor involved. If you are having an auto-immune disorder and I stimulate your immune system, it might make matters worse. It might even harm you."

However, when they found that WLA-132 increased both T4 and T8 lymphocytes, it was observed that while the T4 lymphocytes stimulated the immune system, the T8 lymphocytes regulated the intensity of the auto-immune response. In that process, the T8s brought the immune system back into balance and, as the WLA - 132 product slowed the auto-immune activity, the nerve damage stopped. Since then, they have treated numerous neuropathy cases successfully with WLA-132.

Eliminating liver tumors with Aloe Vera

In the treatment of liver cancer, WLA-132 has been extremely successful because the liver is highly vascular and there is no problem getting into it. In a film produced by Dr.

McDaniel, time-lapse photography was done on a cancer patient who had seventeen liver tumors. The patient was considered terminal. After seventeen weeks of Aloe Vera treatment by Dr. McDaniel, those gigantic grapefruit size tumors all disappeared.

"In fact, WLA-132 is effective in the treatment of most malignancies except pancreatic cancer and brain cancers. Prostate cancer, which is slow growing tissue, responds particularly well to treatment with WLA-132. Even patients who have had the gland removed find the Aloe solution valuable for removing any last traces of the cancer cells."

WLA-132 is a specially grown, uniquely processed, highly concentrated Aloe product, which is substantially different from anything available. In many of the Aloe Vera products found on store shelves, they take two drops, put them in two quarts of water, and then label the product "100% Aloe Vera." The drops may have been pure Aloe but the product is highly diluted and mostly water.

In studying over one hundred research articles published in medical and scientific journals, there was a direct correlation between the concentration of Aloe Vera used, the dosage, and the degree of success. If Aloe Vera is bought from the store shelves it would take between fifty to sixty-three gallons of that Aloe Vera to equal one teaspoon of the WLA-132 concentrate. It is absolutely necessary to take at least enough Aloe concentrate to deliver 500 mg of mucosacharides and 500 mg of polypeptides in order to stimulate T cells. With less than that amount, even 400 milligrams, nothing happens.

To date, WLA-132 has been taken by thousands of people. The only side effect is diarrhea, which effects less than 5% of the users, and this usually subsides within two or three days. Cutting the dosage back significantly until the body becomes used to the substance controls this. Then the amount is brought back up to a full dosage and at that point there are no side effects. Safety studies submitted to the FDA show no toxicity in any of the tissues in the body.

Also see [Aloe Vera](#).

Sources

Order online at The Wolfe Clinic http://www.shopthewolfeclinic.com/store/product_info.php?products_id=246

Or call Toll Free 1-800-592-9653 or 250-765-1824. 8 oz is \$195

For other sources, just click <http://froogle.google.com/>. Enter "wla 132"

References

- <http://www.thewolfeclinic.com/wla132.html>

Plant-Based Treatments

Alsihum/Alzium

"Eight of the plant extracts in Alsihum were studied extensively for cytotoxic effects on cancer cell lines at the Cancer Pharmacology Laboratory of Children's Mercy Hospital in Kansas City, MO. The human cell lines tested included leukemia, colon, glioma, breast, ovarian, adrenal and lung cancer. The principal researchers were Dr. Albert Levya, PhD., Director of the Cancer Pharmacology Lab; and Dr. Arnold I. Freeman, M.D., the Chief of Hematology and Oncology. Our results indicate that the plant extracts in Alzium contain cytotoxic substances which have differential effects against these specific forms of tumor cells. Even cell lines over 100 times more resistant to conventional chemotherapy drugs were considerably sensitive to Alzium."

References

- http://www.cancertutor.com/Other/Big_List.htm

Anvirzel/Oleander Soup

"Anvirzel is a patented extract from the Nerium Oleander, a common house plant. [The plant is very toxic, however] the extract (Anvirzel) has been the twenty year study of a Dr. Ozel from Turkey... Reports that slipped out in late 1999 showed that Anvirzel reversed AIDS, no matter what the phase of the disease, arthritis, psoriasis, hepatitis C, and even diabetes in some cases. Initially, Anvirzel was thought to work only on cancers found early, however, very positive results have been found in people given just weeks to live. To top this all off, Anvirzel seems to be the first cancer remedy to show positive results for leiomyosarcoma, probably the deadliest of cancers. Anvirzel also crosses the blood-brain barrier (like Poly-MVA) and gives hope to people with brain tumors."

One person's experience:

"My mother's lung tumor has shrunk 60% in 3 weeks on anvirzel. She takes 2cc. orally 3x daily with meals. We purchased from Salud Integral in Honduras, where they have used anvirzel for several years with great success. Side effects were diarrhea one time, and slight elevation in temp. You can read the prescribing info in the patent "

While the oleander plant is very poisonous and very toxic (and must be handled with latex gloves), if a solution of oleander is diluted enough it can reportedly be made safe to drink or made into a cream. In other words, a person can essentially make the cancer treatment Anvirzel at home. The directions for this can be found on a Yahoo group called: "Anvirzel" and on the following link.

<http://www.mnwelldir.org/docs/cancer1/althrpy3.htm#Oleander>

"This is published as Information Only...and we make no medical claims here whatsoever."

Further Reading and References

- http://www.mnwelldir.org/docs/Newsletters/03_May.htm#Anvirzel
- http://www.pandamedicine.com/rt_education/105-2.html

Arjuna

Terminalia Arjuna is a deciduous tree (about 60-70 feet height), found in abundance in India and Ceylon, also in Myanmar and Sri Lanka. The thick, white-to-pinkish-gray bark has been used in India's native Ayurvedic medicine. The main constituents in the bark, stem and leaves are tannins, triterpenoid saponins (arjunic acid, arjunolic acid, arjungenin, arjunglycosides), flavonoids (arjunone, arjunolone, luteolin), gallic acid, ellagic

acid, oligomeric proanthocyanidins (OPCs), phytosterols, calcium, magnesium, zinc, and copper. Several of these constituents have been identified to have anti-cancer properties.

In one study, the cancer cell line active components were found to be gallic acid, ethyl gallate, and the flavone luteolin. Luteolin has a well established record of inhibiting various cancer cell lines and may account for most of the rationale underlying the use of *T. arjuna* in traditional cancer treatments.

In another study, a novel naphthanol glycoside was isolated from the stem bark of *Terminalia arjuna* that showed potent antioxidant activity and inhibited nitric oxide (NO) production in "lipopolysaccharide (LPS)-stimulated rat peritoneal macrophages".

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Artemisinin/Artemisia/Sweet Wormwood/Qinghaosu/Qin hau

Chinese folk medicine has yielded a promising new approach for treating cancer. Seattle scientists have shown that a compound extracted from the wormwood plant seeks out and destroys breast cancer cells, while leaving healthy cells unscathed. Potentially, a safe, non-toxic, and inexpensive alternative for cancer patients, Artemisia is a close cousin to oxygen therapy. Chinese researchers said the key to its effects was a peroxide linkage (two oxygen atoms hooked together) within the herb's active molecule.

In laboratory experiments, the compound killed virtually all human breast cancer cells exposed to it in the test tube within 16 hours, reports Dr. Henry Lai, a bioengineering researcher at the University of Washington. Just as importantly, he says, nearly all of the normal cells exposed to it were still alive. A dog with a type of bone cancer known as osteosarcoma so severe that it couldn't walk across the room made a complete recovery within five days of receiving the treatment. X-rays showed the animal's tumor "had basically disappeared," says Lai, adding that he believes the dog is still alive two years later.

"Not only does [the drug] appear to be effective, but it's very selective," Lai says. "It's highly toxic to the cancer cells, but has a marginal impact on normal cells."

Artemisinin isn't new at all. Chinese folk practitioners extracted it from the plant *Artemisia annua* L. commonly known as wormwood, thousands of years ago for use in the treatment of malaria, Lai says.

After a "secret recipe" for the treatment was discovered on a stone tablet in the tomb of a prince of the Han Dynasty during an archaeological dig in the 1970s, artemisinin re-emerged as a therapy for the mosquito-borne disease, Lai recalls. In fact, a purified form of the plant compound is now the drug of choice for treating malaria in many areas, particularly where chloroquine-resistant strains have emerged, he says.

Experiments into why artemisinin works as an anti-malaria agent led to its tests as an anti-cancer drug. The key turned out to be a shared characteristic of the malaria parasite and dividing cancer cells: high iron concentrations.

When artemisinin, or any of its derivatives, meets iron, a chemical reaction ensues, spawning charged atoms that chemists call free radicals. In malaria, the free radicals attack and bind with cell membranes, breaking them apart and killing the single-cell parasite. Cells need iron to replicate DNA when they divide, Lai says. And since cancer is

characterized by out-of-control cell division, cancer cells have much higher iron concentrations than do normal cells.

On their surfaces, cancer cells also have more so-called transferrin receptors, cellular pathways that allow iron to enter, than healthy cells. In the case of breast cancer, the cells have five to 15 times more transferrin receptors on their surface than normal breast cells, Lai says.

The thrust of the strategy, according to Lai, is to pump up cancer cells with even more iron and then introduce artemisinin to kill them selectively. In the experiments, Lai subjected sets of both breast cancer cells and normal breast cells to either a compound known as holotransferrin, which binds with transferrin receptors to transport iron into cells and thus further increases the cells' iron concentrations; a water-soluble form of artemisinin; or a combination of both compounds.

Cells exposed to just one of the compounds showed no appreciable effect, Lai reports. But the response by cancer cells when hit with first holotransferrin, then artemisinin, was dramatic, he says.

After eight hours, three-fourths of the cancer cells were obliterated, 16 hours later, nearly all the cancer cells were dead. Just as importantly, he says, the vast majority of normal breast cells did not die, showing the safety of the treatment.

This success is particularly noteworthy in that breast cancer cells that were resistant to radiation were utilized in the experiment, Lai adds. "So that means this approach might work for cancer resistant to conventional therapy." As might be expected, more aggressive cancers such as, pancreatic and acute leukemia, which have rapid cell division and thus higher iron concentrations, respond even better. He says:

"In a separate study, the therapy eliminated leukemia cells in the test tube within eight hours."

The next step, according to Lai, is further animal testing, followed by human trials. First, the patient would be given iron supplements to raise iron concentrations in his or her cancer cells, he says, and then the compound would be given in pill form.

While human tests are still years away, the treatment could revolutionize the way cancer, especially aggressive, fast-growing one, is approached if it lives up to its early promise, he adds.

"The fascinating thing is that this was something the Chinese used thousands of years ago," Lai says. "We simply found a different application."

The application is logical. There's a wealth of research linking iron and cancer: One study, for example, showed that three times as much iron could be extracted from malignant breast tissue as from benign tissue. Elevated iron storage was found in 88% of the breast cancer patients studied.

Given this shared characteristic of malaria and cancer cells, why did it take so long to think of it? That, Lai says, is a mystery "Maybe people just don't think of simple ideas".

The results of one study are set out below.

Artemisinin induces apoptosis in human cancer cells.

"BACKGROUND: Artemisinin is a chemical compound extracted from the wormwood plant, *Artemisia annua* L. It has been shown to selectively kill cancer cells in vitro and retard the growth of implanted fibrosarcoma tumors in rats. In the present research, we investigated its mechanism of cytotoxicity to cancer cells. ...RESULTS: DHA treatment significantly decreased cell counts and increased the proportion of apoptosis in cancer cells compared to controls ($\chi^2=4.5$, $df=1$, $p<0.035$). Addition of holotransferrin significantly further decreased cell counts ($\chi^2=4.5$, $df=1$, $p<0.035$) and increased apoptosis ($\chi^2=4.5$, $df=1$, $p<0.035$). No necrotic cells were observed. CONCLUSION: This rapid induction of apoptosis in cancer cells after treatment with DHA indicates that artemisinin and its analogs may be inexpensive and effective cancer agents."

From the site http://www.healingedge.net/store/more_all_artemes.html:

"Dr. Hoang used 500 mg twice daily of oral artemisinin with good success. The product is best taken on an empty stomach with some natural fat to enhance absorption. Any iron present from residual food may neutralize the peroxides. Milk is one of the few foods with minimal iron. Whole milk, cottage cheese, or yogurt have ample fat to enhance absorption.

Additionally, Dr. Rowen stated that he adds cod liver oil (for its omega-3 and vitamin D) and conjugated linoleic acid (CLA) to this therapy. He says that, with the exception of patients very near death, taking artemisinin or derivatives have stabilized, improved, or remitted every cancer patient he has followed. Medical literature also seems to suggest that oxygenating the system might make the products effective. Administration of certain chemotherapy agents (IPT), which kill cells through free radical mechanisms, is another option."

A news group dealing with cancer and the use of Artemisinin can be found at http://groups.yahoo.com/group/artemisinin_and_cancer/ A lot of discussion has taken place about the importance of keeping the pH in an alkaline state (i.e., above 7.4). This may be especially true if artemisinin is to work properly.

Sources

Check sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter artemisin. Select "100 Results". Select "Sort by Price: Low to High".

Holley Pharmaceuticals in Fullerton, California Holley offers wholesale prices and discounts for health care professionals. (866) 846-5539 or 714-871-7070; www.holleypharma.com.

Allergy Research Group in Hayward, California, offers several supplements derived from Sweet Wormwood. The products marketed under the brand "Allergy Research Group" are available through doctors and other healthcare practitioners; the same products can be found under the brand "NutriCology" in health food stores. (800) 545-9960; www.allergyresearchgroup.com. Another source is <http://www.artemisin.org/>.

Further Reading

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- Everything You Know Is Wrong: The Disinformation Guide to Secrets and Lies by Russ Kick. Excerpt from Back Matter "... amazing results against cancer cells. Extracted from Artemisia annua L., artemisinin has been used by the Chinese to fight malaria for millennia. It works by destroying the iron-rich malaria parasite. Cancer cells are also drenched in iron, so two researchers from ..."
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Aveloz

"A spurge shrub native to South America may hold the key to victory in the battle to destroy cancer. Aveloz, known as mataverruga ("kill-wart"); one drop of its solution when applied to a wart has been known to destroy a growth in one day. That extraordinary property, the power to eliminate neoplasms, malignant (skin cancers) drew the attention of professors of medicine. Here was an adequate tumor remedy, near at hand.

Why not try it INTERNALLY to eliminate cancerous tumors? They did and it worked. Five to ten drops of that same solution, depending on size and density, taken every hour, has been known to eliminate cancerous growths in one week. The hard tumor collapses. What happens is that the cancer has been reduced to an ill-smelling paste by the tissue tearing (escharotic) properties of the solution. The elimination of the malignancy will cause an irritation of the kidneys, but that's all. You can alleviate that side effect by taking extra Vitamin C. "

The referenced website further explains:

"Aveloz is proving to be very effective in the treatment of "hard tumors" but not very effective in fighting leukemia when used alone. However, the combination of Aveloz and Taheebo has proven to be very effective against leukemia. Taheebo alone has also been effective in this area, but not as effective as the combination of the two.

For the treatment of hard tumors, Aveloz alone seems to have the best results. It must always be taken however, with ample amounts of vitamin "C" (at least 2500 Mg. of C with each 15 drops of Aveloz mixed in juice or tea). One consideration is that Aveloz has been proven to have no ill side effects."

Source and References

<http://www.lifex.com/special.html>

Avocados

"Avocados also exceed other fruits as a source of the potent antioxidant lutein, according to Susan Bowerman, R.D., a registered dietitian at the University of California at Los Angeles Center for Human Nutrition. Lutein may also safeguard your cardiovascular system from atherosclerosis (or hardening of the arteries) and prevent prostate cancer."

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Beet Juice

A common addition to vegetable juices used to treat cancer.

"Beet juice is used in Europe for the treatment of cancer"

says Eleonaore Blaurock-Busch, Ph.D., president of Trace Minerals International in Boulder, Colorado.

The crimson-like pigment in beets, betacyanin, is the compound believed to have the anti-cancer properties. Compared to other juices used in studies, beet juice ranked close to the top in preventing cell mutations that commonly lead to cancer. Beets are also high in folate, which is a pregnant woman's favorite mineral for prevention of birth defects.

"Never drink beet juice by itself. Beet juice should always be mixed with other vegetables and/or apple juice. Pure beet juice (from the bulb or greens) can temporarily paralyze your vocal chords, make you break out in hives, increase your heart rate, cause chills or a fever."

References

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Beetroot/Betacyanin/Betaine

According to Alexander Ferenczi, MD of Csoma, Hungary beetroot contains a tumor-inhibiting substance attributed to its natural red coloring agent, betacyanin, a potent cancer fighter. Beets also contain betaine, an unusual substance that is found in few foods. This phytochemical is important for detoxifying homocysteine and reducing heart disease risk, and is involved in the metabolic pathways involved in fighting cancer.

"The Hungarian Professor Bakay of the University of Budapest carried out experiments in 1939 (long before Dr. Ferencz) on 72 patients suffering from cancer or leukemia in his clinic in the Hungarian capital. He observed regression of the tumors, increases in weight and improvement in the general condition of his patients."

"Dr. Ferenczi's clinical report included methods of administering the beets and several very important case studies:

"I diagnosed a man of 50 years of age, with a lung tumour. And subsequently confirmed in a Budapest hospital and also in a country hospital, which corresponded clinically to lung cancer. I started treatment with beetroot in the described manner. After 6 weeks of treatment the tumor had disappeared ... after 4 months of treatment he gained 10 kg. In weight, the erythrocyte [mature red blood cell] sediment rate [e.s.r] was reduced drastically. Thus he represented the symptoms of a clinical recovery"

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- <http://www.karlloren.com/biopsy/book/p14.htm>

Beta Sitosterol/Saw Palmetto

"Beta-sitosterol is the most abundant phytosterol in the diet. It is also widely distributed in the plant kingdom and found in such botanicals as *Serenoa repens* (saw palmetto), *Curcubita pepo* (pumpkin seed) and *Pygeum africanum*. Beta-sitosterol is used as a medicine in Europe for benign prostatic hypertrophy (BPH)."

Beta-sitosterol acts against cancer. It is found to reduce the growth of human prostate and colon cancer cells. It also acts against lymphocytic leukemia, and had been shown to induce apoptosis in breast cancer cells.

References

- <http://www.greatvistachemicals.com/nutritional-supplements/beta-sitosterol.html>
- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12579296

Boswellic Acids

"Boswellic acids are the compounds isolated from the gum resin of *Boswellia serrata* and have been used for the treatment of inflammatory diseases for many years in the countries of the east. Recently, a few studies showed that the acids may have anti-cancer effect on leukemia and brain tumours. We investigated the apoptotic and anti-proliferative effects of two types of boswellic acids, keto-beta-boswellic acid and acetyl-keto-beta-boswellic acid, on liver cancer Hep G2 cells ... The acids may be a promising drug for the chemoprevention of liver cancer."

References

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=12239601&dopt=Abstract

C-Statin/Bindweed

"C-Statin is a group of proteoglycan molecules (PGM) isolated from Bindweed (*Convolvulus arvensis*) a common garden weed. C-Statin is an anti-angiogenesis product. No toxicity has been noted at normal doses. Patients with cardiovascular disease should use caution and, as with cancer patients, only use this product with a physician's supervision."

References

- <http://www.naturalhealthconsult.com/Monographs/cstatin.html>

Canthaxanthin

Canthaxanthin, a less well-known carotenoid, induces apoptosis in human cancer cell lines.

"To investigate the possibility that canthaxanthin inhibits cancer cell growth by inducing apoptosis, human WiDR colon adenocarcinoma and SK-MEL-2 melanoma cells were treated with two different doses of the carotenoid for 48 h. Canthaxanthin was incorporated and/or associated to cells. The treatment with the carotenoid caused growth inhibition in both cell types. Concomitantly, apoptosis was induced. Increasing time of exposure and carotenoid concentration, this effect was more pronounced. At 48 h, the percentages of apoptotic cells were 13 and 15, using 1 microM canthaxanthin, and 18 and 20, using 10 microM canthaxanthin in WiDR and SK-MEL-2 cells, respectively. This study represents the first demonstration that canthaxanthin is able to induce apoptosis in tumour cells."

References

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CARESENG® Cancer Therapy/ Ginseng

CARESENG® is a product produced from ginseng that contains greater than 99% anti-cancer ginsenosides. The two main compounds are Rh2 and aglycon saponinins that have shown in initial clinical trials to have strong cancer-inhibitory effects. Laboratory data and preliminary clinical observation strongly indicate that in combination with conventional chemotherapy, the ginsenosides dramatically sensitize cancer cells to conventional treatments.

The compounds found within CARESENG® are useful for multi-drug resistant cancer cells, which are common in late stage cancer patients. Scientific data strongly support that CareseNG is a non-toxic natural supplement for cancer patients, especially for those with late stage and drug resistant cancer of various types.

CARESENG® is produced by Pegasus Pharmaceuticals by patented technology.

It contains >99% anti-cancer ginsenosides, an amount equivalent to greater than 100 lbs of ginseng.

CARESENG® has been used in clinics for over 2 years, with no adverse effects on more than 500 patients in Dr. Jim Chan's clinic.

Laboratory studies on cultured cancer-cells resulted in rapid cancer-cell death.

Clinical observation I with 40 patients with various types of cancer including lung, colon, liver, and breast after 60 days resulted in 75% tumor inhibition and no toxicity.

Clinical Observation II in 15 patients with breast, colon, brain, liver and ovarian cancer showed 80% inhibition with no adverse side-effects.

Sources

Identify sources at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter careseng.

Further Reading and References

- <http://www.pegasuspharm.com/>
- <http://www.nricm.edu.tw/icom12/postpdf/P-47.pdf>
- <http://www.pannaturopathic.com/cancer.html>

Carnivora®

Carnivora® was discovered and developed by Helmut G. Keller, MD, oncological investigator at Klinik Winnerhof in Bad Wiessee, Germany. It enhances the immune system response.

Carnivora® is comprised of the pressed juices of *Dionaea Muscipula*, a concentrated extract of the Venus-flytrap plant. It is supplied as drops for oral ingestion and inhalation, and as Carnivorain injections for intravenous and subcutaneous administration. Carnivora® capsules are now available in the U.S. as a food supplement. Carnivora externally applied has helped with skin cancers and when taken in capsules, may stop the halt or reduce tumor growth. The active component of carnivora is plumbagin, a powerful immunological booster.

Dr. Helmut Keller states:

“Carnivora®, a patented phytonutrient and extract of the venus flytrap plant, *Dionaea muscipula*, has been used clinically for over 25 years.”

Biologically active compounds in the extract are essential to healthy immune systems and support healthy cardiovascular functions in the body. At higher doses, the extract has been shown to have immunomodulatory, tumoricidal, antimicrobial, antiviral, antiparasitic and antibiotic properties.

The pharmacology of Venus flytrap extract has been extensively studied and evaluated in both animal and human studies.

“Carnivora® does not just simply “enhance” the immune system, but is multi-dimensional in its ability to modulate the entire system. Injection and sublingual drops may be employed as a primary treatment.”

Professor D.K. Todorov, MD, PhD, DSc, and Chief of Oncopharmacology at the National Oncological Center of Bulgaria has been studying, researching, and performing clinical studies on Carnivora for over two decades. He spends a great deal of his time in cancer research at Heidelberg University in Heidelberg, Germany. His more recent findings involving various cell lines show that cancer cells were destroyed within a matter of hours when exposed to Carnivora.

Sarcoma: One of Dr. Todorov’s initial studies shows the dramatic reduction of human sarcoma cells from 2500 to 880 over a 72-hour period. Additionally, Todorov found that 400 nanograms per milliliter (ng/ml) of Carnivora® had caused a diminution of 2200 multi-drug resistant sarcoma cells to 1130 cells in just 72 hours.

As a result of these in vitro findings, doctors soon began to employ the protocol in vivo, treating patients with sarcoma tumors. Despite previous treatment with toxic therapies, some patients achieved remission.

Brain Cancer: Professor Todorov performed this study by administering 200 ng/ml of Carnivorav to 109 human glioblastoma cells and achieved the destruction of 50% of these cells during a seven-day period.

Leukemia: Again Todorov used 200 ng/ml of Carnivora® to destroy human Tlymphoblastic leukemia cells. Thirty-one hundred of these cells were reduced to 1820 in 72 hours. He then took multi-drug resistant human leukemia cells and exposed them to 200 ng/ml of Carnivora to achieve remarkable results; within 72 hours, 1680 leukemic white blood cells were demolished to just 570 cells from an initial 2250.

Doctors have treated patients who suffer from chronic myeloid leukemia, as well as chronic lymphocytic leukemia with long-term Carnivora® therapy with great success. The key in this instance seems to be prolonged treatment. A majority of CML patients and all CLL patients have reported positive findings.

Ovarian Cancer -- Animal and In Vitro Studies: Fifteen hundred ovarian cancer cells were dramatically reduced to 435 cells in a rat model in viva when treated with 200 ng/ml of Carnivora® within forty-eight hours. Seventeen hundred eleven cells of human ovarian cancer were again dramatically reduced to a mere 359 cells upon exposure to 200 ng/ml of Carnivora® in just 48 hours. It was shown that despite this cancer's chemotherapeutic resistance, Carnivora® had nearly destroyed this entire cell line.

The extract has also been used by a past-President of the U.S. From the www.carnivora.com website:

"...following the 1985 surgical excision of his colon's malignant polyps, President Ronald Reagan sent to Germany for [Carnivora] to take as a preventative against potential metastases. Thereafter, he drank 30 drops of this extract, Carnivora®, in a glass of purified water or herb tea four times a day. According to records kept by the extract's manufacturer, Carnivora-Forschungs GmbH, the President continued to buy these drops until the onset of Alzheimer's disease. Now it's suspected, but not confirmed, that Nancy Reagan uses Carnivora® for avoiding any recurrence of her breast cancer."

Source

A bottle of 100 capsules is \$39.95.

Carnivora Research Inc., International <http://www.carnivora.com/carnivora.html> to order now, us only (866) 836 8735, Or (203) 532 0957, 24 Hours

For all orders by phone, fax or email: please specify billing address, shipping address if different, telephone number, w/area code and quantity ordered.

To order by phone within the U.S. only (Including Puerto Rico, Alaska And The US Virgin Islands), call toll free (866) 836 8735, Or (203) 532 0957, 24 Hours

To order by phone outside the us 001-203-532-0957, 24 Hours

Orders by email worldwide: Carnivora2000@Yahoo.Com, Or Carnivora2000@Yahoo.Com

Further Reading and References

- German Cancer Therapies by Morton Walker
- <http://www.carnivora.com/>
- Townsend Letter for Doctors and Patients, Nov, 2001 "Carnivora: Pharmacology and Clinical Efficacy of a Most Diverse Natural Plant Extract"
http://www.findarticles.com/p/articles/mi_m0ISW/is_2001_Nov/ai_79757246

Cherries

Cherries contain the monoterpene perillyl alcohol, which can induce tumor cell death. As well, in 1999, Michigan State University scientists discovered that cherries' dark coloring material is an outstanding source of antioxidants known as anthocyanins. This makes them similar to the food supplement Pycnogenol (derived from maritime pine bark). In fact, the antioxidant activity of tart black cherries is greater than of vitamin E, the benchmark antioxidant. Dark-colored Balaton cherries are particularly rich, with a total of 37.5 mg of anthocyanins in every 100 grams of fruit.

Cherries also contain pain-relieving compounds. Most of the non-steroidal anti-inflammatory drugs (NSAIDs) such as aspirin, ibuprofen, Vioxx, and Celebrex work by inhibiting cyclooxygenase I and II, popularly known as cox 1 and cox 2. Cherries also deliver a dose of cox inhibitors comparable to, say, Advil. Cox inhibitors are also being investigated for anticancer activity.

Finally, cherries contain surprisingly high levels of melatonin, a hormone previously thought to be produced only by the pineal gland in the brain. Melatonin is part of the body's natural way of regulating sleep. It also may have anticancer properties. "Consuming cherries could be an important source of dietary melatonin," said Texas scientists recently. For reasons such as these, last year, the National Center for Complementary and

Alternative Medicine (NCCAM) gave a grant to Johns Hopkins University in Baltimore to study the use of sour cherries in alleviating the pain of cancer.

"Cherries can prevent and treat many kinds of pain," said Muraleedharan Nair, the lead researcher of the Michigan State University project.

"Twenty cherries provide 25 milligrams of anthocyanins, which help to shut down the enzymes that cause tissue inflammation in the first place."

Michigan produces 80% of America's tart cherries. Depending on the variety, two teaspoons to two tablespoons per day of concentrated cherry juice is a reasonable dose. Adverse effects, such as occur with aspirin or other NSAIDs, are unknown.

References:

- <http://www.cancerdecisions.com/120301.html>
- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12706854

Cranberry Juice

"Researchers at The University of Western Ontario have completed a study that suggests cranberry products could have cancer-fighting properties. The study, funded by Ocean Spray Cranberries, Inc, documented that regular consumption of cranberry products may inhibit the development of breast cancer tumors in animals. Cranberries are a rich source of flavonoids, a variety of compounds produced by plants, that have been investigated for their anti-cancer activity."

References

- <http://www.healthatoz.com/healthatoz/Atoz/dc/caz/kidn/utri/alert05202000.jsp>

Croton Treatment

The croton plant, long known to oriental herbalists and homeopaths as a purgative, has oil in its seeds that shows promise for the treatment of prostate cancer. An active ingredient found in the oil of the Southeast Asian croton plant--12-O-tetradecanoylphorbol-13-acetate, commonly known as TPA - may inhibit the growth of new prostate cancer cells, according to researchers at Rutgers University. This shrub, which is found in Southeast Asia, can give you a rash like poison ivy; but it may also stop prostate cancer.

"We demonstrated TPA could simultaneously stop the growth of new prostate cancer cells, kill existing cancer cells, and ultimately shrink prostate tumors,"

said Allan Conney, Ph.D., one of the study's authors. The researchers also tested the effect of TPA in combination with all-trans retinoic acid (ATRA), a vitamin A derivative that has been shown to treat leukemia effectively.

"We knew that ATRA is an effective synergist with TPA in treating leukemia cells in the laboratory, but prostate cancer is a different situation, probably involving different molecular mechanisms," Conney said.

The studies by Zheng and Conney are the first to show a synergy between TPA and ATRA in inhibiting the growth of cultured prostate cancer cells and the first to assess their combined effects, and the effects of TPA alone, on human tumors grown in mice. Scientists, intrigued by the skin-irritating property of croton seed oil, demonstrated more than 50 years ago that croton oil and its constituent TPA promoted tumors in laboratory animals following the introduction of a strong carcinogen at a low dose. Subsequent laboratory tests, however, produced dramatically different outcomes.

"It turned out that extremely low concentrations of TPA had an extraordinarily potent effect on myeloid leukemia cells, causing them to revert to normal cell behavior,"

Conney explained. However, it was a long time before anyone acknowledged that TPA could actually do good things for people, Conney observed. Investigators at China's

Henan Tumor Research Institute and Rutgers, interested in the potential beneficial effects of TPA, began a collaborative study in 1995. When TPA was administered to terminally ill myeloid leukemia patients in China, the number of leukemia cells in the blood and bone marrow decreased and there were remissions of the disease.

Conney said:

"We are clearly encouraged by our laboratory results with TPA and ATRA on prostate cancer cells. Our studies are an important early step in a long process, and we are planning additional testing in humans. Further research with these compounds and others could provide hope for the half million new cases of prostate cancer each year."

Sources

Check sources and best prices at Froogle. Just click <http://froogle.google.com> Enter tpa prostate.

References

- http://www.innovations-report.de/html/berichte/medizin_gesundheit/bericht-27076.html
- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15507372

D-limonene/Limonene

D-limonene is a monoterpene, a compound from plants found to cure tumors and cancers. The best source of d-limonene is the oil from orange peels. Researchers at the University of Wisconsin found that when d-limonene was added to the diets of rats that had developed tumors, 90% of tumors disappear completely. One way to have a d-limonene intake is to juice the orange and the peel together - just make sure the oranges are organically grown.

Monoterpenes possess many characteristics of ideal chemopreventive agents, namely, efficacious anti-tumor activity, commercial availability, low cost, oral bioavailability, and low toxicity, which made it feasible to begin considering them for human cancer chemoprevention testing.

Most essential oils include monoterpenes--compounds that contain 10 carbon molecules often arranged in a ring. Monoterpenes are formed in the mevalonic acid pathway in plants, the same pathway that makes cholesterol in animals and humans.

D-limonene, which comprises more than 90% of orange peel oil, has chemopreventive activity against rodent mammary, skin, liver, lung, and fore stomach cancers. D-limonene also has chemotherapeutic activity against rodent pancreatic tumors.

Because d-limonene and perillyl affect the pathway that produces cholesterol, they can inhibit cholesterol synthesis, thereby eliminating a minor contributor to cancer formation.

Monoterpenes also increase the levels of liver enzymes involved in detoxifying carcinogens, an effect that decreases the possibility carcinogens will cause cellular damage.

In addition, monoterpenes stimulate apoptosis, a cellular self-destruction mechanism triggered when a cell's DNA is badly damaged. This safety feature is generally activated before a cell becomes cancerous. Finally, monoterpenes inhibit protein isoprenylation.

The cell uses this process to help a particular protein involved in cell growth find its proper location within the cell. If the protein is not in the right place, it becomes overactive and can spur cancerous cell growth. Thus, monoterpenes would appear to act through multiple mechanisms in the chemoprevention and chemotherapy of cancer.

A number of dietary monoterpenes have anti-tumor activity, exhibiting not only the ability to prevent the formation or progression of cancer, but to revert existing malignant tumors. D-limonene has well-established chemopreventive activity against many cancer types. D-limonene has been shown to inhibit the development of spontaneous neoplasms in mice receiving 1200 mg/kg orally (NTP 1990).

Also see Monoterpenes.

Source

Check sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter d-limonene. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- Surviving Cancer by Margie Levine. Excerpt from page 145 "... And because citrus skin is also thought to contain the cancer-fighting substance D-limonene, I let it do double duty in tea (which I ..."
- The Cancer Survival Cookbook : 200 Quick & Easy Recipes with Helpful Eating Hints by Donna L. Weihofen. Excerpt from page 36 "... DNA from oxidative damage. Vitamin C may further help prevent cancer by preventing the formation of nitrosamines. Citrus fruits also contain coumarins and limonene, which have been shown to increase the activity of other ..."
- What to Eat Now: The Cancer Lifeline Cookbook : And Easy-To-Use Nutrition Guide to Delicious and Healthy Eating for Cancer Patients, Survivors, and Caregivers by Rachel Keim, Ginny Smith. Excerpt from page 13 "... Citrus Fruit Possible Benefits Citrus fruit is packed with the cancer-inhibiting substances vitamin C, flavonoids, limonenes, and terpenes. Cells in the immune system, including T cells ..."
- Healing Essence: A Cancer Doctor's Practical Program for Hope and Recovery by Mitchell L. Gaynor. Excerpt from page 220 "... able to enhance the body's own ability to ward off cancer. Examples of other phytochemicals are ... from multiplying). Citrus fruits contain limonene, which increases detoxifying enzymes..."

References

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- Hohl RJ. Monoterpenes as regulators of malignant cell proliferation. In: American Institute for Cancer Research. Dietary Phytochemicals in Cancer Prevention and Treatment. New York: Plenum Press;1996.
- <http://www.naturdoctor.com/Chapters/Research/PancreaticCancer.pdf>

Dandelion Plant

"Dandelion contains high levels of potassium, is a rich source of iron and vitamins, and ounce for ounce, contains more carotene than carrots.

"Dandelion greens contain 7,000 units of Vitamin A per ounce. This is so high one author said it should make a carrot blush! It is important to realize that there is always a vitamin A deficiency in a person found to have cancer.

"The Chinese have used Dandelion for breast cancer for over a thousand years. Inulin, one of the major chemicals in Dandelion, is currently being studied extensively for its immuno-stimulatory functions. In testing it against cancer, it has been shown to be active against two tumor systems, by stimulating the actions of the white cells." Actually, the list of cancer-fighting nutrients in dandelions is quite long.

" In 1979, Japanese researchers found a dandelion extract - since then patented [I assume it was the extraction process that was patented] - which inhibits Erlich ascites cancer cells."

References

- <http://www.wildernessfamilynaturals.com/store/dandelion.htm>

D-Glucurate (Phytonutrient)

"When a carcinogen known to induce intestinal cancer was given to rats, D-glucurate was shown to inhibit adenocarcinoma formation when given at the initiation stage. When administered after tumor development, D-glucurate significantly inhibited the size and metastatic potential of intestinal and colon cancers. The researchers made comments suggesting that D-glucurate may be effective in the prevention and treatment of cancer by inhibiting the beta-glucuronidase enzyme and by inhibiting cancer cell proliferation induced by chemical carcinogens."

References

- http://antiagingchoices.com/Nutritional_products/fight_cancer/dglucarate.htm

DIM (Diindolylmethane)

DIM is a phytochemical that is found in broccoli, cabbage, turnip and mustard greens, kale, brussel sprouts, collards, etc.

"The first development in this research using chemically altered [sic] DIM from broccoli came when the growth of breast cancer cells was inhibited in laboratory studies. Subsequent research showed these compounds also inhibited growth of pancreatic, colon, bladder and ovarian cancer cells in culture, Safe said. Limited trials on lab mice and rats have produced the similar results, he noted." "Researchers from the University of California at Berkeley looked at the effects of broccoli on human breast cancer cells. According to findings, compounds in broccoli known as indoles are digested and broken down in the stomach to a compound called 3,3'-diindolylmethane (DIM). This compound may be the key to keeping cancer at bay."

References

- http://psa-rising.com/eatingwell/broccoli_DIM_jan_2004.htm

Ellagic Acid

Ellagic Acid is based on a natural extract from fruits and nuts that has the power to stop cancer cells from mutating.

It is widely found in plants such as strawberries, blackberries, cranberries, walnuts, and pecans – with the greatest amounts observed in raspberries. Ellagic Acid also has two special functions - it maintains apoptosis and protects DNA. Healthy cells in the body have a normal life cycle of approximately 120 days before they die. This process is called apoptosis (programmed cell death).

The body replaces these dying cells with healthy cells. Conversely, cancer cells do not die. In laboratory tests, ellagic acid caused the cancer cells to go through the normal apoptosis process without damaging healthy cells.

Chemotherapy, radiation, and most conventional treatments cause the death of both cancer cells and healthy cells indiscriminately, sometimes destroying the entire immune system in the process.

At the Hollings Cancer Institute, a nine year study on the properties of ellagic acid, and a double blind (neither patient nor physician knows who is taking what) study involving 500 cervical cancer patients, demonstrated the following:

- Ellagic acid stops cancer cells from dividing in 48 hours.
- Ellagic acid causes normal cell death (apoptosis) within 72 hours in cases of breast, pancreas, esophageal, skin, colon, and prostate cancers.
- Ellagic acid prevents the destruction of the p53 gene that leads to cancer.
- HPV (human papilloma virus) exposed to ellagic acid from red raspberries experienced apoptosis (normal cell death).
- Consuming one cup (150 grams) of red raspberries per day prevents the development of cancer cells.

For extensive testimonials and research studies, refer to the over 120 studies of The Washington Red Raspberry Commission about research done with ellagic acid at <http://www.red-raspberry.org>.

In their book, **Complementary and Alternative Cancer Methods Handbook**, the American Cancer Society indicated that ellagic acid:

"prevents the binding of carcinogens to DNA and strengthens connective tissue, which may keep cancer cells from spreading."

Additionally, the American Cancer Society pointed out that studies demonstrated ellagic acid inhibited tumor growth and protected against chromosome damage from radiation therapy.

Sources

Identify sources and best prices at Froogle. Just [click http://froogle.google.com/froogle_advanced_search](http://froogle.google.com/froogle_advanced_search) Enter ellagic acid in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- <http://www.red-raspberry.org>
- The Detox Revolution : A Powerful New Program for Boosting Your Body's Ability to Fight Cancer and Other Diseases by Thomas J., Ph.D. Slaga, Robin Keuneke. Excerpt from page 0 "... of cervical cancer at the Medical University of South Carolina, ellagic acid was shown to decrease cancer risk. In cervical cancer cell studies in culture, ellagic acid ..."
- Beating Cancer With Nutrition by Patrick Quillin, et al. Excerpt from page 11 "... Ellagic acid from berries induces "suicide" in the cancer cells. ..."
- The Cancer Lifeline Cookbook: Good Nutrition, Recipes, and Resources to Optimize the Lives of People Living with Cancer by Kimberly Mathai, Ginny Smith. Excerpt from Back Matter "... Natl Cancer Inst, 90(21): 1,637-47. "Walnuts have a compound called ellagic acid." Narayanan, B.A., et al. ... apoptosis in ellagic acid treated cancer cells. Cancer Lett, 136(2): 215-21."
- Walking in Divine Health by Don, M.D. Colbert. Excerpt from page 32 "... tomatoes each week will reduce his risk of developing prostate cancer by 45 percent. Strawberries and grapes Strawberries and grapes contain an important acid-ellagic acid-that neutralizes cancer and the toxins that cause cancer. They ..."
- Foods That Combat Cancer : The Nutritional Way to Wellness by Maggie Greenwood-Robinson. Excerpt from page 29 "... Green and Appears to be protective black tea against various cancers. Ellagic Acid Grapes, nuts Prevents toxic chemicals from damaging cells; ..."
- Surviving Cancer by Margie Levine. Excerpt from page 150 "... blueberries, blackberries , and raspberries, contain a special antioxidant called ellagic acid, believed to prevent cellular changes that can lead to cancer. Berries are very high in vitamin C, which is thought ..."
- SuperFoods Rx : Fourteen Foods That Will Change Your Life
- by Steven G. Pratt, Kathy Matthews. Excerpt from page 191 "... has been associated with helping to maintain healthy cholesterol levels. Ellagic Acid: This polyphenol is found in ... beneficial in the prevention of cancer by affecting both the activation and detoxification of potential carcinogens. ..."
- Doctor's Book of Food Remedies by Selene Yeager. Excerpt from page 74 "... Western Reserve University School of Medicine in Cleveland. Berries-and the ellagic acid they contain-may help fight cancer on several fronts, says Gary D. Stoner, Ph.D., director of ..."

References

- <http://www.red-raspberry.org/>

Genistein/Isoflavones

There is growing evidence linking a soy-rich diet to cancer prevention. Residents of countries where soyfoods are regularly consumed are less likely to develop certain cancers. For example, breast cancer mortality rates are much lower in Asia. In the U.S., where soyfoods are consumed less often, women are four times more likely to die of breast cancer than Japanese women. Research indicates that soyfoods help protect against several types of cancer, including lung, colon, rectal, stomach, and prostate cancer.

One reason may be that soyfoods are rich in compounds called phytochemicals. One particular family of phytochemicals, isoflavones, may fight cancer in a variety of ways. Isoflavones are found in significant amounts only in soybeans and in soyfoods, such as tofu, soy milk, tempeh, and textured soy protein.

One isoflavone, Genistein, has captured special attention.

Genistein is a chemical compound found only in soy in our daily foods. Dr. Lothar Schweigerer at Heidelberg University discovered that genistein blocks an event called angiogenesis, the growth of new blood vessels that nourish malignant tumors. Once a tumor grows beyond a millimeter, it must foster the growth of new blood vessels to support

its growth. An increase in tumor size must be accompanied by an increase in blood vessel formation.

Tumors can thrive only when tiny networks of new blood vessels supply them with nutrients and oxygen.

"By inhibiting blood vessel growth, genistein may keep new tumors from growing beyond harmless dimensions and eventually lead to shrink of the tumor"

When genistein is added to live cancer cells in laboratory test tubes, they stop growing. More than 100 studies on a variety of cancer cells have demonstrated the effectiveness of genistein.

Genistein is thought to act against cancer in other ways as well, some similar to common cancer-treating drugs. For example, scientists believe certain enzymes in the body convert normal cells to cancer cells. Some cancer drugs simply inhibit these enzymes. In cancer cells, genistein has been shown to do the same.

Genistein may also work against cancers that depend on hormones to grow, such as breast and prostate cancer. Genistein may interfere with these hormones, thus inhibiting the development of cancer cells and tumors. Some research even indicates that genistein interferes with the process by which tumors receive nutrients and oxygen. Researchers at the University of Minnesota attached genistein to antibodies and injected them into mice with leukemia. All these mice survived, while a group of mice that did not get genistein died within three months.

These discoveries could have important implications for treatment of solid tumors, including malignancies of the breast, prostate, colon, and brain.

Overall, isoflavones may have a role in the management of prostate cancer. The beneficial effects of isoflavones include:

- A decrease in blood androgen (testosterone) levels by increasing the level of SHBG (sex-hormone binding globulin). SHBG binds to testosterone. Therefore, less testosterone is available to help the cancer grow.
- Binding to androgen receptors. As a result, more potent sex hormones (testosterone, dihydrotestosterone) are blocked from binding to the receptors and stimulating cancer growth.
- Inhibition of alpha-5 reductase, an enzyme that converts testosterone to its most potent form (dihydrotestosterone).
- Restriction of other enzymes associated with cancer cell growth.
- Inhibition of tumor blood vessel formation. Blood vessel growth within the tumor allows the cancer to grow and spread.
- Decrease in insulin growth factor-1 (IGF-1), which may be a marker for increased prostate cancer risk.

Prostate cancer incidence and mortality rates in Asian countries are much lower than in the United States. Research suggests that one of the reasons for this difference in incidence rates may be the high soy protein content in the Asian diet. In countries such as Japan, Korea, China, and Taiwan, the estimated isoflavone mean daily intake is between 10-50 mg per day, as compared to 1-3 mg per day for Americans.

Studies point to diet as a major factor in the incidence of prostate cancer. In fact, migration studies have shown men from low-risk countries who move to the United States ultimately have the same risk for prostate cancer as the rest of the U.S. population. Researchers believe that this risk increase may be in part due to the change from a diet high in isoflavones to a more Westernized diet, which is low in isoflavones, lower in fruits and vegetables and higher in total fat.

Cell culture and animal studies have shown that genistein inhibits tumor growth. In one study, a group of human prostate cancer cells was treated with genistein and another group was left untreated. Prostate cancer cell growth was inhibited only in the cells treated with genistein. In another study, prostate cancer cells were transplanted into animal

models. These animals ate either a soy-free diet or a soy-based diet. The progression of prostate cancer was reduced by 25% in the animals on the soy-based diet versus the animals on the soy-free diet.

Louis Warschaw Prostate Cancer Center Recommendations:

- Soy protein intake should be 35 to 40 grams per day.
- A good way to add soy protein to your diet is by having a soy-protein smoothie with breakfast. Some soy protein isolate powders have up to 20 grams of soy protein and 20 mg of isoflavones per serving. (This is half of your recommended intake!)
- Avoid soybean oils. Soybean oil does not contain beneficial isoflavones.
- It is best to get your isoflavones as they occur in soy products, such as soy protein isolate powder, tofu, and soy meat substitutes. Avoid isoflavone supplements, which may not provide the proper balance of genistein to daidzein.
- Start increasing your soy intake gradually. Large amounts of soy contain high amounts of soluble fiber, which can cause gastrointestinal discomfort.

Because, as previously mentioned, the incidence of breast cancer in Japan is far lower than in western countries like the U.S., and because the soy intake of Japanese women has historically been several hundred times higher than western women, a great deal of speculation has been devoted to the role that soy may play in preventing breast cancer.

When researchers isolated statistics about the intake of isoflavone-rich foods (particularly soy foods and miso soup) and measured them against the breast cancer information, three results stood out significantly:

- Consumption of isoflavone-rich foods and miso soup was associated with a decreased risk of breast cancer .
- Consumption of soy foods alone was NOT associated with a decreased risk of breast cancer .
- The decreased risk of breast cancer was strongest among postmenopausal women.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter genistein. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- The Prostate Cancer Protection Plan : The Foods, Supplements, and Drugs that Can Combat Prostate Cancer by Dr. Bob Arnot. Excerpt from page 40 "... Taiwan Japan Okinawa 3.\$ 35 40 100 you against prostate cancer appears to be genistein. What is genistein? Genistein is secreted in the roots of ..."
- The Green Pharmacy Herbal Handbook: Your Everyday Reference to the Best Herbs for Healing by James A. Duke. Excerpt from page 255 "... identified at least four phytoestrogenic isoflavones in red clover-biochanin-A, daidzein, genistein, and formononetin. Unlike soy, many ... lower incidence of several hormone-dependent cancers. Genistein inhibits a process called angiogenesis , through which tumor ..."

References

- "Soy, Isoflavones, and Breast Cancer Risk in Japan" Journal of the National Cancer Institute, Vol. 95, No. 12, 906-913, 6/18/03, ncicancerspectrum.oupjournals.org

Geraniol

"We show that geraniol, a monoterpene found in essential oils of fruits and herbs caused inhibition of Caco-2 cells growth and blocked cancer cell differentiation. Geraniol at 400 iM prevented the formation of brush-border membranes and inhibited the expression of intestinal hydrolases (sucrase, lactase, alkaline phosphatase). When combined with geraniol (400 iM), the antiproliferative and cytotoxic effects of 5-FU (5 iM) were increased twofold."

References

- <http://www.annieappleseedproject.org/geroil5fuhum.html>

Ginger Root

"Researchers at the University of Minnesota determined that mice fed the main active component in ginger root three times a week had slower rates of cancer growth than control animals did."

References

- <http://www.sciam.com/article.cfm?articleID=0002329D-E1EF-1F9E-A1EF83414B7F0000>

Goji Berries/Wolfberries/Goji Juice/Lycium/Chinese Boxthorn

A supplier of Goji berries states:

"Goji berries are now undergoing intense scrutiny as a cancer drug in Mongolia, China, Japan and Switzerland. It has been found that the fruit, as well as an extract from its leaves, can kill many kinds of cancer cells in vitro. In vivo studies and human studies are proving to be highly promising. The berries contain 124 ppm of organic Germanium. Germanium has been demonstrated to have anti-cancer activity. Japanese studies indicate that organic Germanium is effective in treating liver cancer, lung cancer, uterine cancer, cervical cancer, and testicular cancer when combined with other drugs. It has been found to induce the production in human beings of g-interferon. Interferon can depress and even kill cancer cells. Germanium possesses the power to take over the hydrogen ion from cancer cells. Losing hydrogen ions can cause depression and even death to cancer cells. Besides Germanium, this berry has other components that act against cancer. These other components appear to be able to depress or block the synthesis of the cancer cells' DNA, which interferes with the cells' ability to divide and thus lowers the reproductive capacity of the cancer cells."

Goji juice is sold through MLM outlets.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter goji berries in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- Goji: The Himalyan Health Secret by Earl Mindell, Rick Handel

References

- http://www.eatraw.com/detail.asp?PRODUCT_ID=er024

Grains/ Whole Grains

"Whole grains like oats, wheat, rye, millet and others contain fiber that helps isolate cancer causing compounds and removes them from the body. Flaxseed, rye and millet are rich in lignans which act as weak estrogens helping stymie the growth of breast cancer and other malignancies that are often estrogen dependent. The more whole grains you eat, the lower your odds of death, a University of Minnesota study suggests. Middle-aged women who ate slightly more than one whole-grain food per day had a 15% lower death rate than women eating lots of refined processed grains. That calls for more whole-grain dark bread and cereals such as All Bran and "old-fashioned" oatmeal. Whole grains contain anti-cancer agents and help stabilize blood sugar and insulin, which may promote longevity."

References

- <http://www.cnmart.com/healthinfo/10foods.htm>

Grape Seed Extract and Grape Skin Extract

There are supplements available that contain several cancer killing nutrients, such as resveratrol and OPCs. For complete information, see [Brandt Grape Cure](#).

Graviola/Annona muricata

Graviola is a product from a tree in the Rain Forests of the Amazon. Producers claim it is stronger at killing colon cancer cells than common chemotherapeutic drugs and that it hunts down and destroys prostate, lung, breast, colon, and pancreatic cancers, while leaving healthy cells alone. It is supposed to help one's immune system as well.

Graviola was first referenced in the United States in 1976. The NCI included Graviola in a plant-screening program that showed its leaves and stems were effective in attacking and destroying malignant cells. But the results were part of an internal NCI report and were, for some reason, never released to the public.

Since 1976, there have been several promising cancer studies on Graviola. However, the tree's extracts have yet to be tested on cancer patients. No double-blind clinical trials exist, and clinical trials are typically the benchmark mainstream doctors and journals use to judge a treatment's value.

Nevertheless, Graviola has been shown to kill cancer cells in vitro in at least 20 laboratory tests. A study, conducted at Catholic University of South Korea, revealed that two chemicals extracted from Graviola seeds showed:

"selective cytotoxicity comparable with Adriamycin"

for breast and colon cancer cells. The chemicals targeted and killed malignant breast and colon cells in a test tube—comparable to the commonly used chemotherapy drug Adriamycin.

Another study, published in the *Journal of Natural Products*, showed that Graviola is not only comparable to Adriamycin—but dramatically outperforms it in laboratory tests. Results showed that one chemical found in Graviola selectively killed colon cancer cells at:

"10,000 times the potency of Adriamycin."

Other promising and ongoing research at Purdue University is supported by a grant from the National Cancer Institute.

Purdue researchers found that leaves from the Graviola tree killed cancer cells "among six human-cell lines" and were especially effective against prostate and pancreatic cancer cells.

In a separate study, Purdue researchers showed that extracts from the Graviola leaves are extremely effective in isolating and killing lung cancer cells.

Perhaps the most significant result of the study cited above from the Catholic University of South Korea, and others, is that Graviola was shown to target only cancer cells – leaving all healthy, normal cells untouched selectively.

By comparison, chemotherapy indiscriminately seeks and destroys all actively reproducing cells including normal hair and stomach cells. This is what causes such devastating side effects as hair loss and severe nausea. In this respect, Graviola looks to be a promising alternative or supplement to mainstream treatments.

Graviola and N-Tense (an anti-cancer formula featuring Graviola and seven other rainforest herbs) are completely natural substances with no reported side effects apart from possible mild gastrointestinal upset at high dosages (in excess of 5 grams) if taken on an empty stomach.

Also see [N-Tense](#), a patented substance that contains 50% graviola.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter graviola or n-tense. Select "100 Results". Select "Sort by Price: Low to High".

One source is Raintree Nutrition, Inc., 10609 Metric Blvd., Suite 101, Austin, TX 78758; tel (800)780-5902 or (512)833-5006; fax (512)833-5414.

Further Reading:

- The Nutrition Solution: A Guide to Your Metabolic Type by Harold J., D.D.S. Kristal, et al. Excerpt from page 169 "... (as well as DHEA and, presumably, androstenedione) into estrogen; cw Graviola: (*Annona muricata*), an Amazonian rainforest herb which has been shown in laboratory studies, conducted under the auspices of the National Cancer Institute, to be cytotoxic to various cancer cell types, including ..."

References:

- <http://www.graviola.org> for more information
- A detailed 33 page report can be downloaded for free here <http://www.rain-tree.com/reports/graviola-techreport.pdf>.

Haelan/Haelan 951

Haelan is an anti-cancer agent made from liquid soybean extract. Its reported benefits include blocking cancer-cell blood supplies, enzymatic activity, tumor reduction, and boosting of the immune system. It has also been found to help relieve the side effects of conventional cancer therapies.

Cancer cells live harmlessly in the body as long as the immune system is operating properly. T cells act as the avengers, converting nitrogen into nitric acid that they then release onto the cancer cells, dissolving them. Normal cells are protected from this defensive assault by a coating of the enzyme superoxide dismutase (SOD). This coating is absent in cancer cells. Cancer cells seek out the nitrogen in our body's protein, thus depleting the nitrogen that the T cells need for the production of their "assault weapon." Nitrogen comes from protein stored in the muscle tissue, and is a target for the cancer cell.

Eating specific formulations of soy can provide cancer-fighting compounds, called phytochemicals. Phytochemicals must penetrate the cancer cell to do their job and cause the cancer to self-destruct. Fermented and nitrogenated soy hydrolyzes the soybean proteins into bioactive amino acids. These acids are small components, better able to permeate the cancer cell walls.

Nitrogenation is the key that unlocks the door. Cancer cells, in their normal foraging for nitrogen, absorb it. They take in the nitrogenated soy proteins that carry with them undetected, immune-supporting compounds consisting of isoflavones, protease inhibitors, saponins, phytosterols, and phytic acids. Once within the cancer cell, the anticancer components set out to reprogram the part of the cell that affects its reproduction and life span. The immune system can then do its job of disabling and removing this life-threatening intruder.

Research shows that the use of nitrogenated fermented soy along with chemotherapy and/or radiation treatments results in greater cancer cell deaths by apoptosis than either chemotherapy and/or radiation produces when used individually.

Researchers at the Department of Pathology, Karmanos Cancer Institute, Wayne State University School of Medicine have determined that the soy isoflavone genistein together with other cellular effects of genistein completely shuts down the NF-kB activity survival mechanism that cancer cells employ. Cisplatin, docetaxel, and adriamycin were the chemotherapeutic agents used with the soy isoflavones pretreatment—resulting in increased cancer cell growth inhibition and increased apoptosis induced by the chemotherapy drugs on prostate, breast, and pancreatic cancer cells.

In one study, radiation treatment by itself reportedly killed 70% of the cancer cells and the combination of the soy pretreatment and radiation resulted in 85% cell death.

Many oncologists do not recommend the use of antioxidants by patients undergoing chemotherapy and/or radiation treatments because they are concerned that antioxidants

may protect cancer cells resulting in lower cancer cell death rates. Research and case studies apparently show this is not a valid concern for cancer patients who are considering the use of the nitrogenated fermented soy beverage along with their chemotherapy and/or radiation treatments.

"Depending on the severity, people have experienced much success from taking 40 to 60 bottles at a bottle a day and then cutting down to a half bottle or quarter bottle as maintenance. For more severe cases, some people take up to 120 bottles at a bottle a day before reducing."

Source

Identify sources and best prices at Froogle. Just click <http://froogle.google.com> Enter haelan.

References

- <http://www.haelanproducts.com/>
- Quillian, Patrick, Ph.D., R.D., C.N.S., *Beating Cancer with Nutrition*, 1994.
- Colebank, Susan, "Deconstructing Soy," *Health Supplement Retailer*, April 2002.
- Sage, Donna, M.S.S.A., "Interview," *Townsend Letter for Doctors*, Oct. 7, 1998.

Indole-3-carbinol (I3C)

Indole-3-carbinol (I3C), a chemical found in vegetables of the broccoli family, has anti-cancer properties and is thought to work in several ways:

- It facilitates the conversion of estrogen to a less cancer-promoting form.
- It partially blocks the effects of estrogen on cells.
- It directly kills or inhibits cancer cells.
- It reduces levels of free radicals, which can promote cancer by damaging DNA.

I3C is found in cruciferous vegetables (Brassica plants) such as cabbage, broccoli, brussels sprouts, cauliflower, kale, kohlrabi, and turnips. A typical Japanese diet provides the equivalent of about 112 mg of I3C daily; intake in Western diets is lower.

A 4-week, double-blind, placebo-controlled trial of 57 women found that a minimum dose of 300 mg of I3C daily may be necessary to reduce risk of estrogen-promoted cancers. Another study found benefits with 400 mg of I3C per day. I3C is being studied as a chemopreventive agent: a substance that helps prevent cancer. Numerous animal studies suggest that I3C might help reduce the risk of estrogen-sensitive cancers as well as other types of cancer. In addition, a double-blind, placebo-controlled study in humans suggests that it can help reverse cervical dysplasia, a precancerous condition.

A study reported in 2004 looks into the precise molecular mechanism by which I3C induces apoptosis in breast cancer cells:

"Inactivation of akt and NF-kappaB play important roles during indole-3-carbinol-induced apoptosis in breast cancer cells.

...Our laboratory and others have been studying the effects of a potential chemopreventive agent, indole-3-carbinol (I3C), in breast cancer cells. We have previously shown that I3C induces apoptosis in breast cancer cells and found that the induction of apoptotic processes was partly mediated by dysregulation of anti- and pro-apoptotic molecules. However, the precise molecular mechanism(s) by which I3C induces apoptosis in breast cancer cells has not been fully elucidated. For the present study, we focused our investigation on important cell signaling molecules such as Akt and NF-kappaB during I3C-induced apoptosis in breast cancer cells. We found that I3C induces apoptotic processes in MCF10A-derived cell lines with premalignant (DCIS.com) and malignant (MCF10CA1a) phenotypes but not in nontumorigenic parental MCF10A cells. I3C specifically inhibits Akt kinase activity and abrogates the EGF-induced activation of Akt in breast cancer cells. ... Akt gene transfection directly activates NF-kappaB, and this activation was completely abrogated by I3C treatment. In

addition, I3C also abrogated the EGF-induced activation of NF-kappaB, which was mediated via the Akt signaling pathway. From these results, we conclude that there is a direct cross-talk between Akt and NF-kappaB pathways and that the inactivation of Akt and NF-kappaB activity plays important roles in mediating I3C-induced apoptosis in breast cancer cells. These results also suggest that I3C may be a potential chemopreventive agent by virtue of its selective apoptosis-inducing ability in premalignant and malignant breast epithelial cells."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter i3c. Select "100 Results". Select "Sort by Price: Low to High".

References

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Laetrile/Amygdalin/Vitamin B17/Sarcocarpinase/Nitriloside/ Mandelonitrile/ Hydrocyanic Acid

Chinese doctors allegedly used this substance, which is highly concentrated in the pits of apricots and other fruits, some 3,500 years ago for the treatment of tumors. Dioscorides of Anazarbos perhaps first documented it 2,000 years ago. It was usually administered in the form of bitter almonds.

Laetrile is found primarily in apricot kernels and comprises about 2-3% of the kernel. It is also available in the kernels of other fruits, such as plums, cherries, peaches, nectarines, and apples. All fruit seeds have a healthy form of organic cyanide in them, from apple seed to apricot seed (not 'inorganic' cyanide which is deadly).

The fruit kernels or seeds generally have other nutrients as well-some protein, unsaturated fatty acids, and various minerals. Laetrile is not found with other B vitamins in yeasts. Many plants do contain some laetrile, with the sprouting seeds, especially mung bean sprouts, containing the highest amount.

The diet of primitive man and most fruit-eating animals was very rich in nitrilosides. They regularly ate the seeds (and kernels) of all fruits, since these seeds are rich in protein, polyunsaturated fats, and other nutrients. Seeds also contain as much as 2% or more nitriloside. When civilized man eats less than the whole fruit, for example, by discarding the seed or kernel he experiences a specific and total deficiency not only in oils and proteins but also in minerals and such vitamins as B17 (nitriloside) which is found only in the seed, not in the flesh of the fruit.

There are scores of other major foods naturally rich in nitriloside, including: apricot, peach, cherry or plum brandy originally prepared from crushing the entire fruit, buckwheat, millet and flaxseed gruel. Also, there is elderberry jelly, stewed apricots, lima beans, succotash containing nitriloside-rich chick peas, plum jam, elderberry wine, bean sprouts, millet sprouts, sorghum molasses extracted from sorghum, wild berries very rich in nitrilosides, all members of the raspberry family, macadamia nuts and nitriloside-rich bamboo sprouts.

Nitriloside was "rediscovered" in 1920 by a California physician, Ernest Krebs while experimenting with flavorings for bootleg whisky. His son, Dr. Ernest Krebs, Jr. claimed to have purified it and coined the name 'laetrile' in 1952. Krebs' studies showed that when a human or animal system ingests sufficient amount of laetrile (or in its natural form, hydrocyanic acid), this substance becomes selectively toxic to cancer cells.

Then in the early seventies, Dr. Harold Manner of the Biology Department at Loyola University, Chicago, conducted a study on a strain of mice using a combination of enzymes, Vitamin A, and laetrile. He reported in his book, **Death of Cancer**:

"After 6-8 days, an ulceration appeared at the tumor site. Within the ulceration was a pus-like fluid. An examination of this fluid revealed dead malignant cells. The tumor gradually underwent complete regression in 75 of the experimental animals. This represented 89.3% of the total group."

(quoted in Moss, 1982). He concluded that laetrile needs to be taken with vitamin A and enzymes to be really effective.

Pure laetrile, however, has been taken off the shelves in Britain and it has been illegal in much of the USA for decades. Opponents of laetrile argue that it is potentially toxic and can lead to cyanide poisoning. In the late 1970s, an estimated 50,000-100,000 cancer patients were taking over 1 million grams a month. Two or possibly three deaths from an accidental overdose of this substance only have been reported. Based on these facts, laetrile does not seem to be particularly dangerous or toxic.

How does laetrile work? One good description of this process is that laetrile is a parcel that contains poisons. When the parcel is unwrapped the poisons are released.

Amygdalin is not digested in the stomach by hydrochloric acid, but passes into the small intestine where it is acted on by enzymes that split it into various compounds, which are then absorbed. The specific theoretical function of laetrile is its effect on cancer cells. Normal cells have an enzyme, rhodanase, that inactivates the cyanide molecule of the laetrile compound. Cancer cells do not possess this enzyme. In fact, they have an enzyme, beta-glucosidase that releases the cyanide, which then poisons the cancer cells.

So normal cells do not have the power to unwrap the parcel. Only cancer cells have that power. In other words, laetrile is a substance that can be separated (by enzymes, in the presence of water) into glucose, benzaldehyde, and hydrocyanic acid. The last two substances are each, individually, a poison— but together they work synergistically (i.e., they are more powerful when combined than separately). The enzyme that unwraps this package is beta-glucuronidase. This enzyme appears in great quantities in and around cancer cells - but not normal cells. The German doctor, Hans Nieper, argued that a synthetic version of laetrile, mandelonitrile, might be even more effective.

In the treatment of cancer, laetrile is used to reduce tumor size and further spread, and to alleviate the sometimes severe pains of the cancer condition.

The question of tumor regression is sometimes brought up as evidence that laetrile is ineffective. Laetrile, it appears, does not make tumors grow smaller. Certainly, at first sight, it seems to make sense that if laetrile does not cause tumors to grow smaller then this is a clear sign that it is an ineffective anticancer agent. This raises an important question about the nature of cancer and tumors.

Laetrilists argue that tumor size is not in fact a good indicator of anti-cancer activity. Their reasoning is as follows. A tumor does not just consist of malignant cells. It also contains a large proportion of normal cells. Chemotherapy attacks all cells so it is not unusual to see significant short-term tumor regression with chemotherapeutic drugs: they kill the malignant and the normal cells together. However, the long-term result may be, in fact, to make the tumor even more aggressive by increasing the proportion of malignant cells. Laetrile, on the other hand, does not affect the normal cells - only the malignant ones. Therefore, the tumor will not decrease in size. It will simply have been made unmalignant. The body of the cancer may remain, but without the engine. This view is supported by research. According to pathologist Gerald Dermer:

"There is a marked discrepancy between ostensible tumor response and actual patient survival. In only about 32% of the clinical trials that reported significant tumor responses to new drugs was survival also prolonged."

Laetrilists are almost universal in saying that laetrile therapy must be accompanied by dietary measures - a raw vegetable diet is generally recommended. In fact, such a diet will contain a large amount of dietary laetrile. Indeed, one of the things that makes the laetrile controversy so bizarre is that laetrile is a very common component of food.

Between 1,200 and 2,500 plants contain laetrile: most cereals and fruits and many vegetables. Such ubiquity must have a purpose. However, laetrile remains isolated in an

intellectual no-go area by the medical establishment. A diet that contains good quantities of the following would be high in laetrile: chickpeas, bean sprouts, nuts, mung beans, blackberries, raspberries, and the seeds of apples, apricots, cherries, plums, and pears.

Those who still need to be convinced of laetrile's safety can take heart from an experiment with mice undertaken at a leading US cancer research center (Sloan-Kettering). For thirty months, mice were injected daily with 2 grams per kilogram of laetrile (equivalent to giving a human a quarter of a pound a day). At the end of the period, these mice were healthier and exhibited greater well-being than the control group who did not get any laetrile.

How this experiment and other laetrile supporting research got suppressed takes up a fascinating chapter in Ralph Moss's book, **The Cancer Syndrome**.

A curious footnote to laetrile is that young plants develop their own naturally occurring pesticides to provide some protection against insects and rodents. This pesticide is rich in nitrilosides, which are similar in chemical structure to laetrile. Could it be that a diet high in young fresh plants, like alfalfa sprouts, is like having continuous non-toxic chemotherapy to kill pockets of cancer cells before they can flourish? Note that it deteriorates very quickly and so only fresh laetrile should be used.

"Laetrile can be injected or taken orally. Treatment generally consists of one to two grams taken orally every day with meals (not more than one gram at any time). Some doctors supplement this with intravenous injections ranging from 3 grams a week to 9 grams a day (for a short period of a few weeks only)."

Elson M. Haas M.D. says:

"When used, laetrile is administered at 250-1,000 mg. (1 gram) daily. Higher amounts- up to 3 grams per day - have been used, but divided into several smaller dosages, each usually limited to 1 gram. If the source is whole apricot kernels, the quantity is usually about 10-20 kernels per day; 1-2 cups of fresh mung bean sprouts may provide an equivalent amount. If apricot kernels are blended or pulverized, it is suggested that they be consumed immediately."

Source

Identify sources at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter vitamin b17 in "Exact phrase". Select "100 Results".

One source is Apricot Power Phone Toll Free - 866 GOT PITS Mail PO Box 745 Lakeport, CA 95453 Email info@apricotpower.com <http://www.apricotpower.com/>

Further Reading

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- Death of Cancer by Harold Manner
- Alive and Well: One Doctors Experience With Nutrition in the Treatment of Cancer Patients by Philip E. Binzel Jr.
- Laetrile Control for Cancer by Glenn D. Kittler
- Some scientific information about Laetrile and cancer by Richard H Bolt
- Laetrile, nutritional control for cancer with vitamin B-17 by Glenn D Kittler
- Politics, Science and Cancer: The Laetrile Phenomenon by Markle
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References:

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Lycopene

Lycopene, a carotenoid in the same family as beta carotene, is what gives tomatoes, and several other fruits, their deep red color. But lycopene is not just a colorant. It is a powerful antioxidant that has shown remarkable fighting power against degenerative diseases. Tomatoes are the only major dietary source of lycopene.

Tomatoes may help reduce the risk of certain types of cancer, according to a study presented at the annual meeting of the American Association for Cancer Research.

Scientific evidence has already established that carotenoids are not only essential to human nutrition, but may play an important role in preventing degenerative conditions through enhancement of the function of the immune system, inhibition of mutagenesis and reduction of induced nuclear damage. The antioxidative properties of lycopene are well documented. Lycopene is present naturally in human plasma in greater amounts than beta carotene and other dietary carotenoids. This perhaps indicates its greater biological significance in the human defense system.

P&S and Harlem Hospital researchers evaluated the association between lycopene and lung cancer. In a case-control study, investigators collected blood samples from 93 individuals with non-small cell lung cancer and from 102 matched controls. The researchers tested the samples for levels of certain micronutrients, including lycopene, retinol, and beta-carotene.

They found no significant differences between subjects with lung cancer and control subjects in most of the micronutrients for which they tested. However, they found that lung cancer patients had significantly lower concentrations of lycopene concentrations.

After adjusting for age, sex, race, smoking, drinking, occupational exposure, vitamin supplements, and season, the investigators found that the group with the lowest lycopene levels had nearly a three-fold increased risk for cancer compared with the group with the highest lycopene levels. In African-Americans, subjects with the lowest level of lycopene had an eight times greater risk for cancer.

When the investigators evaluated current smokers, they found that the group with the lowest blood levels of lycopene had four times the risk of cancer than the group with the highest lycopene levels.

According to principal investigator Dr. Jean G. Ford, assistant professor of medicine:

"We concluded from our findings that low intake of lycopene may be a risk factor for lung cancer, especially for smokers. Even though our findings are preliminary, they add to the growing body of evidence that diets rich in tomatoes and tomato products are strongly linked to a reduced risk of certain types of cancer."

In a study from North Carolina, drinking just one can (5.5 ounces) per day of the popular vegetable drink, V-8, raised levels of lycopene in the lungs by 12%. It also decreased ozone-induced DNA damage to the lungs by 20%. Blood lycopene levels were raised 192% by a daily serving of tomato sauce, 122% by tomato soup, and 92% by V-8 juice.

One trial from the Karmanos Cancer Institute at Wayne State University, looked at the impact of short-term lycopene supplements on men who were facing surgery for newly diagnosed prostate cancer. The 26 patients in this study were randomly assigned to receive either a tomato extract (containing 30 milligrams of lycopene) or no supplement for 3 weeks before undergoing radical prostatectomy.

Men who received the lycopene supplement had lower prostate-specific antigen (PSA) levels and less aggressive tumors than the non-supplemented control group. Their tumors were smaller (80% of the tumors were under 4 milliliters (ml) in volume, compared to 45% in the control group).

Their cancer was much more likely to be within the surgical margins and/or confined to the prostate gland (73%, compared to 18% of the control group). And the invasion of the prostate gland by cancer-like "PIN" cells was completely prevented in this group, compared to a 33% incidence of "PIN" cells in the control group.

"This pilot study suggests that lycopene may have beneficial effects in prostate cancer," concluded researcher Omer Kucuk, MD, and colleagues. They called for larger clinical trials "to investigate the potential preventive and/or therapeutic role of lycopene in prostate cancer."

Lycopene may also help prevent liver cancer, according to findings from a study presented at the American Association for Cancer Research meeting in October 2002. Hoyoku Nishino, MD, of the Kyoto Prefectural University of Medicine, Japan, presented the results of this five-year clinical study examining the protective role of lycopene and other nutrients in people at high risk of liver cancer.

There was a 50% decrease in hepatocellular carcinoma (HCC or liver cancer) in participants who daily consumed 10 milligrams of tomato lycopene plus other tomato phytonutrients, 10 milligrams of carotenes (30% alpha, 60% beta-carotene), and 50 milligrams of alpha-tocopherols and another form of vitamin E, tocotrienols. These results suggest that a mixture of natural tomato extract, carotenes and vitamin E has clinical promise.

Sources

Identify sources at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter lycopene. Select "100 Results".

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- The Cancer Prevention Book: Holistic Guidelines From the World-Famous Bristol Cancer Help Centre by Rosy Daniel, et al. Excerpt from page 27 "... to contain a compound called indoleglycosinate , which protects against cancer. The yellow and orange vegetables ... Tomatoes contain a substance called lycopene, and studies show an inverse relationship between bodily lycopene levels ..."
- Beating Cancer With Nutrition by Patrick Quillin, et al. Excerpt from page 11 "... beat cancer. Ellagic acid from berries induces "suicide" in the cancer cells. Lycopenes from tomatoes help to suppress cancer growth. Genistein in soy, ..."
- The What to Eat if You Have Cancer Cookbook by Daniella Chace, Maureen Keane. Excerpt from page 26 "... Carotenoids (beta-, alpha-, and gamma -carotenes, luteine, lycopene), which retard cancer cell growth, increase cell differentiation, and neutralize free radicals. • ..."
- The Prostate Cancer Treatment Book by Peter Grimm, et al. Excerpt from page 32 "... terms of prostate health. The active ingredient in tomatoes is lycopene. Lycopene is incorporated into the prostate and seems to have an impact on prostate cancer growth. But lycopene is found in many different foods including ..."
- Walking in Divine Health by Don, M.D. Colbert. Excerpt from page 28 "... the protective enzymes that help to reduce the initiation of cancer . Lycopene is found in tomatoes and is a strong anticancer chemical. ..."
- The Cancer Lifeline Cookbook: Good Nutrition, Recipes, and Resources to Optimize the Lives of People Living with Cancer by Kimberly Mathai, Ginny Smith. Excerpt from Back Matter "... Lycopene: A plant based chemical found ... risk of prostate and breast cancer..."

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- Food Ingredients First. Lycopene may help prevent liver cancer. October 12, 2002.
- http://www.foodingredientsfirst.com/newsmaker_article.asp?idNewsMaker=2445&fSite=AO545
- http://cpmcnet.columbia.edu/news/journal/journal-o/archives/jour_v17n03_0009.html

N-Tense®

Graviola, a legendary healing tree, hunts down and destroys prostate, lung, breast, colon, and pancreatic cancers, leaving healthy cells alone, according to Raintree Nutrition Inc. Encouraged by early laboratory tests, Raintree hired indigenous Indian tribes in Brazil to grow and harvest the tree. They also developed a new supplement called N-Tense, which contains 50% Graviola as well as smaller amounts of seven other cancer-killing botanical extracts.

These extracts are used by indigenous people in South America and other tropical regions around the world to heal a wide range of ailments such as: indigestion, inflammation, liver and gallbladder disorders, hepatitis, malaria, infection, respiratory problems, and more. Over the last decade, many of them have become popular among alternative physicians. But it is their cytotoxic and immune-boosting potential, as shown in studies, that makes these extracts valuable in the fight against cancer.

"One reported case history involved an executive in Texas. Daryl S. came across Raintree when exploring alternative treatments to cure his prostate cancer. A sonogram and biopsy confirmed that Daryl had more than 20 tumors in his prostate. A doctor recommended surgery, but Daryl thought this common conventional treatment would come at too great a cost. He did not want to suffer from impotence and incontinence for the rest of his life.

Instead, he agreed to a far less invasive round of hormonal therapy (to shrink the size of his prostate) and began a rigorous supplement regimen that centered around the Graviola-rich supplement N-Tense. Within two months, Daryl's PSA level had dropped from 4.1 to 0.00. A sonogram and several other gamma-ray tests later confirmed that all the malignant tumors inside his prostate had disappeared."

Graviola and N-Tense are completely natural substances with no reported side effects apart from possible mild gastrointestinal upset at high dosages (in excess of 5 grams) if taken on an empty stomach.

As a dietary supplement, N-Tense is taken at 6 to 8 capsules daily.

Also see [Graviola](#).

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter n-tense. Select "100 Results". Select "Sort by Price: Low to High".

One source is Raintree Nutrition, Inc., 10609 Metric Blvd., Suite 101, Austin, TX 78758; tel (800)780-5902 or (512)833-5006; fax (512)833-5414.

References

- <http://health.centreforce.com/health/graviola.html>
- <http://www.raintree-health.co.uk/cgi-bin/getpage.pl?/data/graviolaforcancer.html>

Oncolyn®

Plants are considered a valuable resource for the discovery and development of novel, naturally derived agents to treat cancer. Oncolyn®, a formulated combination of extracts from three edible plants, was evaluated by itself, or in combination with cytoxan/ adriamycin/ cysplatin, 5_FU and methotrexate, for anticancer activity in a mouse model and subsequent clinical application for various tumors.

"Oncolyn® alone or in combination with other chemotherapeutic agents synergistically inhibited the growth of implanted human breast carcinoma, squamous cell carcinoma of the lung and adenocarcinoma of the rectum in mouse.

Oncolyn® is one of the most effective alternative cancer treatments, plant-based formula created by world famous Dr. Arthur Djang M.D. Ph.D. M.Ph..

Oncolyn® promotes immune response and helps fast recovery.

Oncolyn® helps to reduce and neutralize toxicity of harmful agents.

- Oncolyn® helps to reduce the side effects from chemo or radiotherapy.
- Oncolyn® induces destruction of cancer cells without harming healthy tissue.
- Oncolyn® assists in slowing down of free radical injury to normal tissue.
- Oncolyn® is a powerful cancer cell inhibitor, effective against different types of cancer."

Oncolyn® reportedly has no known side effects.

Sources

Identify sources and best prices at Froogle. Just click <http://froogle.google.com> Enter oncolyn.
One source to order online is The Wolfe Clinic <http://www.thewolfeclinic.com/oncolyn.html>
Or call Toll Free 1-800-592-9653 or 250-765-1824.

Reference

- www.ginkgenville-health.com/Oncolyn01.html
- http://www.365healthimmu.com/catalog/product_info.php?products_id=28

Oligomeric ProanthoCyanidins (OPC)/Grape Seed Extract

OPC (oligomeric proanthocyanidins) is extracted from many different plants of which the highest concentrations for supplement use are found in grape seed extract, entire grape extract, and pine bark extract.

Enzymes are involved in converting cancer-causing chemicals to active forms in the cells, which can initiate cancer. Flavonoids in OPC's can interfere with the activity of these enzymes, thus providing an ameliorative effect.

Certain flavonoids also abolish tumor promotion mediated by tumor promoters. In these cases the flavinoids' effects could be due to its influence on key enzymes as well as interference with free-radical production caused by the promoters.

In addition to their cancer-preventing effect, flavonoids can also be useful in the treatment of fully progressed cancers. Several studies showed that dietary administration of certain flavonoids significantly halted the growth of cancers in laboratory animals.

In these studies, cells from human tumors were allowed to grow in the animals and the effect of administration of the flavonoid on the growth of the cancer cells was evaluated. Certain flavonoids also were effective in stopping the spread of tumors (metastasis) in animals.

Huynh, et al., showed that Pycnogenol® inhibits nitrogen- containing compounds from causing cancer in the gastro-intestinal tract of rats. Nitrogen compounds are known to increase risk in humans for both gut and lung cancers. It was also shown to protect DNA single and double strands from breaking in the presence of oxygen free radical species. This breakage of genetic material is thought to be a possible factor in carcinogenesis (creation of cancer). See Pycnogenol.

OPC is a potent scavenger of free radicals, one of nature's most potent antioxidants. OPC contains multiple electron donor sites (hydroxyl sites) that allows it to bind to unstable molecules called free radicals by donating its hydrogen atoms. OPC also recycles other antioxidants such as Vitamin C and glutathione by removing the free radicals they bind with and freeing them up to interact again with other free radicals.

Sources

Identify sources at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter grape seed extract in "Exact phrase". Select "100 Results".

Further Reading

- OPC: The Real Story about Nature's Most Powerful Antioxidant by Glen A. Halvorson M.D.

References

- <http://www.opc.cc/opc-prostate.html>

Omegasentials

"Omeegasentials™, takes Budwig's work a step further. Mix it with water and you'll see that it is already water-soluble. The oils do not rise to the top. It contains all the co-factors that potentiate (make work better) the action of omega-3 fatty acids, and they add the antioxidants needed to help control the healing oxidative energy created by bringing healthy oils into the body (not to mention cleaning up dead cancer cells)."

Also see [Dr. Johanna Budwig](#).

Sources

http://www.google.com.au/search?as_q=omegasentials&num=100&hl=en&btnG=Google+Search&as_epq=&as_oq=&as_eq=&lr=&as_ft=i&as_filetype=&as_qDr.=all&as_occt=any&as_dt=i&as_sitesearch=&safe=images

References

- <http://www.mnwelldir.org/docs/cancer1/budwig.htm>

Pao Pereira/Dr. Mirko Beljanski

"Pao pereira is a tree native to Brazil. It was Dr. Mirko Beljanski, a former researcher at the Pasteur Institute (France), who first discovered the therapeutic action of pao pereira. His in vitro laboratory tests demonstrated that pao pereira extract effectively suppressed the proliferation of HIV, herpes viruses, cancer, and leukemia cells. From these encouraging results, Doctor Beljanski concluded that pao pereira could be useful in the fight against AIDS, herpes, and cancer."

Further Reading and References

- http://www.mbschachter.com/mirko_beljanski1.htm

Perillyl Alcohol

"In an article in **Cancer Letters**, perillyl alcohol was shown to reduce the growth of pancreatic tumors injected into hamsters to less than half that of controls. Moreover, 16% of pancreatic tumors treated with perillyl alcohol completely regressed, whereas no control tumors regressed (Stark et al. 1995).

Perillyl alcohol and perillic acid are metabolites of limonene. Limonene is only a weak inhibitor of the isoprenylation enzymes of Ras and other proteins, whereas perillyl alcohol and perillic acid are more potent inhibitors (Hardcastle et al. 1999)."

The following study reported in 2004 shows that perillyl alcohol is an effective angiogenesis inhibitor.

"Aberrant angiogenesis is essential for the progression of solid tumors and hematological malignancies. Thus, antiangiogenic therapy is one of the most promising approaches to control cancer. In the present work, we examined the ability of perillyl alcohol (POH), a dietary monoterpene with well-established tumor chemopreventive and chemotherapeutic activity, to interfere with the process of angiogenesis. POH remarkably prevented new blood vessel growth in the in vivo chicken embryo chorioallantoic membrane assay and proved to be effective in inhibiting the morphogenic differentiation of cultured endothelial cells into capillary-like networks both in collagen gel and Matrigel models. In addition, POH reduced the cell number in a proliferation assay and induced apoptosis of endothelial cells as indicated by the POH-mediated increase of caspase-3 activity and DNA fragmentation. Consistent with the observed antisurvival effect, POH treatment resulted in a significant inhibition of Akt phosphorylation in endothelial cells. Finally, POH was able to differentially modulate the release of two important angiogenic regulators: vascular endothelial growth factor (VEGF) and angiopoietin 2 (Ang2). POH decreased the release of VEGF from cancer cells but stimulated the expression of Ang2 by endothelial cells, indicating that it might suppress neovascularization and induce vessel regression. Overall, these data

underscore the antiangiogenic potential of POH and suggest that POH, in addition to its anticancer activity, may be an effective agent in the treatment of angiogenesis-dependent diseases."

References

- <http://cancer.lef.org/pancreatic-3.html>
- Perillyl alcohol is an angiogenesis inhibitor. Loutrari H, Hatzia Apostolou M, Skouridou V, Papadimitriou E, Roussos C, Kolisis FN, Papapetropoulos A. Laboratory for Molecular Pharmacology, Department of Pharmacy, University of Patras, Patras, Greece 26504.
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15210838

Papaya/Pawpaw

Papaya (*Carica papaya*) originates from tropical American countries. Today Papaya is cultivated in most tropical countries around the world.

The Papaya with the Latin name *carica papaya* is called Paw Paw in Australia and New Zealand. This is in no way related to the Paw Paw in North America that has the Latin name *asimina tribola*, though both are medicinal plants.

Papaya leaf juice is claimed to have reversed cancer in many people living on the Gold Coast in Australia. Harold W. Tietze in his book **Papaya The Medicine Tree**, describes how to make the juice and tells the stories of many cancer survivors who reportedly used the juice to get rid of their cancer.

The book contains the the following report that was published in the Gold Coast Bulletin.

"PawPaw Cancer Plea Bears Fruit

Cold coast gardeners have responded to an appeal by cancer victims desperate to find supplies of pawpaw leaves. And the Gold Coast man who, 14 years ago, first exposed the leaves as a possible cure for cancer has been tracked down to a Labrador (Gold Coast) nursing home. The story of how Stan Sheldon cured himself of cancer by drinking the boiled extract of pawpaw leaves was first told in the Gold Coast Bulletin in 1978. Now research in the United States has given scientific support to his claim, isolating a chemical compound in the pawpaw tree which is reported to be a million times stronger than the strongest anti-cancer drug.

Mr Sheldon, says the discovery does not surprise him. "I was dying from cancer in both lungs when it was suggested to me as an old Aboriginal remedy" he said. "I tried it for two months and then I was required to have a chest x-ray during those compulsory TB checks they used to have. They told me both lungs were clear." "I told my specialists and they didn't believe me until they had carried out their own tests." "Then they scratched their heads and recommended I carry on drinking the extract I boiled out of the papaw leaves."

That was in 1962. The cancer never recurred. Since then Mrs Sheldon has passed the recipe onto other cancer victims. "Sixteen of them were cured," he said. Mr Sheldon's involves boiling and simmering fresh pawpaw leaves and stems in a pan for two hours before draining and bottling the extract. He said the mixture could be kept in a refrigerator though it may ferment after three or four days."

"One man has been growing papaws and giving away the leaves to cancer victims ever since he read the Bulletin's original 1978 story about Mr Sheldon. "I have no doubt that it works," he said. "I know people walking around now who should have been dead according to their original cancer diagnosis. But the pawpaw treatment helped them to beat the cancer."

The recipe is as follows:

Wash and partly dry several medium-size papaya leaves. Cut them up like cabbage and place them in a saucepan with 2 quarts/ litres of water.

Bring the water and leaves to the boil and simmer without a lid until the water is reduced by half.

Strain the liquid and bottle in glass containers.

The concentrate will keep in the refrigerator for three to four days. If it becomes cloudy, it should be discarded.

The recommended dosage in the original recipe is 3 Tablespoons/ 50ml three times a day.

It is recommended to read **Papaya The Medicine Tree** for the interesting stories of "incurable" people who have used this extract to beat their cancer, and for other medicinal uses of papaya.

A letter from R.J.W.:

"... I was inspired to send some leaves to a few people dying from cancer. The first, a banana grower aged 40, had two operations on his bladder for cancer which did not prevent metastasis. I placed him on a very simple diet consisting of zero junk food, fresh living food with no preservatives, white flour, sugar, colourings or additives and told him to "stuff a handful of pawpaw leaves into a saucepan and fill with water. Boil, simmer for one hour and drink it till it comes out of your ears." He did so and five weeks had no trace of cancer whatsoever."

The leaves have also been reported successful used when dried and ground.

The astonishing effects of the pawpaw have also been proved in tests on mice. The results were very impressive; tumors found in humans were being injected in mice and during treatment with pawpaw were disappearing.

Pawpaw twigs contain acetogenins - active compounds that modulate the production of ATP in mitochondria of specific cells - which affects the viability of specific cells and the growth of blood vessels that nourish them. A recent clinical study with over 100 participants showed that the pawpaw extract, containing a mixture of acetogenins, supports the body's normal cells during times of cellular stress.

Since 1976 Dr. McLaughlin, professor at Purdue University, at the request of National Cancer Institute, lead a team of two other professors in studying the effectiveness of herbs on tumors.

Pawpaw proved to be the most effective out of about 3,500 plants. Dr. McLaughlin found around 50 biologically active ingredients in this plant. Acetogenins are the medically effective ingredients of this herb. Acetogenins found in pawpaw have been shown to have dramatic biological activity, being active against worms, some viruses, fungi, and many cancer cell lines. When compared with conventional chemotherapy agents, they have worked comparably in cell culture and animal studies, but at far lower concentrations and with almost no toxicity to host animals.

Dr. McLaughlin says that pawpaw is also effective in the fight against tumors, actually against any type of abnormalities which involve faster than normal cell growth. Pawpaw can be used as a support during chemotherapy and radiation.

Tests revealed that pawpaw makes these therapies more effective, and reduces their side effects.

"Pawpaw is very effective on its own. It typically doesn't need any supporting supplements. There are however, products that may be used in increasing the pawpaw's effectiveness. The products are Noni, Immune Stimulator, Colostrums, and Protease Plus (especially when fighting a digestive tract or intestinal tumor). However, pawpaw should not be used with any kind of thyroid stimulators (e.g.: KC-X) or with CoQ10 (coenzyme Q10).

For cancer patients taking Laetrile, it is important to consume paw paw and pineapple each day, as the natural enzyme strips the coating on the cancer cells, so that the B17 in the kernels can work."

Further Reading and References

- Papaya The Medicine Tree by Harald W. Tietze can be ordered from http://www.wise-mens-web.com/book_ptmt.html or contact: Harald W. Tietze Publishing Pty. Ltd., P.O. Box 34, Bermagui, NSW 2546, Australia
Telephone: 02-6493 4552. Fax: 02-6493 4900. International: + 61-2-6493 4552. Fax: + 61-2-6493 4900 E-mail: tietze@ozemail.com.au

- http://www.handpen.com/Cancell/paw_order.htm

Red Raspberry Capsules

Clinical tests conducted at the Hollings Cancer Institute at the Medical University of South Carolina (MUSC) show that ellagic acid, a naturally occurring plant phenol may be the most potent way to prevent cancer, inhibit the growth of cancer cells, and arrest the growth of cancer in subjects with a genetic predisposition for the disease.

Dr. Daniel Nixon, MUSC, began studying ellagic acid in 1993. His recently published results show: Cervical Cancer Cells - HPV (human papilloma virus) exposed to ellagic acid experienced apoptosis (programmed cell death). Ellagic acid leads to G1 arrest of cancer cells, thus inhibiting and stopping mitosis (cancer cell division). Ellagic acid prevents destruction of the P53 gene by cancer cells. P53 is regarded as the safeguard of mutagenic activity in cervical cells.

Tests reveal similar results for breast, pancreas, esophageal, skin, colon, and prostate cancer cells. Consuming one cup (150 grams) of red raspberries per day prevents the development of cancer cells. Results were achieved with laboratory animals given ellagic acid from natural sources and also synthetic ellagic acid.

A Meeker red-raspberry seed concentrate was used in the clinical studies at the Hollings Cancer Institute. This is commercially available as red raspberry capsules/red raspberry extract.

Also see [Ellagic Acid](#).

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter meeker red raspberry in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

One source is HealthWize LLC, Delaware, United States of America +1 800 872 9838 sales@hwize.com
In UK and Europe +44 (0)870 743 9052 uksales@hwize.com eurosales@hwize.com

References

- <http://www.therapure.com/ellagic-acid/>

Resveratrol

University of Virginia researchers have discovered the reason why a Resveratrol compound attacks cancer cells.

As study in June 2004 revealed:

"What resveratrol does is it removes these marks, or particular sites, in the protein and these marks are required for transcription, the process of making gene products that cancer cells like," Mayo said. "[This] slows the process that cancer cells need to survive."

"Nuclear factor-kappa B (NF-kB) controls the expression of gene products that affect important cellular processes, such as adhesion, cell cycle, angiogenesis, and apoptosis."

Yeung, one of the researchers, said she did not know if resveratrol worked better on some types of cancers than others, but researchers suspect that it would work better on late-stage cancers.

"We tested lung cancer and prostate cancer," Yeung said. "Resveratrol worked on the lung cancer cells pretty well."

Resveratrol comes from red wine and the skins of fruits such as grapes and plums, and is also available in supplement form.

From Anticancer Res. 2004 Sep-Oct;24(5A):2783-840:

"Role of resveratrol in prevention and therapy of cancer: preclinical and clinical studies..

Resveratrol, trans-3,5,4'-trihydroxystilbene, was first isolated in 1940 as a constituent of the roots of white hellebore (*Veratrum grandiflorum* O. Loes), but has since been found in various plants, including grapes, berries and peanuts. Besides cardioprotective effects, resveratrol exhibits anticancer properties, as suggested by its ability to suppress proliferation of a wide variety of tumor cells, including lymphoid and myeloid cancers; multiple myeloma; cancers of the breast, prostate, stomach, colon, pancreas, and thyroid; melanoma; head and neck squamous cell carcinoma; ovarian carcinoma; and cervical carcinoma. The growth-inhibitory effects of resveratrol are mediated through cell-cycle arrest; upregulation of p21Cip1/WAF1, p53 and Bax; down-regulation of survivin, cyclin D1, cyclin E, Bcl-2, Bcl-xL and cIAPs; and activation of caspases. Resveratrol has been shown to suppress the activation of several transcription factors, including NF-kappaB, AP-1 and Egr-1; to inhibit protein kinases including I kappa B kinase, JNK, MAPK, Akt, PKC, PKD and casein kinase II; and to down-regulate products of genes such as COX-2, 5-LOX, VEGF, IL-1, IL-6, IL-8, AR and PSA. These activities account for the suppression of angiogenesis by this stilbene. Resveratrol also has been shown to potentiate the apoptotic effects of cytokines (e.g., TRAIL), chemotherapeutic agents and gamma-radiation. Pharmacokinetic studies revealed that the target organs of resveratrol are liver and kidney, where it is concentrated after absorption and is mainly converted to a sulfated form and a glucuronide conjugate. In vivo, resveratrol blocks the multistep process of carcinogenesis at various stages: it blocks carcinogen activation by inhibiting aryl hydrocarbon-induced CYP1A1 expression and activity, and suppresses tumor initiation, promotion and progression. Besides chemopreventive effects, resveratrol appears to exhibit therapeutic effects against cancer. Limited data in humans have revealed that resveratrol is pharmacologically quite safe. Currently, structural analogues of resveratrol with improved bioavailability are being pursued as potential therapeutic agents for cancer."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter resveratrol. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- Resveratrol and Human Health by Debasis Bagchi. Excerpt from page 41 "... mammary glands in vitro, and inhibited tumorigenesis in a mouse skin-cancer model. Resveratrol inhibited cancer initiation by reducing in vitro free radical formation ..."

References

- Online May 20 edition of the Journal of the European Molecular Biology Organization.
- Role of resveratrol in prevention and therapy of cancer: preclinical and clinical studies. *Anticancer Res.* 2004 Sep-Oct;24(5A):2783-840. http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15517885

Mucorihicin

Supposedly an "87% effective treatment from Pittsburgh", but no details can be located.

Myrrh

"Myrrh has a long history of healing, with many references throughout the ages to its health-giving properties, with virtually no toxicity,"

says Mohamed M. Rafi, an assistant professor in the department of food science at Rutgers University.

"What makes it such an exciting player in the anti-cancer field is not only how well it kills cancer cells in general, but how it kills those that are resistant to other anti-cancer drugs.

"The myrrh compound definitely appears to be unique in this way; it is working where other compounds have failed."

Myrrh is believed to work by inactivating a protein called Bcl-2, a natural factor that is overproduced by cancer cells, particularly in the breast and prostate."

Further Reading and References

- <http://www.annieappleseedproject.org/myrasanther.html>

Procyanidins

Apples appear to have anti-cancer effects on colon cancer. The French National Institute for Health and Medical Research found that key chemicals in apples called procyanidins reduced precancerous lesions in laboratory animals by half compared to those without apples in their diet. Procyanidins are polyphenols, mostly concentrated in the skin of the apple. They triggered signals that led to apoptosis (cell suicide), thus thwarting the growth and spread of cancer. Further study in humans is forthcoming.

References

- American Association for Cancer Research 10/19/2004

Pycnogenol/Polybioflavanoids

Pycnogenol (pronounced pig-nodge-a-nol) is a patented antioxidant from France that is made from a pine tree bark extract. Pycnogenol describes

"an entire class of bioflavanoids that are composed of polyphenols, or Proanthocyanidin complexes."

The bioflavanoids may be extracted from pine bark, lemon tree bark, grape seeds, grape skins, or cranberries.

An excess of free radicals in a person's body causes major damage, including cancer. The best free radical killer is reportedly Pycnogenol.

The normal oxygen atom in your body has four pairs of electrons. However the effects of radiation, sunlight, air pollution, harmful chemicals, food additives, tobacco smoke, infections and stress can rob one of the electrons from the oxygen atom. This atom is now a free radical. It tries to replace its lost electron by raiding other molecules. It will rob an electron from a molecule in a cell wall.

This robbed molecule proceeds to replace its lost electron by robbing another molecule, and a chain reaction is created. This leads to disintegration of the cell, and opens the door to cancer and many other ills. It also alters the DNA, which damages the way in which the cells in your body replicate. This leads to aging. Some studies suggest that these free radicals are a major cause of aging.

Pycnogenol helps because it is a very powerful antioxidant. An antioxidant has extra electrons, which it can "give up" to the free radicals, thereby rendering them harmless.

Pycnogenol is reported to have the ability, in a matter of a few months, to destroy all of the excess free radicals that you have built up over a lifetime. It comes in tablet form. Dr. Lamar Rosquist recommends that you take one mg. of pycnogenol daily per pound of body weight during the initial period when you are ridding yourself of all accumulated free radicals. This means that a 200 pound man would take 200 mg. of pycnogenol daily for the first two or three months. Later, a lower maintenance level dosage can be taken.

Pycnogenol is claimed to treat 60 free radical-related disorders including cancer, Alzheimer's, A105, hemorrhoids, and senility. Pycnogenol has the capability to bond collagen fibers and reverse tissue damage and injury. Pycnogenol is absorbed into the bloodstream in about 20 minutes. Once absorbed, the maximum protective effect lasts about 72 hours. Proponents claim that pycnogenol causes no adverse effects and can also assist vitamin C in entering cells.

Pycnogenol also has the ability to kill breast cancer cells whilst leaving normal cells unharmed. From *Anticancer Res.* 2000 Jul-Aug;20(4):2417-20.

"Selective induction of apoptosis in human mammary cancer cells (MCF-7) by pycnogenol.

In this study, we compared the response of human breast cancer cells (MCF-7) and normal human mammary cells (MCF-10) to apoptosis in the presence of pycnogenol. Pycnogenol is a mixture of flavonoid compounds extracted from the bark of pine trees. Apoptosis, as detected by DAPI staining, was significantly higher in MCF-7 cells treated with pycnogenol than the untreated cells. The presence of pycnogenol did not significantly alter the number of apoptotic cells in MCF-10 samples. These results suggest that pycnogenol selectively induced death in human mammary cancer cells (MCF-7) and not in normal human mammary MCF-10 cells."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter pycnogenol. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- The New Superantioxidant-Plus: The Amazing Story of Pycnogenol, Free-Radical Antagonist and Vitamin C Potentiator by Richard A. Passwater. Excerpt from page 42 "... Pycnogenol also has been shown to inhibit tumor production ..."
- Pycnogenol : The Super "Protector" Nutrient by Richard A. Passwater . Excerpt from page 86 "... arrested the growth and survival of cells from several human cancers including: cancer of the pharynx, ... breast cancer in the laboratory. Pycnogenol is a powerful antioxidant radical scavenger and is a prime ..."
- Alternative Medicine Cancer Therapies That Have Worked For Thousands by Larry Rideout. Excerpt from page 19 "... that a 200 pound man would take 200 mg. of Pycnogenol daily for the first two ... assist in the recovery of cancer, Alzheimers, arthritis, Parkinsons, rheumatism, asthma, diabetes, stress, varicose veins, phlebitis, ..."
- The Antioxidant Miracle : Put Lipoic Acid, Pycnogenol, and Vitamins E and C to Work for You by Lester Packer, Carol Colman. Excerpt from page 128 "...Pycnogenol boosted immune function in the ... help the body ward off cancer. NK cells are constantly monitoring our bodies for signs of ..."

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- http://www.mold-survivor.com/how_to_heal_cancer.htm
- Anticancer Res. 2000 Jul-Aug;20(4):2417-20. Related Articles, Links Selective induction of apoptosis in human mammary cancer cells (MCF-7) by pycnogenol. http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=10953304

Ukrain/Greater Celandine/Chelidonium major

Dr. Robert Atkins regards Ukrain as the single best anticancer agent he has used to date.

"Like chemotherapy, it kills cancer cells very well but, unlike chemotherapy, it spares normal cells, healthy tissue. If the medical community were willing to give it a try, Ukrain could replace chemotherapy in treating almost all cancers."

Clinical studies have shown that this highly effective derivative of a certain plant extract combined with the cytotoxic drug, thiotepa, improves the overall health and strength of terminal cancer patients, boosts their immune systems, and blocks tumor growth. It appears to be effective against many types of cancer, except for leukemia and brain cancer.

Ukrain was first developed in 1978 by Dr. Wassyl J. Nowicky, director of the Ukrainian Anti-Cancer Institute of Vienna. It is a mixture of Greater Celandine (*Chelidonium major*) and an old long-established cytotoxic drug, thiotepa. The idea is that the combination of the two makes treatment effective at far lower doses than the usual toxic amounts of thiotepa.

Ukrain was unveiled at the 13th International Congress of Chemotherapy in Vienna in August 1983. Ukrain (spelled like Dr. Nowicky's native country, but without the final "E") is classified as a semisynthetic "reaction product" or "conjugate" created by the merger of the herb and the drug.

Greater Celandine is a poppy-like plant, filled with a bright and acrid orange-colored juice. It has long been stated in the folk literature to have disease-fighting effects. According to a classic 1931 herbal manual:

"Greater Celandine is a very popular medicine in Russia, where it is said to have proved effective in some cases of cancer".

It has been known for centuries in Russia as a cancer treatment. It contains alkaloids with known anti-cancer activity. In this respect it is worth remembering the periwinkle plant has provided two modern cytotoxic drugs, vinblastine and vincristine.

A tincture or lower attenuations of Greater Celandine are used in homeopathy, mainly as a liver remedy.

Greater Celandine contains alkaloids, such as chelidonine, which have anticancer potential. By analogy, we know that the common periwinkle (*Vinca major*) contains alkaloids that yield two standard anticancer agents, Vinblastine and Vincristine. Also, the plant *astragalus* yields an alkaloid called swainsonine, which has been shown at Howard University to have anticancer activity.

Such alkaloids taken by themselves can be irritating or even toxic. So too is the drug thiotepa. What makes Ukrain so unique is that this forced marriage of herb and drug yields a compound that is almost totally lacking in toxicity to normal cells. Yet it seems to have a strong affinity for killing cancer cells. In hamsters and rats, for example, no clinical signs of toxicity or damage to embryos could be found. The only toxicity was a slight decrease in the average hamster litter size. Nor does Ukrain induce anaphylactic shock in mice or guinea pigs. In addition, for three years healthy human volunteers in Poland, Austria, and Germany received repeated courses of the new drug. There was some local pain, and a few reported cases of drowsiness, as well as increased thirst and urge to urinate. But there were no other significant side-effects.

Ukrain is patented in both Europe and the U.S. and has been the subject of many scientific papers.

First, Ukrain has been tested against 60 different human cancer cell lines at the National Cancer Institute. In practically all cell lines, a 100% growth inhibition was found. One possible mechanism: in the test tube, Ukrain increases the oxygen consumption of both normal and malignant cells; but while oxygen consumption normalizes in non-cancerous cells within 15 minutes, it decreases irreversibly to zero in cancer cells, effectively killing them. Normal cells are able to recover within a few minutes but for cancer cells, this change is irreversible. They literally suffocate to death. Ukrain has been shown to decrease DNA, RNA, and protein synthesis in malignant cells. It is thus highly toxic to cancer cells, but shows little or no toxicity to non-cancerous cells in the test-tube (e.g., endothelial cells or fibroblasts). Developers call this its "malignotoxicity." It has also been shown to accumulate at the site of a tumor or its metastases.

In mice, Ukrain is also a powerful biological response modifier (BRM), or stimulator of the immune system. Most scientists believe that cancer is accompanied by some degree of breakdown of the immune system and can be influenced by modulation of that system.

But BRMs such as high-dose interleukins have many undesirable side effects. But when Ukrain was given intravenously to mice, it has a pronounced tumor growth inhibiting activity— a

"striking therapeutic effect."

By day 15, only one out of five such mice had developed tumors, while all five control mice had tumors and were already beginning to show signs of cachexia (wasting), according to doctors at the University of Miami. This difference was attributed to the stimulation of macrophages, part of the immune system.

A study of 70 terminal cancer patients, conducted under contract to the Ministry of Science and Research of Austria, found that the drug was:

"Cytostatic or cytotoxic to human leukemias, non small and small cell lung cancers, colon cancers, central nervous system cancer, melanomas, ovarian cancer and renal cancer."

In another paper, it was shown that Ukrain caused a long-term regression of Ewing's sarcoma in a nine-year-old boy, who had failed to respond to chemotherapy or radiation treatment. European scientists conclude that

"though Ukrain may not be able to cure advanced stages of cancer, it can be helpful in improving the patient's general condition and prolonging life by reducing the tumor progression."

Investigation of Ukrain is now underway not just in Austria, but at many institutions in Canada, France, Germany the Netherlands, Switzerland, Thailand and even Swaziland. Yet it is extremely unlikely one will hear about this from one's oncologist in North America. At this time, Ukrain is only available through unconventional clinics.

Sources

Manufacturer is the Ukrainian Anti-Cancer Institute. Director, developer of the product is Dr. Wassyl J. Nowicky
Address of the Institute: Margaretenstrasse 717, A-1040, Vienna, Austria Tel: 43 1 586 12 23 E-mail: nowicky@ukrin.com

Doctors who use Ukrain in the United States (according to Definitive Guide to Cancer and Third Opinion):

Dr. Robert C. Atkins, MD (New York) Tel.: 212-758 2110 Fax: 212-754- 4284
Dr. Douglas Brodie, MD (Reno, Nevada) Tel.: 702-324-7071 Fax: 702-324-7639
Dr. Jesse Stoff, MD (Tucson, Arizona) Tel.: 520-290-4516 Fax: 520-290-6403
Dr. Stephen B. Edelson (Atlanta, Georgia) Tel: 404-841-0088 Fax 404-841-6416
Envita Natural Medicine (Phoenix, Arizona) Tel: 602-569-4144 Fax 602-569-4244

Further Reading and References

- <http://www.ukrin.com>.
- "Who's Afraid Of A Cure For Cancer? - The struggle for an alternative cancer drug" by Eleonore Thun-Hohenstein

Yucca glaucoma

"The active material found in our studies is sensitive to light and heat. Only the fresh yucca flowers possess anti-cancer activity, not the seeds, leaves, fruits or roots. The activity is lost when the flowers wilt or dry."

References

- http://geocities.com/HotSprings/2194/h_y.html

Yuccalive

This herbal product is claimed by its vendors to be a scientifically proven (in China) cure for bone cancer.

It contains Yucca Schidigera, Licorice Root, Fennel Seed, Clove Buds, Anise Seeds, Cinnamon Bark, and Honey.

References

- <http://home.mindspring.com/~vaughn/MPS.fldr/yuccalive.htm>

Greens

Alfalfa (Medicago Sativa)

"This plant contains large amounts of chlorophyll, beta-carotene, and vitamin E. It also contains the amino acid L-Canavanine, which has: antibacterial, antiviral, and anti-tumoral activity."

Alfalfa is high in resveratrol and has been shown to stop colon cancer at an early stage.

References

- http://www.wellfx.com/InfoBase/herb_Alfalfa.doc.html
- http://hayandforage.com/news/farming_alfalfa_fights_colon/

Barley Grass/BarleyGreen®

Barley grass was researched in depth by Dr. Yoshihide Hagiwara, President of the Hagiwara Institute of Health in Japan. Hagiwara reports that he researched over 150 different plants over a period of 13 years. He found that barley contained the most excellent source of nutrients that the body needs for growth, repair and well-being.

A biologist named Yasuo Hotta from the University of California, La Jolla, found in barley grass a substance called P4D1. This substance not only has strong anti-inflammatory action, but was shown to actually repair the DNA in the cells of the body. This aided in the prevention of carcinogenesis, aging, and cell death. He reported in a Japan Pharmacy Science Association meeting that P4D1 suppresses or cures pancreatitis, stomatitis, inflammation of the oral cavity, and dermatitis, and also lacerations of the stomach and duodenum. He found that barley juice is much stronger than steroid drugs but has fewer if any side effects.

Barley grass extracts have also been found to benefit the body's immune system and protect human fibroblasts against carcinogenic agents. In an unpublished report, Dr. Allan Goldstein, a professor at the George Washington School of Medicine, Washington D.C., claims results showing that a Vitamin E analog isolated from green barley killed a leukemic cell line. He writes:

"Barley grass leaf extract dramatically inhibits the growth of human prostatic cancer cells grown in tissue culture. It may provide a new nutritional approach to the treatment of prostate cancer."

Dr. Howard Lutz, who is director of the Institute of Preventive Medicine in Washington, D.C., has said this about barley grass:

"(Barley grass is) one of the most incredible products of this decade. It improves stamina, sexual energy, clarity of thought, and reduces addiction to things that are bad for you. It also improves the texture of the skin, and heals the dryness associated with aging. Some people who try grass juice find that they just cannot tolerate wheatgrass juice. It is extremely detoxifying and makes some people nauseous every time they drink it. These people may find that they can tolerate barley grass juice. It is milder, although quite bitter, compared to the sweetness of wheatgrass juice."

BarleyGreen® has always been grown and produced by Dr. Y. Hagiwara's company, Green Foods Corporation, the marketing arm of which is now YH International. Up until recently this BarleyGreen® was primarily marketed by the AIM Companies, but now it is marketed by YH International.

Dr. George Malkmus in his all-raw Hallelujah Diet used BarleyGreen® as his main raw food. Dr. Francisco Contreras, who runs the Oasis of Hope Cancer Hospital in Mexico, provides BarleyGreen® to his patients. Perhaps the most visible testimonial for BarleyGreen® is provided by Lorraine Day, M.D., who treated her breast cancer with

natural herbal remedies that included BarleyGreen®. Visit www.drday.com to share her experiences, or order her videos or BarleyGreen Premium™.

"I used BarleyGreen™ to help rebuild my immune system when I was getting well, and I still drink BarleyGreen™!"

says Lorraine Day, M.D.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search. Enter barley grass or barleygreen premium in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- Green Leaves of Barley: Nature's Miracle Rejuvenator by Mary Ruth Swope, David Darbro
- Barley Grass Juice: Rejuvenation Elixir and Natural, Healthy Power Drink by Barbara Simonsohn
- Everything I Know About Nutrition I Learned From Barley by Betty Kamen, et al
- Green Leaves of Barley: Nature's Miracle Rejuvenator by Mary Ruth Swope, David Darbro

References

- <http://www.herbal-products.biz/barleylife/scientific-ref.htm>
- <http://www.drday.com/index2.htm>

Chlorella

Chlorella is a single cell, fresh water algae. Chlorella's most outstanding feature that sets it apart from other 'superfoods', is its proven ability to help the body in detoxifying harmful air, water, and food-borne 'heavy metal' and chemical pollutants; precursors to many of today's common degenerative disease conditions.

It's unique phytochemical known as CGF, or Chlorella Growth Factor is believed to be responsible for many of the therapeutic effects that have been reported in scientific journals throughout the world.

In Japan, chlorella is by far the most popular nutritional supplement, with over five million daily users. This popularity is partly due to Government classification as a 'functional food' (a food that has scientifically proven to be beneficial within the human diet).

Beyond the documented therapeutic effects, most users report increased energy levels, improved mental clarity, a clearer complexion, an overwhelming sense of 'well-being' and a remarkable freedom from stress-induced tension or anxiety.

A small number of new users may experience a 'healing crisis' as their bodies adjust to chlorella and begin to shed toxins. Some misinterpret this as an allergic reaction, which although possible, is extremely rare. Examples of these rare detoxification reactions are mild headaches, stomach cramps or nausea, skin blemishes or bowel irregularity. These effects usually diminish and disappear within a week to ten days as the body adjusts and begins to work towards biochemical balance, or 'homeostasis'.

Chlorella has been shown to suppress tumor growth in the laboratory:

"Oral administration of Chlorella vulgaris augments concomitant antitumor immunity.

Chlorella vulgaris, an unicellular green algae, or its acetone-extract (Ac-Ex) were administered orally to Meth A tumor bearing BALB/c or (BALB/c x DBA/2)F1 (CDF1) mice. When CDF1 mice were fed daily with 10% dried powder of Chlorella vulgaris (CVP) containing diet before and after Meth A tumor inoculation, the growth of rechallenged Meth A tumor was significantly suppressed in an antigen-specific manner. Augmentation of antitumor resistance was exhibited also by Winn assay using lymph node cells of tumor-bearing mice orally administered with CVP or Ac-Ex. Antigen-specific concomitant immunity in these mice were mediated by cytostatic T cells but not by cytotoxic T cells. Natural killer cells seemed not to contribute in antitumor resistance in this system."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter chlorella. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- Chlorella by William C. Y. Lee. Excerpt from page 8 "... Encouraging pilot studies with AIDS and Epstein-Barr virus patients employing chlorella suggest further effectiveness in immune ... and preventing a variety of cancers..."
- Herbal Medicine, Healing & Cancer by Donald Yance, Arlene Valentine . Excerpt from page 11 "... mortality. One of the many attributes of the nutritional supplement chlorella is its ability to increase the albumin level. Platelet levels are also vitally important to the health of the person with cancer because cancer, by its very nature, forms tumors in order ..."
- Chlorella: The Emerald Food by Dhyana Bewicke. Excerpt from page 23 "... of pre-cancerous cells. Dr. Saffioti, a director of the National Cancer Institute, reported at the Ninth ... mothers. Just one tablespoon of Chlorella provides about 200% of the minimum daily requirement of Vitamin ..."
- The Healthy Living Space: 70 Practical Ways to Detoxify the Body and Home by Richard Leviton. Excerpt from page 240 "... tablet form, and 150 ml in liquid form) during their cancer treatment and experienced fewer than expected respiratory- infections and flu-like illnesses. They stated the chlorella helped them maintain their strength and resist common colds and ..."

References

- <http://www.chlorella-world.com>
- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=229925

Chlorophyll/Chlorophyllin

The Life Extension Foundation introduced its members to the antimutagenic effects of chlorophyllin, or chlorophyll, in 1989. Life Extension based its recommendation to supplement with chlorophyllin on a study in the journal Mutation Research, showing that this plant extract was more effective than all other known anticancer vitamins at that time.

An earlier study also in Mutation Research reported that chlorophyllin suppressed the mutagenic activity of carcinogens such as fried beef and pork, red wine, chewing tobacco and snuff, cigarette smoke, diesel emissions, and coal dust by more than 90%. No other supplement came close to the ability of chlorophyllin to inhibit deadly gene mutations.

The great majority of studies about chlorophyllin's health benefits concern its antimutagenic and anticarcinogenic properties. Unlike other antioxidants which merely quench free radicals, chlorophyllin traps heterocyclic hydrocarbon carcinogens by reacting with their backbone, making it impossible for them to form adducts with DNA.

There are more than 50 cancer-causing agents known to occur in the human diet that chlorophyllin has been shown to protect against including: benzopyrene, dimethylbenzanthracene (DMBA), dibenzopyrene, TRP-P2, aflatoxin B-1 and aflatoxin B-2, 2-aminoanthracene, 2-nitrofluorene, 1-nitropyrene, 1-methyl-6-phenylimidazo [4,5-pyridine] (PHIP), and 2-amino-3-methylimidazo [4,5-f] quinoline (IQ).

Tea epigallocatechins have no effect on the degradation rate of N-hydroxy IQ, but chlorophyllin rapidly degrades it by complexing with it.

Many of these carcinogens are found in ordinary broiled, boiled, baked, and otherwise high-temperature cooked foods. For instance, PHIP is considered the most abundant heterocyclic amine in fried ground beef. It causes colon cancers in F344 rats and is considered a leading cancer suspect agent in humans.

Chlorophyllin 0.1% in the drinking water of rats reduced aberrant crypt foci 50% in the colon when exposed to PHIP. In another study with F344 rats, a diet with 2000-ppm chlorophyllin significantly protected them from diethylnitrosamine-induced liver neoplasms. Diethylnitrosamine is commonly found in many types of distilled spirits and beers.

The most notorious of all human dietary carcinogens is aflatoxin B-1. Aflatoxins occur all over the world in fungus-infected rice, wheat, rye, and other staple grains. They have also been found in a variety of U.S. crops. Aflatoxin-infected crops are more of a problem in Third World countries such as China where, in certain provinces, the farmers experience the highest liver cancer rates in the world.

In a landmark study entitled **Chlorophyllin Intervention Reduces Aflatoxin-DNA Adducts in Individuals at High Risk for Cancer**, researchers demonstrated a 55% reduction in aflatoxin urinary bio-markers compared to controls by giving the farmers 100 mg of chlorophyllin 3 times a day with their meals.

The scientists estimated that the induction period needed for this type of cancer to develop was extended from 20-40 years by supplementing with chlorophyllin. The authors noted that chlorophyllin tablets are the least expensive and most cost effective means of preventing these types of cancers.

It should be noted that there is a powerful relationship between dietary aflatoxin reduction, DNA adducts, and lowering of cancer rates in both humans and animals.

Another study compared the anticancer properties of green tea, black tea, and chlorophyllin. The conclusion of this study and the other studies comparing teas and chlorophyllin are that chlorophyllin is a far more potent antimutagenic agent, protecting against a far wider range of carcinogens than tea. In the study, teas did not degrade the mutagen IQ found in cooked meat at all, while chlorophyllin rapidly degraded it.

In human breast cell studies, chlorophyllin was one of the most effective compounds protecting against DNA adduct formation. Chlorophyllin inhibited adduct formation 65% at 30 micromolar concentrations, and it was a very effective inhibitor at 15 micromoles, a level obtainable in vivo in the tissues of humans.

In vitro studies with chlorophyllin show it to be an inhibitor of the cytochrome P-450 liver enzymes. All in vivo [whole animal] studies where cytochrome P-450 enzyme activity is reduced resulted in lower cancer rates and longer lifespan. In Stage 2 liver detoxification, enzymes called glutathione transferases cause glutathione to react with the carcinogens formed from cytochrome P-450 activity to produce harmless additional products, but this process is not very efficient.

Chlorophyllin, however, makes this conversion more efficient by lowering cytochrome P-450 enzyme activity in the first place and by reacting with carcinogens to produce harmless complexes, just as the glutathione transferases do. Thus, chlorophyllin is not an inducer of glutathione transferases but mimics glutathione transferase activity.

The benefit of eating fresh fruits and vegetables is that they often provide more antimutagenic phytochemicals (such as chlorophyll) than harmful ones.

There is a considerable amount of animal research, and some human data to recommend that a 100-mg capsule of chlorophyllin should be taken with each meal or at least with meals that are known to contain a lot of carcinogens. While some people may not be able to take chlorophyllin with every meal, there would appear to be considerable benefit in taking at least a 100-mg chlorophyllin capsule with the most dangerous meal of the day, that is, the meal that contains the most carcinogens.

If your dinner consists of grilled fish or barbecued steak, it is recommended to take 200-300 mg of chlorophyllin to help neutralize the heterocyclic amines and many other carcinogens formed in the cooking process. Because the main benefit of supplementing with chlorophyllin is to detoxify dietary mutagens, it should be taken with food and not wasted on an empty stomach.

The only reported side effects with chlorophyllin are occasional reports of diarrhea (transient), a green color imparted to the stool, and more recently a pale green color conferred to serum.

When this coloring of sera was first noticed, the authors of the study noted it to be a good sign. In other words, chlorophyllin is probably acting as an antioxidant and antimutagenic agent in the bloodstream, having been shown to be an inhibitor of ascorbate-iron induced lipid peroxidation.

The evidence shows that avoiding substances known to inflict gene mutations can reduce one's risk of contracting cancer. Epidemiological studies document that people who expose themselves to gene-mutating toxins develop cancer far more frequently than those who follow a healthier lifestyle.

Sources

Good dietary sources of chlorophyll include dark green leafy vegetables, algae, spirulina, chlorella, wheat grass, and barley grass. Supplements of chlorophyll as powder, capsules, tablets, and drinks are also available.

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search. Enter chlorophyll or chlorophyllin. Select "100 Results". Select "Sort by Price: Low to High".

Standardized chlorophyllin (100-mg) capsules and Life Extension Super Booster (multinutrient formula that includes 100 mg of standardized chlorophyllin) are available by telephoning (800) 544-4440 or by ordering online.

<http://cancer.lef.org/prevention.html>

References

- <http://cancer.lef.org/prevention.html>
- Rudolph C. The therapeutic value of chlorophyll. Clin Med Surg 1930;37:119-21.
- Chernomorsky SA, Segelman AB. Biological activities of chlorophyll derivatives. N J Med 1988;85:669-73.
- Gruskin B. Chlorophyll—its therapeutic place in acute and suppurative disease. Am J Surg 1940;49:49-56.
- Hayatsu H, Negishi T, Arimoto S, et al. Porphyrins as potential inhibitors against exposure to carcinogens and mutagens. Mutat Res 1993;290:79-85.

GC10-100

Type GC10-100 are natural vegetable extract formulations that have anti-tumor properties. The following micro-compounds with reported specific anti-tumor activity are found at different concentrations in fruit and vegetables:

- Trepenes
- Organosulfides
- Aromatic isothiocyanates
- Indoles
- Dithiolethiones
- Phenols
- Flavonoids
- Tannins
- Ellagic Acid
- Conjugated Dienoic linoleic acids
- Glucarates.
- Nerolidol

Some of these micro-compounds act as blocking agents and suppressing factors at various stages of the carcinogenic process. In addition to the above-mentioned micro-compounds, there are more than 500 other molecules with anti-tumor properties present in fruit and vegetables that have been recently identified. There may well be more than 1000 other compounds, each with a similar activity, but still unidentified.

The chemotherapeutic effect of the fruit and vegetable extracts GC10 to GC100 is due to the high concentration of these micro-molecular components, in each preparation. GC10-100 starts to exert an anti-tumor effect after reaching specific levels in the patient's blood serum. This usually takes the initial ten to fifteen days of treatment.

"At its present stage, this treatment has been used mainly to treat advanced cancer patients. It has proven to be successful, especially when the patient is free of strong

medication and able to activate the body's own regenerative resources. This can be helped by a natural and nutritious diet and avoiding unnecessary supplements."

Sources, Further Reading and References

- See <http://www.dietcancer.com/html/patients.html> for further information.

Green Tea/EGCG/Green Tea Extract

Free radicals are formed as a byproduct of normal metabolism and exposure to the sun, chemicals, and environmental pollutants, including cigarette smoke. They are believed to contribute to aging and a variety of diseases.

"Besides neutralizing free radicals, tea polyphenols may affect certain enzyme activity and slow the conversion of normal cells into tumor cells",

says C.S. Yang, a researcher who has studied tea at Rutgers University in Piscataway, N.J.

Green Tea Polyphenols (GTP), particularly EGCG (epigallocatechin gallate), curb an enzyme needed for cancer cell growth and kill them sparing the healthy cells. Dry green tea leaves are about 40% polyphenols by weight, and the most potent of these is EGCG. A team of scientists at Purdue University determined:

"In the presence of EGCG, the cancer cells literally failed to grow or enlarge after division then presumably because they did not reach the minimum size needed to divide they underwent programmed cell death, or apoptosis."

EGCG, an antioxidant, is considered many times more potent than the Vitamin E or Vitamin C antioxidant properties. In a 1997 study, researchers from the University of Kansas determined that EGCG is twice as powerful as resveratrol which itself is known to kill cancer cells.

"Much of the early research was done by the Japanese and Chinese on green tea because that is what they drink"

says John Weisburger of the American Health Foundation, a non-profit research center.

Green Tea is a key element of cancer prevention. "Researchers have known for years that the incidence of prostate cancer is considerably lower in Asian countries. One possible explanation advanced by scientists is the high consumption of plant foods among Asian populations."

"Another is the growing number of laboratory studies indicating that green tea - the most popular tea in China, Japan and other Asian countries - has anti-tumor effects. Black tea is more popular in Western countries. Worldwide, about 80% of the tea consumed is black tea. Both teas come from the same plant (*Camellia sinensis*). Black tea is fermented; green tea is not. Next to water, tea is the most widely consumed beverage in the world. Green tea contains more polyphenols - chemicals that act as powerful antioxidants and nontoxic, cancer preventive agents - than black tea.

It has been speculated that the low lung cancer rate in Japan - despite the high rate of smoking - is due to green tea consumption."

This is a popular cancer preventative and a favorite of the Asians for centuries. Dr. Fujiki, of Japan's National Cancer Center says:

"Green tea cannot prevent every cancer, but it's the cheapest and most reliable method for cancer prevention available to the general public."

The active ingredient, EGCG, has strong free-radical-scavenging properties.

"When green tea is taken for medicinal purposes, 5-10 ml of the herb is steeped in a cup of boiling water for about 15 minutes. The usual amount taken is 1-3 cups daily, without the addition of milk or sugar. More recently, green tea capsules have been developed for the market, but the clinical benefits of these are unknown."

A Medical College of Georgia researcher who helped identify cancer-fighting properties in green tea has now traced the juncture where healthy cells are shuttled to safety and cancer cells are sentenced to death.

Dr. Stephen Hsu, a cell biologist in the Medical College of Georgia Department of Oral Biology, found that green tea polyphenols actually activate two separate pathways, one for normal cells and one for cancer cells. The polyphenols seem to serve as a sentinel, separating cells with p57 from cancer cells, which lack p57. Using human cancer cells, he found that while the normal cells are shuttled to safety, the polyphenols destroy the mitochondria of cancer cells.

"The mitochondria are the powerhouse of a cell," said Dr. Hsu, noting that a cell is very vulnerable without it. Once the mitochondria are destroyed, a chemical called Caspase 3 is activated as the trigger man and executes the weakened cell.

He has further found that inserting cancer cells with the p57 gene, which restores the vital protective protein they lack, spares them at least partially from destruction.

"That one alteration changed the whole spectrum," he said. "The green tea didn't eliminate the tumor cells, which they usually kill very efficiently, only because we restored p57. That was amazing. We're trying to identify the genes involved in this mechanism."

Oral cancer cells seem to be particularly vulnerable to green tea because of their direct contact with the drink, Dr. Hsu said:

"This is encouraging because oral cancer is so hard to treat"

he said, noting a stubbornly persistent 50% mortality rate. Those who use tobacco products are at particular risk of oral cancer. Dr. Hsu recommends that adults, particularly smokers, drink a couple of cups of green tea a day. "Basically, there are lots of benefits, but we're still searching for the underlying mechanisms," he said.

A 2004 study reported on the molecular and cellular effects of green tea on oral cells of smokers :

"Studies in cell culture and laboratory animals have shown that green tea and its major component, epigallocatechin-3-gallate, inhibit cell growth and reduce tumor incidence. However, results of epidemiological studies have generated inconsistent, sometimes conflicting data regarding protection by green tea against human cancers. To clarify the findings of these laboratory studies in application to humans, we conducted a pilot intervention study with three heavy smokers (> 10 cigarettes/day) and three nonsmokers (never smokers) in order to evaluate the molecular and cellular effects of drinking green tea using human oral cells as an investigative tool. Green tea total extract (400-500 mg/cup, 5 cups /day) was administered in drinking water to the subjects for four weeks. Two oral cytology samples were taken weekly for measurements of tobacco carcinogen-induced DNA damage, including bulky adducts and oxidized bases, cell growth, DNA content, and apoptosis. The study showed that during the course of green tea administration smoking-induced DNA damage was decreased, cell growth was inhibited, and the percentage of cells in S phase was reduced, cells accumulated in G(1) phase (cyclin D(1) positive), DNA content became more diploid and less aneuploid, and p53, Caspase-3, and TUNEL, markers of apoptosis, were increased. The study, although preliminary, indicates that drinking green tea reduced the number of damaged cells in smokers by inducing cell growth arrest and apoptosis, a mechanism similar to that observed in cultured cells and animals. These results warrant a large-scale intervention trial to further verify the role of green tea in the prevention of oral cancer in smokers."

Green Tea Extract is a concentrated form of green tea available in capsule or tablet form.

Drinking green tea may help protect women from getting breast cancer. Published in the July 2001 issue of the Journal of Cellular Biochemistry, the study, which used rats, is the first to report significant reduction in the size and malignancy of breast tumors from drinking green tea.

Green tea may also help protect skin from sun damage, according to a review conducted by Hasan Mukhtar, Ph.D., of the Department of Dermatology at Case Western Reserve University in Cleveland, Ohio.

Excessive ultraviolet exposure damages DNA in skin cells by forming the skin cancer initiator - cyclobutane pyrimidine dimers (CPDs) – and creating free radicals, which cause cumulative oxidative damage. The time between oxidant formation and visible damage in the form of premature aging or skin cancer usually takes decades.

Dr. Mukhtar suggests that green tea polyphenols (GTP) are powerful antioxidants that provide photochemo protection. This protection allows exposure to UV radiation, which does not cause skin damage. This study shows that green tea is protective at all stages of cancer formation – initiation, promotion, and progression.

Dr. Mukhtar reviewed animal studies that showed that feeding green tea polyphenols (0.1% by weight) to hairless mice exposed to solar radiation resulted in less tumor growth, reduced oxidant formation, and normal skin. 0.1% by weight is equivalent to 60 mg green tea extract for a 60 kg (130 pound) person. Topical application of green tea polyphenols also prevents carcinogenic tumors and nonmalignant lesions (papillomas) from progressing to squamous-cell carcinoma.

Researchers who have conducted human studies found that treating skin with green tea phenols before UV exposure prevents sunburn, infiltration of macrocytes (a major source of oxidants), and CPD formation.

In another controlled study of 400 patients with squamous-cell skin cancer, researchers learned that people who drank hot tea cut their skin cancer risk by two-thirds.

In another study presented at the same meeting, dermatology researchers presented evidence that green tea protects against UVA-induced skin damage in mice.

PUVA photochemotherapy is widely used in the treatment of various skin diseases. However, epidemiologic studies have indicated that PUVA enhances the risk of squamous cell carcinoma and perhaps melanoma. Dr. David R. Bickers, the Carl Truman Nelson Professor and Chairman of Dermatology, and colleagues conducted a study to determine whether extracts of green tea protect against PUVA-induced skin photodamage in mice.

In the experiment, a green tea polyphenol fraction was topically applied to mice 10 minutes before PUVA photochemotherapy (which consists of 8-methoxypsoralen plus UVA irradiation). Typically, this therapy causes skin photodamage in mice, including redness and swelling after two to three days and hyperplasia and hyperkeratosis (skin thickening and lesions) after one to two weeks.

However, the application of the green tea polyphenol fraction resulted in a statistically significant 78.1% inhibition of the PUVA-induced net increase in skin thickness. The treatment also resulted in a 98.6% inhibition of the PUVA-induced net increase in lesion severity. Applying the green tea polyphenol fraction five minutes after PUVA also significantly protected against skin photodamage. Administration of a 0.6% extract of green tea in the drinking water seven days before PUVA treatment protected against skin photodamage in the mice.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search. Enter green tea or green tea extract. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- Green Tea: Fight Cancer, Lower Cholesterol, Live Longer by Kate Gilbert
- The Green Tea User's Manual by Helen Gustafson

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Spirulina/Blue-Green Algae

Spirulina is a blue-green microalgae that grows abundantly in either fresh or sea water. It is sold as a concentrated food supplement widely available in natural food stores. Most comes from Hawaii and is identified as *Spirulina pacifica*, which is actually a select strain of *Spirulina platensis*. Among food supplements, spirulina stands out as an excellent dietary source of chlorophyll. This is because it is an aquatic plant that does not require thick cell walls containing indigestible cellulose. Spirulina's cell walls are made of a chemical called a muramic polysaccharide that is easier to digest, and its chlorophyll is therefore more readily bioavailable than in nonaquatic plants.

According to a scientific review from Latin America, spirulina has a vast array of beneficial properties. It has been shown to be effective in the treatment of allergies, anemia, cancer, high cholesterol, elevated blood sugar, viral infections, inflammatory conditions, liver damage, immunodeficiency, cardiovascular diseases, and other conditions.

In a 2002 Japanese study, 12 adult males were administered an oral hot water extract of spirulina, and the number and activity of their natural killer (NK) cells was measured before and after treatment. At the study's end, there was a significant increase in the production and cancer-killing ability of these subjects' NK cells. When their NK cells were exposed to a bacterial product after treatment, production of interleukin-12 (IL-12), a measure of immune strength, was significantly increased in comparison to IL-12 production in NK cells without pre-exposure to spirulina.

The authors concluded that in humans, spirulina acts directly and indirectly on NK cells. This study suggests that spirulina's immune-enhancing effects are persistent, as heightened immunity continued to be seen up to five weeks after the subjects stopped receiving spirulina.

"Researchers at the Osaka Institute of Public Health in Japan gave volunteers over forty years of age 50 mL of a spirulina extract and measured the activity in the blood of interferon gamma and natural killer cells. For one to two weeks following the participants' ingestion of spirulina, the activity of these substances was found to increase, and this increased activity continued for twelve to twenty-four weeks."

There have also been studies in India showing that spirulina reduces the tumor burden in experimental animals with various types of cancer. In mice with chemically induced stomach cancer, the tumor burden was reduced to half that of the control animals using high-dose spirulina treatment (500 mg/kg body weight). In skin cancer, the tumor burden was reduced to less than one quarter, even with low-dose treatment (250 mg/kg body weight).

Spirulina also shows potential for decreasing the adverse effects of both chemotherapy and radiation. Scientists in China have shown that a spirulina extract increased the level of white cells in the blood and of nucleated cells and DNA in the bone marrow of mice that

had been subjected to chemotherapy and radiation. In dogs, the spirulina extract additionally increased the level of red blood cells. The authors concluded that spirulina "has chemo-protective and radio-protective capability, and may be a potential adjunct to cancer therapy."

Human clinical studies from India have shown that spirulina could be an effective treatment for a precancerous condition called oral leukoplakia. Leukoplakia is characterized by the formation of white patches in the mouth that do not rub off. These often progress to oral cancer.

In the 1990s, a clinical study conducted among tobacco chewers in Kerala, India, demonstrated that spirulina could reverse oral leukoplakia in this population. Half of the patients received one gram per day of spirulina and the other half received a placebo. There was a complete regression of lesions in 20 of 44 patients (45%) receiving spirulina as opposed to 3 of 43 (7%) in the placebo arm.

These results were highly significant. Among those who had homogeneous lesions (usually considered less malignant than non-homogeneous lesions), results were even more pronounced, with a complete regression in 16 of 28 subjects (57%). One year after discontinuing the spirulina supplements, 55% continued to be free of these growths. These promising results have probably never been adequately publicized or used.

Spirulina contains certain powerful photosensitizers called chlorins. Chlorins interact with red and infrared light to trigger a photodynamic effect, which could kill abnormal cells. It seems more than coincidental that the most prominent reports of benefit come from very sunny climates, such as Hawaii, Latin America, and India.

A 2004 study looked at the mechanism by which C-Phycocyanin in spirulina induced apoptosis in a human chronic myeloid leukemia cell line:

"C-Phycocyanin (C-PC), the major light harvesting biliprotein from *Spirulina platensis* is of greater importance because of its various biological and pharmacological properties. It is a water soluble, non-toxic fluorescent protein pigment with potent anti-oxidant, anti-inflammatory and anti-cancer properties. In the present study the effect of highly purified C-PC was tested on growth and multiplication of human chronic myeloid leukemia cell line (K562). The results indicate significant decrease (49%) in the proliferation of K562 cells treated with 50 microM C-PC up to 48 h. Further studies involving fluorescence and electron microscope revealed characteristic apoptotic features like cell shrinkage, membrane blebbing and nuclear condensation. ... The present study thus demonstrates that C-PC induces apoptosis in K562 cells by cytochrome c release from mitochondria into the cytosol, PARP cleavage and down regulation of Bcl-2."

Even more suggestive of chlorins' cancer-fighting ability is the fact that the photosensitizer used in Cytoluminescent Therapy (CLT) in Ireland is derived from spirulina. This "green" photosensitizer has proven highly effective in destroying tumors in patients exposed to specialized light sources and whole-body infrared therapy.

In the future, a combination of spirulina and light could become a standard method of preventing the formation of precancerous lesions and of cancer itself. Of course, the economic and social barriers to such a simple approach are formidable. If you doubt it, consider that it has now been known for years that as little as one gram of spirulina per day can prevent half the cases of leukoplakia, a condition that frequently progresses to head and neck cancer. Yet the reaction of the Western medical world to this revelation has been tepid in the extreme.

The National Cancer Institute's statement on oral cancer does not breathe a word about this simple and inexpensive way to prevent oral cancers. Instead, it heartily recommends surgery and radiation to treat the disease after it has been allowed to form.

"For lesions of the oral cavity, surgery must adequately encompass all of the gross as well as the presumed microscopic extent of the disease.... With modern approaches, the surgeon can successfully ablate large posterior oral cavity tumors and with reconstructive methods can achieve satisfactory functional results."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search. Enter spirulina. Select "100 Results". Select "Sort by Price: Low to High".

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Wheat-grass Juice/Ann Wigmore

Fresh wheat grass is a potent source of many vitamins, minerals and plant enzymes. Wheat grass also contains Amygdalin/Laetrile, although other sources, such as apricot seeds are more potent. This therapy consists primarily of detoxification and consuming a wheat-grass drink several times each day.

Ann Wigmore pioneered and promoted wheat-grass juice after curing her own cancer with it in combination with an organic vegetarian diet. Together with Victoras Kulvinskis she formed the Hippocrates Health Institute in Boston, and branches and health farms using wheat grass juice quickly sprang up in many countries. It appears to be therapeutically more effective if a non-centrifugal juicer is used, possibly just a mincer with the juice pressed by hand.

If oxygen is considered to be a bullet to kill cancer cells, then wheatgrass could be thought of as a shotgun blast at treating cancer. The number of ways it deals with cancer is reported to be numerous. Firstly, it contains chlorophyll (it is often referred to as "liquid chlorophyll", which has almost the same molecular structure as hemoglobin. Chlorophyll increases hemoglobin production, meaning more oxygen gets to the cancer cells. Selenium and laetrile are also contained in wheatgrass, and both have anti-cancer properties. Chlorophyll and selenium also help build the immune system. Furthermore, wheatgrass is one of the most alkaline foods known. It also contains the hormone abscisic acid (also called: dormin), the antioxidant enzyme.

"Wheatgrass juice is the nectar of rejuvenation, the plasma of youth, the blood of all life. The elements that are missing in your body's cells-especially enzymes, vitamins, hormones, and nucleic acids can be obtained through this daily green sunlight transfusion." - Rev. Viktoras Kulvinskis, MS, author *Survival into the 21st Century*.

"I see people go through this therapy everyday and I can tell you, miracles happen." - Brian Clement, Director Hippocrates Health Institute, West Palm Beach, Florida

"Why take these young grasses? Because you'll be giving yourself a health elixir unlike anything you've ever experienced! The effect these highly nutritious green drinks are having on all my patients, especially my arthritis patients, is nothing short of amazing." - Julian Whitaker, MD. editor *Health and Healing Newsletter*

"Gary's platelet count rose every day for 7 days from 61,000 to 141,000 and the only thing we did differently was administer wheatgrass. That's absolutely phenomenal and it's fully documented on the hospital record." - Leonard Smith, MD., Cancer Surgeon

Wheat-grass powder is reported to be not as potent as the fresh juice.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter wheat-grass. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

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- The Hippocrates Diet and Health Program by Ann Wigmore
- The Wheatgrass Book by Ann Wigmore

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- <http://www.hippocratesinst.org/>

Mushrooms and Yeast Treatments

Agaricus Blazei Murill

Agaricus blazei Murill, also known as cogumelo do sol (sun mushroom), cogumelo de Deus (god's mushroom), Brazil mushroom or Himematsutake, is a mushroom originating from the village of Piedade in the state of São Paulo, Brazil. It flourishes in the hot weather of Brazil. It has been gaining worldwide attention because the population in that area has a lower rate of cancer and other adult diseases.

Agaricus blazei Murill contains the highest levels of beta D glucans of any mushroom known in the world. Beta glucan is a polysaccharide (a chain of sugar molecules formed together to make larger sugars) known to enhance the body's immune system. It is widely recognized for its ability to enhance the function of innate immune cells against a broad range of foreign challenges.

A Japanese-Brazilian farmer first discovered the Agaricus blazei Murill in the summer of 1965. Since 1968, Dr. Takashi Mizuno Ph.D., has studied the bioactive substances in fungi, especially those related to anti-tumor active polysaccharides. At the 12th Symposium of the 7th General Meeting of Technical Discussion Group for Fungi (held at Kinki University in Nara, Japan 1995), Dr. Mizuno presented his results with the following, quite remarkable finding:

"A remarkable anti-tumor activity was found in glycoprotein FIII-2-b, isolated from the fruiting bodies of Agaricus Blazei Murill. This glucan-protein complex was the first case of an anti-tumor compound found in an edible mushroom."

The graph below shows the result of the cooperative analysis based on the experiment on a mouse model, which was conducted with Tokyo University Medical School, National Cancer Institute, Samjung University Medical School, and the Tokyo University School of Pharmacy. The cancerous cells were injected, and multiplied. The mouse was expected to survive only three weeks, 5 weeks at the maximum. During the experiment, 10mg of Agaricus blazei Murill abstract resulted in a prevention rate of 99%, and a complete recovery rate of 90%.

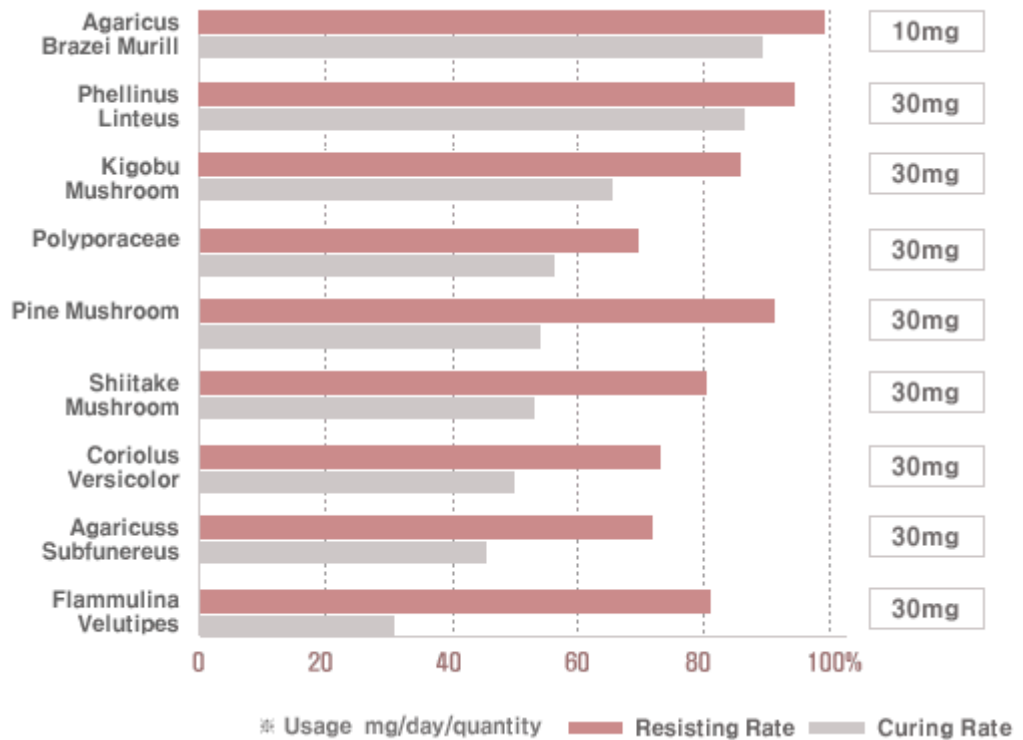


Figure 1 Recovery with Agaricus blazei Murill

In a 2004 study, further substances were found in Agaricus blazei Murill that inhibited angiogenesis. These substances also, by other actions, inhibited tumor growth and metastases.

“We previously found that ergosterol isolated from Agaricus blazei inhibited tumor growth through the inhibition of tumor-induced neovascularization. In the present study, we isolated further anti-angiogenic substances (A-1 and A-2) from this fungus using an assay system of angiogenesis induced by Matrigel supplemented with vascular endothelial growth factor, and A-1 was identified as sodium pyroglutamate. Next, we examined the antitumor and antimetastatic actions of A-1 using Lewis lung carcinoma (LLC)-bearing mice. A-1 (30, 100 and 300 mg/kg) inhibited tumor growth and metastasis to the lung. The reduction of the numbers of splenic lymphocytes, CD4+ and CD8+ T cells in LLC-bearing mice was inhibited by the oral administration of A-1 (30, 100 and 300 mg/kg). Further, A-1 increased the number of apoptotic cells of tumors and the numbers of CD8+ T and natural killer cells invading the tumors, and inhibited the increase of von Willebrand factor expression (a measure of angiogenesis) in the tumors. These results suggest that the antitumor and antimetastatic actions of A-1 (sodium pyroglutamate) may be associated with inhibition of the reduction of immune response caused by the tumor growth and tumor-induced neovascularization. This is the first report showing that sodium pyroglutamate isolated from A. blazei as an anti-angiogenic substance has potent antitumor and antimetastatic actions, as well as immunomodulatory activity, in tumor-bearing mice.”

An additional study in 2004 indicated that Agaricus blazei Murill might be beneficial for patients undergoing chemotherapy:

“Natural killer cell activity and quality of life were improved by consumption of a mushroom extract, Agaricus blazei Murill Kyowa, in gynecological cancer patients undergoing chemotherapy.

A mushroom extract, Agaricus blazei Murill Kyowa (ABMK), has been reported to possess antimutagenic and antitumor effects. Here, we investigate the beneficial effects of ABMK consumption on immunological status and qualities of life in cancer patients undergoing chemotherapy. One hundred cervical, ovarian, and endometrial cancer patients were treated either with carboplatin (300 mg / m²) plus VP16 (etoposide, 100

mg / m(2)) or with carboplatin (300 mg / m(2)) plus taxol (175 mg / m(2)) every 3 weeks for at least three cycles with or without oral consumption of ABMK. We observed that natural killer cell activity was significantly higher in ABMK-treated group (ANOVA, n = 39, P < 0.002) as compared with nontreated placebo group (n = 61). ... chemotherapy-associated side effects such as appetite, alopecia [hair loss], emotional stability, and general weakness were all improved by ABMK treatment. Taken together, this suggests that ABMK treatment might be beneficial for gynecological cancer patients undergoing chemotherapy."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter Agaricus blazei Murill in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- Medicinal Mushrooms for Immune Enhancement: Agaricus Blazei Murill, Discover the Beta Glucan Secret by Beth M., Ph.D Ley
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AHCC® /ImmPower™

A particularly beneficial supplement is the Japanese mushroom extract AHCC (Active Hexose Correlated Compound), which medical research shows can reduce nausea, vomiting, pain, appetite suppression, liver damage, hair loss, and immune suppression, resulting in improved quality of life and overall survival.

AHCC is recognized as one of the most powerful immune stimulants known

AHCC was developed by the Amino-Up Chemical Company of Sapporo, Japan. It is made from a proprietary hybrid of Shiitake, Kawaratake, and Suehirotake mushrooms grown with rice bran in a liquid medium (a controlled environment like hydroponic gardening for mushrooms), that is then fermented to extract a unique, low molecular weight compound, not common to medicinal mushrooms.

AHCC has been the subject of more than 29 published studies since 1986 and is used in over 700 hospitals in Japan, so there is a great deal of scientific evidence that AHCC not only helps to prevent the side effects of chemotherapy, but enhances its primary effectiveness as well.

Several animal studies have laid the ground work for research in humans. A study published in the Proceedings of the American Association For Cancer Research in March of 1999 showed that AHCC was able to relieve the side effects of several standard chemotherapy drugs.

Mice treated with fluorouracil (5-FU), cyclophosphamide (CY) or both daily showed decreases in weight, blood count and bone marrow that were "significantly restored" by co-administration with AHCC. Mice treated with Mercaptopurine (6-MP), and methotrexate (MTX) showed decreased body weight, serum albumin, and liver functions, which were significantly improved when AHCC was administered together with the chemotherapeutic agents.

"Severe" (50% to 100%) hair loss or alopecia caused by cytosine arabinoside (Ara-C) was reduced to "slight" when AHCC was taken simultaneously.

Damage to liver function is responsible for many of the systemic side effects of chemotherapy. A study in mice, which used carbon tetrachloride as a model for drug induced liver injury, showed that co-treatment with AHCC prevented declines in liver

function, enhancing metabolism, preventing the buildup of carcinogenic compounds and preventing the development of hormone disorders that often accompany liver failure.

AHCC showed an antioxidant like protection against free radicals as measured in liver enzyme profiles, protecting the liver itself and the body as a whole.

Hair loss, although often temporary, is an extremely distressing and common consequence of cancer therapy. The protective effects of AHCC in this regard were confirmed in another study where rats were treated with the chemotherapy cytosine arabinoside (Ara-C)— 5 out of 7 showed severe and 2 of 7 moderate alopecia. Mice given AHCC along with chemotherapy were protected. Microscopic analysis showed severe loss of hair follicles in controlled animals, and slight loss in the AHCC group.

The ability of AHCC to enhance the effectiveness of chemotherapy was demonstrated in a study where rats were implanted with a cell line of spontaneous mammary adenocarcinoma. Three groups were observed for 38 days, a control group, a group treated with UFT, an oral form of the chemotherapy drug fluorouracil, and a UFT plus AHCC treatment group.

Tumor growth was greatest in the control group. There was a slight, but significant enhancement of tumor suppression in the AHCC group compared to the UFT group.

The greatest difference was found in the growth of distant metastases, which were inhibited by the treatment with AHCC plus UFT, but enhanced by UFT alone. An explanation for this is found in AHCC's ability to prevent the suppression of immune function that occurs with chemotherapy.

Distant metastases often occur when after primary tumors have been reduced or eradicated by therapies that often eliminate the host immune defense, allowing microscopic tumors to grow freely. UFT-only treated mice had suppressed Natural Killer (NK) cell function. AHCC restored and enhanced NK cell as well as macrophage function, and the production of anti-cancer cytokines.

The human immune system is comprised of more than 130 subsets of white blood cells. Natural Killer (NK) cells make up roughly 15% of all human white blood cells. They provide the first line of defense for dealing with any form of invasion to the body. Each NK cell contains several small granules that act as chemical destroyers. Once an NK cell has recognized a cancer cell, for example, it attaches itself to the cell's outer membrane and injects these granules directly into the interior of the cell. The granules then destroy the cancer cell within five minutes. The undamaged NK cell then moves on to other cancer cells and repeats the process. When the immune system is particularly strong, active NK cells will often take on more than one cancer cells or other infected cells at the same time.

Unlike other white blood cells, inadequate numbers of NK cells are very rarely a problem. Instead, it is the activity of the cells that generally determines whether one is sick or healthy. As long as the NK cells are active, everything remains under control. If NK cells lose their ability to either recognize or destroy the invader, however, the situation can deteriorate rapidly. In AIDS and cancer patients, NK cell activity is regarded as probably the primary criteria for estimating the chances of survival. It is commonly accepted that when NK cells cease to function, the end is near.

In addition, research has now confirmed that individuals with low NK cell activity are significantly more susceptible to autoimmune diseases, chronic fatigue syndrome, viral infections and the development of cancerous tumors.

Doctors can test NK cell activity with a test called the NK cell function test. Basically, a blood sample is taken from the patient and placed in a vial containing live tumor cells. After four hours, a count is taken to determine what percentage of the cancer cells have been destroyed by the NK cells. The higher the percentage, the more active the cells. This test is referred to as the 4 hour 51Chromium-release assay. Your doctor can order it from Specialty Labs in Santa Monica, CA at 800-421-7110.

NK cell function is particularly heightened after taking AHCC.

In addition to an increased susceptibility to cancer metastasis, immune system suppression can also lead to life-threatening opportunistic infections. AHCC helped

prevent these complications and enhance survival in a study with mice whose white blood counts were suppressed with the chemotherapy cyclophosphamide, were exposed to *Candida albicans*, *Pseudomonas aeruginosa* and *Staphylococcus aureus*.

Validation of animal research with AHCC is found in controlled studies and case reports with human patients. As mentioned above, AHCC is widely used in Japanese hospitals, and since 1986 doctors have been meeting at the annual meeting of the AHCC Research Association to present the results of their clinical experience demonstrating improved appetite, reduced vomiting and pain and other improvements in the quality of life of patients undergoing chemotherapy, radiation and surgery for cancer.

In a study that extended from 1992 to 1999, 70 patients with pathologically confirmed liver cancer who took AHCC orally (3grams per day) following surgery showed overall survival benefits. A clinically balanced control group of 82 liver cancer patients were followed who had surgery only. As of September 1999, 34 (49%) of the patients in the AHCC group had recurrences, versus 55 (67%) of the control group.

More significantly, AHCC increased the 50% survival rate from 45 months to 68 months.

AHCC is available in the U.S. and is sold as ImmPower AHCC.

The following dosages reflect what was successful in studies based on repeated NK cell activity tests:

- For cancer, HIV or other life-threatening condition, 3 grams per day for two weeks, then 1 gram per day until the problem is resolved. Some people continue to take the maintenance dosage even after the problem has been resolved, while others stop taking it and resume if the problem returns. In rare cases taking as much as 6 grams daily was necessary.
- As a form of prevention, 1 gram per day.

In all of the studies, it has been found that taking 3 grams a day resulted in a dramatic increase in NK cell activity within one to two weeks. At the lower dosage of only 1 gram per day, the same activity was not reached until about four weeks. Hence the initial heavy doses of 3 grams per day. Even after the dosage was dropped back to 1 gram per day, NK cell activity will continue to increase. It is often recommended to take the AHCC capsules with meals in divided doses. For example, when taking 3 grams a day (which works out to 6 X 500 mg capsules), 2 capsules can be taken with each meal. When the dosage is reduced to 1 gram a day (2 capsules), take one capsule at breakfast and one at dinner.

AHCC appears to be completely non-toxic and safe to take long-term.

Sources

AHCC is available in the U.S. and is sold as ImmPower. It is manufactured by American BioSciences, Inc.. Please contact them for further information and research, American BioSciences, Inc. 560 Bradley Parkway, Blauvelt, NY 10913 ph: 888-884-7770, www.americanbiosciences.com AHCC is a registered trademark of the Amino-Up Chemical Company, Sapporo, Japan.

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter *immpower ahcc* in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

One inexpensive source is Better Health International. Phone 800-772-5568 or order online at http://www.betterhealthinternational.com/productDetails.asp_Q_prodID_E_325.

Further Reading

- Sugars That Heal : The New Healing Science of Glyconutrients by Emil I. Mondoa, Mindy Kitei. Excerpt from page 139 "... cancer is one of the fastest progressing and most virulent cancers. Active hexose correlated compound (AHCC), derived from the shiitake mushroom, increases survival times and quality ..."
- Infection Protection: How to Fight the Germs That Make You Sick by Ronald Klatz, et al. Excerpt from page 334 "... "opened" with an enzyme that releases alpha-glucan. Clinical research supports AHCC's effectiveness in fighting various cancers, hepatitis, and diabetes. Alkylglycerols (AKGs) AKGs are fats that stimulate ..."

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Beta Glucan

Beta glucan polysaccharides are found in yeast, mushrooms, bacteria and plants. Beta 1, 3 D Glucan, a non-toxic immune modulator, is emerging as one of the most powerful cancer-fighting agents. It is a naturally occurring compound derived from the cell wall of baker's yeast (*Saccharomyces Cereuisiac*). There is no yeast in Beta Glucan; the extracting technology allows for a totally pure extract. Nevertheless, for persons who are extra sensitive to even minute traces of yeast protein, the alternative is a Beta Glucan product made of oat. The oat extract is said to be easier for people with a very sensitive stomach as well. Both types of glucans are well researched and documented.

The inability of the immune system to first recognize and then to appropriately respond to cancer tumors is a major contributing factor to the ability of the disease to multiply and spread before recognition by the body. Beta glucan works by activating and strengthening the body's own defense mechanism against diseases. Beta glucan is a non-toxic nutritional biomolecule classified 'generally recognized as safe' by the FDA, that significantly potentiates the activities of the macrophage, the large white immune cell, increasing its ability to recognize cancerous cells.

Renowned immunologist, Dr. Joyce Czop of Harvard Medical School describes Beta 1, 3 D Glucan this way:

"Beta 1, 3 D Glucan is a true miracle of nature. It produces a dynamic immune response by virtue of its unique molecular shape (triple helical). This unique shape allows the Beta 1, 3 Glucan molecules to bond with a perfectly matched activating receptor on the macrophage cell, somewhat like your car is activated only by a uniquely shaped car key. Macrophage cells are one of the most important components of your immune system-- and your first line of defense. Once the Beta 1, 3 D molecule activates them they become awesome disease destroyers. Besides most pathogens, Macrophages can recognize and kill a variety of tumor cells. In fact, any Cancer is fair game for an activated Macrophage.

But the immune system consists of more than Macrophages; it has an incredible array of weapons designed to defeat anything that threatens our health: T-cells, B-cells, antibodies, and potent chemical messengers (Interferon and Interleukin 1 & 2).

Once Beta Glucan has activated the Macrophage cells, they in turn activate all the weapons of the entire immune system, producing a massive and total immune response. This is what the literature indicates, and the quantity of serious laboratory and clinical documentation on this product is huge.

When a single dose of Beta Glucan is administered, the macrophage activity will peak in 72 hours, then the activity level returns to its previous plateau. The immune response of the organism begins when a white blood cell called a macrophage encounters a hostile invader or mutant cell and consumes it.

Beta Glucan targets the macrophage and keeps it in a more prepared state. With this modulation, all subsequent immune response increases. Let us remember that the Glucan and the macrophage are oblivious to the type of invader. The macrophage knows only self versus non-self.

The Glucan treated host enjoys an increase in its arsenal against unwanted invaders or abnormal cells."

More comments from experts:

Dr. James Shortt, MD., discusses the action of the immune system against disease and how Beta-1, 3-D Glucan can be a prudent course of treatment:

"Beta Glucan has been studied in the lab and found to enhance natural killing of tumor cells, bacteria, fungi and virus infected cells. Due to the nature of the immune response to Beta-1, 3-D glucan, resistance does not occur. It triggers the killing of tumor cells and has been shown to be an excellent adjuvant to many types of chemotherapy, radiation, and surgery."

Dr. Joe Brownholtz, Ph.D., a researcher and professor of Sports and Nutritional Medicine, discusses the effect of Beta Glucan on the immune system. He writes,

"researchers have also concluded that Beta Glucan has anti-tumor properties, inhibits the development of diabetes in animals, lowers cholesterol, prevents cancer reoccurrences, is a free radical scavenger and when combined with sulfur, is a factor in reducing the probability of HIV carriers contracting AIDS."

According to research by Tulane, the Armed Services Radiobiology Research Institute and a multitude of other scientific research centers, Beta Glucan extracted from yeast cell wall enhances immune system awareness of the cancerous cells and nutritionally aids in control.

A particularly potent immune potentiator is an insoluble particulate Beta 1, 3/1, 6 glucan. The immune response can be potentiated to more ably recognize the cancer attempting to hide in normal cells by use of this naturally occurring biomolecule. Potentiated by Beta 1, 3/1, 6 glucan, the immune system is alarmed against cancer. This enables the macrophages to attack the cancerous cells with enhanced cytotoxic granules (toxic chemicals) that kill the cancer cell and prevent further multiplication and spreading. Results have been particularly dramatic in breast, sarcoma, and melanoma cancers.

The research demonstrates Beta 1, 3/1, 6 glucan, particularly in small particle sizes (microparticulate Vs globular) for better absorption and more rapid response, increases protection of the immune cells from the damage of radiation treatments. After treatments, it enhances recovery of platelets and white immune cells. The macrophage is also enhanced to more ably and rapidly remove the toxic debris (phagocytosis) created by radiation and chemotherapy in the body, thus reducing or eliminating the negative side effects such as nausea, hair loss, inability to sleep and skin radiation injury.

In a Research Summary Report issued in 2001 by The University of Nevada School of Medicine and Nutritional Supply Corporation it was found:

"MPG Glucan has been shown to enhance the envelopment and digestion (phagocytosis) of pathogenic microorganisms that cause infectious disease. The Beta-1,3/1-6 glucans additionally enhance the ability of Macrophages, one of the most important immune cells in the immune system, to kill tumor cells. Laboratory studies have revealed the new MPG Glucan is significantly effective at activating Macrophages, and via the Macrophages, in turn the entire immune cascade including T-Cells and B-Cells."

Beta 1,3/1,6 glucan is most effective in non-aggregated, micro particulate form additionally purified in a patent-pending proprietary process to provide enhanced potentiation of the macrophage immune cell with minimum amounts. Science demonstrates particulate Beta glucan can nutritionally enable your immune response to fight back against cancer invasion, reduce or eliminate the negative side effects of many treatments including chemotherapy and radiation and, as an adjuvant, make chemotherapy treatments more effective than acting alone.

A non-aggregated micro particulate Beta Glucan containing 10 mg per capsule (U.S. Patented MPG Beta Glucan), with potent nutritional phagocytic potentiation capabilities and the ability to increase natural production of TNF Alpha (tumor necrosis factor - necrosis meaning "killing") in the immune cells, is one nutritional oral supplement available.

Obtainable from http://www.nsc24.com/catalog/--_top_level_--_191578_products.htm or phone 888-541-3997

The results of further studies:

"The initial 9 patients studied had malignant carcinoma of the breast. Control and experimental lesions were injected; subsequently biopsies were performed at varying intervals for histologic evaluation. Always when glucan or glucan and RF fraction were administered intra-lesionally, the size of the lesion was strikingly reduced in as short a period as 5 days. In small lesions, resolution was complete, whereas in large lesions, resolutions were partial."

(From Cancer - Melanoma: DiLuzio N.R. Williams D.L. et al, Comparative evaluation of the tumor inhibitory and antibacterial activity of solubilized and particulate glucan Recent Results Cancer Res 75:165-172. 1980)

"Intravenous administration of soluble or particulate glucan resulted in significant reduction in the growth of a syngeneic anaplastic mammary carcinoma and melanoma B16 and enhanced survival."

(From Cancer - Sarcoma and Melanoma: Williams DL, et al, Therapeutic efficacy of glucan in a murine model of hepatic metastatic disease Hepatology 5(2):198-206. Mar 1985)

"Over the past 11 months I have been able to convince five out of eight breast cancer patients who were undergoing radiation therapy, to consume one capsule of beta 1,3/1,6 glucan (NSC-24 3 mg) three times per day. To date, I have observed that none of the patients using NSC-24 have suffered from any type of radiation injury to the skin, while the three patients who chose not to use NSC-24 all show signs of extensive radiation damage to the skin."

- From Hemopoietic Stimulation: Patchen M.L., McVittie T.J.; Temporal Response of Murine Pluripotent Stem Cells and Myeloid and Erythroid Progenitor Cells to Low-dose Glucan Treatment. Acta Hemat; 70:281-288. Experimental Hematology Dept, Armed Forces Radiobiology Research Inst, Bethesda, MD. 1983.

By supplying a larger amount of Beta Glucan in the body, a higher state of immune response is created. This is the primary pathway by which medicinal mushrooms help the body to fight off invasion by diseases and cancer cells. This is called Immunomodulation - Modulation of the immune system. It is perhaps better referred to as stimulation of the body's immune system.

Additionally, the clinical trials at the Zhejiang University in Hangzhou, China found that conventional chemotherapy for lung cancer was approximately 10% effective while the same chemotherapy with 3 grams per day of a Beta-Glucan concentrate (from Maitake mushroom in this case) boosted the efficiency to over 80% cure! This is now the standard treatment for advanced lung cancer in China, and has been since 1994. With a reported 80% cure rate against this dreaded disease, this is most impressive.

It was noted early on in the research that Lentinan (1-3{1-6} Beta-Glucan) was not effective orally and had to be administered by injection. Modern research has found the reason for this and the way around it. In many cancer patients, digestive function is also impaired. This means that the extremely large organic molecules, such as Beta Glucan are not readily absorbed in the stomach and intestines but pass through unchanged. But as the Beta Glucans are long chain molecules, it has been found that breaking the chain into shorter segments makes the substance more readily bio-available while maintaining the same clinical properties.

One way to do this is to co-administer vitamin C with the mushroom extracts. It is not possible to mix the vitamin C with the medicine ahead of time, as the breakdown process continues and ultimately leaves behind just simple sugar molecules. But the addition of 1000 mg (1 gram) of vitamin C at the same time the mushroom or mushroom extracts are

taken, is said to logarithmically increase the absorption of the Beta-Glucans, making them much more bio-available to the system. It is thought that Ginger has this same effect.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter beta glucan in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

- Discover the Beta Glucan Secret: For Immune Enhancement Cancer Prevention & Treatment, Cholesterol Reduction, Glucose Regulation, and Much More! : by Beth M., Ph.D. Ley
- http://www.recoverymedicine.com/immune_fx_article.htm

Coriolus Versicolor /PSK

"PSK [Coriolus Versicolor] acts as an immuno-modulator and is used primarily in conjunction with chemotherapy, radiation, and surgical treatments for cancer. Clinical studies have demonstrated significant results, results that would make headlines if obtained through conventional treatments: 30% vs. 10% disease-free survival for colon cancer patients over an eight-year clinical trial when PSK was used alone and tested against a placebo; 22% vs. 5% survival at five years for stage III lung cancer patients who were given radiation plus PSK as opposed to radiation alone; 81% vs. 64% survival at ten years for breast cancer patients who were given chemotherapy plus PSK as opposed to chemotherapy alone; 73% vs. 60% survival at five years for gastric cancer patients who combined daily PSK use with their chemotherapy as opposed to chemotherapy alone. This study, published in Lancet, found these results to be significant."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter coriolus versicolor in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

References

- <http://www.philsteinberg.com/byrec/43.html>

Kombucha/Manchurian Tea/Mo-Gu/Fungo Japon

The "kombucha mushroom" looks like a slippery, rubbery, brownish-gray "pancake" floating on top of the sugared tea. It has the ability to transform heavily sugared tea into a health drink over a period of 5-7 days. Japanese, Chinese, and Koreans knew about it for several thousand years. It is used throughout Russia where communities drinking this tea are credited with extraordinarily long lives.

It is claimed that kombucha discourages cancer, lengthens the lifespan, is good for sleeping, energy, and menopausal problems, and is a good protection from the damaging effects of chemotherapy and radiation.

Kombucha produces acids similar to those made by the liver, which bind with toxins in the digestive tract, and carry them out of the body via normal waste elimination. It reportedly helps to prevent and treat cancer. If prepared properly, it has no known harmful side effects in regular dosage of a cup or two a day.

Kombucha tea contains various bacterial/yeast colonies, metabolites, B-vitamins, and up to 1.5% alcohol. The tea tastes like sour cider. Research has been carried out for many years into what exactly is in this drink. Based on the research, some of the known active components in Kombucha Tea are:

- Lactic Acid: Found in Kombucha in its most potent form L-lactic(+). Lactic acid is essential for the digestive system. Interestingly, it is not found in the tissues of people with cancer, and its lack has been established as indicating susceptibility to cancer.
- Acetic Acid: Its main function is to inhibit harmful bacteria. Acetic acid is used as a preservative because of this action. It is also what gives Kombucha that 'kick' to its smell and taste.

- Malic Acid: Is also used in the body's detoxification process.
- Oxalic Acid: Encourages the cellular production of energy and is a natural preservative.
- Gluconic Acid: Is effective against many yeast infections such as candidiasis and thrush.
- Butyric Acid: Is produced by the yeasts and when working with gluconic acid, helps combat yeast infections such as candida.
- Nucleic Acids: Work with the body aiding healthy cell regeneration.
- Amino Acids: A group of acids which are the building blocks of protein. They have many benefits including building cells and repairing tissue; they also form antibodies to combat invading bacteria & viruses.
- Enzymes: Are proteins that act as catalysts, speeding the rate at which biochemical reactions proceed. Therefore, they boost the actions of other health giving components within the Kombucha.

Kombucha also contains vitamin groups B and C, beneficial yeasts and bacteria. But then, as one Kombucha drinker put it:

"Its overall effect - an extended feeling of well-being - cannot be fully explained by the individual ingredients alone. Kombucha is certainly more than the sum of its parts."

There has been a lot of serious consideration of the effect kombucha has on cancer patients, as understood by modern medical science. To begin with, Kombucha has a positive effect on cancer patients because it improves the digestive system.

Our modern diet is far removed from the natural foods our bodies are designed to consume; we eat artificially bred, prepared, and flavored foods. Over a period of years, this leads to an accumulation of toxins in the system. One of the first things cancer patients must do is detoxify the body in order to let it's own natural defense mechanisms re-establish themselves.

Kombucha aids in this process.

Cancer experts in Europe (Dr.s Johannes Kuhl, Veronika Carstens and Reinhold Wiesner) have apparently all used Kombucha as part of their successful treatment of cancer patients.

Sources

To obtain a kombucha, contact The Kombucha Network, PO Box 1887, Bath BA2 8YA, England; Lee Vinocur, PO Box 81, North Palm Springs, CA92258, USA; or Harald Tietze (Australia) tietze@ozemail.com.au Phone + 61-2-6493 4552. Fax: + 61-2-6493 4900.

Identify sources and best prices of processed kombucha tea at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter kombucha in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

- Kombucha – The Miracle Fungus by Harald Tietze
- Kombucha Teaology Over 1001 ways to brew Kombucha for Best Flavour and Maximum Healing by Harald Tietze
- Kombucha Tea for Your Health and Healing by The Kombucha Tea Network
- <http://www.bccancer.bc.ca/PPI/UnconventionalTherapies/KombuchaManchurianTeaMoGuFungoJapan.htm>.

Maitake – Grifola frondosa/D Fraction

Maitake (Grifola frondosa) is the Japanese name for an edible fungi with a large fruiting body characterized by overlapping waves. Maitake means "dancing mushroom" in Japanese. In the United States, they also are known as hen-of-the-

woods because the mass of mushrooms looks like fluffed-up feathers. The stalks are often fused, massed at the base of stumps and on roots. They are common in eastern North America, Europe, and Asia. Maitake is a premier culinary as well as medicinal mushroom.

Laboratory studies have shown that maitake extract can inhibit the growth of tumors and stimulate the immune system of cancerous mice. Human clinical studies of patients with breast and colorectal cancers are underway in the United States. In China, sixty-three patients with lung, stomach, or liver cancers or leukemia who took four capsules of maitake extract three times daily before meals for one to three months experienced an anticancer effect. There have also been reports that maitake extracts may help AIDS patients fight Kaposi's sarcoma and other symptoms.

For Mr. Shirota, whose company has proprietary rights to the D-fraction and must now fund them, these studies are a "double-check" of benefits already established in Japan. Maitake has also been found to help ameliorate side effects of chemotherapy like nausea, hair loss and pain.

Dr. Nanba conducted a study in which three groups of mice were injected with cancer cells and then fed a normal diet or one with maitake powder or with injections of D-fraction. The spread of the cancer was not inhibited at all in the mice on the normal diet but was prevented by 81.3% in the maitake-fed group, and by 91.3% in the group given D-fraction.

Dr. Nanba also compared D-fraction to the widely used chemotherapy drug, mitomycin-C, and found that a low dosage produced an approximate 80% shrinkage of tumors in the mice compared to 30% with mitomycin-C. With the two combined, the shrinkage was 98%.

While the whole mushroom was shown to be useful in lowering blood pressure levels, the D-Fraction's ability to inhibit tumor growth and to prevent cancer from metastasizing has researchers excited.

Dr. Nanba studied 165 advanced cancer patients and while the study was not a blind, placebo-controlled study, the results indicated that breast, lung, and liver cancers respond more favorably to maitake treatment than bone cancer, stomach cancer, or leukemia.

Presenting his results in 1995, Dr. Nanba noted:

"Though it cannot be said that Maitake D-Fraction and tablets are the cancer cure, one can safely say they do maintain the quality of life of patients and improve the immune system, resulting in the possible remission of cancer cells with no side effects."

A 44-year old male patient with a brain tumor was given D-fraction for four months. After four months without any other medication, radiation, or chemotherapy, an MRI confirmed that the tumor the size of a chicken egg had disappeared. He had previously received four cycles of chemotherapy.

In the US, over 2,000 practitioners are now dispensing maitake. Using the newer Maitake D-fraction™, a number of natural medicine practitioners in the US have also reported good results with patients with, for instance, uterine fibroids and in prostate cancer cases where chemotherapy didn't work.

A 2003 study reported on the effect of Maitake D-Fraction on the activation of NK cells in cancer patients:

"Maitake D-Fraction, extracted from maitake mushroom, has been reported to exert its antitumor effect in tumor-bearing mice by enhancing the immune system through activation of macrophages, T cells, and natural killer (NK) cells. In a previous study, the combination of immunotherapy with the maitake D-Fraction and chemotherapy suggested that the D-Fraction may have the potential to decrease the size of lung, liver, and breast tumors in cancer patients. In the present study, we administered maitake D-Fraction to cancer patients without anticancer drugs, and at the same time NK cell activity was monitored to investigate whether the activity is closely related with disease progression. ... maitake D-Fraction hindered metastatic progress, lessened the expression of tumor markers, and increased NK cell activity in all patients examined. Thus maitake D-Fraction appears to repress cancer progression and primarily exerts its effect through stimulation of NK activity. In addition, we conclude that measurement of

NK cell activity may be a useful clinical parameter in monitoring disease progression during and following immunotherapy with maitake D-Fraction."

The most recent development is the MD-fraction, a proprietary maitake extract its Japanese inventors consider to be a notable advance upon the preceding D-fraction. The D-fraction, the MD-fraction, and other extracts, often in combination with whole maitake powder, have shown particular promise as immunomodulating agents, and as an adjunct to cancer and HIV therapy.

A 2002 study looked at how maitake MD-fraction can aid cancer patients:

"Maitake mushroom (*Grifola frondosa*) MD-fraction containing beta-1,6 glucan with beta-1,3 branched chains has previously exhibited strong anticancer activity by increasing immune-competent cell activity.^{1,2} In this non-random case series, a combination of MD-fraction and whole maitake powder was investigated to determine its effectiveness for 22- to 57-year-old cancer patients in stages II-IV. Cancer regression or significant symptom improvement was observed in 58.3 percent of liver cancer patients, 68.8 percent of breast cancer patients, and 62.5 percent of lung cancer patients. The trial found a less than 10-20 percent improvement for leukemia, stomach cancer, and brain cancer patients. Furthermore, when maitake was taken in addition to chemotherapy, immune-competent cell activities were enhanced 1.2-1.4 times, compared with chemotherapy alone. Animal studies have supported the use of maitake MD-fraction for cancer."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter maitake, d-fraction or md-fraction. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- Give It To Me Straight! Questions & Answers for No-Nonsense Nutrition by Kim Dalzell. Excerpt from page 81 "... have shown that a particular molecule called X-fraction found in maitake may reduce insulin resistance, potentially ... leukemia, and stomach and bone cancers. In fact, some studies found that cancer patients who took ..."The Perricone Promise : Look Younger, Live Longer in Three Easy Steps by Nicholas Perricone. Excerpt from page 134 "... tumors. When mice with melanoma (a lethal form of skin cancer) were injected with the beta-glucan polysaccharides found in maitake mushrooms, their tumor weight decreased by about 70 percent; the ..."
- The Cancer Lifeline Cookbook: Good Nutrition, Recipes, and Resources to Optimize the Lives of People Living with Cancer by Kimberly Mathai, Ginny Smith. Excerpt from Back Matter "... prevent or impede oxidation reactions. Beta-glucan (D-fraction): Compounds found in maitake mushrooms that may stimulate the immune system and activate certain cells and proteins that attack cancer."

References

- <http://www.maitakescience.org/maitake%20and%20cancer/lit%20review%20maitake.pdf>
- <http://www.suerussellwrites.com/mushrooms.html>
- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12126464
- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=14977447

Mycosoft®

"Mycosoft® Gold Extract is specifically designed to potentiate the immune system with a complex assortment of polysaccharides, precursor nutrients for the immune system.

It is reformulated with thirteen species of polypore mushrooms (Ice Man Polypore, Agarikon, Artist Conk, Reishi, Oregon Polypore, Maitake, Chaga, Shiitake, Mesima, Birch Polypore, Zhu Ling, Suehirotake, and Yun Zhi; 500 mg total per capsule). Recommended as an adjuvant to conventional therapies, any individual needing potentiation of their immune system may benefit from Mycosoft® Gold."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter mycosoft gold. Select "100 Results". Select "Sort by Price: Low to High".

References

- <http://www.fungi.com/mycomeds/extracts.html>

Phellinus Igniarius

T

his mushroom has reputed anti-cancer properties. A 2003 study showed in vitro selective cytotoxicity against a human lung cancer cell line and a liver cancer cell line.

References

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15165144

Phellinus Linteus/ Mesima

A 2004 study highlighted the positive impact of this mushroom on a hormone refractory prostate cancer:

"Dramatic remission of hormone refractory prostate cancer achieved with extract of the mushroom, Phellinus linteus.

At present, there is no distinctly effective treatment for hormone refractory prostate cancer. We describe a hormone refractory prostate cancer patient with rapidly progressive bone metastasis who showed dramatic response to intake of an extract from the mushroom, Phellinus linteus."

Phellinus linteus is also reported to significantly reduce the toxicity of chemotherapy and enhance the results.

Mesima is a preparation containing Phellinus linteus.

The research team of Dr. Chihara in Tokyo National Cancer Research Center in Japan found that hydrothermal extract of Phellinus linteus significantly suppresses solid tumor sarcoma 180. As shown in the following table, the sarcoma 180 tumor was transplanted in a mouse and hot-water extract of 27 kinds of mushroom was injected in the right groin of mice to examine the suppression rate of tumor proliferation. As a result, it is found that hydrothermal extract of Phellinus linteus shows predominant suppression effect as 96.7% compared to other mushrooms.

Table. Antitumor activity of hot-water extracts of mushrooms (Solid Tumor Sarcoma 180 /mouse, ip method)		
Name of Fungus	Inhibition rate(%)	Complete regression (Tumor free mouse/No. of treated mice)
Phellinus linteus	96.7	7/8
Tricholoma matsutake	91.8	5/9
Phellinus igniarius	87.4	6/9
Pholiota nameko	86.5	3/10
Flammulina velutipes	81.1	3/10
Lentinus edodes	80.7	6/10
Trametes dickinsii	80.1	0/8
Ganoderma tsugae	77.8	2/10
Coriolus versicolor	77.5	4/8
Pleurotus ostreatus	75.3	5/10
Pleurotus spodoleucus	72.3	0/8
Favolus alveolarius	71.9	0/10
Daedaleopsis tricolor	70.2	4/7
Phellinus hartigii	67.9	1/9
Coriolus hirsutus	65.0	2/10
Ganoderma applanatum	64.9	5/10
Coriolus pubescens	59.5	0/10
Fomitopsis pinicola	51.2	3/9
Trametes gibbosa	49.2	1/10

Piptoporus betulinus	49.2	0/7
Hirschioporus fuscoviolaceus	45.5	1/10
Leucofomes ulmarius	44.8	0/7
Fomitopsis cytisina	44.2	3/10
Auricularia auricula-judae	42.6	0/9
Lenzites betulina	23.9	0/8
Fomes fomentarius	5.7	2/8
Agaricus bisporus	2.7	0/10

(Excerpts from Academy Publication Center, 1992, Mizuno ed. A1.)

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter Phellinus linteus or mesima in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- Discover the Beta Glucan Secret: For Immune Enhancement, Cancer Prevention & Treatment, Cholesterol Reduction, Glucose Regulation, and Much More! by Beth M., Ph.D. Ley

References

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15331908
- <http://hsp.co.kr/eng/mesima/mesima01.html>

Reishi - Ganoderma lucidum

The Latin word lucidum means "shiny" or "brilliant" and refers to the varnished surface of reishi's cap, which is reddish orange to black. The stalk usually is attached to the cap at the side. In Japan, 99% of reishi growing in the wild are found on old plum trees, although wild reishi are rare.

Reishi works in the treatment of cancer because it helps cleanse the body from toxins and it helps strengthen the immune system. It enhances liver detoxification, thus improving liver function and stimulating the regeneration of liver cells - making it a very important supplement for those who have liver cancer.

It also reportedly helps with the side effects of chemotherapy and radiation.

The anti-cancer agents in reishi are the polysaccharides and germanium. The polysaccharide fraction of reishi is largely responsible for its anti-tumor efficacy. Indications for reishi use in cancer include supplementation:

- to reduce side-effects during chemotherapy or radiotherapy,
- to prolong survival and minimize metastasis,
- to improve quality of life, and
- to prevent occurrence or recurrence.

Reishi can be used as a supplement during chemotherapy or radiotherapy to reduce side effects such as fatigue, loss of appetite, hair loss, bone marrow suppression, and risk of infection. It can also reduce the toxic and side effects and mitigate the pains during chemotherapy and radiotherapy, in particular for cancer patients at terminal stages for prolonging their lives and improving their living quality.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter reishi or ganoderma. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- <http://www.reishi.com/cancer.htm>

References

- <http://www.geocities.com/marvellousingest/index.htm>

Sun's Soup/Sun Farm Vegetable Soup

It has been reported that a treatment developed by Dr. Alexander Sun, a biochemist who once worked in the oncology department at Mt. Sinai School of Medicine in New York, lengthened the survival of patients with advanced non-small cell lung cancer and other types of malignant tumors.

Sun's Soup was first conceived as a treatment for cancer in the mid-1980s. In an effort to help his mother who was diagnosed with stage IV non-small cell lung cancer (metastasis to the left adrenal gland), the developer created a mixture that contained shiitake mushroom, mung bean, *Hedyotis diffusa*, and *Scutellaria barbata* in the belief that these plant materials had anticancer and/or immune-system-stimulating properties. Also, it is thought that the shiitake and the mung bean act *synergistically* in this treatment.

After his mother appeared to benefit from this treatment (she was reported to be alive and cancer free more than 13 years later), 3 additional patients (1 with stage IV kidney cancer that had metastasized to the lungs, 1 with stage IV kidney cancer that had metastasized to the liver and to the lungs, and 1 with stage IV non-small cell lung cancer that had metastasized to the brain) were treated with a variant of the original mixture, i.e., a combination of shiitake mushroom and mung bean. These additional patients were also said to benefit from the treatment.

In June 1992, Dr. Sun filed a patent application for the "Herbal treatment of malignancy," and US Patent # 5437866 was awarded in August 1995. Also in June 1992, Dr. Sun initiated a clinical trial in the Czech Republic to test the soup as a treatment for advanced non-small cell lung cancer. A second clinical study that also involved patients with advanced non-small cell lung cancer was completed in 1997. In both reports of the clinical study results, the authors concluded that patients who received Sun's Soup had prolonged survival.

In 1998, the developer reported at a scientific conference that additional patients with various other types of cancer had benefited from treatment with Sun's Soup.

The basic ingredients and preparation of the soup are as follows (see the patent for the quantities involved):

1. Shiitake mushroom - *Letinus edodes*: the whole plant is macerated in a food processor and is cooked with meat or chicken as soup for at least 5 minutes at 100.degree. C. The plant is known to contain several polysaccharides, which are known to stimulate natural killer cell activity.

2. Mung bean: prepared by boiling to soften the bean, and the whole bean is eaten. A boiled extract is, however, preferred. This is prepared by grinding the beans, e.g., in a coffee grinder and boiling at 100.degree. C. for 5 minutes. Preferably, however, the cooked extract is used.

Mung bean is known to contain nucleases as well as protease inhibitors. Nucleases hydrolyze single-stranded DNA; when cancer cells proliferate, their DNAs change to single-stranded DNA first, which could be digested by mung bean nucleases. Proteases could facilitate metastasis of cancer cells. "Mung bean" protease inhibitors may have the effect of preventing cancer metastasis.

3. *Hedyotis diffusa* (wild): The herb should be washed with water, covered with water, and cooked together with 50 g of "*Scutellaria barbata*" (see paragraph 4), and 10 of the root of *Glycyrrhizalensis fisch* as a sweetener. This herb is known to inhibit the growth of tumor S-180, U.sub.14 and L1 ascites. The herbs should not be eaten; only the soup should be drunk once or twice a day. The soup should be cooked down to the volume of a coffee cup.

4. *Scutellaria barbata*: This herb should be cooked with "*Hedyotis diffusa*" (wild). This herb is known to inhibit the growth of tumor S-180, ascites and T22."

The soup is available from Sun Farm Corporation in either freeze-dried or frozen form. It contains additional ingredients to those listed above, but apparently it was this version of the soup that was used in the following study.

Abstract of the Pilot Study of a Specific Dietary Supplement in Tumor-Bearing Mice and in Stage IIIB and IV Non-Small Cell Lung Cancer Patients:

"Previously, a specific dietary supplement, selected vegetables (SV), was found to be associated with prolonged survival of stage III and IV non-small cell lung cancer (NSCLC) patients. In this study, several anticancer components in SV were measured; the anticancer activity of SV was assessed using a lung tumor model, line 1 in BALB/c mice.

SV was also used in conjunction with conventional therapies by stage IIIB and IV NSCLC patients whose survival and clinical responses were evaluated. A daily portion (283 g) of SV was found to contain 63 mg of inositol hexaphosphate, 4.4 mg of daidzein, 2.6 mg of genistein, and 16 mg of coumestrol.

Mouse food containing 5% SV (wt/wt) was associated with a 53-74% inhibition of tumor growth rate. Fourteen of the 18 patients who ingested SV daily for 2-46 months were included in the analyses; none showed evidence of toxicity.

The first lead case remained tumor free for >133 months; the second case showed complete regression of multiple brain lesions after using SV and radiotherapy. The median survival time of the remaining 12 patients was 33.5 months, and one-year survival was >70%.

The median survival time of the 16 "intent-to-treat" patients (including ineligible patients) was 20 months, and one-year survival was 55%. The Karnofsky performance status of eligible patients was 55±13 at entry but improved to 92±9 after use of SV for five months or longer ($p < 0.01$).

Five patients had stable lesions for 30, 30, 20, 12, and 2 months; two of them, whose primary tumor was resected, used SV alone and demonstrated an objective response of their metastatic tumors.

In addition to the two lead cases, eight patients had no new metastases after using SV. Three patients had complete regression of brain metastases after using radiotherapy and SV. In this study, daily ingestion of SV was associated with objective responses, prolonged survival, and attenuation of the normal pattern of progression of stage IIIB and IV NSCLC. A large randomized phase III clinical trial is needed to confirm the results observed in this pilot study."

As a link on the Sun Farm Corporation website, Dr. James Lewis Jr. of the Prostate Cancer Exchange says:

"Can Sun Soup help prostate cancer patients? I believe it can. I am aware of a prostate cancer patient with hormone refractory disease whose PSA level of 232 ng/ml dropped to an undetectable level of 0.1 ng/ml after having been on Sun Soup for eight months."

Another quote in AsiaNews-IT 2004:

"Dr. Steve Lai, chief consultant of the Hong Kong-based United Asia Medical Network, was one of the first to apply the herbal therapy to cancer patients four years ago.

"More than half of the desperate stage-IV cancer patients had their condition significantly improved after they took it," he said. "This is amazing considering the fact that these are people doomed to die in the eyes of a conventional oncologist."

"In my 20 years experience as a cancer doctor," Dr. Lai added, "Dr. Sun's soup is the best single drug in use for being most effective and least toxic."

Sources

The soup is available from Sun Farm Corporation P.O. Box 5272 Milford, CT 06460 Phone: (203) 882-8000 Fax: (203) 877-5242 Email: sunfarmcorp@aol.com Web site: <http://www.sunfarmcorp.com/> Also <http://www.tienyi.com/sunfarm/frameprod.html>

Further Reading

- Dr. Alexander Sun: Food therapy for non-small cell lung cancer. In: Comprehensive Cancer Care: Integrating Complementary and Alternative Therapies - A Conference for Health professionals, June

12-14, 1998. Breakout Session 405: Herbal Therapies.

<http://www.cmbm.org/conferences/ccc98/transcripts/405.html>

- National Cancer Institute <http://www.nci.nih.gov/cancertopics/pdq/cam/vegetables-sun-soup/HealthProfessional/page1>
- Pilot Study of a Specific Dietary Supplement in Tumor-Bearing Mice and in Stage IIIB and IV Non-Small Cell Lung Cancer Patients
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11588907&dopt=Abstract

References

- <http://www.nci.nih.gov/cancertopics/pdq/cam/vegetables-sun-soup>
- <http://sunfarmcorp.com/index.htm>
- The patent for Sun's soup and 4 case studies <http://patft.uspto.gov/netacgi/nph-Parser?Sect1=PTO1&Sect2=HITOFF&d=PALL&p=1&u=/netacgi/srchnum.htm&r=1&f=G&l=50&s1=5437866.WKU.&OS=PN/5437866&RS=PN/5437866>
- <http://www.asianews.it/view.php?l=en&art=1319>

Shiitake - *Lentinus edodes*

In the wild, this light amber fungus is found on fallen hardwood trees. The caps have nearly ragged gills and an inrolled margin when young, and they are covered with a delicate white flocking. The stem may be central or off center. Indigenous to temperate Asia, they are not found in the wild in the United States but are widely cultivated. A similar species occurs wild in Costa Rica.

A vast amount of research into shiitake's medicinal properties has been undertaken and shows that it has the ability to fight tumors and viruses and enhance the immune system.

It has been shown that lentinan, from shiitake, taken orally, inhibits colon cancer cell growth:

"OBJECTIVES: Lentinan was extracted from shiitake mushrooms (*Lentinus edodes*) via a new cost-effective procedure that resulted in high purity (88%) and yield. Unlike previous reports whereby the lentinan was given parenterally, in this study the emphasis was on the oral administration of lentinan. The goal is to document whether the efficacy of the antitumor property is still expressed through this route of administration. DESIGN: Initial study on the action of lentinan was conducted using murine lymphoma (K36) cells in a AKR mouse model. Further investigation on the effectiveness of the extracted lentinan was then performed using human colon-carcinoma cell lines in mice. Six established human colon-carcinoma cell lines segregated into three groups of different degrees of differentiation were used in this study. One group was not fed (control) and the second group was prefed with lentinan for 7 days prior to inoculations with the cancer cells. The size of the tumors that developed was rated after 1 month. RESULTS: Significant regression in tumor formation was observed in prefed mice compared to control (unfed) mice when K36 or human colon-carcinoma cells were used. Significant reductions in the size of the tumors were observed in mice prefed with lentinan. Follow-up investigation proceeded with the use of nude mice (athymic). Lymphocytes extracted from AKR mice prefed with lentinan for 7 days were inoculated into the nude mice. This was then followed by inoculation of the human colon-carcinoma cell lines into these mice. Much smaller tumors were formed in nude mice inoculated with lymphocytes, in contrast to the larger tumor formed in nude mice without lymphocytes inoculation. CONCLUSION: This study showed that the antitumor property of lentinan was maintained with oral administration. In addition, "primed" lymphocytes, when given passively to immunodeficient mice, were able to retard the development of tumors in these mice."

Lentin is a novel and potent antifungal protein from shiitake mushroom with inhibitory effects on activity of human immunodeficiency virus-1 reverse transcriptase and the proliferation of leukemia cells.

Biobran/MGN-3 is a natural immune booster made from rice bran and shiitake mushroom extract. It has been shown to significantly increase immune response, especially NK

cells. Clinical studies with MGN-3 and cancer patients have been very positive. See Biobran/MGN-3.

According to The Healing Mushroom, the most amazing application of shiitake is in the treatment of HIV. In 1983, lentinan was used to successfully treat a woman with HIV to the point where she no longer had the disease. Although few outside of the AIDS community know of this case, the results were presented to the entire world in 1985 at the Third International Conference on Immunopharmacology in Florence, Italy.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter shiitake. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

- Shiitake The Healing Mushroom by Kenneth Jones
- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=14572878

Suehirotake - Schizophyllum commune

"Suehirotake (Schizophyllum commune) is used to derive Shizophyllan, which can be used to treat cervical cancer (though it also needs to be injected)."

References

- <http://www.maitakescience.org/maitake%20and%20cancer/lit%20review%20maitake.pdf>

The Beer's Yeast Cure

Living cells of beer's yeast in a cellular fluid form (*saccharomyces cerevisiae* or *faex medicinalis*) is a beneficial drug that has been administered from time immemorial. It was found with the Sumerians, the Babylonians, and the Egyptians.

In 1908/1910, a German engineer in the beer industry had observed a weak light sent out by beer's yeast in the dark. He claimed that this was a sort of 'radiation' and began to experiment with it. He succeeded in 'lighting' photographs with beer's yeast in a dark room, and declared his 'radiation theory' proven.

Simultaneously, he observed a strikingly beneficial action of beer's yeast upon a small wound at his hand. When his wife suffered breast cancer, the engineer used his initiative and started to 'treat' his wife both internally and externally, with living beer's yeast cells. His wife recovered.

A more scientific approach of beer's yeast on cancer was undertaken in 1930 by the Italian Professor Dr. Gioconco Protti, head of the Research and Treatment Centre of Tumors in Busto Arsiziol. He discovered that beer's yeast selectively attacks and destroys the morbid growth of cancer tissue. His discovery of selective oncolytic characteristics - about which he reported in Munich - aroused considerable scientific interest. Protti's collaborator, the German physician Professor Dr. Gottschalk from Munich, pointed out that beer's yeast is capable of turning cell respiration of (pathological) fermentation into oxygen respiration.

In experiments with rats, Dr. Triebel (Klinik für Geschwulstkrankheiten Braunschweig), ascertained this extraordinary phenomenon: rats with cancer instinctively pounced only on food rich in beer's yeast, and experienced a prompt improvement of their condition.

The beer's yeast-treated rats survived 2 to 3 months longer than the untreated control group. At the beginning of the experiment, the rats had tumor masses weighing as much as, or even exceeding, their total body weight. In comparison with a life expectancy of three years, 2 to 3 months represented a significant life extension.

Other experiments by Jochle (Main Laboratory of Schering AG, Berlin) were conducted on mice. Even for the so-called incurable adenocarcinoma, Jochle could increase the survival time of mice by 30% with the intratumorous administration of beer's yeast.

In addition to its oncolytic action, beer's yeast seems to have a beneficial effect on irradiation therapy.

It was observed that simultaneous therapy by means of beer's yeast and radiation significantly improved the general condition of beer's yeast-treated patients compared to patients who only received radiation. Beer's yeast stimulated appetite, sleep, and intestinal peristalsis.

Beer's yeast protects the mucous membranes, which is especially important in throat and gullet cancers. It is remarkable that beer's yeast-treated patients apparently hardly ever suffer from inflammations of the mouth or have swallowing problems. It also inhibits hair loss. Finally, it has proved very useful to commence the beer's yeast therapy (1 litre per week) before starting with radiation.

Not only internal radiation damage is positively influenced by the beer's yeast cure, hyperkeratoses, skin atrophies, formation of rhagades with infections, nail deformation, and nail bed inflammations are also avoided significantly by means of preliminary and simultaneous beer's yeast therapy.

Thus, Professor Dr. Ries, Bayerische Krebsgesellschaft (Bavarian Cancer Association) could establish in his radiation therapeutic department in Munich, that:

"radium damage was improved in a substantial way, inflammations disappeared, as well as skin atrophies, which were replaced by normal epithelium. Furthermore, hyperkeratologically thickened skin became tender and smooth again. Until today, none of the other conservative treatment methods has ever obtained such results".

In its written stipulations for cancer patients, the Bavarian Cancer Association consequently advises the use of beer's yeast preparations against the disease - in addition to other 'alternative' treatments such as metabolic active alimentation, vitamin and enzyme therapy, regeneration of the bowels, and mesenchyma activating organ preparations.

With regard to composition, the cellular fluid beer's yeast preparation called Metz Panaktiv, is a broadspectrum active agent; the action of its numerous components is described below.

First, beer's yeast contains a powerful antitoxic capacity due to its sulphurous content. Sulphurous components within the human body (as well as in the biological body) are always combined with protein complexes, and precisely this protein characteristic inactivates the sulphurous components quite easily by warmth, oxygen and dehydration.

Beer's yeast has a high content (100 g. contains 0.12 g.) of the sulphurous glutathione which is long known for its antitoxic capacity, especially against infections. Glutathione is a tripeptide consisting of glycol, cystine, and glutamic acid, and represents an oxidation-reduction system; or more precisely, it is a reversible proportion which transfers and combines H-ions in the metabolism of cells. It has been emphasized that this function is important - especially for cancer that actually blocks the normal cellular metabolism - for the organism and is considered as a source of energy in the intermediary metabolic system.

A second aspect of the anti-tumorous action of beer's yeast, according to Professor Dr. Gottschalk, must be sought in its connective-tissue-stimulating characteristic. He ascertained that when beer's yeast is administered, an 'explosion' of connective tissue takes place in the peritumorous area and that the newly formed connective tissue grows into the disintegrating tumor mass.

Furthermore, beer's yeast has revealed itself as an essential purifying agent for the liver. This purification is caused by the B-group vitamin (amply contained in beer's yeast) and by the lipotropic (protection of the liver) liver regenerating agents oric acid, choline, and factor 3 with its selenium spore elements and the functionally capable (apoenzym) proteins.

Sources

Metz Panaktiv may be ordered from some German websites. Click

http://www.google.com/search?as_q=&num=100&hl=en&btnG=Google+Search&as_epq=METZ+PANAKTIV&as_oq=&as_eq=&lr=&as_ft=i&as_filetype=&as_qdr=all&as_nlo=&as_nhi=&as_occt=any&as_dt=i&as_sitesearch=&safe=images

References

- <http://www.karlloren.com/biopsy/book/p6.htm>

Thiazolidine-4-Carboxylic Acid (TAC)

Thiazolidine-4-carboxylic acid (TAC) is an anti-cancer agent found in the shiitake mushroom. This mushroom is one of the very few foods, which naturally contains TAC.

In 1979, in a Spanish authorized cancer clinical trial, pure TAC was administered to human beings, and these were the results:

"...Definite signs of activity were observed in epidermoid carcinoma of other regions and in other solid tumors such as breast, renal, ovary, thyroid, and parotid cancer...Histological studies showed involution and transformation into low-grade malignancies and disappearance of evidence of cancer."

TAC is very hydrophobic (water-repellent), and it is a medical assumption that when cancer cells absorb it they lose their ability to absorb water; thus they die. Normal cells are not affected similarly.

TAC is somewhat toxic, however, vitamin C supposedly neutralizes or apparently eliminates the toxicity of TAC. See in References below.

Professor Andrew Victor Schally, a Nobel Laureate, and his colleagues have been exploring the anti-cancer possibilities of compounds which include this acid in their composition. This acid has other names: '4-Thiazolidine-carboxylic acid', 'Timonacic' and 'Thioprolin'.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter thioprolin. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

- <http://health.groups.yahoo.com/group/recovery-net/message/33>

Tricholoma Matsutake

The antitumor effects of biological response modifiers (BRMs) in an experimental mouse model using a double grafted tumor system were analyzed in a 2003 study:

"Some BRMs prevented metastases by utilizing the anti-tumor immunological cascade reactions, which activate macrophages in the body. The following BRMs were analyzed: PSK was a hot water extract of cultured mycelia from *Coliolum versicolor* and a protein bound beta-glucan. Lentinan was purified from fruit bodies of *Lentinus erodes* and is a beta-glucan. The agaricus preparation was extracted from fruit bodies of *Agaricus blazei* and a protein-bound alpha-, beta-glucan. **The M2 fraction was extracted from mycelia of *Tricholoma matsutake* and was a protein bound alpha-glucan.** M1 fraction was purified from mycelia of *T. matsutake* and was an alpha-glucan. PSK cured both primary and metastatic tumors in the double grafted tumor system. Lentinan did not inhibit the growth of either primary or metastatic tumors. Agaricus preparation cured a primary tumor and inhibited the growth of a metastatic tumor. **The M2 fraction prepared from Matsutake inhibited the growth of both primary and metastatic tumors.** The M1 fraction did not inhibit either primary or metastatic tumors. Immunosuppressive acidic protein (IAP) is produced by activated macrophages. The PSK, Agaricus preparation and M2 fraction of the Matsutake preparation induced IAP but the lentinan and M1 fraction did not."

References

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=14619462

Marine Treatments

Bengamides/Marine Sponges

Sponges are probably the simplest form of animal. A sponge is a creature with no mouth, gut, muscles, nerve cells, or sensory organs. A chopped up sponge can regrow from as little as a single cell. Surprising complexities, however, lie beneath the apparent simplicity of sponges. Organic chemists, for example, have been astonished by the unusual structures of some of the chemicals found in these "simple" organisms.

Sponges have been around for more than 500 million years, and genetic evidence suggests spongelike organisms were the ancestors of all animal life. They are found throughout the oceans—and even in fresh water—and come in an amazing variety of shapes and colors.

Sponges have evolved a diverse array of chemical defenses. As stationary, soft-bodied creatures, their primary defensive strategy is to make themselves unpalatable or downright toxic. The potent chemicals that sponges use for protection have attracted intense interest from medical researchers and pharmaceutical companies seeking to develop new drugs.

Phillip Crews, a professor of chemistry at UCSC since 1970, is among the pioneers in the field of sponge chemistry. His Marine Natural Products Laboratory now holds an unparalleled collection of nearly 800 pure compounds—complex chemicals isolated from sponges and other marine organisms—as well as thousands of extracts containing mixtures of chemicals the lab has yet to separate and analyze.

In the 1980s, Crews published some of the first papers on the chemistry of sponges. Now, his research lab involves some 20 graduate students, postdoctoral researchers, undergraduates, and technical staff. Several major grants from the National Institutes of Health support the group's ongoing projects and collaborations. Crews and other members of his laboratory often go on annual expeditions to remote tropical islands, where they explore the waters around coral reefs and other habitats, collecting sponges for chemical analysis.

Over the years, Crews has focused much of his collecting effort around the South Pacific islands of Fiji, the Solomon Islands, and Papua New Guinea. The variety of coral reef habitats in this region has given rise to great biological and chemical diversity in the sponges. Crews has found that even within the same species of sponge, the chemistry can differ from one locale to another.

Each sponge extract contains hundreds of chemicals, one of which may yield a new treatment for a disease like cancer or arthritis. The challenge is to find the potentially useful compounds.

The most promising drug lead to come out of the program so far is a group of compounds called bengamides, which Crews first isolated from sponges collected in the Benga Lagoon in the Fiji Islands. The bengamides have shown potent antitumor activity, and the pharmaceutical company Novartis has been investigating them for clinical use. A bengamide-derived drug is currently in clinical trials to test its safety and effectiveness as a treatment for breast cancer.

References

- <http://review.ucsc.edu/winter-03/chemistry.html>

Bryostatins

Bryostatins are a unique family of chemicals that occur only in a marine organism called *Bugula neritina*. Bryostatins have a novel mechanism of action. Most cancer drugs kill any rapidly growing cells in the body. This causes serious side effects.

Bryostatins work by affecting signaling pathways that direct a cell's behavior.

Bryostatins have great promise for the treatment of breast cancer, and bryostatin 1 is currently in Phase II clinical trials for the treatment of several cancers, including breast cancer.

Bryostatins inhibit many of the processes that contribute to metastasis of tumors. One exciting application of bryostatins is in combination therapy. Bryostatin 1 increases the susceptibility of cancer cells to other drugs, which could permit greater effectiveness or lower doses.

Bryostatin 1 is being studied for adoptive immunotherapy. In this treatment, immune cells are harvested from a tumor after it has been removed. These cells, which are targeted to attack tumor cells, are stimulated to grow by treatment with bryostatin 1. They can then be introduced back into the patient to seek out and destroy tiny metastases before they can be detected.

In addition, bryostatin 1 enhances immune cell survival during radiation therapy, potentially enhancing effectiveness of radiation treatment by allowing higher doses while protecting the immune system.

There are 18 bryostatins. Only bryostatin 1 is sufficiently well studied to be included in clinical trials. Bryostatins have been extraordinarily difficult to investigate due to the lack of supply. Bryostatins are present at very low levels in *B. neritina*. It is possible that bryostatins other than bryostatin 1 have even greater therapeutic value, but a better method for producing them is needed in order to find out.

References

- Margo Haygood, Ph.D., University of California, San Diego

Shark Cartilage/Cartilate/Cartilade/Benefin/AE-941 / Neovastat

The shark, apparently, has a very powerful immune system. Wounds heal very quickly. It is not quite true that sharks don't get cancer. Cancer is, it appears, very rare in sharks, skates, rays and other members of the elasmobranch family – which includes the dogfish.

According to Dr. William Lane, who has almost singlehandedly pushed shark cartilage as a cancer treatment, the answer lies in the fact that sharks do not have bones. Instead, their skeleton is composed of cartilage which has no blood vessels or nerves.

The cartilage contains a substance that inhibits the development of blood cells. Cancer tumors cannot grow without a network of blood vessels to nourish them. The development of a blood supply is known as angiogenesis. In normal adults, the blood network is already well developed. Angiogenesis therefore occurs in adults for specific purposes, ovulation, and pregnancy, healing of wounds, fractures, and the development of cancer tumors.

This would appear to indicate that wounds and fractures would take longer to heal if cartilage was applied to them. This is not in fact the case. It is well attested that cartilage speeds up healing of wounds. Bovine cartilage also has the same effect and was used in an experiment in the early seventies. Dr. Prudden administered bovine cartilage preparations to thirty-one terminal patients. See Bovine Cartilage.

The Chinese have been eating shark cartilage for centuries in the form of shark's fin soup. It is considered a rejuvenator and aphrodisiac. An unfortunate side effect of China's growing prosperity is therefore the likely extinction of the shark.

Shark cartilage capsules are expensive, and for cancer treatment, long-term use is probably required. As with herbs, they may keep things under control but once they are stopped the cancer may return. The alternative option however, is to find a good source of fresh dogfish. Unfortunately, Dr. Lane believes that chewing and eating cartilage will not be

very effective as the digestive enzymes will break it up into amino acids and the beneficial effect is lost.

To avoid this, shark cartilage is absorbed using skin patches. Some believe that retention enemas or absorption through the vaginal cavity are more efficient ways of getting the compounds into the body, as they are absorbed without the presence of the digestive enzymes.

Each daily enema regime to administer shark cartilage comprises two 15 gram doses in 2/3 cup of water at body temperature. In one study of eight terminal patients at a clinic in Mexico, using this protocol, the results were good. After two months, only one patient showed no response. The others showed tumor reduction between 30 and 100%.

In 1983, Dr. Robert Langer and Dr. Anne Lee at M.I.T. published research in the prestigious journal **Science** which showed that cartilage stopped new blood vessel development and stopped tumor growth. They reported that for the first 14 days, while a tumor was developing its network of blood vessels, there was no tumor growth either in untreated control animals or in animals treated with cartilage.

However, after 14 days, once the network is in place, without the shark cartilage the tumor growth went up almost 400%, while with the shark cartilage there was no growth at all. Their research also showed that shark cartilage is 1000 times more potent as an inhibitor than any other type of cartilage.

Some research on nude mice with melanoma had the same results. For the first two weeks, there was no tumor growth. After two weeks, the tumor growth was very active without shark cartilage, but there was almost no tumor growth at all in the animals given shark cartilage. In a first study in Mexico, seven out of eight patients responded dramatically.

The only therapy was shark cartilage. After eleven weeks of therapy, five patients were tumor free, two had tumors reduced by 85% and only one died. Some research done in Cuba received a great deal of publicity on the **60 Minutes Show**.

It involved patients with cancer of prostate, breast, brain, stomach, liver, ovarian, uterus, oesophagus, tonsils, and urinary bladder. All were very advanced terminal cancer patients, not expected to live more than three or four months. At the beginning all these patients were completely bedridden. At the end, those who survived were running, walking, playing, and doing normal activities.

"The response rates are different for different types of cancer. Cancers of the prostate, breast, brain and central nervous system have by far the best results; we are getting an almost 90% response. The results have been quite good with ovarian cancer, about 70%. Liver has a good response. The rest respond less dramatically.

A 50% response is pretty good for lung cancer. Pancreatic cancer shows good responses but using very high dosages. Dosage can be as high as 140 grams a day in a very advanced case. These patients are terminal cancer patients who have not responded to chemotherapy, radiation, or surgery, and responses are seen in them."

The dosage level for cancer that has been approved by the FDA is one gram per kilo of body weight. So a 70 kilo man would be taking 70 grams per day. Women who have had breast cancer take 10 grams a day and reoccurrence is rare. It can also be taken as a preventative.

"You have to use CAT scans and blood markers to evaluate the response, and then drop the dosage gradually, and then stay on about 10 to 15 grams a day. If the cancer reoccurs, you have to go right back up to the high dose. People have a high quality of life. They can function well. If there was pain previously, about the eighth week they get major pain mitigation, and by the twelfth week, a response occurs.

It is sometimes used along with vitamin therapy. Chemotherapy appears to work negatively - better responses are seen with people are not on chemo. "

Sources

Dr. Lane's product was sold under the BeneFin label from Lane Labs. Lane Labs can longer market this product.

AE-941 is a cartilage extract. Although derived from shark cartilage, it is different from the raw product. Neovastat is synonymous with AE-941.

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter shark cartilage or benifin in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- Sharks Don't Get Cancer by I. William Lane, Linda Comac

References:

- Folkman, Judah. Tumor Angiogenesis: Therapeutic Implications. The New England Journal of Medicine 285:1182-1186, 1971.
- Folkman, Judah and Michael Klagsbrun. Angiogenic Factors. Science 235:442-447, 1987.
- Lee, Anne, and Robert Langer. Shark Cartilage Contains Inhibitors of Tumor Angiogenesis. Science 221:1185-1187, 1983.
- For a complete reference list of studies, please see Dr. Lane's book Sharks Don't get Cancer.

Shark Liver Oil/Alkylglycerols/Squalamine

In addition to the cartilage, the shark's liver is believed to contain health maintaining substances: it is a very rich source of vitamin A and it contains substances that promote healing and the production of white blood cells. It is sometimes suggested that eating the whole fish, ground up cartilage and all, could help cancer. It is also said to be effective against arthritis while helping to heal irritations and inflammations.

Shark liver oil has been studied in Sweden for many years. It was found to contain alkylglycerols, chemicals found in mother's milk as well as the immune system organs: liver, spleen, bone marrow, lymphatic tissues, and, importantly, in the blood.

A 2003 study reported on the cytostatic (inhibiting cell growth) and cytotoxic (having a toxic effect on cells) effects of alkylglycerols:

"BACKGROUND: Shark liver oil, with a standardized concentration of alkylglycerols and their methoxyderivates, has been widely used in Scandinavian countries as complementary medicine in the treatment of different forms of cancer. The aim of our study was to verify the hypothesized antiproliferative effect of alkylglycerols in different human cancer cell lines. ... RESULTS: The prostate cells from DU-145, PC-3 and PCa-2B showed a dramatic reduction in the colony number even after relatively small doses of 0.5 and 0.1 mg/ml medium. Flow cytometry showed an increased percentage of apoptotic cells of ovarian and prostate carcinoma, while mammary carcinoma cells showed predominantly necrotic cells after exposure to Ecomer. CONCLUSIONS: The alkylglycerols and their methoxyderivates present in Ecomer shark liver oil showed a clear apoptotic/necrotic effect on human prostate and mammary carcinoma cell lines."

One chemical found in shark liver oil is squalamine, which appears to shut down a tumor's ability to connect to and develop its own blood supply (angiogenesis), and may be helpful in treating brain cancer. It is another good immune system builder.

From the book **Shark Liver Oil: Nature's Amazing Healer** by Neil Solomon, M.D., Ph.D., Richard Passwater, Ph.D., and Ingemar Joelsson, M.D., Ph.D.:

"The Brohults of Sweden - Astrid, Sven, and their son Johan - together with Dr. Ingemar Joelsson and others, have studied the effects of AKGs (Alkylglycerols) on patients with varying forms and manifestations of cancer.

In the course of their work, they have witnessed reduced mortality rates; protection against radiation damage; stimulation and formation of white and red blood cells and platelets; the slowing of cancer growth; accelerated wound healing; and strengthening of the immune system.

One compound in particular, squalamine, shows particular promise. According to Moorin, animal trials demonstrated that squalamine effectively shut down a tumor's ability to connect to and develop its own blood supply. Once tumors are isolated from the nourishment they need, "hopefully, the immune system will then cause the tumor to shrink," Moorin said. "It's a very exciting approach to treating a number of solid-tumor cancers."

"Researchers believe squalamine could represent a powerful new weapon in the anti-cancer arsenal."

In an article by Richard A. Passwater:

"In rabbits, squalamine halted the growth of rectal carcinoma by specifically suppressing the growth of new blood vessels needed to support the growth of the tumors. In rats, squalamine halted the growth of brain tumors and prolonged the lives of the laboratory animals."

Research at America's prestigious Johns Hopkins University has shown that dogfish livers are also rich in squalamine, which has been shown to have very positive effects on solid tumors - especially brain tumors. This appears to be the active substance that curbs the formation of new blood vessels. The liver is richer in the substance than the cartilage.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter shark liver oil or squalamine in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- Shark Liver Oil: Nature's Amazing Healer by Neil Solomon, et al

References

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=14586289
- Shark Liver Oil: Nature's Amazing Healer by Neil Solomon, et al

Animal and Insect-Based Treatments

Antistasin/Mexican Leech

Antistasin is an anticoagulant derived from the salivary glands of the Mexican leech. It inhibits blood coagulation and metastasis.
See [Anticoagulants](#).

Bee Pollen

"Do not give honey or any other bee food to an infant under one year of age. Honey contains dangerous spores that an infant's immature immune system cannot fight. These spores are not a problem for the immune systems of older, healthy children and adults."

"In his summary, Dr. Robinson reveals the incredible results: "In the mice not given bee pollen, mammary tumors appeared at an average of 31.3 weeks. Tumor incidence was 100% and they all died".

"The average onset of tumors of the mice given bee pollen was 41.1 weeks... around 30% later in time. Seven mice in the bee pollen group had still not developed a tumor at 62 weeks of age when the tests were terminated".

Dr. Robinson concluded that bee pollen contains an anti-carcinogenic principle that could be added to food."

Source and Reference

- <http://wz.xtend-life.com/products.asp?product=ne&page=benefits>

Bee Propolis

"The latest FDA-approved drug for fighting colon cancer [Celecoxib] may be sitting in your kitchen. Rosemary, turmeric, grapes, a honey bee product called propolis: These all contain chemicals similar to a drug used to prevent the growth of cancerous cells in the large intestine; they work much in the same way."

It is interesting that the FDA approved the drug, but not the natural substances that contained a natural version of the synthetic drug.

Further Reading

Beyond Aspirin: Nature's Answer to Arthritis, Cancer & Alzheimer's Disease by Thomas M. Newmark and Paul Schulick.

Source and References

- <http://www.durhamsbeefarm.com/coloncancer.htm>

Bee Royal Jelly

[Canadian research team] "The criterion we used in these experiments was survival. The mice either developed leukaemia or tumours or were fully protected. Control mice died from ascitic tumours in less than 14 days, while mice receiving appropriate mixtures of cells and royal jelly all failed to develop tumours. Protected mice were kept under observation for 90 days after death of the control mice. They were then sacrificed and autopsied to confirm the absence of tumours."

Source and References

- http://www.enerex.ca/products/super_royal_jelly.htm
- <http://www.rifecranerockwell.com/>

Bee Venom/Melittin

"Melittin is the main active component of bee venom. Percentage level of its contents in bee venom is 50-60%. Melittin provides very strong anti-inflammatory and anti-bacterial effect. Scientists at Australia's Commonwealth Scientific and Industrial Research Organization of Molecular Science use melittin to develop cancer treatments that should have fewer side effects than other drugs used to fight the disease."

The sting of a bee may eventually be used to kill cancer cells. Australian scientists are modifying bee venom to develop cancer treatments with fewer side effects than the drugs used to fight the disease.

The venom in the bee sting contains melittin, a molecule that kills cells by slicing through the cell walls, destroying the cells. Australian researchers have altered the structure of the melittin molecule to remove the part that causes the allergic reaction while still maintaining its ability to kill cells.

The next step is to target the killing activity of melittin to cancer cells only, without harm to healthy cells. They plan to achieve this by attaching the modified melittin to an antibody molecule that specifically recognizes cancer cells. This combination of a toxin and an antibody is known as an Immunotoxin.

Chemotherapy drugs are not specific; they attack normal cells thereby causing unwanted side effects such as hair loss, vomiting and weight loss. Such symptoms limit the amount of drug that can be administered and hence its effectiveness. Immunotoxins will generate a new class of cancer drugs that can attack a wide range of cancer cells. This approach should overcome the major drawbacks of chemotherapy treatment.

Melittin appears to be far less toxic than the plant and bacterial toxins used in earlier work. New immunotoxin drugs may reduce potential side effects while still retaining the specific killing of target cancers.

A team of researchers from the University of Technology, Sydney (Australia) and CSIRO Division of Molecular Engineering is working on putting the two types of molecules together in the hope of producing an effective and highly specific anti-cancer drug. Such a drug would have big advantages over traditional chemotherapy, which is much less specific and results in the death of many healthy cells as well as cancerous ones.

In preliminary experiments, researchers have been able to chemically couple bee venom with an antibody specific for myeloma cells (a type of cancer found in bone marrow). However, the process of sticking onto the antibody is difficult and can lead to unwanted chemical changes. Thus, researchers are turning to genetic engineering to create a single synthetic gene that will code for the antibody and the bee toxin, if successful.

Further Reading

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Source and Reference

- <http://www.apihealth.com/bee-venom-apitherapy.html>

Bovine Cartilage/Bovine Tracheal Cartilage (BTC)

A variety of names have been used for Processed Bovine Cartilage, including VitaCarte, CATRIX, and BTC. There is evidence that that BTC does work some of the time, and that remissions achieved through the use of BTC are often sustained for extremely long periods of time.

Despite all of the hype over Shark Cartilage, Bovine Cartilage was around for years before all of the publicity. It was developed by a Harvard trained physician by the name of John F. Prudden who has been using it to treat human cancer since the early 1970's.

Dr. Prudden has published a 31-patient case series, including some remarkable remissions for a wide variety of intractable malignancies, such as pancreatic cancer, metastatic breast cancer, and glioblastoma multiforme.

Dr. Prudden's treatment varied among the patients and appeared to evolve to a standard 9 gram per day dose over the years his study went on. Despite this, long term oral treatment with moderate doses of BTC can be effective, with long term disappearance of tumors.

In 1994, a group not associated with Dr. Prudden published an abstract reporting a clinical trial of BTC in 35 patients with metastatic renal cell carcinoma. Of the 35 patients, 22 had completed three months of therapy and were evaluable for response. Of these 22, there were three objective responses, none of which had relapsed with follow-up of 6+, 12+, and 30+ months. There were also two patients who remained stable.

While the response rate here is not as good as that reported by Dr. Prudden himself, independent confirmation of anti-cancer activity of a non-toxic alternative treatment is both unusual and exciting. BTC is virtually non-toxic with only rare instances of mild GI tract effects recorded.

BTC therapy consists of taking three grams three times per day in the form of capsules. Cost is about \$160.00/month. Response may take several months to develop, and if there is a response, treatment should be continued indefinitely. Therefore, patients should be prepared to take it over the long term.

BTC may make particular sense for patients with pancreatic cancer, since the prognosis of this cancer has been so poor with conventional therapy, and since there have been a few spectacular successes with BTC.

Dr. Prudden believes the main mechanism of action is immune modulation by polysaccharide components of BTC, although there may also be a direct cytostatic effect as well.

The proponents of shark cartilage claim it works because of anti-angiogenic effects, and indeed cartilage does contain anti-angiogenic factors. However, much criticism has been leveled at shark cartilage because the known anti-angiogenic factors are proteins which are digested, not absorbed.

But it could well be that the active ingredients in shark cartilage are also really polysaccharides, and that the primary mechanism of action of both shark and bovine cartilage is immune modulation, rather than the supposed anti-angiogenic effects hailed by proponents of shark cartilage.

Compared to shark cartilage, BTC is said to be: better documented, less expensive, and easier to take.

Full dose shark cartilage therapy costs as much as \$700.00/mo compared to \$160.00 per month for full dose BTC therapy. Shark cartilage therapy at full doses requires 60-90 grams a day orally or by enema. A significant number of people have difficulty taking this much due to nausea. Furthermore, at this dose level, the high calcium content of shark cartilage could aggravate hypocalcaemia which is a serious side effect of some cancers.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter bovine cartilage in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

References

- [\[MedLine Search on BTC\]](#)
- [\[MedLine Search on PSK\]](#)
- Commonweal's detailed report covering both shark and bovine cartilage entitled, "Does Cartilage Cure Cancer?"

Butyric Acid/Butyrate

There is evidence to suggest that milk fat contains a number of components with anticarcinogenic properties, including butyric acid. Butyric acid may play a role in the inhibition of breast and colon tumors:

"A study published in the January 2000 issue of Carcinogenesis shows that human colorectal cancer cells can be made more sensitive to butyrate (a European cancer

therapy) when the butyrate is combined with a COX-2-inhibiting drug. Butyrate helps to induce the differentiation and death (apoptosis) of colorectal tumor cells, but is not readily available in the United States. The doctors conducting this study stated that dietary modification (using therapies such as butyrate) along with COX-2-inhibiting drugs could be considered in the treatment of colon cancer."

References

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Contortrostatin

Contortrostatin is a protein extracted from the venom of the Southern Copperhead, a poisonous snake. It does not kill cancer cells, but stops their growth by inhibiting angiogenesis, as well as preventing metastases (the spread of cancer).

"Contortrostatin is a disintegrin purified from southern copperhead snake venom. Disintegrins are small, disulfide-rich proteins containing an R/KGD (Arg/Lys-Gly-Asp) sequence at the tip of a flexible loop protruding from the main polypeptide chain. Integrins are a family of cell surface proteins found on many cell types that mediate interactions between cells, and between cells and their surroundings. Contortrostatin binds to integrins on the surface of cancer cells and inhibits tumor growth and metastasis.

Contortrostatin is unique from all other disintegrins described to date in that it is a homodimer, which means it has two identical peptide chains held together by covalent disulfide bonds. We have been investigating the anti-tumor activity of contortrostatin using a breast cancer model. Our findings indicate that contortrostatin blocks several critical steps in tumor metastasis, and is, therefore, more potent than other agents which only block a single step.

In addition, contortrostatin significantly inhibits invasion of breast cancer cells through an artificial barrier similar to the tissue surrounding blood vessels. This action was most likely due to the ability of contortrostatin to inhibit cell motility."

At the University of Southern California, a study showed that it slowed the growth of tumors in mice implanted with human breast cancer cells by up to 70%. Dr. Francis Markland found that contortrostatin reduced breast tumor metastasis by 60-70%, and lung tumor metastasis by 90%, in mice implanted with human breast cancer cells.

Contortrostatin slows metastasis by interrupting the adhesion and invasion of tumor cells into surrounding healthy cells. Markland reports,

"The protein does not kill tumor cells, but puts them in a suspended state of animation."

Because the compound is not cytotoxic, it does not cause the same side effects as cell-killing drugs that also affect normal cells.

In another study, Contortrostatin, or saline, was injected daily into tumors in different groups of mice. It was found that the size of the tumor masses in the contortrostatin-treated mice were significantly smaller than those in saline-treated mice. Even more exciting, the contortrostatin-treated group showed 65% to 85% inhibition of lung metastasis, as compared to the saline-treated group.

Sources

Contortrostatin is in production at Pivotal BioSciences Inc., Los Angeles.

Further Reading and References

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- Snake Venom Protein May Control Breast Cancer Growth
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- USC School of Medicine - Faculty -- Frank Swaby Markland, Ph.D. http://www.usc.edu/schools/medicine/academic_departments/biochem_molbiol/markland.html

DGS1

The suppliers of this product, that is available in honey or capsule form, state on their website:

"... we have arranged nearly 40,000 pounds of quartz (rock crystal) with specific geometric orientation which allows them to capture energy frequencies. In this enclosed space containing quartz, 1,000 rose bushes and some wild flower plants, judiciously selected for their therapeutic properties, permit thousands of bees to produce energizing honey that is truly remarkable. By this apiculture process that is unique in the world, we produce honey which, once blended with certain essential oils, has exceptional effects for the well-being of humans."

The stated ingredients are:

"DGS Honey, Pure Honey, the Essential Oils of Vervain, Pine, and Cedar products have numerous therapeutic properties that have been known and used for thousands of years."

Its immune system enhancing claims are:

"Through regular and daily use, the natural product DGS1 revitalizes the immune system, provides you energy, and contributes tremendously to improve quality of life."

A number of testimonials at the supplier's website illustrate its helping effects with prostate cancer, metastatic cancer in both lungs and cancerous tumor of the colon, and numerous metastases of the liver.

Sources, Further Reading and References

- <http://www.allnaturalremedies.net/product/product.html>

Glandular Therapy/Live Cell Therapy/ Thymus Extracts

In 1931, Dr. Paul Niehans (1882-1971), a Swiss physician, initiated live cell therapy quite by chance. After a surgical accident by a colleague, Niehans attempted to transplant a patient's severely damaged parathyroid glands with those of a steer. When the patient began to rapidly deteriorate before the transplant could take place, Niehans decided to dice the steer's parathyroid gland into fine pieces, mix the pieces in a saline solution, and inject them into the dying patient. Immediately, the patient began to improve and, in fact, lived for another 30 years.

"Like cures like" is the guiding principle of homeopathy and a tenet of glandular therapy, also called live cell therapy, tissue therapy and organotherapy. Glandular therapy – the use of animal glands or extracts to stimulate diseased human glands – is a healing technique that dates back to hunter/gatherer times.

The thymus is one of our major immune system glands. It is composed of two soft pinkish-gray lobes lying in bib-like fashion just below the thyroid gland and above the heart. To a large extent, the health of the thymus determines the health of the immune system. The thymus is responsible for many immune system functions, including the production of T lymphocytes, a type of white blood cell that protects against the development of cancer. The thymus gland also releases several hormones that regulate many immune functions.

Dr. Gary Farr says:

"Experiments done on animals have shown that if the thymus is removed before birth the baby will accept an organ transplant without rejecting it (it has lost its ability to recognize foreign tissue). At the same time that baby will exhibit little or no ability to fight

off disease. Also animals that had their thymus removed would develop cancer rapidly upon injection of cancer cells into their body, while animals with an intact thymus would in most cases destroy the cells."

Glandular extracts contain nutrients and biochemicals that stimulate the reproduction and regrowth of similar tissue. For example, thymus tissue may atrophy with age because it did not receive enough nutrients when a person was young. Over time, the body has "forgotten" how to help the thymus function. Thymus glandular extracts aim to stimulate the immune system to help the thymus produce antibodies.

Thymus extracts are extracts derived from the thymus glands, usually of young calves. A study involving calf thymus extract, published in the *New England Journal of Medicine*, is perhaps the most notable among glandular studies because it is the first controlled U.S. study to test glandulars on humans. Seventeen patients suffering from rare but fatal lymphocytic abnormalities involving tumorous growths and organ lesions (Letterer-Siwe disease, Hand-Schüller-Christian disease and eosinophilic granuloma) were injected daily with thymus peptide extract. A control group of 20 people underwent chemotherapy, the normal treatment for these diseases. Ten of the 17 patients who responded to thymic extract experienced full remission after one year.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter thymus extract in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

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Lactoferrin

Lactoferrin, a protein found in bovine colostrum, binds iron in the blood, keeping it away from cancerous cells, bacteria, viruses and other pathogens that require iron to grow. Thus it inhibits angiogenesis and decreases tumor growth.

Research also suggests that the lactoferrin protein activates specific strands of DNA that turn on the genes that launch the immune response.

It has also been shown to have anti-viral activity. Lactoferrin can also kill *H. pylori* bacterium, the bacteria that causes ulcers.

Lactoferrin exists naturally in the milk of most mammals, and is found throughout the human body and occurs in all secretions that bathe mucous membranes, such as saliva, tears, bronchial and nasal secretions, hepatic bile, and pancreatic fluids. It is an essential factor in the immune response.

Lactoferrin is concentrated in oral cavities where it will come in direct contact with pathogens (i.e. viruses, bacteria, etc.) and kills or greatly suppresses these pathogens through a variety of different mechanisms. In fact, there are specific receptors for lactoferrin found on many key immune cells, such as lymphocytes, monocytes and macrophages, and is known to be directly involved in the upregulation of natural killer (NK) cell activity.

Lactoferrin appears to play a key role as a host defense (protector) at the mucosal surface in the gut. Based on research observations, it is thought that lactoferrins are not absorbed via traditional routes in the gut, but instead may act directly on intestinal epithelial cells and the gut-associated lymphoid tissue (GALT) cells, probably through a receptor-mediated mechanism.

Lactoferrin has been shown to improve inflammatory diseases in animals. Its release during inflammation suggests it is involved with phagocytosis. Suppression of intestinal overgrowth and bacterial translocation of enterobacteria as well as a protective effect against infection caused by methicillin-resistant *Staphylococcus aureus* (MRSA) and *Candida albicans* has been reported in mice. In a rat model of colon cancer, lactoferrin taken orally suppressed the formation of precancerous lesions in the large intestine and the incidence of carcinoma was reduced significantly.

Again, in tumor bearing mice, oral administration of lactoferrin was shown to increase the number of NK cells, CD4+ T cells and CD8+T cells in the peripheral blood and small intestine. The authors suggested that lactoferrin may modulate intestinal mucosal immunity and have an inhibitory effect on infection as well as tumor development.

Among various animal models, a preventive effect on cancer (in urinary bladder, esophageus, and lung) has been demonstrated. Multiple studies using both rats and mice exposed to a toxic chemical (azoxymethane) known to cause tumors throughout the gastrointestinal tract, administered concomitantly with lactoferrin, showed a large reduction in intestinal polyp development. Just as important, there were no toxic effects to intestinal epithelial tissues.

Another study found the addition of lactoferrin to cancer prone mice subjected to cancer causing chemicals reduced the number of tumors and suppressed angiogenesis (the production of new blood vessels), which tumors need to survive. This study also found lactoferrin "significantly inhibited" liver and lung metastasis of cancer cells in these animals. In addition to what appears to be direct cancer inhibiting properties of lactoferrin, additional studies have found it increased natural killer (NK) cell toxicity to several cancer cell lines at low concentrations. This shows lactoferrin plays a systemic role in improving immune cell effectiveness to cancer cells, as well as a direct effect through mechanisms that are not fully clear at this time.

Intriguing human research supports functional uses for lactoferrin. In the guts of human babies, increases in bifidobacteria rich flora were reported in those fed lactoferrin-enriched infant formula. In adults with skin fungal infections, symptoms improved with oral consumption of lactoferrin.

Yet another study found lactoferrin to be very effective at suppressing the growth of human pancreatic cancer cells. So much so the researchers concluded that lactoferrin:

"...might become one of the new drugs of choice for the adjuvant therapy against pancreatic cancer."

Several studies suggest lactoferrin reduces oxidative stress. Diseases such as cancer, heart diseases and AIDS are all closely related to oxidative stress either as a causative factor or as a factor in progression of the disease. One study that examined the role of whey proteins, multifermented whey proteins and lactoferrin in oxidative stress made the bold statement:

"We can conclude that whey protein, lactoferrin and multifermented whey are good candidates as dietary inhibitors of oxidative stress and should be considered as potential medicinal foods in various pathologies as HIV infection and cancer."

In a study published in November 2004, higher concentrations of lactoferrin in the tumor cells of breast cancer patients were associated with longer survival.

Lactoferrin is a potential breakthrough as a natural non-toxic treatment in a range of human ailments. The 'iron-depleted' form of lactoferrin called apolactoferrin is recommended by the Life Extension Foundation to be the superior form of the supplement.

Dr. Flavin-Koenig recommends a dosage of 1 gram dissolved slowly in the mouth at bed-time. See Dr. Flavin-Koenig.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter lactoferrin or apolactoferrin.

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Immune Therapies

Bacillus Calmette-Geurin (BCG)

BCG is a form of biological therapy used by both conventional and progressive oncologists, and is reported to be especially effective against malignant melanoma.

BCG is used for superficial bladder cancer following surgery to remove the tumor/s. A catheter is used to place the BCG solution into the bladder. The solution contains live, weakened bacteria that activate the immune system. The BCG solution used for bladder cancer is different from the BCG vaccine that is a vaccine for tuberculosis.

Doctors are not quite sure how BCG works for bladder cancer. It seems to encourage cells of the immune system to grow and become very active in the lining of the bladder. These cells probably kill off any cancer cells that might grow back or have been left behind in the bladder lining. The treatment apparently does help to keep bladder cancers from coming back.

Thomas Keane, MD, professor and chairman of urology at the Medical University of South Carolina in Charleston, S.C. remarks on a 2002 study:

"This is a good study that supports use of maintenance BCG therapy in patients with high risk superficial bladder cancer,"

But Keane said the study had fewer patients and a shorter follow-up time than most of the other studies the authors compared it to, which makes valid comparisons difficult, since there is less likelihood that problems — such as recurrence of the cancer — will show up when fewer patients are followed for less time.

And giving BCG as often as every month could suppress the immune response to it, killing fewer cancer cells, he added. Since BCG produces some serious side effects, researchers will continue to try to find the lowest dose of BCG that will prove effective, said Keane.

Further Reading and References

- http://www.cancer.org/docroot/NWS/content/NWS_1_1x_Treatment_to_Prevent_Bladder_Cancer_Return_Is_Improving.asp

Bestatin

In a study reported in 2003, Bestatin increased survival for Stage 1 lung cancer patients receiving surgery.

"Bestatin is a potent aminopeptidase inhibitor that has immunostimulant and antitumor activity. We conducted a prospective randomized, double-blind, placebo-controlled trial to determine whether postoperative adjuvant treatment with bestatin could prolong the survival of patients with completely resected stage I squamous-cell lung carcinoma. METHODS: Patients with confirmed, resected stage I squamous-cell lung carcinoma were randomly assigned to receive either bestatin (30 mg) or placebo daily by mouth for 2 years. We assessed whether bestatin treatment was associated with overall survival and 5-year cancer-free survival and assessed its safety. All statistical tests were two-sided. RESULTS: From July 8, 1992, through March 30, 1995, 402 patients were entered in the study, 202 in the bestatin group and 198 in the placebo group. The median follow-up for surviving patients was 76 months (range = 58-92 months). The 5-year overall survival was 81% in the bestatin group and 74% in the placebo group for a difference of 7% (95% confidence interval [CI] = -1.4% to 15.0%). The 5-year cancer-free survival was 71% in the bestatin group and 62% in the placebo group for a

difference of 9% (95% CI = -0.7% to 17.8%). Overall survival (P =.033, log-rank test) and cancer-free survival (P =.017, log-rank test) were statistically significantly different by Kaplan-Meier analysis. Few adverse events were observed in either group. CONCLUSIONS: Survival was statistically significantly better for patients with completely resected stage I squamous-cell lung carcinoma who were treated with bestatin as a postoperative adjuvant therapy than for those who received a placebo. This result requires confirmation in other phase III trials."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter bestatin.

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Colostrum

Colostrum is the first breast secretion that a mammal provides for its newborn during the first 24-48 hours. It contains numerous immune system and growth factors as well as essential nutrients, trypsin, and protease inhibitors that protect it from destruction in the GI tract. It is estimated that colostrum triggers at least fifty processes in the newborn.

Bovine (cow) colostrum is biologically transferable to all mammals, including man and is apparently much higher in immune factors than human mother's colostrum. Laboratory analyses of immune and growth factors from bovine colostrum are identical to those found in human colostrum except for the fact that the levels of these factors are significantly higher in the bovine version. Dr. John Maras says:

"For example, human colostrum contains 2% of IgG while cow colostrum contains 86% of IgG, the most important of the immuno-globulins found in the body".

Bovine colostrum contains a blocking hormone to prevent the calf from becoming sensitized to its own mother's immune factors. Studies indicate that all species, including man, benefit from the immune boosting properties of bovine colostrum with no reports of allergic or anaphylactic reactions to date.

It is in a very limited supply because colostrum is only available for a day or two after calving. The needs of the newborn calf must be met first and only high quality colostrum is taken from cows that have been certified free of antibiotics, pesticides, and synthetic hormones. Colostrum must be processed at low temperatures so that the immune and growth factors remain biologically viable.

The past 20 years has also witnessed the publication of over 2003 research papers supportive of both colostrum and its numerous components.

In **Colostrum, Life's First Food**, Dr. Daniel G. Clark's basic message, as printed on the back cover of his book, is that

"bovine colostrum rebuilds the immune system, destroys viruses, bacteria, and fungi, accelerates healing of all body tissue, helps lose weight, burn fat, increase bone and lean muscle mass and slows down and even reverses aging."

According to Clark and the well-known naturopathic physician, Dr. Bernard Jensen, colostrum has a therapeutic role to play in AIDS, cancer, heart disease, diabetes, autoimmune diseases, allergies, herpes, bacterial, viral and parasitic infections, gingivitis, colds, the flu and much more. Colostrum has antioxidant properties, is anti-inflammatory, and is a source of many vitamins, minerals, enzymes, and amino acids.

Ayurvedic physicians have used bovine colostrum therapeutically in India for thousands of years.

The most important components of colostrum can be broken down into two major categories: immune system factors and growth factors.

Immune system factors:

- Immunoglobulins (A, D, E, G, and M) the most abundant of the immune factors found in colostrum; IgG neutralizes toxins and microbes in the lymph and circulatory system; IgM destroys bacteria while IgE and IgD are highly antiviral.
- Lactoferrin - an antiviral, anti-bacterial, anti-inflammatory, iron-binding protein with therapeutic effects in cancer, HIV, Cytomegalovirus, herpes, Chronic fatigue syndrome, Candida albicans, and other infections. Lactoferrin helps deprive bacteria of the iron they require to reproduce and releases iron into the red blood cells, enhancing oxygenation of tissues. Lactoferrin modulates cytokine release and its receptors have been found on most immune cells including lymphocytes, monocytes, macrophages, and platelets. See Lactoferrin.
- Proline-Rich Polypeptide (PRP) - a hormone that regulates the thymus gland, stimulating an under active immune system or down regulating an overactive immune system as seen in autoimmune disease (MS, rheumatoid arthritis, lupus, scleroderma, chronic fatigue syndrome, allergies, etc.).

Growth Factors:

- Epithelial growth factor (EgF)
- Insulin-like growth factor-I and II (IGF-1 and IGF-II)
- Fibroblast growth factor (FgF)
- Platelet-derived growth factor (PDGF)
- Transforming growth factors A & B (TgA and B)
- Growth hormone (GH)

These all help stimulate cell and tissue growth by stimulating DNA formation. Genetically engineered versions of IGF-1 and GH are now marketed as anti-aging and AIDS drugs. They are found naturally and in high concentrations in colostrum. Several studies show that these growth factors are capable of increasing T-cell production, accelerate healing, balance blood glucose, reduce insulin need, increase muscle and bone growth and repair while metabolizing fat for fuel.

Clinical Applications for symptomatic adults: clinicians usually prescribe 1000 to 2000 mgs. twice daily of the dried, encapsulated form of colostrum, best taken on an empty stomach with 8 - 12 ounces of water. Preventive doses have not been established but several authors recommend continuous dosing at levels decided upon primarily by the consumer/patient. For those who show no clinical response to colostrum, the dosage can safely be doubled or even tripled as needed until the desired results are obtained.

Children can also take colostrum but require proportionately less. Herxheimer reactions (mainly flu-like symptoms) can occur in up to 40% of the cases but are usually mild and disappear with continued supplementation at the same dosage level. Through hundreds of years of use and over 1000 clinical studies, colostrum has been demonstrated to be completely safe without drug interactions or side effects at any level of ingestion.

The benefits of cytokines in the treatment of cancer were first popularized by the 1985 Steven Rosenberg book, **Quiet Strides in the War on Cancer**. Since that time, the same cytokines found in colostrum (Interleukins 1, 6, 10, Interferon G and Lymphokines) have been the single most researched protocols in scientific research for the cure for cancer. Colostrum Lactalbumin has been found to be able to cause the selective death apoptosis of cancer cells, leaving the surrounding non-cancerous tissues unaffected.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter colostrum. Select "100 Results". Select "Sort by Price: Low to High".

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Dr Coley/Coley's Toxins

In a recent online Science Daily report, Dr. Ananda Chakrabarty stated:

"Bacterial proteins could well be a new weapon in the war against cancer."

But there is nothing new about the use of bacteria to treat cancer. Such treatments have been available for over 100 years. The grandfather of bacterial treatments is Coley's toxins. Dr. William B. Coley (1862-1936), Harvard Medical School graduate, eminent New York City surgeon, and Sloan-Kettering researcher was an early US cancer pioneer who used a special vaccine to induce fever and inflammation in cancer patients.

In 1888, Dr. Coley stumbled across one of the most intriguing findings ever made in cancer research. In fact, his invention was a starting point for all modern immunotherapy. His discovery was first tolerated, then ridiculed, and finally suppressed, although in recent years interest in his discovery has resurfaced.

Frustrated after losing his first patient at Memorial Hospital, a 19-year-old female bone cancer patient, despite an early detection followed by prompt amputation of her arm and a good prognosis, Coley began methodically searching the patient records at New York Hospital.

He went back 15 years and examined records of all bone cancer patients, that ended in failure and death. To his amazement, however, Coley discovered one patient, who had been given up by his doctors, had walked out of the hospital in apparently perfect health. On his deathbed, this patient had suffered two attacks of erysipelas, a severe skin infection caused by bacteria *Streptococcus pyogenes*.

Coley's first attempts to produce reaction in cancer patients by injecting streptococcus cultures into them ended in failure. He then managed to get a particularly virulent culture from a famous German bacteriologist, Robert Koch, through a friend. The patient who received this culture developed a severe case of erysipelas with high fever. Within a few days, the tumors on his tonsils and neck completely disappeared. In 1893, Coley published his first paper on the new method.

Because using live bacteria was dangerous and caused an ordeal for the patient, Coley later tried to and succeeded in improving his method. Instead of using bacteria, he mixed the toxins of the strep with those of another germ, *Bacillus prodigiosus*, which today is called *Serratia marcescens*. This seemed to work similarly to the live culture.

Best results were obtained when Dr. Coley or his colleague supervised the production of toxins. Parke-Davis, the pharmaceutical company, also produced the toxins commercially for many years, but they heated the formula, which reduced its effectiveness. Despite that, even this weakened form of toxins, Parke-Davis formula # IX, showed a 37% cure rate for inoperable patients.

In 1943 NCI researcher M.J. Shears discovered that the biologically active substance in Coley's toxins is lipopolysaccharide (LPS), which occurs in the cell walls of gram-negative bacteria.

By 1953, however, all the production of the toxins in the United States stopped.

For over 30 years starting late 50s or early 60s, Dr. France Havas, professor emeritus of the Department of Microbiology and Immunology at Temple University School of Medicine, Philadelphia, studied the effects of Coley's toxins in mice and humans. The results of her studies were generally favorable, even in advanced patients.

In 1976, randomized trials of mixed bacterial vaccines (MBV) - as Coley's toxins are now called - began at Memorial Sloan-Kettering.

In 1991, K.F. Kolmel and colleagues in Göttingen, Germany reported favorable results obtained on treatment of advanced melanoma with Coley's toxins. The toxins, under the name of pyrogenic bacterial lysate, have been used in cases of advanced malignant melanoma, which is normally quickly fatal. In three cases out of fifteen, long-term remission was achieved.

This highly successful method of curing cancer has remained more or less sidelined for over a century. The method was added to the list of unproven treatments by the American Cancer Society. Coley's toxins are not used in conventional cancer treatment today, not because they are judged ineffective or experimental, but mostly because they are inexpensive and unpatentable.

Interestingly, as a revolt to the whole concept of non-permission of its use, doctors placed the entire mechanism of manufacturing it on the internet. Instructions about the manufacture of Coley's toxin are at: http://www.second-pinions.co.uk/coleys_instructions.html

Dr Coley's daughter, Helen Coley Nauts, D.Sc. former executive director of the Cancer Research Institute, Inc., in New York City has tabulated Coley's results. She and her medical colleagues documented 894 cases treated with Coley's vaccine.

The following table is a tabulated version of her document.

Tumor Type	Operable Patients	Alive after 5 years	Inoperable Patients	Alive after 5 years
Giant Cell Bone Tumor	33	33 (87%)	19	15 (79%)
Breast Cancer	13	13 (100%)	20	13 (65%)

Other 5-year survival rates: 90% for bone cancer, 65% for inoperable breast cancer, 67% for Hodgkin's disease, 69% for inoperable ovarian cancer, 60% for inoperable malignant melanoma. Overall, patients with inoperable tumor of various kinds had 45% 5-year survival, while those with operable tumors had 50%.

In 1962, Dr. Barbara Johnston, M.D. published a double blind study on Coley's toxins. This study was conducted at New York University-Bellevue Hospital. The results were clear-cut. In the control group treated with fever inducing placebo, only one patient of 37 showed any signs of improvement. Of the 34 patients treated with Coley's toxins, 18 showed no improvement, 7 noted decreased pain while 9 showed such benefits as tumor necrosis, apparent inhibition of metastases, shrinkage of lymph nodes, and disappearance of tumors.

In 1982, at the conference held in Cologne, Germany, Mrs. Nauts reported the first results of randomized trials of MBV (Coley's toxins) begun in 1976 at Memorial Sloan-Kettering: Advanced non-Hodgkin's lymphoma patients receiving MBV had a 93% remission rate as opposed to 29% for controls who received chemotherapy alone.

Coley's toxins have been researched and used in China. Zhao and others published 1991 preliminary results of these trials. China is so enthusiastic it established a special hospital in Beijing where cancer patients can be treated with Coley's toxins.

One of the few centers where Coley's toxins treatment is currently available is at the Issels Treatment Center in Tijuana, Mexico. At this clinic, Coley's toxins are used in combination with the Gerson diet and other forms of immunotherapy. The clinic website is at http://www.issels.com/reply_oasis.asp.

This is an excerpt from the clinic website:

"Coley's mixed bacterial vaccine activates the innate immune system, raising the count of immune and tissue-repairing cells while, at the same time, triggering release by the body of natural interferons, interleukins, tumor necrosis factor, and other anti-disease and pro-healing agents. Recently, this vaccine has attracted the attention of a growing number of experts at universities and pharmaceutical firms who consider it the most powerful single anti-cancer agent ever developed. While its use in the Americas was abandoned with the birth of chemotherapy in the 1940s, Dr. Issels continued to employ it for more than 40 years of successful treatment of advanced cancers, degenerative, and chronic diseases."

Sources

Current centers where Coley's Toxins treatment is available are:

Issels Treatment Center, Mexico http://www.issels.com/reply_oasis.asp

Waisbren Clinic, Wisconsin <http://www.waisbrenclinic.com/>

Humlegaarden Cancer Clinic, Denmark <http://www.humlegaarden.com/>

Coley Hospital, China, Dr. Guo Zheren, MD. Phone: +86-1-868-401

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Immuno-Augmentative Therapy (IAT)/Lawrence Burton

Lawrence Burton's doctorate work was in experimental zoology. His specialization was the relationship between the immune mechanism responses and cancer first in invertebrates, then in laboratory animals and finally, in humans.

He graduated in 1955 and eventually becoming the senior investigator and senior oncologist in the cancer research unit of the pathology department of St. Vincent's Hospital in New York, a post he held until 1973.

His cancer research was based in a pathology unit. He was working with real tumors, not cell lines, with real patients and not laboratory rats. Burton's work led to the development of a serum that would, he argued, inhibit the growth of cancer tumors.

This serum was derived from certain proteins found in blood: a tumor antibody, a tumor complement that activated the antibody, an antibody blocking protein and 'de-blocker' that neutralizes the blocker. Burton, with an associate Frank Friedman, isolated these blood fractions.

His theory was that when these four elements were in a balanced ratio in the blood cancer cells would be routinely destroyed. His serum therefore was a way of bringing about this balance. He called this method of dealing with cancer 'Immuno-augmentative therapy'.

The patient's blood is analyzed everyday for the ratio of these four proteins. A personalized serum is then made up to correct any deficiencies in the balance. Burton's work came to

the attention of Pat McGrady who was an editor working for the American Cancer Society. McGrady later reported seeing Burton inject some mice with his tumor-inhibiting factor.

"They injected the mice and the lumps went down before your eyes - something I never believed possible."

This demonstration was repeated in 1966 before a group of science writers. The result was a story in the Los Angeles Times under the headline: 15-minute cancer cure for mice.

Oncologists present at the seminar claimed that Burton and Friedman were tricksters. That is when the problems began. Eventually Friedman gave up in disgust and Burton was forced abroad. Despite political interference, the Bahamian government allowed him to set up a clinic in Freeport.

Patients who could afford it made their way there to be treated. There were frequent demands from establishment medical bodies for him to conduct clinical trials - a request he spurned for the obvious reason that, when dealing with the terminally ill, this is tantamount to murder.

In 1985, his clinic was summarily closed down. The NCI and other bodies had persuaded the Bahamian government that Burton's serum products were a source of hepatitis B and of AIDS. The evidence supporting this was of very dubious quality.

Outraged patients lobbied Congress and the result was that Congress ordered a study of alternative cancer therapies - a point that, in future years, may be seen as the year the tide turned in America in favor of non-orthodox medicine. Dr Burton was allowed to reopen his clinic, which continues the work even though Burton himself died of heart disease in 1993 aged 67.

One patient, Curry Hutchinson, diagnosed as having metastasized malignant melanoma of the lung, told the authors of a Penthouse article:

"When I came here I was in a wheelchair. My mother had to care for me constantly. Two months later, she was able to go home. I'm walking, jogging, swimming - alive...My improvements are unbelievable...Burton's critics claim there's no proof his therapy works. I disagree. I'm proof."

According to the Cancer Cure Foundation:

"Best results have been obtained with mesothelioma, bladder, kidney, colon, lung, myelomas, ovarian, and prostate cancer. Inflammatory cancers and skin metastases, as well as some forms of other cancers have had variable results. Even some non-Hodgkin's and Hodgkin's lymphoma cases have been successfully treated here."

Sources

The Immuno-Augmentative Therapy Centre founded in 1977 by Lawrence Burton is located in Freeport, Grand Bahama, Bahamas. PO Box F-42689, Freeport, Grand Bahamas, Bahamas Tel: (242) 352 7455. Fax: (242) 352 3201 <http://www.iatclinic.com> E-mail: burtonh101@aol.com

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- The Cancer Industry by Ralph W. Moss
- Alternative Medicine by Burton Goldberg and Max Goldberg
- Cancer Action Plan by Simon Jame sKelly and Enrida Kelly

Whey/ Immunocal™/HMS-90™

Whey has significant anti-cancer properties. In an attempt to determine what protein possesses the best cancer fighting abilities, female rats were fed a diet containing either soy protein isolate, whey, or casein while the scientists attempted to induce tumors using the chemical 7,12-dimethylbenzanthracene.

Also, the rats were mated with others fed the same protein to see if these protective effects could be passed on to the next generation. All rats grew well on these proteins. However, as the months went by, tumors developed in the casein and soy-fed rodents. The whey protein rats were virtually all clear.

The whey and soy proved to be better than casein, while whey protein proved to be at least twice as effective as soy in reducing both tumor incidence and multiplicity. In many instances, this protective effect of whey protein was able to be passed on to the second generation.

In vitro research has shown that the growth of breast cancer cells is strongly inhibited when exposed to low concentrations of whey protein.

Another clinical study showed a regression in some cancerous tumors when patients were administered 30 grams per day of whey protein powder. Likewise, animals fed whey protein before being subjected to dimethylhydrazine (DMH), a strong cancer-causing agent, mounted a much more vigorous immune response than animals fed any other type of protein. More importantly, any resulting tumors were smaller and far fewer in number in the animals fed whey protein.

This study was confirmed by additional research showing that rats subjected to DMH and fed whey protein showed fewer tumors and a reduced pooled area of tumors. The researchers concluded that whey protein offered "considerable protection to the host," compared with other proteins, including soy.

It is interesting to note that the concentration of glutathione in tumor cells is often much higher than in surrounding normal cells, meaning that cancer cells will respond differently to nutrients and drugs that alter glutathione status. This discrepancy in glutathione status between normal cells and cancer cells also makes it harder to kill cancer cells with chemotherapy. Because the surrounding cells have lower levels of glutathione to begin with, anything that further suppresses glutathione puts normal healthy cells in danger long before cancer cells are affected.

Instead, cancer patients need a compound that can target cancer cells and deplete only their glutathione. Whey protein appears to be just such a compound. When introduced in studies, cancer cells responded to whey protein by losing glutathione, while normal cells actually increased in glutathione and cellular growth. No other protein reported the same effect. Even the mechanism by which whey protein acts is not fully understood. It appears that whey protein interferes with the cancer cells' ability to regulate glutathione.

Whey protein is effective because of its abnormally high biological value, which is a measure of the nitrogen retained for growth or maintenance, expressed as a percentage of the nitrogen absorbed. Whey, with the highest biological value of any protein, is absorbed, utilized and retained in the body better than other proteins. This has caused athletes to make whey protein concentrate a best-seller. In fact, one recent pilot study found whey protein isolate corrected the immune suppression often seen in athletes suffering from over-training syndrome.

And proteins with a high biological value are more tissue-sparing, making whey protein concentrate a good choice for people suffering from wasting diseases such as cancer, AIDS, and/or aging-related muscle losses.

Whey also appears to have a direct in vitro effect on bone cell growth. It was found to stimulate protein synthesis, DNA content, and increased hydroxyproline contents of bone cells. Coupled with the observation that animals fed whey protein powder had stronger bones, researchers concluded,

"These findings suggest that whey protein contains active components that can activate osteoblast cell proliferation and differentiation. Also these active components can probably permeate or be absorbed by the intestines. We propose the possibility that the active component in the whey protein plays an important role in bone formation by activating osteoblasts."

Finally, whey is a highly complex protein that is made up of many sub-fractions, including beta-lactoglobulin, immuno-globulins, bovine serum albumin (BSA), lactoperoxidases,

lysozyme, lactoferrin and others. Each of these subfractions has its own unique biological properties and benefits.

One sub-fraction, lactoferrin, is found in tiny amounts in the human body, yet appears to be a first-line immune system defense. It binds to iron so strongly that it inhibits the growth of iron-dependent bacteria, and can block the growth of many pathogenic bacteria and yeast. Its antimicrobial action may even improve effectiveness of antibiotics.

In the digestive tract, lactoferrin may help by stimulating intestinal cell growth, and enhancing the growth of "good" intestinal microflora. A strong antioxidant, lactoferrin has positive immunomodulatory effects and scavenges free iron, which prevents uncontrolled iron-based free radical reactions and protects certain cells from lipid peroxidation.

In another study, lactoferrin was shown to inhibit colon carcinogenesis in male rats treated with another carcinogenic chemical azoxymethane. See Lactoferrin.

Most importantly these protective effects were demonstrated with easy to achieve, realistic amounts of the lactoferrin; about the same as contained in high quality whey oligopeptide formulations.

Immunocal/HMS 90, a patented concentrated whey protein isolate has been shown to raise glutathione (GSH) levels by 35%. By maintaining high intracellular GSH levels, oxidative damage is minimized. See antioxidants.

Immunocal/HMS 90 contains three bioactive proteins: the thermobiles - serum albumin, alpha lactalbumin and lactoferrin. Alpha lactalbumin increases the following neurotransmitters and amino acid tryptophan:

- Serotonin
- Melatonin
- Pinoline
- 5-MeO-DMT (5-methoxy-dimethyltryptamine)
- DMT (dimethyltryptamine).

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter whey or immunocal hms-90. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

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- Diets containing whey proteins or soy protein isolate protect against 7,12-dimethylbenz(a)anthracene-induced mammary tumors in female rats
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Inositol/Inositol Hexaphosphate (IP-6)

Dr. AbulKalam M. Shamsuddin MD, PhD, is Professor of Pathology at the University of Maryland School of Medicine in Baltimore. Since 1975, he has been researching the processes of cancer formation, cancer prevention and cancer treatment. Inventor of a rapid, simple and inexpensive screening test for colorectal cancer, he is also the pioneering scientist who demonstrated the immune-enhancing and anti-cancer actions of IP-6 & Inositol, for which he was awarded the US patent #5,082,833.

Inositol hexaphosphate (IP-6) is an extract from rice bran that improves natural killer cell activity and is absorbed by cancer cells, where it stops cell proliferation and restores normal function. Various studies show that IP6 has potential for cancer treatment and prevention.

Dr. Shamsuddin's theory is, since all cancers, irrespective of their type and origin have a common defect of uncontrolled cell proliferation, IP-3 is a key regulator of cell growth, and IP-6 & Inositol yield IP-3. Therefore, IP-6 and Inositol should be effective against many different types of cancers, and across species.

Dr. Shamsuddin wrote about these studies in **IP-6: Nature's Revolutionary Cancer-Fighter**. His research has shown that it can slow or stop the growth of cancer cells in the laboratory and in mice. Dr. Shamsuddin has reported that while IP-6 doesn't actually kill cancer cells, it makes them behave like normal cells, thus eliminating the danger they pose. A number of laboratory studies have confirmed his findings. Research suggests that IP-6 can boost immune function, help lower cholesterol, prevent formation of kidney stones, reduce the risk of heart disease and stroke, and prevent the complications of diabetes.

Alternative doctors perform chelation intravenously with a mild mineral chelator called EDTA. But this approach is said to be time-consuming and costly, and the tumor grows in between treatments. Alternatively, IP6 is sometimes recommended to be taken orally to perform chelation therapy at home. IP6 should be consumed in between meals so as not to interfere with mineral absorption from foods. It should only be taken with water, as vitamin C in juices interferes with its action. Anemic individuals will feel weak after taking IP6.

Nearly two decades of research with animals reveals that IP6 shrinks all types of tumors (brain, lung, prostate, breast, liver, colon) when given to animals in their drinking water. Study results show a 60% reduction in the number of lung tumors by the use inositol (25 tumor/mouse in control to 10 in inositol treatment group). The authors conclude:

"among the compounds tested, myo-inositol is most effective after carcinogen treatment."

IP-6 has also reproducibly inhibited the growth of human prostate cancer cells in the laboratory, and demonstrated its effectiveness in the prevention of colon cancer.

Numerous studies on Pubmed attest to IP-6's anti-cancer properties. Go to <http://www.ncbi.nlm.nih.gov/entrez/query.fcgi> and enter 'ip-6 cancer'.

A study reported in November 2004 discusses the anti-angiogenic effects of IP-6:

"Significant anticancer activity of the naturally occurring carbohydrate inositol hexaphosphate (IP(6)) has been reported against numerous cancer models. Since tumors require angiogenesis for growth and metastasis, we hypothesize that IP(6) reduces tumor growth by inhibiting angiogenesis. Because angiogenesis depends on the interaction between endothelial and tumor cells, we investigated the effect of IP(6) on both. IP(6) inhibited the proliferation and induced the differentiation of endothelial cells in vitro; ... Thus, IP(6) has an inhibitory effect on induced angiogenesis."

It has also been demonstrated that IP-6 enhances the effects of adriamycin and tamoxifen in breast cancer:

"The current treatment of breast carcinomas recognizes the importance of combination therapy in order to increase efficacy and decrease side effects of conventional chemotherapy. Inositol hexaphosphate (IP6), a naturally occurring polyphosphorylated carbohydrate, has shown a significant anti-cancer effect in various in vivo and in vitro models, including breast cancer. In this study, we investigated the in vitro growth inhibitory activity of IP6 in combination with adriamycin or tamoxifen, against three human breast cancer cell lines... Our data not only confirm that IP6 alone inhibits the growth of breast cancer cells; but it also acts synergistically with adriamycin or tamoxifen, being particularly effective against ER alpha-negative cells and adriamycin-resistant cell lines."

A therapeutic daily dose of IP-6 for adults is said to be about 2400-4800 milligrams taken in one sitting. Or a maintenance or preventive dose might be 1000-1600 milligrams daily.

Caution: Keep out of the reach of children. IP-6 should not be taken by young children, women who are pregnant or nursing, and individuals with severe liver or kidney disease has not been established

Sources

IP-6 can be obtained from The Wolfe Clinic <http://www.shopthewolfeclinic.com/> Phone toll free 1-800-592-9653. Identify other sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter ip-6. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- IP-6: Nature's Revolutionary Cancer-Fighter by AbulKalam M. Shamsuddin , MD, PhD.
- The IP-6 with Inositol Question & Answer Book: Nature's Ultimate Anti-Cancer Pill by L. Stephen Coles
- The Wolfe Clinic <http://www.thewolfeclinic.com/ip6.html>

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- <http://www.myvitanet.com>

Iscador/Mistletoe/Iscar/Viscumalbum/Plenosol/Helixor/ Iscucin/ Anthroposophical Cancer treatment

Mistletoe treatment is available in Germany, where it is the most commonly used biologic therapy for cancer, Switzerland, the Netherlands, the United Kingdom, Austria and Sweden. Physicians in these countries can legally prescribe commercial preparations of mistletoe.

Iscador is the trade name for a number of preparations made with different types of mistletoe that grow on different kinds of trees and therefore exhibit different properties. These are further combined with homeopathic doses of such metals as silver, copper, and mercury. Although condemned by the American Cancer Society, it is approved for use in Germany and Switzerland. The Lukas Clinic in Arlesheim, Switzerland is the major centre where this therapy is carried out. However, any doctor can procure the capsules.

As part of the Anthroposophical cancer treatment, Rudolph Steiner, PhD popularized the use of mistletoe in the early 20th century. A certain lectin in mistletoe has been found to inhibit the growth of proliferating cells. By the 1980s, about 40,000 patients worldwide were receiving Iscador, a fermented form of mistletoe that is injected.

The Anthroposophical Cancer treatment includes:

- Vegetarian diet
- Regular physical activity
- Bowel cleansing
- Yarrow liver compress
- Social engagement
- Hepatodoron, Formica, Stibium
- Therapeutic Eurythmy
- Artistic therapy
- Standard therapy (chemo, radiation, hormonal treatment) when indicated and requested
- Mistletoe therapy, such as with Iscar®, Iscucin®, or Helixor®

There have been studies published that show that mistletoe extracts can inhibit metastasis, reduce the size of , and cause necrosis of induced tumors in rodents, by stimulating the immune system.

Steiner's proposal in the early 1920s that mistletoe might be therapeutic for cancer was based on the process he called "spiritual science," in which he combined spiritual and scientific thought as "complementary" modes of insight.

Steiner believed that cancer resulted from imbalances in forces affecting the human body and that the "lower organizing forces" were responsible for cell division, growth and expansion, while the "higher organizing forces" were responsible for limiting and organizing that growth, for controlling cell differentiation and producing overall body form. These forces were in balance in a healthy person, while in people with cancer, the higher organizing forces were weak. The resulting imbalance, he theorized, could lead to an excess proliferation of cells, loss of form and, eventually, to tumor formation.

It was Steiner's belief that cancer involved not only physical disorder in the body, but also disruptions among "different levels of matter, life, soul, and spirit."

Steiner's ideas about mistletoe's potential effectiveness for cancer arose from his analysis of the semiparasitic plant's characteristics. The form of the plant is spherical rather than vertical, the force of gravity does not influence its growth, and it grows on different species of host trees, taking water and minerals from the sap and supplying the tree with sugars. And it avoids contact with the earth, does not have roots, and produces berries all year long and flowers in the winter.

Steiner concluded that mistletoe grew independently from earth forces and seasonal cycles, opposite to the way he believed tumors developed.

From these characteristics, Steiner concluded that mistletoe would be a valuable therapeutic agent, stimulating the "higher organizing" forces which he felt were inadequate in people with cancer. He also believed that mistletoe might be combined with certain metals in high dilution to enhance its activity.

Steiner also developed specific artistic activities that he felt would contribute to recovery from cancer, such as clay modeling, movement therapy (eurythmy), and speech formation that he believed would strengthen patients' "formative forces."

The Iscador is given by subcutaneous injection at a site close to the tumor, starting with low doses and gradually increasing them until the patient reacts by showing a clear objective or subjective improvement in general health, the tumor slows down, or there is a fever reaction. This is seen as a good sign.

One of its most obvious effects is that it increases the size of the thymus gland substantially (by nearly 100% in some animal studies) and the thymus becomes much more active. This is a very significant finding.

Not all cancers respond well to Iscador. Leukemia, apparently, does not. It reportedly works best with carcinomas and melanomas.

The best results with Iscador are claimed for its use with solid tumors both before and after surgery and radiation. Given 10 to 14 days before surgery, it is thought to help prevent metastatic spread due to surgery and to promote recovery. It is thought by proponents to improve survival rates for cancers of the cervix, ovaries, breast, stomach, colon, and lung.

A second use of Iscador is for advanced stage, inoperable solid tumors. At this time, proponents claim patients might experience improvements in their general condition, alleviation of side effects of conventional therapies, less pain, cessation of tumor growth and, occasionally, regression of tumors.

Proponents also claim that the use of Iscador in these cases sometimes results in a better demarcation between the tumor and surrounding tissue that then makes surgery possible.

The best results for inoperable tumors are thought to be with cancers of the bladder, stomach, intestine, genital organs, and skin. It is also claimed that bone metastases are retarded in some cases. Results are thought to be less promising for inoperable cancers of the breast, lungs and esophagus.

Although mistletoe is poisonous, Iscador is relatively non-toxic. It is suggested that it can accompany any other anti-cancer treatment as no negative interactions with other medications have been reported. However, people with heart problems, pregnant women and people taking a prescription drug containing a monoamineoxidase inhibitor should not take it.

In addition to fighting cancer, it has the effect of aiding sleep, providing pain relief and stimulating weight gain. Many patients report being reinvigorated.

A study reported in 2004 evaluating its use in primary, non-metastatic breast cancer patients receiving conventional therapy, showed it considerably reduced the side-effect of conventional therapy:

OBJECTIVES: The purpose of the study was to evaluate the therapeutic efficacy and safety of long-term complementary therapy in primary, non-metastatic mammary carcinoma patients in UICC stage I-III with a standardized European mistletoe extract (*Viscum album* L., Iscador, "mistletoe extract") given in addition to conventional adjuvant oncologic therapy (i.e. chemo-, radio-, and hormonal therapy; "conventional therapy").
METHODS: The multicenter, comparative, retrospective, pharmaco-epidemiological cohort study with parallel groups design and randomly selected centers was carried out according to Good Epidemiological Practice (GEP) rules. The test group patients received subcutaneous mistletoe extract injections for at least three months in addition to the conventional therapy, while the control group was treated with conventional therapy only. The patients were followed up for at least three years or until death. The primary endpoint for efficacy was the overall incidence of adverse drug reactions (ADRs) attributed to the conventional therapy. Secondary endpoints were symptoms associated with disease and treatment, as well as the survival. All end-points were adjusted to baseline imbalance, therapy regimen and other confounders by the logistic regression or the Cox proportional hazard regression. Safety was assessed by the number of patients with ADRs attributed to the mistletoe extract treatment, the ADR severity and the evaluation of a possible tumor enhancement.
RESULTS: 1442 patients (710 tests and 732 controls) were eligible for the "per protocol" analysis of efficacy and safety. At baseline, the mistletoe extract group had a more advanced disease and worse prognostic factors profile. After a median follow up of 67 vs. 61 months, and a median mistletoe extract therapy duration of 52 months, significantly fewer test group patients (16.3%) than control patients (54.1%) developed one or more ADRs attributed to the conventional therapy (adjusted odds ratio (95% confidence interval, CI): OR = 0.47 (0.32-0.67), $p < 0.001$). In the mistletoe extract group, several symptoms more frequently disappeared, and the overall estimated survival was significantly longer (adjusted mortality hazard ratio (95% CI): HR = 0.46 (0.22-0.96), $p = 0.038$). Systemic ADRs attributed to the mistletoe extract treatment developed 0.8%, and local ADRs 17.3% of the patients. The ADR severity was mild to intermediate (WHO/CTC grade 1-2). Severe mistletoe extract therapy-related ADRs or tumor enhancement were not

observed. CONCLUSIONS: The results of the present study confirmed the safety of the complementary therapy of patients with primary, non-metastatic mammary carcinoma with a standardized mistletoe extract and showed considerably fewer ADRs attributed to concurrent conventional therapy, as well as reduced disease and treatment-associated symptoms, and suggested a prolonged overall survival in the mistletoe extract group as compared with controls."

ISCADOR is available under the brand name ISCAR® in the US. A testimonial at <http://www.otwa.com/community/archive/index.php/t-8244.html> illustrates the above study findings:

"My mom had bile duct cancer with a lot of spreading and lymph node involvement, and took Iscar (homeopathic mistletoe) for several months. She was in her early 50s, and her cancer doctors were amazed at the difference it made with both quality and quantity of life. There are several different formulas depending on types of cancer (carcinoma, sarcomas..). And it's just injected at home with a tiny needle, after a doctor prescribes it. Weleda isn't the nicest company in the world to deal with, and I think they don't care anything about cancer patients more than their money, but their product was a godsend for mom and us, and not that expensive, about \$60.00 - \$80.00 a month. (Insurance doesn't cover it.) They have a website, weleda.com, with lots more information if you'd like it!"

Sources

<http://weleda.com/>

Further Reading and References

- <http://www.iscador.com/>
- Iscador: Mistletoe in Cancer Therapy by Christine Murphy
- Efficacy and safety of long-term complementary treatment with standardized European mistletoe extract (*Viscum album* L.) in addition to the conventional adjuvant oncologic therapy in patients with primary non-metastasized mammary carcinoma. Results of a multi-center, comparative, epidemiological cohort study in Germany and Switzerland
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15460213
- For further details write to Hiscia Institute, Kirshweg 9, CH-4144 Arlesheim. The Hiscia Institute is attached to the Lukas Clinic (tel: 011 41 61 701 3333)

Lactobacilli/Probiotics/Prebiotics

Lactobacillus is a genus of bacteria also called lactic acid bacteria. Probiotics are defined as live microorganisms that, when administered in adequate amounts, confer a health benefit on the host. There is now mounting evidence that selected probiotic strains can provide health benefits to their human hosts, including significant anti-cancer benefits. Prebiotics are the foods that contain nutrients that nourish these healthy bacteria.

Lactobacillus acidophilus and *Lactobacillus bulgaricus* are well-known yoghurt culture bacteria. A myriad of healthful effects have been attributed to the probiotic lactic acid bacteria. There is a wealth of evidence, based largely on laboratory studies, of the anti-cancer effect of consumption of lactic cultures in fermented or unfermented dairy products.

For example, *Lactobacillus casei* and *Bifidobacterium longum* were shown to suppressed the proliferation of tumor cells and prolong survival:

"The immunomodulatory and antitumor effects of lactic acid bacteria (LABs) were investigated. Cytoplasmic fraction of *Lactobacillus acidophilus*, *Lactobacillus casei* and *Bifidobacterium longum* were tested for the antiproliferative activity in vitro to SNUC2A, SNU1, NIH/3T3 and Jurkat cell lines by crystal violet assay. All cytoplasmic fraction suppressed proliferation of tumor cells, though *L. casei* and *B. longum* were more effective. From these results, cytoplasmic fraction of *L. casei* and *B. longum* with Y400 as a control were administered as dietary supplements to Balb/c mice for 2, and 4 consecutive wks. Administration for 4 wks enhanced the number of total T cells, NK cells and MHC class II+ cells, and CD4-CD8+ T cells in flow cytometry analysis. To

determine of antitumor activity of LABs preparation in vivo, F9 teratocarcinoma cells were inoculated on mice at 14th day. Body weight was decreased with increased survival rate in all groups with the cytoplasm of LABs. Our results showed that cytoplasmic fraction of LABs had direct antiproliferative effects on tumor cell lines in vitro, effects on immune cells in vivo, and antitumor effects on tumor-bearing mice with prolonged survival periods."

In another study, *Lactobacillus rhamnosus* was shown to be more cytotoxic to human bladder cancer cells than *Mycobacterium Bovis* (bacillus Calmette-Guerin), which is used by both conventional and alternative cancer physicians. See BCG.

Because digestive enzymes play an extremely important role in the digestion of otherwise incompletely-digested proteins and other food substances, these beneficial bacteria are an important part of the detoxification of the body. *Lactobacillus plantarum* is believed to be especially productive of proteolytic enzymes (enzymes that act on protein and clear protein wastes from the system). This form of bacteria it noted for its ability to eliminate or reduce most other bad bacteria and fungi. In addition, *Lactobacillus plantarum* has a beneficial effect on the immune system, as it changes the immune cells and influences the production of cytokines. One consequence of this is the normalization of the colon pH.

PRObiotic Foods include:

- Yogurt
- Kefir
- Tempeh
- Miso
- Kim Chi
- Sauerkraut
- Other 'fermented' foods

PREbiotic foods include:

- Oatmeal
- Flax
- Barley
- Other whole grains
- Greens (especially dandelion greens, but also spinach, collard greens, chard, kale, mustard greens, etc.)
- Berries and other fruit
- Legumes (lentils, kidney beans, chickpeas, navy beans, white beans, black beans, etc.)

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter lactobacillus or probiotics. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

- Beating Cancer With Nutrition by Patrick Quillin, et al. Excerpt from page 13 "... nutrition ingredients designed to be one-stop-shopping for nutrition support in cancer treatment. DAY 14: PROBIOTICS--FRIENDLY BACTERIA Professor Elie Metchnikoff won a Nobel prize in 1908 ..."
- User's Guide to Probiotics: Learn How "Healthy Bacteria" Can Help You Fight Infections and Restore Your Health by Earl Mindell
- Health Benefits of Probiotics (Latest Research Showing Benefits for Digestion, Cholesterol, Yeast Infection, Immune System, Colon Cancer, Ulcers, etc) by Beth Ley-Jacobs
- The Probiotic Solution by Mark Brudnak
- Immunomodulatory and antitumor effects in vivo by the cytoplasmic fraction of *Lactobacillus casei* and *Bifidobacterium longum*.

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15028884

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12394766

Maruyama Vaccine/Specific Substance Maruyama (SSM)

Maruyama Vaccine was developed by the late Dr. Chisato Maruyama, Professor Emeritus at Nippon Medical School, Japan. When treating Hansen's Disease and Tuberculosis patients with a vaccine he had developed, Dr. Maruyama noticed that the number of Cancer patients was extremely small among these patients. In 1965, Maruyama Vaccine was injected twice a week to a patient with terminal cancer with only two or three months to live. The patient recovered his strength, and the tumor almost disappeared.

Maruyama Vaccine has no effect to directly kill cancer cells. It causes interferon to be produced which activates macrophages which in turn, inhibit an increase of cancer cells.

Sources

To obtain Maruyama Vaccine, follow the instructions at <http://www.tim.hi-ho.ne.jp/keisaku/index1.html>

Further Reading and References

- What is Maruyama Vaccine? <http://www.tim.hi-ho.ne.jp/keisaku/index1.html>

MGN-3/BioBran

Dr. Mamdooh Ghoneum of Drew University of Medicine and Science developed MGN-3/ BioBran from breaking down rice bran with enzymes from the Shitake mushroom . The product, which is a functional food, is called BioBran in the United Kingdom and Europe. In the US it is called MGN-3 and was manufactured by Lane Labs. It is no longer available from Lane Labs according to an FDA Ruling on July 9th, 2004 due to medicinal claims by the manufacturer, not because it doesn't work.

MGN-3/ BioBran has been clinically proven to help powerfully enhance depleted immune systems. So successful is this unique and patented supplement at stimulating immune function that Professor M. Ghoneum stated:

"I have been researching immunomodulators for over 30 years now and BioBran is the most powerful immune complex I have ever tested."

It appears to be able to do this by increasing the body's production of natural cytokines - substances such as interferons, interleukins, and tumor necrosis factors, which not only help destroy rogue cells and viruses directly, but kick-start the immune system by increasing the activity of the lymphocytes - B cells, T cells and especially NK (natural killer) cells.

B cells focus on producing antibodies whilst the T and NK cells wander through the body directly destroying virally or bacterially infected cells, and cells that have turned cancerous. In its lifetime, a single NK cell can kill as many as 27 cancer cells, sticking to them and then injecting lethal chemical granules that can destroy the abnormal cell in less than 5 minutes.

MGN-3/ BioBran is reported to not only stimulate NK cell activity by more than 300%, but also T cell and B cell activity by 250% and 200% respectively. And it can do this without any toxicity or other adverse side effects (unlike synthetic cytokines currently used by oncologists, such as interleukin-2, which can be extremely toxic).

It also improves the quality of life for those who are on chemotherapy and hormone therapy due to its ability to alleviate the side effects of the drugs used in these treatments. (Nausea and hair loss, for example, are often reduced.) Cancers of the blood, such as leukemia and multiple myeloma show the greatest response, whilst good results have been seen in other cancers like lymphoma, ovarian, prostate, and breast cancer.

When the body is stressed or in a diseased state, the immune system can become overloaded and the activity of these protector cells becomes sluggish. This is often compounded by medical treatment - such as chemotherapy in the case of cancer - that further depresses the immune system. A weak immune system is less able to prevent cancer cells and infections from taking hold and spreading in the body.

The cellular picture of this treatment is as follows: The human immune system is comprised of more than 130 subsets of white blood cells. About 15% of them are called Natural Killer (NK) cells. These provide the first line of defense for dealing with any form of invasion to the body. Each cell contains several small granules, which act as 'ammunition.'

When an NK cell recognizes a cancer cell, for instance, it attaches itself to the cell's outer membrane and injects these granules directly into the interior of the cell. The granules then 'explode,' destroying the cancer cell within five minutes. The killer cell then moves on to other cancer cells and repeats the process. As long as NK cells remain active, the body is able to keep disease under control.

Dr. Ghoneum's findings have been demonstrated in test-tube experiments as well as seven published studies involving 72 patients. In a study presented to the American Association for Cancer Research, he reported on five patients with breast cancer. Each patient was treated with the same dosage of three grams a day of MGN-3/ BioBran from a Japanese manufacturer. NK cell activity increased within two weeks and continued to do so as the study progressed. At the end of the six- to eight-month study, two of the patients were in complete remission. In a study reported the following year, 27 patients with various types of cancers including breast, cervical, prostate, leukemia and multiple myeloma were tested for NK cell activity by 51 Chromium- release assay before and after only two weeks treatment with MGN-3/ BioBran.

NK cell activity increased 154-332% for breast carcinoma, 100-275% in cervical cancer; 174-385% in prostatic cancer; 100-240% in leukemia and 100- 537% in multiple myeloma.

Dr. Ghoneum's most recent study, reported in the International Journal of Immunotherapy, involved 24 patients. Doctors tested NK cell activity in each patient, administered the recommended cancer dosage of 3 grams per day, and tested NK cell activity again after 16 hours, one week, one month, and two months. After 16 hours NK cell activity had increased 1.3 to 1.5 times. After one week, activity had increased eightfold. At the end of two months, NK cells were killing 27 times more cancer cells than prior to taking MGN-3/ BioBran.

Unlike other forms of cancer treatment, MGN-3 is a totally harmless substance and has no known side effects. In the terrorist analogy, it doesn't kill innocent civilians. With the wonderful results in treating cancer, even

"Multiple Myeloma, one of the deadliest cancers".

Dr. Ghoneum recommended getting vitamins and minerals solely from natural foods and juices (Organic carrots and other freshly made fruit and vegetable juices). That, he said helped the treatment immensely.

Another advantage shown by MGN-3/ BioBran is that it retains its effectiveness in the body even after a prolonged period of use - in other words, there is none of the usual drop-off effect over time that is common with many other nutritional supplements. MGN-3/ BioBran is also highly absorbable, completely non-toxic, GMO-free and contains no actual mushroom in the finished product, which means it can be safely taken by those with mushroom intolerances.

Authorized by the Japan Health Food and Nutrition Food Association, it has passed strict evaluation standards set under the guidance of the Japanese Ministry of Health and Welfare.

Dr. David G. Williams stated in his health newsletter, **Alternatives**:

"If MGN-3 were a drug, it would be front-page news, the top story of every news cast in the country. But MGN-3 isn't a drug, it probably won't even make the news, and it could even threaten the multi-billion dollar profits of the U.S. drug industry"

Dr. Ghoneum says that the best time for a cancer patient to begin using MGN-3/ BioBran is either while he or she is in the process of “debulking” (surgery, chemotherapy or radiation) or immediately thereafter. Participants in his ongoing research take 3 grams a day until there is no sign of cancer remaining. Then, after 2-3 additional months of taking 3 grams per day, their dosage is reduced to 1 gram a day.

When used during debulking, Dr. Ghoneum says, MGN-3/ BioBran has often reduced the unpleasant side effects; but immediately after debulking is probably the most important time to use MGN-3/ BioBran, because the number of cancer cells are, in all likelihood, at their lowest. This gives MGN-3/ BioBran its best chance to get rid of the cancer cells that escaped the debulking therapy, and keep them from coming back.

Dr. Ghoneum says:

“Conventional medicine has excellent anti-tumor therapies that can significantly reduce the number of cancer cells. Unfortunately, we have seen that it is difficult to achieve a 100% kill rate without killing the patient in the process. At best, we can hope to kill 95-98% of the cancer cells with these therapies. At this point, a patient may be considered to be ‘in remission.’ Therapy is discontinued and the patient is closely monitored. However, as most oncologists are painfully aware, these remissions are frequently short-lived.”

Most chemotherapy cocktails suppress the immune system, lowering the activity of anti-cancer cells. Following chemotherapy or radiation, the few hardy cancer cells that survive are left to multiply unchallenged by the damaged immune system. When the cancer resurfaces, it does so with increased ferocity and drug resistance.

The practice of “watchful waiting” practiced by most oncologists wastes a golden opportunity to administer the coup de grace to the cancer. Boosting the immune system with MGN-3/ BioBran allows the body to eliminate the remaining cancer cells that escaped the chemotherapy, radiation, or surgery.

Dr. Ghoneum says that sometimes cancer patients want to try MGN-3/ BioBran before agreeing to their oncologist’s recommendation for a debulking therapy. He cautions you not to postpone debulking therapy. If the number of cancer cells outnumber the NK cells by too great a margin when you begin using MGN-3, then the NK cells – even if highly activated by MGN-3/ BioBran - cannot win.

Dr. Ghoneum states:

“MGN-3 cannot and should not replace debulking therapy, especially in cases of advanced malignancies. In these cases, the huge numbers of cancer cells present easily overwhelms even an extremely active immune response. Instead, I recommend that cancer patients with solid tumors begin MGN-3 immuno-therapy concurrent with, or immediately following debulking therapies. With this strategy we have the best chance of winning what essentially becomes a war of numbers.”

See the BioBran website <http://www.biobran.org/research/> for a summary of all the research findings.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter biobran. Select “100 Results”. Select “Sort by Price: Low to High”.

One source is Netnutri.com at <http://www.netnutri.com/browse.cfm/4,1815.html> Ph Toll free 877-807-2007 Monday-Saturday 9AM-9PM EST Sundays 11AM-8PM EST. This source provides an interesting comparison between AHCC and Biobran/MGN-3. Dr Ghoneum believed that MGN-3 was superior to AHCC. Click [here](#) to read the full article.

Further Reading and References

- <http://www.biobran.org/research/>
- <http://www.netnutri.com/browse.cfm/4,1815.html>
- <http://www.biobran.org/ or www.natura.org.uk/biobran.htm>
- <http://www.research-data.com/Latest-Findings/MGN3-Index.htm>
- <http://www.publishedresearch.com/MGN3/MGN3.html>
- <http://www.biobran.org/>

Dr. Hasumi

In Japan, Dr. Hasumi claims outstanding success in curing cancer with a vaccine made from the patient's own urine; however, it works only if the immune system is still sufficiently strong.

The Electro-Chemical & Cancer Institute developed a cancer vaccine in 1946, the Hasumi Vaccine, and started its clinical application in 1948. The Hasumi Vaccine has been in clinical use since. At first, the concept of this vaccine was based on the simple premise and a methodological question: "How we can let the body's immune system distinguish cancer cells from normal cells?"

In those days, the research was based on the theory of virus-induced cancer propagation, an idea totally rejected by the then reigning medical circle of Japan.

Since 1988, the present organization has made efforts to extract membrane antigen from cancer cells. In 2000, through joint research with the University of Maryland (USA), the physiological activity of the Hasumi Vaccine was demonstrated and has paved the way for the cancer vaccine to steadily prevail. In 1999, through joint research with the Jefferson Medical College of Thomas Jefferson University (USA), the clinical research of dendritic cell vaccine, a new type of cancer vaccine, was started.

"To date, more than 130,000 people have been treated with the Hasumi Vaccine and today approximately 16,000 people in Japan and 6,000 people overseas are continuing treatment with the vaccine. The therapeutic advantage of the Hasumi Vaccine has been demonstrated to prevent recurrence after cancer surgery."

Approximately one-third of the patients are taking the vaccine against a secondary cancer. Some terminal, grown tumors have been reported to vanish in rare cases.

Sources

Treatment is available at Shukokai Clinic 1-44-6 Asagaya-ka, Suginami-ku, Tokyo 166-0001 Japan
Tel:03-3338-0710 Fax:03-3339-7271

References

- <http://www.shukokai.org/index3e.html>

Dr. Virginia Livingston/Livingston Approach

Dr. Virginia Livingston, like Roy Rife and Gaston Naessens, took as her starting point the belief that a microbe—one that could change shapes—was the cause of cancer. She saw this microbe in 1947 and from then on directed all her work to combating it. She named the microbe Progenitor cryptocides (meaning 'hidden, ancestral killer'). She found this microbe everywhere she looked - even in sperm.

She believed therefore that everyone had this microbe but that it was held in check by the immune system until it was weakened by stress, diet, or even surgery or other traumatic events damaged the immune system. Then it multiplies in overwhelming numbers, becoming invasive and promoting the growth of cancer tumors.

She and her researchers demonstrated that solutions containing P. cryptocides but free of bacteria, sealed off from external contamination, subsequently become populated by bacteria, proving that the microbe changes forms. Such organisms have also been associated with arthritis and multiple sclerosis. She discovered that the microbe secreted a growth hormone that was identical to that which coats the placenta surrounding a fetus. She believes that this hormone, human chorionic gonadotrophin (HCG), also coats tumor cells.

The purpose of the hormone is to alert the immune system not to interfere with the contents of the HCG coated bundle. Clearly, some biochemical signal is needed to prevent the body's immune system from attacking a new fetus. According to Livingston, this is the mechanism and others have since confirmed it. HCG has to be kept in check by antibodies or it will grow out of control. One substance that does neutralize it is abscisic acid.

Dr. Livingstone's regime is to rebuild the immune system with a vegetarian raw food diet, vitamin and mineral supplements, gamma globulin injections and - the key differentiating element of the therapy - an autogenous vaccine [a vaccine cultured from the patient's own blood] given in conjunction with a BCG vaccination (an attenuated bovine tuberculosis bacillus vaccine that Livingston describes as "a close relative of Progenitor cryptocides"). See BCG.

She claimed an 80% remission rate.

In 1965, a friend convinced Livingston to try to help her husband, a physician with a malignant lymphoma of the thymus gland. She

"treated him with an autogenous vaccine as a nonspecific immune stimulation, mild antibiotics, and diet. He died of a heart attack, after living almost twenty additional years."

In 1968, she founded what was to become the Livingston-Wheeler Medical Clinic. Over the 22 years from 1968 until Dr. Livingston's death in 1990, the Livingston-Wheeler Clinic became one of the landmark alternative therapy clinics in the United States and one of the treatment centers of choice for many cancer patients seeking other options. It is still in operation, essentially providing the same treatment originally designed by Livingston. The program is complex and sophisticated. It includes:

1. A primarily vegetarian whole-foods diet, with a major emphasis on elimination of poultry products and a prohibition on smoking, alcohol, coffee, refined sugars, and processed foods. "Microbes love sugar, iron, and copper. Iron deficiency in a cancer patient is a defense mechanism and a sign that something else is wrong, not a disease in itself."
2. Fresh, whole-blood transfusions from a young, healthy person--preferably a family member--and gamma globulin (often of placental origin) as a source of antibodies.
3. Splenic extract to "increase the white blood count [and] enhance immunogenic systems."
4. A variety of vaccines, including an autogenous vaccine prepared from the patient's own blood, BCG vaccine. to stimulate immune function, and other nonspecific vaccines.
5. A supplement program that includes vitamins B6, B12, liver, multiple vitamins, and sometimes intravenous vitamin C. "We believe that vitamins A, C, and E are effective anti-cancer agents." Trace minerals, especially organic iodine (such as that found in kelp), are prescribed, since "iodine is essential to the metabolism of thyroid, the oxidative hormone. Additional thyroid is also given whenever tolerated."
6. Antibiotics, which Livingston reports can sometimes shrink tumors but which more generally reduce the number of *P. cryptocides* (the cancer microbe) organisms circulating in the blood.
7. A program to acidify the blood, "since an imbalance toward the alkaline side is known to exist in tumor patients. Hydrochloric acid in various forms can be given."
8. Attention to dental hygiene with a view to eliminating dental, tonsillar, and sinus infections that may diminish immune function (an emphasis she shared with the German cancer therapist Josef Issels and the biochemist, Dr. Hilda Clark).
9. A program of frequent baths in a hot tub with one cup of white vinegar to help "eliminate toxins through the skin," along with "purging and enemas," which Livingston believed reduced the *P. cryptocides* population and contributed to detoxification.
10. Enemas, including coffee enemas, and sometimes high colonics, for detoxification.
11. A selective approach to conventional therapies. To affect the course of the disease, Livingston postulated, "Two courses of action are possible: One is to destroy the cancer cells in any way possible and the other is to build immunity in the host to resist the inroads of the infecting agent, the PC. The well-known destructive route is to

employ surgery, radiation, and chemotherapy. The first, surgery, is probably the most useful of the three methods because it removes physically as many cancer cells as possible so that the immunological drain on the patient is lessened."

Livingston believed that radiation destroyed immunity but had limited usefulness for localized bone lesions. She thought radiation was also useful in early treatment of some solitary cancers, in some minute metastatic lesions, and in some early lymphomas. The role of chemotherapy, she maintained, was difficult to evaluate, but generally ran counter to the immunological treatment of the disease. She cited acute leukemia, premenopausal breast cancer, lymphoma, multiple myeloma, Wilms's tumor in children, and chorioepithelioma as cancers in which chemotherapy had a role, though often a restricted one. "Even when chemotherapy is used," she said, "immunization should also be instituted at the same time or at intervals between short courses of chemotherapy. However, it must clearly be understood that the patient will eventually survive only because of the stimulation of a potentially intact immune system. Everything else is of secondary importance."

Livingston subtitled her book, **Conquest of Cancer**, with the words 'Vaccines and Diet'. Livingston's therapy forbids chicken, beef, eggs and milk. Diet played a critical role in her therapy as a way of supporting the renewal of the compromised immune system. She devised three diets for her patients: one for acutely ill patients, one for recuperating patients, and one for patients on a maintenance program.

The strict diet (for acutely ill patients) included at least 50% raw foods. Some patients were given completely raw foods diets for up to a year. This included up to a quart of fresh carrot juice a day, other fresh vegetable juices, whole-grain breads, whole-grain cereals, fresh fruits, nuts, baked or boiled potatoes, salads, homemade soups, and raw or freshly cooked vegetables. The diet was based around the fresh juices, which, in addition to pure carrot juice, included carrot juice mixed with apple juice, spinach juice, cabbage juice, cucumber juice, beet juice, or tomato juice.

Vitamin Therapy

Livingston summarizes her view of megavitamin therapy in her **Physician's Handbook**.

"We use megavitamins in our program because it is not feasible to attempt to determine what individual deficiencies may exist. We find from experience that high dosage gets the best results. ... We use only natural oils for vitamin A. Many mucous membrane and skin lesions respond to high dose vitamin A. We advocate megadoses of vitamin C and relatively high doses of vitamin E. In general, these dosages are well tolerated, but if an idiosyncrasy develops to any one of them, the dose can be lowered or a substitution made. ... The dosage should be individually adjusted by the physician.

We often give vitamins by injection, particularly in the paraneoplastic syndrome and after chemotherapy when there is pain along nerve roots and peripheral nerves. B12, liver, and B complex without folic acid can relieve pain in many cases. Abscisic acid, an analog of vitamin A, appears to have an inhibitory effect on tumor growth. Unfortunately, it is very expensive and in short supply so we recommend foodstuffs, which contain it in large amounts such as the nuts, seeds and root vegetables as well as mature leaves and vegetables, but definitely avoid green sprouts and green juices which contain growth factors for tumor."

Sources

The Livingston Foundation Medical Center is the exclusive provider of the Livingston Protocol established by Dr. Virginia C. Livingston. Livingston Foundation Medical Centre, 3232 Duke Street, San Diego, CA 92110, Phone: 619-224-3515 Toll free information 888-777-7321 Fax 619.224.6253 info@LFMC.net

Further Reading and References

- Conquest of Cancer: Vaccines and Diet by Virginia Livingston-Wheeler, Edmond G. Addeo
- Cancer: A New Breakthrough by Virginia Livingston
- The microbiology of cancer: A series of five books by Virginia Livingston-Wheeler
- Physician's Handbook by Virginia Livingston-Wheeler (San Diego: Livingston-Wheeler Medical Clinic) The Physician's Handbook is no longer in print and some aspects of the therapy it describes are no longer in use. However, it does describe the megavitamin therapy that Livingston employed.

VG-1000/Dr. Govallo/Immuno Placental Therapy (IPT)

Dr Valentine Govallo, a Russian immunologist developed a vaccine from the human placenta after a live birth, which appears to wake up the immune system of cancer patients to the evading cancer.

Dr. Govallo, theorized that the immune system itself was hindering the activity of the immune system, emitting certain "blocking factors". Since some of these blocking factors seem to bear a striking resemblance to those emitted by an embryo during pregnancy, Govallo had the brilliant idea of using placental extracts to immunize the patient against the fetus like behavior of the cancer cells. He found that an extract of human chorionic villi, effectively blocks all reactions of cell immunity, when added to a test tube of white blood cells.

Records of Govallo's first trial with 45 patients and IPT in 1974 show 29 (64.4%) still alive after more than 20 years. Side effects are typical of many vaccinations: fever, malaise, flu-like symptoms for 1 to 2 days. Due to the strong possibility of "tumour lysis syndrome" because of the newly mounted immune attack, it is critical that detoxification and full nutritional strategies, including the use of coffee enemas, be in place before a course of IPT.

In cancer patients, he found a quantitative reduction of the tumor mass after immunization with placental extract, and decreased production of blocking factors, just as a decrease in the production of blocking factors reduces tumor mass.

Govallo said that it is not yet exactly clear how the placental extract effect works - the statistics in his book show a 77.1% 5-year survival rate. He published his results in **Immunology of Pregnancy and Cancer**.

His first "prototype" placental anticancer extracts were crude, natural compounds which had to be shipped in dry ice. His book published in the US in 1993 describes it.

Since 1999, however, there is a second generation extract, VG-1000 which has all the advantages of a modern product: it is lyophilized, standardized and manufactured under strict quality control rules. Due to its amino acid content, it is accepted as a food supplement in a (drink) ampoule.

VG-1000 is most beneficial in the kind of cancer known as carcinoma, for example breast cancer, prostate cancer, lung cancer, etc. VG-1000 is also helpful in melanomas, a type of skin cancer. It is also indicated for some sarcomas (cancers of muscle, bone, and connective tissue) and in leukemia.

"Patients recently subjected to chemotherapy or radiation responds more slowly to VG-1000 as they have a depressed immune system. However, patients who have had neither radiation nor chemotherapy respond very favorably. Thus, VG-1000 is clearly indicated as first-line treatment for persons with recently diagnosed cancers, as well as to help prevent recurrence."

Beginning in 1975, Dr. Govallo treated over one hundred patients, most with cancers, which were considered incurable. More than 60% of his earliest patients have reportedly survived ten (10) years or longer with healthy immune systems.

Sources

This treatment is available at three centers in North America:

The Immuno-Augmentative Clinic in Freeport, Grand Bahamas http://www.cancure.org/iat_clinic.htm

CHIPSA's - Center for Integrative Medicine in Tijuana, Baja California, Mexico <http://chipsa.com/>

San Diego Clinic, Tijuana, Mexico http://www.cancure.org/san_diego_clinic.htm

Further Reading and References

- Immunology of Pregnancy and Cancer by Valentin I. Govallo, M.D. <http://www.sdiegoclinic.com/treatments/Immuneplacental/immuneintro.htm>
- http://www.cancure.org/VG1000_cancer_vaccines.htm

Transfer Factor/Transfer Factor Plus

"In 1949, Dr. H. Sherwood Lawrence made a revolutionary discovery while studying tuberculosis. He determined that an immune response could be transferred from a donor to a recipient by injecting an extract of leukocytes. He found that this extract contained a factor capable of transferring immunity. He named the substance transfer factor. In the fifty years since Lawrence's pioneering work, an estimated \$40,000,000 has been spent on research, resulting in over 3,000 scientific papers documenting the benefits of transfer factors. The world's leading scientists and physicians have established the safety and remarkable immune system benefits of transfer factor."

"Transfer factors are small peptides of approximately 44 amino acids that "transfer" or have the ability to express cell-mediated immunity from immune donors to non-immune recipients."

Transfer Factor Plus is a patented blend of proven immune system builders such as Inositol Hexaphosphate, Cordyceps, Beta Glucans, Maitake and Shiitake Mushrooms. These ingredients work together to trigger and enhance the various immune protective mechanisms of the body.

"Clinical studies show that Transfer Factor Plus can increase Natural Killer cell activity up to 248% above baseline."

With Transfer Factor Plus as part of an aggressive nutraceutical regime with Stage IV end-stage cancer, a clinical study showed that survival was extended and quality of life increased. See 'Increased tumor necrosis factor alpha (TNF-alpha) and natural killer cell (NK) function using an integrative approach in late stage cancers' at http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12148949

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Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter transfer factor plus in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

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TVZ-7 Lymphocyte Treatment/Zwitterionic Piperazine

"TVZ-7 [zwitterionic piperazine] is an extract of cytokines – immune system hormones – and other immune activating chemicals, taken from cultured B lymphocytes. Mature B lymphocytes are white cells that live in the spleen, lymph glands and peripheral lymphoid tissue. They can independently [recognize] "antigens", anything foreign to the body, and mount an attack by creating antibodies. Whilst the scientists behind TVZ-7 are not yet quite sure how exactly it works, it has induced dramatic responses in cases of pancreatic, liver and brain cancer, as well as having an impact on pain control."

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VITAMINS AND OTHER NATURAL SUBSTANCES

Antioxidants

While oxygen is necessary to maintain life, the by-products created when cells use oxygen can be harmful to cells. These by-products, called 'free radicals', occur naturally when oxygen in the bloodstream combines with any of a diverse group of chemicals. Substances that give rise to free radicals can be found in: polluted air, cigarette smoke, chemical toxins such as benzene, food additives and re-heated cooking oil, high energy radiation, heavy sun burning, radiation in cancer therapy and radioactivity, heavy physical training, long lasting inflammations, some drugs, alcohol, smoking, and above all heavy metals.

The mercury from tooth fillings is thought to be the main chronic generator of free radicals. See "Mercury induces cell cytotoxicity and oxidative stress and increases beta-amyloid secretion and tau phosphorylation in SHSY5Y neuroblastoma cells" in **References**, where the antioxidant, melatonin, protects against the effects of mercury implicated as a cause in Alzheimer's Disease.

Free radicals together with 'non-radicals', eg, hydrogen peroxide, are known as 'reactive oxygen species (ROS)'.

Free radicals, scientists know today, carry out the actual destructive work in disease, in infection, in stress and in aging. Further, free radicals are known to cause defects in normal RNA as well as in life-perpetuating DNA, the genetic information of the cells. The damage by ROS to DNA, though thought to be a frequent event in the normal human cell, is also regarded as the fundamental molecular event leading to cancer.

Normally, ROS and antioxidants are in balance. ROS are a normal part of our metabolism, and they are active when fighting bacteria and viruses. However, a large permanent excess of ROS leads to oxidative stress, to cell damage and in the long run, chronic diseases.

To become stable, free radicals need to steal electrons from other molecules, so they constantly seek out healthy cells and attack their vulnerable outer membranes, eventually causing cellular degeneration and death. Antioxidants come to the rescue by binding with free radicals, transforming them into non-dangerous compounds.

"If free radicals are left to their own devices, they may cause heart damage, cancer, cataracts, and weaken your immune system,"

says Nicole Nisly, M.D., UI Health Care specialist in alternative medicine at the UI Family Care Center. Antioxidants are organic substances that include vitamins C, E, and A, the mineral selenium, carotenoids including beta-carotene, and melatonin. Antioxidants can be found in foods, or in enzymes made in cells. Glutathione peroxidase and superoxide dismutase (SOD) are body enzymes that counteract ROS. Antioxidants are also available in supplement forms.

There is considerable evidence that antioxidants slow or possibly prevent the development of cancer.

It is estimated that 30 to 35 percent of all cancers may be associated with poor nutritional habits. Research on certain vitamins and minerals indicates that diets high in foods containing antioxidants lead to lower rates of cancer.

Foods containing antioxidants include citrus fruits, tomatoes, peppers, strawberries, broccoli, peaches, and cabbage. Vitamins A, C, E, beta-carotene, and the mineral selenium are being investigated for possible protective abilities against cancer. For example, see the study, "Inhibition of Cancer Cell Proliferation in Vitro by Fruit and Berry Extracts and Correlations with Antioxidant Levels" in **References**.

Antioxidants have been extensively studied for their ability to prevent cancer in humans. A 2004 French study has shown that long-term supplementation with a broad spectrum of antioxidants in men reduced cancer incidence by 31 percent and all-cause mortality by 37 percent, but showed no effect in women. The researchers concluded supplementation may be effective in men because of their lower baseline status of certain antioxidants, particularly beta-carotene.

Because dietary and antioxidant supplements work to eliminate free radicals, this would appear contra-indicated for some chemotherapy agents that actually involve the generation of free radicals to cause cellular damage and kill malignant cells.

So a concern has logically developed as to whether antioxidant supplements taken concurrently during chemotherapy could reduce the beneficial effect of chemotherapy on malignant cells. The importance of this concern is underlined by a study which estimates 23 percent of cancer patients take antioxidants.

The study of antioxidant use in cancer treatment is a rapidly evolving area. For further discussion of the use of antioxidants as sole cancer therapy, refer to the article by Prasad in **References** "High doses of multiple antioxidant vitamins: essential ingredients in improving the efficacy of standard cancer therapy". A number of reports show a reduction in adverse effects of chemotherapy when given concurrently with antioxidants. The combination of antioxidants and chemotherapy agents needs more investigation, because published research indicates the cautious and judicious use of a number of antioxidants can be helpful in the treatment of cancer, as sole agents and as adjuncts to standard radiation and chemotherapy protocols.

Numerous animal studies have been published demonstrating decreased tumor size and/or increased longevity with the combination of chemotherapy and antioxidants. A study was conducted on small-cell lung cancer in humans using combination chemotherapy of cyclophosphamide, Adriamycin (doxorubicin), and vincristine with radiation and a combination of antioxidants, vitamins, trace elements, and fatty acids. The conclusion was:

"antioxidant treatment, in combination with chemotherapy and irradiation, prolonged the survival time of patients".

Human studies found melatonin plus chemotherapy to induce greater tumor response than chemotherapy alone.

Additionally, physicians need to remain aware of the large body of evidence showing a positive effect of antioxidants in the period following chemotherapy administration. The general protocol with conventional treatment is to follow a watch-and-wait strategy after treatment is concluded.

This is a period when supplemental therapies are highly indicated and have been demonstrated to result in a higher percentage of successful outcomes. A recent review article by Prasad summarizes the need for a nutritional protocol involving multiple dietary antioxidants to enhance the efficacy of standard and experimental cancer therapies and decrease their toxicity, and to prevent the recurrence of cancer.

"Cancer patients can be divided into 3 groups: those receiving standard or experimental therapy, those who have become unresponsive to these therapies, and those in remission at risk for recurrence or a second new cancer. While impressive progress in standard cancer therapy has been made, the value of this therapy in the management of solid tumors may have reached a plateau. At present, there is no strategy to reduce the risk of recurrence of the primary tumors or of a second cancer among survivors. Patients unresponsive to standard or experimental therapies have little option except for poor quality of life for the remainder of life. Therefore, additional approaches should be developed to improve the efficacy of current management of cancer. In this review, the author proposes that an active nutritional protocol that includes high doses of multiple dietary antioxidants and their derivatives (vitamin C, alpha-tocopheryl succinate, and natural beta-carotene), but not endogenously made antioxidants (glutathione- and antioxidant enzyme-elevating agents), when administered as an adjunct to radiation therapy, chemotherapy, or experimental therapy, may improve its efficacy by increasing tumor response and decreasing toxicity. This nutritional protocol can also be used when

patients become unresponsive to standard therapy or experimental therapy to improve quality of life and possibly increase the survival time. The authors also propose that after completion of standard therapy and/or experimental therapy, a maintenance nutritional protocol that contains lower doses of antioxidants and their derivatives, together with modification in diet and lifestyle, may reduce the risk of recurrence of the original tumor and development of a second cancer among survivors. Experimental data and limited human studies suggest that use of these nutritional approaches may improve oncologic outcomes and decrease toxicity. This review also discusses the reasons for the current debates regarding the use of antioxidants during radiation or chemotherapy."

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Alpha Lipoic Acid (ALA)/Lipoic Acid

Alpha-lipoic acid is an antioxidant that is produced naturally in the body. It functions as a co-factor for a number of important enzymes responsible for the conversion of food to energy (ATP). However, most lipoic acid arises from diet or from supplements. In nature, lipoic acid is found in the leaves of some plants and in red meat.

Unlike other antioxidants, lipoic acid is both fat and water-soluble and is easily absorbed and transported across cell membranes. This unique quality offers protection against free radicals both inside and outside the cell while other antioxidants only provide extracellular protection.

Research has shown alpha-lipoic acid to be an efficient free radical scavenger, effective in numerous neurodegenerative disorders, and an agent that prevents deficits in nerve blood flow, oxidative stress and distal sensory conduction. With its capabilities as a precursor to glutathione (GSH-a major antioxidant in the body), alpha-lipoic acid has shown to be a potential therapeutic agent fighting against cancer and HIV.

Lipoic acid has the ability to regenerate other antioxidants like vitamin E, vitamin C and GSH for further use, after they have eradicated free radicals. Numerous clinical trials have shown the benefits of supplementing with lipoic acid for medical problems such as moderating blood sugar concentrations, symptoms of cardiovascular ailments, blurred vision, and liver complication.

Alpha lipoic acid has been shown to help chelate (therefore detoxify) iron, copper, and cadmium which are metals that can give rise to increased free radical activity in the body. If chelating heavy metals like mercury, another moving agent like DMSA should be used as lipoic acid only forms weak bonds with mercury and could cause it to just be moved elsewhere in the body.

Alpha lipoic acid has been found to have a number of positive impacts in relation to cancer. In its antioxidant capacity, it protects a complex called NF kappa B. NF Kappa B is involved in controlling cell division and is often damaged in cancer cells (by free radicals).

When this damage happens, NF Kappa B is activated and oncogenes can take over the cell cycle leading to uncontrolled cell division and cancer. ALA in conjunction with N-Acetyl Cysteine has been found to repair functional defects in the immune systems of cancer patients as well.

Also see [Antioxidants](#).

Sources

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Beta-Carotene/Alpha-Carotene

The appetizing colors of fresh fruits and vegetables derive from the presence of special groups of anti-oxidants. Carotenoids are fat-soluble compounds which range in hue from light yellow to deep orange. The flagship carotenoid is beta-carotene, the orange pigment evident in carrots and cantaloupe.

In the body, beta-carotene is converted to vitamin A, but the importance of carotenoids for human health extends far beyond beta-carotene's role as a precursor of vitamin A. Dietary supplements of beta-carotene appear ineffective in preventing cancer or heart disease, whereas foods that are high in beta-carotene and other carotenoids do apparently confer protection.

"The best cancer fighting juice is carrot juice. It is high in beta-carotene and high in alpha-carotene, an often ignored nutrient, though thought by many experts to be ten times more powerful than beta-carotene."

Also see [Antioxidants](#).

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Bioflavonoids

The darker colors of fruits and vegetables are supplied by a group of compounds called bioflavonoids, which typically range from bright yellow to deep purple hue. There are over four hundred bioflavonoids in the human diet. They are widely distributed in fruits, vegetables, beverages and spices. A typical North American consumes about one gram of bioflavonoids per day; Asians may consume over five grams per day, much of it coming from herbs and spices.

Bioflavonoids are potent anti-oxidants that not only contribute to the health benefits of fruits and vegetables but also to the therapeutic effects of many traditional Chinese and Indian herbal remedies. The bioflavonoids which give grapes their purple color are believed responsible for the protection against heart disease which is offered by red wine. Epigallocatechin gallate (EGCG), the bioflavonoid that is the main constituent of green tea, is credited with the protection against cancer that results from drinking green tea.

Bioflavonoids found in soy beans have weak estrogen-like activity. The low frequency of breast cancer in east Asia, where soy is a major source of protein, has been attributed to

the mild estrogen-blocking effect of soy flavonoids. Preliminary research indicates that soy flavonoids can block the estrogenic effects of dioxin.

Bioflavonoids, including those found in apples, onions, tea, and red wine, are now being studied for possible cancer-fighting properties. In one 24-year study, people who ate bioflavonoid-rich foods had a 20% lower risk for cancer. Laboratory and animal studies have even indicated that some of the compounds in green tea might have the capacity to selectively destroy cancer cells (black tea does not appear to do the same). Ubiquinone, a fat-soluble vitamin-like compound that assists in generating energy within our cells, is potentially a highly effective anti-oxidant, according to some early tests. Although it exists naturally in the body, it can also be supplemented by eating beef, pork, mackerel, salmon, sardines, anchovies, and nuts. Much research remains to determine its true benefits.

Bioflavonoids enhance the absorption of Vitamin C and it is often advised that the two should be taken together. Bioflavonoids include hesperetin, hesperedin, eriodictyol, quercetin, quercitrin, and rutin. The human body cannot produce bioflavonoids, and they must be supplied in the diet. Bioflavonoids act synergistically with Vitamin C to preserve the structure of the capillaries. Sources of bioflavonoids are the white skin beneath the peel of citrus fruits, peppers, buckwheat, black currants, apricots, cherries, grapefruit, grapes, lemons, oranges, prunes, and rose hips.

Herbs that contain bioflavonoids are chervil, elderberries, hawthorn berry, horsetail, rose hips, and shepherd's purse.

Quercetin is known as 'king of the flavonoids' because of its preventive and curative abilities.

"It is one of the best antihistamines for relieving hay fever and allergies. It is also an anti-inflammatory for pain producing ailments such as rheumatoid arthritis. It might be more effective than vitamin E for lowering cholesterol and the risk of heart disease and stroke. It safeguards LDL (the bad cholesterol) from oxidation helping to prevent it from clogging arteries. High-dose quercetin therapy slows the advance of many different types of cancer, stops the growth of leukemia cells, impedes breast cancer.

Human dosage is about a thousand milligrams. For aggressive therapy, the dose is increased to twice that. It is taken on an empty stomach, divided throughout the day."

In a recent study in which it was used with cisplatin on lung tumor cells, quercetin was found to amplify the growth and apoptosis of the tumor cells:

"Experience over several years has indicated that chemotherapy, even if widely used, does not always remain effective in the therapy of lung tumors and, in addition, is linked to serious side effects. In parallel, some plant polyphenols are known to exert a proapoptotic action on tumor cells while, in contrast, representing anti-cancerogenic anti-oxidants in living organisms. Our studies were aimed at comparing the effects of a polyphenol, quercetin, and cisplatin on cells of various types of lung cancer in in vitro conditions. In these studies we also attempted to define the relationship between the dose and the duration of the activity of the compounds. Cisplatin alone was found to induce only a small reaction in the cells, while in combination with quercetin its anti-proliferative and pro-apoptotic effects were amplified, depending upon the type of tumor, the dose and the duration of the drug's action."

Sources

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Carnitine/ Levocarnitine

Carnitine is a naturally occurring amino acid metabolized from lysine and methionine (with Vitamins B-6 and C) and synthesized in the liver and kidneys. The food source is meat and milk and it is absent in strict vegetarian diets. Carnitine is a necessary component of heart and skeletal muscle tissue.

Carnitine is involved in lipid metabolism, and it functions to transport fatty acids across the inner mitochondrial membranes. This amino acid is also essential for brain cells and healthy neurological function, and it promotes longevity by helping to provide cells with the necessary energy to function. Carnitine deficiencies are common.

Low levels of carnitine have been noted in patients with cancer, diabetes, myocardial ischemia, and alcoholism. There are different types of carnitine. Elemental (active) L-carnitine fumarate has an extra molecule of fumaric acid, that helps maintain Krebs' Cycle function, and acetyl-carnitine crosses the blood brain barrier quickly and aids in neurological function. Carnitine supplementation results in increased plasma and tissue levels of carnitine.

In healthy heart tissue, carnitine has adequate amounts to provide sufficient fatty acids, which are the principal energy substrate of the heart.

Levocarnitine (another name for carnitine) has been shown to assist patient recovery from the effects of chemotherapy treatment. A specially designed energy drink each day could boost cancer patients left exhausted by chemotherapy, according to research published in the **British Journal of Cancer**. Fatigue is one of the most common side effects of treatment for cancer, robbing patients of the energy to perform everyday tasks and severely impairing their quality of life.

Scientists believe many cases of fatigue, which affects 80% of chemotherapy patients, occur when treatment disrupts a patient's metabolism. This depletes levels of carnitine, which is vital for providing energy to our muscles.

But Italian scientists have found that giving people a substance called levocarnitine, which is taken in a pineapple-flavored drink, help them recover from the effects of treatment. In their study, 90% of those who received the supplement recovered from their fatigue within a week.

Lead researcher Dr. Francesco Graziano, of Urbino Hospital in Italy, comments:

"After chemotherapy, many patients have low levels of carnitine in their blood and we think that's one of the reasons they feel so exhausted. It seemed logical that boosting carnitine levels with a dietary supplement might restore that lost energy. Our study was the first to take this new approach to treating fatigue and the results, although preliminary, were very encouraging."

Dr. Graziano and his colleagues studied 50 patients who had reported feeling fatigue during the course of their chemotherapy. Researchers used detailed questionnaires to assess each patient's degree of fatigue and took blood samples to measure carnitine levels. Then they gave patients an energy drink containing levocarnitine, which is converted to carnitine in the body. After a week of treatment, their progress was assessed.

On average, blood carnitine levels increased by 50% over the course of the week. And the questionnaires revealed that 45 of the 50 patients (90%) no longer felt fatigued.

Dr. Graziano adds:

"The quality of life of our patients improved markedly over the course of the week, and it seems likely that the improvements were a result of the supplements they were taking. We now need larger-scale trials, to test the extent to which the supplement can restore patients' energy levels. It could become an important way of maintaining quality of life for patients undergoing intensive treatment for cancer."

Prof Gordon McVie of Cancer Research UK, owners of the **British Journal of Cancer**, says:

"Treating patients more effectively doesn't just mean keeping them alive for longer; it also means preserving their quality of life.

"We are getting better at reducing the side effects associated with modern drugs, but chemotherapy still robs many patients of the energy they need to live their life to the full. A simple dietary supplement to restore a patient's zip would be a valuable step forward and these initial results are certainly encouraging."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter levocarnitine. Select "100 Results". Select "Sort by Price: Low to High".

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Conjugated Linoleic Acid (CLA)

"Conjugated linoleic acid (CLA), a fatty acid, has promising anti-cancer effects. The effect of CLA is more powerful than any other fatty acid in modulating tumor development.

Numerous studies had already been published on CLA's powerful anti-cancer effects. Even more significant is the fact that only relatively small amounts of CLA are required to achieve its wonderful effects. The studies showed that to produce healthful benefits, only 3 to 4 grams of CLA daily are required.

Studies show CLA may help protect against many diseases including atherosclerosis and cancer. In a paper in the 'Journal of Nutrition' (1999 December), evidence of significant cancer prevention was shown when CLA was added to the diet. This study revealed CLA to be a "potent cancer preventative agent in animal models." Specifically, it was determined that feeding CLA to female rats while they were young and still developing conferred life-long protection against breast cancer. This astounding preventative action was achieved by adding CLA at the dose of 0.8% of the animal's total diet. This corresponds to 3-4 g for a human (1% of diet).

Suggested dose : 2 - 6 g / day. Most effectively utilized when taken in divided doses with low fiber meals."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter Conjugated Linoleic Acid (CLA) in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

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Co-enzyme Q10/Coenzyme Q /CoQ10/Ubiquinone/ Stockholm Protocol Cancer Treatment/ Q-Gel®

Coenzyme Q10 is an antioxidant that stimulates the heart muscles and stimulates the immune system in several different ways, mainly through higher antibody levels, and greater numbers and/or activities of the cancer fighting macrophages and T-cells. There may be other ways Co-Q10 aids in the fight against cancer that have not yet been isolated. It is best known as an antioxidant. Antioxidants help the body use oxygen more efficiently.

Coenzyme Q10, is also demonstrating potent anti-cancer properties. CoQ10 may be able to halt cancer.

Dr. William Campbell Douglass reports research findings and case histories in his newsletter **Second Opinion** that show a correlation between CoQ10 and breast cancer. Low levels of CoQ10 were found in women with breast cancer. Increased levels were associated with regression and remission.

Among the Co10 studies, Dr. Karl Folkers of the University of Texas, Austin reports regression of breast cancer, not only at the original site, but even of cancer that had spread (metastasized) to the liver—usually a sign of terminal illness. Unlike conventional treatment, CoQ10 is completely non-toxic and stimulates the immune system, rather than depressing it. In several studies, CoQ10 worked wonders with patients who had chosen to take chemotherapy, reducing the toxicity of such treatment. In one study, patients who were given CoQ10 had little or no toxicity, even though they were given much larger doses of the toxic chemotherapy agent than were given to the control group. This inverse correlation is significant.

Dr. Douglass points out that CoQ10 dissolves in fat and that it is therefore most absorbable in either a special wafer form (to which some oil has been added) or taken with a tablespoon of olive oil. Dr. Burton Goldberg recommends coconut oil.

Since CoQ10 has many health benefits, a minimum dose of 50 mg daily is appropriate for prevention of degenerative diseases, for improved energy, and for general health. If you have cancer, you may want to increase that dosage dramatically to 400-600mgs daily. But be sure to discuss large doses with your doctor.

"In late 1993, Dr. Folkers arranged for the first clinical trial of Co Q10 at a clinic in Copenhagen, Denmark. Doctors treated 32 patients with advanced, "high risk" breast cancer. In addition to appropriate surgery and conventional treatment, each patient was given 90 mg of CoQ10 per day. They also received other vitamins, minerals, antioxidants, and essential fatty acids. On this regimen, 6 of the 32 patients showed partial tumor regressions, significant in "advanced" patients.

Then in October 1993, a strange thing happened: one of these six women, on her own, increased her dosage from 90 to 390 mg per day. By the next month, her doctors wrote, "the tumor was no longer palpable and in the following month, a mammogram confirmed the disappearance of her tumor. After that, another woman in the group also increased her dose, this time to 300 mg. Her tumor also soon disappeared and a clinical examination revealed no evidence of the prior residual tumor, nor of distant metastases."

Ralph Moss, **Antioxidants Against Cancer**

The significance of this study is two-fold. First, all of these patients were given chemotherapy along with the Co-Q10. It is not known what results would have been obtained without the toxic and immune system destroying chemotherapy. Second, the dosages of Co-Q10 given by the doctors were far too low (90 mg). It was the patients who made the greatest discoveries.

In experiments where the dosage was only 90 mg, results were sporadic. However, when dosages were in the range of 400-600 mg, and perhaps higher, results were substantial. (Note: A person should gradually build up to dosages above 100 mg.)

The Stockholm Protocol is described at <http://www.cancertutor.com/Cancer/Q10.html>

"Stockholm Protocol: (daily):

1.2 grams of Gamma Linolenic Acid

3.5 grams of Omega 3 Fatty Acids

58 mg (32,248 iu) Beta Carotene

2.8 grams Vitamin C

2500 iu Vitamin E

385 micro grams Selenium

390 mg CoQ10

The Vitamin C in this regimen is far too low, and should probably be in the range of 12 grams (3 grams 4 times daily). Additionally, this treatment plan should also include a good multi-vitamin, which must include a wide array of trace elements (or use mineral water) and it must be strong in the B-Vitamins.

Since treatment plans that build the immunity system generally take longer to aid in killing cancer cells (because they work indirectly), other treatment plans should be combined with this plan to help kill cancer cells directly and stop the spreading of the cancer. These might include Essiac Tea and/or grape cure, to kill cancer cells directly, and Rath Cellular Solution and MSM to stop metastasis.

I have included this product in my articles because of its affect on some patients in spite of them taking chemotherapy. Also because it lends itself to being combined with the Budwig Diet."

Q-Gel® has been proven in several separate relative bioavailability studies in human subjects, to be the most bioavailable CoQ10 oral supplement. A relative bioavailability study in dogs has confirmed these findings. Additional studies have been carried out in rats to determine tissue uptake. Another bioavailability study carried out by an independent group has confirmed the superiority of Q-Gel over oil suspension softgels. In-vitro dissolution and cell-culture studies have also confirmed the superiority of Q-Gel.

Sources

Ordering information for Q-Gel® can be found at <http://www.qgel.com/ordering.html>. One supplier is New Era Labs, Inc. Phone: 1-877-NEWERA (1-718-969-7201) Fax: 1-718-969-7202 Email: newerainfo@aol.com

Check sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter q-gel or coq10. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

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- The Miracle Nutrient: Coenzyme Q10 by Emile Bliznakov
- User's Guide to Coenzyme Q10: Don't Be a Dummy. Become an Expert on What Coenzyme Q10 Can Do for Your Health by Martin Zucker

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Gamma Linolenic Acid (GLA)/Borage Oil/Evening Primrose Oil/Eurasian Black Currant Oil

Studies have shown that Gamma-Linolenic Acid (GLA), an omega-6 fatty acid, is effective in killing cancer cells.

GLA is an inflammation-fighter found in the oils of various plants. Particularly good sources are the seeds of the hardy borage plant (*Borago officinalis*), the yellow-blossomed evening primrose (*Oenothera biennis*), and the deciduous Eurasian black currant shrub (*Ribes nigrum*).

"In one study, terminally ill patients suffering from pancreatic cancer tripled their life expectancy after taking extensive doses of GLA. It is also believed that tumor growth and metastasis can be quelled with GLA-especially in melanoma and colon or breast cancer."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter Gamma Linolenic Acid (GLA) in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

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Glutathione

Glutathione is glutathione sulfhydryl (GSH), a peptide (very small protein) that occurs naturally within the body, where it is assembled by individual cells from its three components—the amino acids glycine, glutamate (glutamic acid), and the all-important cysteine. Because it contains three amino acids it is referred to a tripeptide.

Of these amino acids, cysteine is the hardest to find. It is a sulfur-containing amino acid that contributes the sulfhydryl group to the molecule, making it also the most important of the raw ingredients. When cells have cysteine they can efficiently manufacture GSH.

Cysteine is missing or deficient in many diets. And unfortunately it has difficulty surviving the trip from your mouth to your cells unless it's part of a larger protein, making supplementation with oral cysteine, or L-cysteine, impractical. Although it may raise GSH levels to some extent, it is oxidized in the digestive tract and enters the bloodstream only with difficulty. Its toxicity also makes it a poor candidate for oral supplementation.

Doctors have been using pharmaceuticals like NAC (N-acetyl-cysteine) for years to raise glutathione levels in their patients. In fact, most traditional glutathione studies on humans have been conducted with NAC. However, drugs like NAC must be swallowed or injected several times to maintain elevated GSH levels. They also produce side effects such as rash, wheezing, nausea, vomiting, cramps and diarrhea, making them unsuitable for long-term or supplemental use.

Whey proteins, derived from milk, can contain GSH precursors. They are easily digested, passed into the bloodstream and taken to individual cells where they penetrate the cell wall and are metabolized into glutathione. They are also fragile and easily 'denatured' (broken down), so that by the time they are processed, although they retain their nutritional value, they are no longer bioactive.

Studies have shown that tumor cells have elevated levels of glutathione which makes them resistant to chemotherapy drugs. Depleting glutathione in these cells makes them more vulnerable to the effects of the drugs and to the gene that promotes apoptosis. Undenatured whey protein isolate is known to deplete cancer cells of their glutathione.

Supplementation of carnitine and lipoic acid has also been shown to improve the glutathione redox system.

"L-carnitine and DL-alpha-lipoic acid reverse the age-related deficit in glutathione redox state in skeletal muscle and heart tissues. In the present study, the glutathione redox system was evaluated as a function of age in rat heart and muscle. A decline in reduced glutathione (GSH) levels is associated with aging and many age-related diseases. The objective of this study was to determine whether L-carnitine and DL-alpha-lipoic acid could compensate for GSH depletion in protection against oxidative insults. In this study we determined reduced glutathione, oxidized glutathione (GSSG), glutathione peroxidase (GPx), glutathione reductase (GR), and glucose-6-phosphate dehydrogenase (G6PDH) in skeletal muscle and heart of young and aged rats. We also calculated GSH/GSSG molar ratio and glutathione redox system. GSH levels were significantly lowered in aged rats than young rats. Conversely, GSSG levels were significantly high in aged rats. GSH/GSSG molar ratio and redox index were found to decreased in aged rats. The activities of GPx, GR, and G6PDH were found to be decreased in aged rats when compared with young rats. Supplementation of carnitine and lipoic acid to aged rats significantly increased the GSH levels thereby increasing the activity of GPx, GR, and G6PDH in skeletal muscle and heart of aged rats. In conclusion, our study suggests that supplementation of carnitine and lipoic acid to aged rats improves the glutathione redox system."

Also see [Antioxidants](#) and [Whey](#).

Further Reading and References

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Glyconutrients, Glycoproteins, Glycobiology

"Glyconutrients are a new and more specialized type of nutraceutical. They support the process our individual tissue cells use to recognize, and communicate with, each other. The work that Dr. Blobel [1999 Nobel Prize] and many others have done let us understand the importance of good cell communication to ensure good health. The discovery of Glyconutrients and their role in human health is now in Mainstream Medicine."

There is a large potential for using glyconutrients in alternative cancer treatments.

"Cell membranes, like all tissue, are largely made up of fats or lipids, protein and carbohydrate. If you think of each molecule as a pin, with a pinhead, alternately pointing in opposite directions but in a neat line, you will have a picture of a healthy membrane. Messages can thus slip in between the pins. It is the role of glycoproteins to encourage this "neatness" and thus allow the messages through."

Dr. Ben Carson, a world-renowned professor of neurosurgery, oncology, plastic surgery, and pediatrics at John Hopkins University had a very aggressive type of cancer that reversed itself with the use of high dosages of glyconutrients.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter glyconutrients. Select "100 Results". Select "Sort by Price: Low to High".

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Melatonin

One of the serious drawbacks of chemotherapy is the resultant destruction of many aspects of the immune system along with destruction of various blood cells. In experiments on rodents, it has been shown that melatonin could counteract chemotherapy-induced immune suppression.

To test whether this same positive response could be replicated in humans, Dr. Lissoni and colleagues, from the Division of Radiation Oncology, S. Gerardo Hospital, in Milan, Italy, evaluated the role of melatonin given with chemotherapy. Eighty patients were randomized to receive either the chemotherapy alone, or the chemotherapy with melatonin.

Thirty-five of these patients had lung cancer, 31 had breast cancer, and 14 had various gastrointestinal tract tumors. Lung cancer patients were receiving cisplatin, the breast cancer patients were being treated with mitoxantrone, and the patients with gastrointestinal tumors were receiving 5-fluorouracil. The melatonin was given in the evening at a dose of 20 mg.

Note: Do not attempt this treatment except under the care of a qualified physician.

At the end of the study, patients given the melatonin had a higher number of platelets, had less weakness, and less nerve damage. Loss of hair and nausea were not influenced by the melatonin. The authors say,

"This pilot study seems to suggest that the concomitant administration of the pineal hormone melatonin during chemotherapy may prevent some chemotherapy-induced side-effects, particularly myelosuppression and neuropathy."

Moreover, in one study of non-small cell lung cancer, the tumor response rate was nearly double in patients who received added melatonin (11 out of 34) as compared to those who didn't (6 out of 35). The percentage of one-year survival was significantly higher in patients treated with melatonin plus chemotherapy than in those who received chemotherapy alone (15 out of 34 vs. 7 out of 36).

Over the years, a number of studies have shown that melatonin plays a positive role in the therapy of cancer patients. At this point, the ideal dose of melatonin to use with various types of cancers and the ideal time to administer this hormone is not known. However, there is enough evidence to consider the night use of a small amount of melatonin, perhaps in the 0.5 to 3 mg range, in anyone who has cancer. However, this should be done under the guidance of health care practitioner.

Melatonin and Breast Cancer

If you take DHEA, Premarin, or any other estrogen-related drug, it is often recommended that you also take melatonin. Melatonin blocks estrogen receptors on breast cells, stopping them from proliferating in response to estrogen and other factors that promote tumor growth. Melatonin also protects breast cell against chemical carcinogens, free radical damage, cortisol-induced damage, and non-estrogen dependent cellular changes that lead to breast cancer.

Researchers have assayed the effects of melatonin treatment on leukemia and cancer patients for seven years with the following findings:

"It is practically impossible to eradicate leukemia or cancer without melatonin treatment.

Melatonin is necessary though by itself alone not sufficient remedy for leukemia and cancer cure.

Some leukemia patients have arbitrarily discontinued the melatonin therapy without any trouble or relapse. That supports the conviction that leukemia can be truly definitely healed.

The treatment does not generally entail or only rarely any hospitalization apart from a periodic blood analysis.

Myeloid acute or chronic leukemia has to be cured with significantly lower dosages of melatonin.

Good or excellent results have been reached in epithelial or connective tissue tumors where a steady years long equilibrium may be reached which allows a normal or almost usual existence."

About Melatonin's antioxidant properties:

"Most antioxidant nutrients have difficulty penetrating cell membranes. Melatonin, on the other hand, enters cells and subcellular compartments with ease which is crucial in protecting intracellular molecules from oxidative damage. An antioxidant molecule must have access to subcellular compartments (i.e. the mitochondria) in order to quench the hydroxyl radicals, considered by some to be the most damaging of all radicals."

Note: Melatonin should not be used with certain kinds of cancer. Pregnant women and women seeking to become pregnant should avoid melatonin because of its ability to act as a contraceptive.

"Few people realize that melatonin is a cancer-killing hormone that can enhance the human immune system, protect against the toxic side effects of chemotherapy, and radiation therapy, and improve wound healing after cancer surgery. Even fewer are aware of ongoing clinical trials in which melatonin is being used to help cancer patients

better manage their disease symptoms, improve their quality of life, and even increase their survival rates."

Melatonin should be taken at bedtime. It usually induces drowsiness and improves the quality of sleep. Melatonin is inexpensive and readily available to Americans.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter melatonin. Select "100 Results". Select "Sort by Price: Low to High".

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Monoterpenes

"Monoterpenes appear to act through multiple mechanisms in the prevention and chemotherapy of cancer. Several researchers are investigating these mechanisms and finding that, although the exact mechanism was not what they had assumed, the monoterpenes, limonene, and perillyl alcohol [and perillic acid and geraniol] have a profound antitumor activity on pancreatic cancer (Elson et al. 1994; Gelb et al. 1995; Crowell et al. 1996; Gould 1997; Bardon et al. 1998; Crowell 1999)."

Also see Limonene, Perillyl Alcohol and Geraniol.

References

- <http://cancer.lef.org/pancreatic-3.html>

Theanine

Theanine is an amino acid in green tea. Theanine appears to work with cancer medications, making them more effective against the disease. Research on mice found that an injection of Doxorubicin (Adriamycin) alone failed to slow tumor growth. However, the combination of Theanine and Adriamycin significantly reduced the tumor weight by 62% on average. Other studies have confirmed that Theanine found in green tea can suppress tumor growth and proliferation, especially when used in combination with Doxorubicin.

"The IDA [idarubicin (IDA)-induced antitumor activity and toxicity] concentration in the tumors in the theanine plus IDA group increased to twice the level in the IDA alone group. Furthermore, the decrease in tumor weight caused by IDA at 1.0 mg/kg per day x4 days (at this dose IDA exhibits antitumor activity) was significantly amplified by theanine. The numbers of leukocyte and bone marrow cells decreased significantly on IDA injection. Theanine significantly reversed these changes."

Also in Japan it was observed that patients who added Theanine to their diet experienced fewer and less severe side effects from Doxorubicin treatments.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter theanine. Select "100 Results". Select "Sort by Price: Low to High".

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Tocotrienols (a class of Vitamin E compounds)

"It is encouraging to know that the in vitro tests that document the anti-cancer effects of tamoxifen also show tocotrienols to have similar cell inhibitory properties. Compared to tamoxifen, however, tocotrienols are safe. Human studies have shown that daily doses of up to 240 mg of tocotrienols for 16 months produce no adverse effects. Further studies will determine whether humans who saturate their breast adipose tissue with tocotrienol from supplements will achieve a reduced incidence of breast cancer. (Please note that it is the palm-oil tocotrienols, and not rice-bran tocotrienols, that have primarily demonstrated these anti-cancer effects.)"

Also see Vitamin E.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter tocotrienols in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

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The B Vitamins

B vitamin supplementation should be approached with care. Vitamin B12 can act both as a tumor promoter and a tumor-inhibitor; its tumor-enhancing activities are partially controlled by methionine. Vitamin B6 (pyridoxine) is deficient in many cancer patients and has been used to enhance the outcome of radiotherapy in a controlled prospective trial.

Hans Ladner and Richard Salkeld, a team of German and Swiss researchers, reported an important controlled clinical trial in which 300 mg of pyridoxine (vitamin B6) was given throughout a 7-week course of radiotherapy to half of a group of 210 patients aged 45 to 65 with endometrial cancer. They found a 15% improvement in 5-year survival compared to patients who did not receive the supplement, and found no side effects from the supplementation. The theoretical basis for the study was animal experiments showing that healthy animals subjected to whole body radiation, or animals carrying tumors, developed tryptophan metabolism disorders that resembled those created by vitamin B6 deficiency states.

In humans, these metabolic disorders resembling vitamin B6 deficiency states are found in Hodgkin's disease, and bladder and breast cancer. One study suggested that vitamin B6 supplementation to correct the metabolic abnormality might prevent recurrence of bladder cancer. Ladner and Salkeld also

"confirmed the beneficial effects of pyridoxine administration on radiation-induced symptoms--nausea, vomiting, and diarrhea--in gynecological patients treated with high-energy radiation, and observed that impairment of the vitamin B6 status was corrected by 300 mg pyridoxine daily."

Ladner and Salkeld then studied vitamin B6 status in 6,300 gynecological cancer patients with cervical, uterine, endometrial, ovarian, and breast cancers. They found that before radiotherapy, in uterine, ovarian, and breast cancer:

"the more the tumor had progressed, the more pronounced was the impairment of vitamin B6, B1 and B2 status. During the course of irradiation, the vitamin B status became progressively more impaired."

This led to their important findings that quality of life and survival were both improved with B6 supplementation. They also found that chemotherapy--doxorubicin, cisplatin, and

cyclophosphamide generated no definite worsening of vitamin B6 status in women with metastatic endometrial or breast cancer receiving B6 supplementation. This study of the improved quality of life for women with gynecological and breast cancer who use vitamin B6 supplements with radiotherapy is particularly provocative when we consider a similar report on vitamin C. See Vitamin C.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter vitamin b6 in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

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Ursodeoxycholic Acid (UDCA)

"Colonic tumorigenesis involves the processes of initiation and promotion/progression from normal epithelial cells to tumors. Studies in both humans and experimental models of colon cancer indicate that secondary bile acids promote tumor development. In contrast, we have demonstrated previously that another bile acid, ursodeoxycholic acid (UDCA), inhibits the development of azoxymethane (AOM)-induced colon cancer in rats. More recently, we have shown that UDCA inhibits AOM-induced hyperproliferation, and aberrant crypt formation and growth."

Sources

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Vitamin A/Emulsified Vitamin A/Vitamin A Palmitate/ Retinoids/Retinol/Accutane

The vitamin has repeatedly been shown to enhance the immune response to tumor cells and assist in the fight against cancer.

The association of vitamin A and cancer was initially reported in 1926 when rats, fed a vitamin A-deficient diet, developed gastric carcinomas. The first investigation showing a relationship between vitamin A and human cancer was performed in 1941 by Abelsetal who found low plasma vitamin A levels in patients with gastrointestinal cancer.

Since then there have been several studies to prove that this treatment needs to be taken seriously - Proponents claim that:

"vitamin A has the potential to reverse precancerous lesions..."

By 1981 there were more than 300 positive reports on vitamin A. In that year, a well-known British researcher suggested that a diet high in carrots and similar vegetables could reduce the risk of cancer.

Vitamin A cannot be synthesized in the body and must therefore be taken in with food as either vitamin A alcohol (retinol) or its esters or beta-carotene (a pro vitamin split in the intestine to vitamin A). Natural preformed vitamin A is found only in foods from animal sources.

Unlike beta-carotene, vitamin A is not an antioxidant, so its benefits relate to its possible roles in reversing tumor development and boosting immune function. Preformed vitamin A is found in natural sources such as milk, cheese, yogurt, fish liver oils, liver, egg yolk, butter, cream.

"I believe there is now a light at the end of our tunnel in our fight against this disease"

stated Dr. Richard Peto. He claimed there was a 40% lower risk of cancer among men who maintained above average consumption of vitamin A. Later, these studies were extended to A's non-toxic pro-vitamin, beta-carotene.

At Stockholm's Karolinska Hospital, scientists gave healthy subjects vitamin A pills. After a few years, they found that vitamin A decreased the risk of cancer: the higher the dose, the less cancer developed.

Scientists at the NCI followed nearly 2,500 men over the age of 50, for ten years. It was found that the lower their blood serum level of vitamin A, the greater their risk of developing prostate cancer. In another NCI study in 1974, blood was obtained from over 25,000 people. Over 100 of these developed prostate cancer during the next 13 years. Once again, the less vitamin A (retinol) they had in their blood, the greater their odds of developing prostate cancer.

Six hospitals in southwestern France provided 106 cases of lung cancer for a dietary study. As with prostate cancer, it was found that the lower the consumption of vitamin A and its pro-vitamin, beta-carotene, the greater the chances of developing lung cancer.

French scientists confirmed the protective value of beta-carotene and provided new evidence that vitamin A also has a protective effect. In experimental animals, cancer forms in two phases: initiation and promotion. This vitamin seemed to inhibit the tumor promotion phase, while beta-carotene complemented this action by inhibiting tumor initiation.

Dutch scientists have studied the blood levels of vitamin A in 86 patients with cancers of the head and neck. Some of these patients had tumors at other sites as well. 31% of the patients with just head and neck cancers had low serum levels of vitamin A. But 60% of those also with other cancers, had low levels of Vitamin A. About two-thirds of all these cancer patients had low beta-carotene levels.

The scientists also concluded that it was possible that low vitamin A levels play a role in causing a second tumor of the head or neck. They recommended that patients with head and neck tumors be given vitamin supplements in order to prevent a second tumor from forming.

In early 1992, Italian scientists reported that a combination of vitamin A with vitamins C and E could correct abnormalities in the cells of the rectum in people who had had polyps removed. Such abnormalities are believed to eventually progress to cancer in many cases. A decrease in the occurrence of malignant-type cells in patients who received the three vitamins, was found compared to controls.

In Pastorino's lung trial, the average annual second primary tumor rate was 4.8% in the control arm versus 3.1% in the treatment arm, a reduction of 35%. In the head and neck trial, the annual second primary tumor rate was 6.8% (control) versus 3.1% (treatment), a reduction of 54%.

Results from a study of 30 patients with the pre-cancerous condition, cervical dysplasia, indicated that supplementing with beta-carotene (30 mg a day for 6 months) suppressed it; in addition, local application of a form of Vitamin A (B-trans retinoic acid) was found to reverse moderate but not severe cervical dysplasia.

A variant of vitamin A used in cancer therapy is the acne medication, Accutane (13-cis-retinoic acid). It is a pharmaceutical derivative of Vitamin A and has proven effective

"in preventing second primary tumors in patients who have been treated for squamous-cell carcinoma of the head and neck, although it does not prevent recurrence of the original [type of] tumor".

In one study, nine men with an untreatable form of lung cancer (metastatic, squamous-cell lung carcinoma) were given Vitamin A palmitate (a form of Vitamin A) without other

medical intervention. Fifteen months later, the men's immune function had improved and significant progress against the tumor had been made.

According to Peter Greenwald, Director of the Division of Cancer Prevention and Control at the National Cancer Institute (NCI), retinoids have the capacity to modify the cancer cell, in some cases actually causing the differentiation, or return to a normal state, of cancer cells. ("Retinoids" refer to Vitamin A (retinol) and its isomers, derivatives (retinal, retinoic acid), and synthetic analogues.)

"Retinoids are of special interest for use in clinical prevention because they can exert their antineoplastic activity in cells that are already dedifferentiated or initiated into a malignant state."

In plain English, this means retinoids can sometimes stop the cellular process of loss of differentiation that characterizes the progression of cancer. This is of critical interest to people with cancer.

For example, researchers have found that vitamin A can suppress abnormal differentiation of prostate epithelial cells in laboratory tests after a potentially malignant state has been induced by chemical exposure or radiation. According to Greenwald, when the vitamin A was removed from the culture medium, "full expression of the malignant phenotype occurred." And with human promyelocytic leukemia cells, retinoids returned malignant cells to full differentiation with the shape and biochemical characteristics of a healthy granulocyte.

Other retinoids have "consistently arrested malignant progression in three different rodent bladder cancer systems" and have inhibited the development of cancer in chemically induced breast and skin cancer models.

"Regression of chemically induced tumors and a delay in the appearance of transplanted tumors has been reported for several other synthetic retinoids."

From the Life Extension Foundation about a form of Vitamin A that it supplies:

"Cancer patients whose doctors will not prescribe Vitamin A analog drugs often turn to a liquid emulsified Vitamin A. Vitamin A and its analogs have shown specific cancer cell differentiation enhancing properties and inhibitory effects on the proliferation of some cancer cell lines, especially leukemia and certain head and neck cancers. Cancer patients often take four to eight drops a day, six out of seven days. Cancer patients are urged to follow the Vitamin A precautions to help guard against potential Vitamin A overdose and toxicity. Thyroid cancer patients, or anyone with severe thyroid hormone deficiency, should not take Vitamin A supplements.

Each drop of Emulsified Vitamin A contains: 25,000 IU of Vitamin A (palmitate)

Based upon hundreds of published studies, the Life Extension Foundation has recommended Vitamin A analogs to cancer patients. For the many cancer patients who cannot gain access to Vitamin A analogs because the FDA classifies them as "unapproved new drugs," the Foundation has recommended the use of water-soluble Vitamin A liquid drops.

The dosage range of vitamin A lipid drops that cancer patients have been using is between 100,000 and 200,000 I.U. a day. The Foundation has cautioned that these high doses could produce toxicity if taken over extended periods of time, yet cancer patients are often forced to risk some degree of toxicity to obtain an effective dose of Vitamin A."

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Identify other sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter vitamin a in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

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Vitamin B17

Also see [Laetrile/Amygdalin/Vitamin B17/Sarcocarpinase/Nitriloxide/ Mandelonitrile](#).

Vitamin B17 Metabolic Therapy/Harold Manner

It has been proposed that cancer is a nutritional and toxicity problem featuring low levels of certain important enzymes in the body as well as a deficiency in the dietary element Vitamin B17.

Professor John Beard surmised that cancer was partly caused by a deficiency of the pancreatic enzymes trypsin and chymotrypsin. People on diets rich in animal meat were losing the preventative effects of these enzymes because the latter were being constantly employed to break down these animal proteins. These pancreatic enzymes were shown by Beard to strip down and digest the protein coating of cancer cells. It was this life-saving action that was described by the Edinburgh embryologist in his **Unitarian or Trophoblastic Thesis of Cancer**.

Later, biochemist Ernst T. Krebs and others added further pieces to the cancer puzzle, reporting that while these pancreatic enzymes were doubtless the first line of defense against malignant attack, those people with a marked lack of hydrocyanic acid (Vitamin B17) in their diet were also prone to cancer. Krebs had determined that hydrocyanic acid's active principal, laevo-mandelonitrile ('laetrile'), reacted with cancer cells to produce hydrogen cyanide and benzaldehyde, which were selectively released at the cancer site, killing the malignant cells. Krebs further found out that excess quantities of laetrile were broken down by the enzyme rhodanese, which was available in plentiful supply throughout the body, but not at cancer sites.

But it was Harold Manner, Ph.D., who publicly put the picture together and developed what has come to be known as Vitamin B17 Metabolic Therapy. Harold Manner was a fairly orthodox biology professor at Loyola University in Chicago. He then decided to study the controversial chemical "laetrile," or amygdalin. He admits in his book **Death of Cancer** that his late 1970s studies would either elevate or damn the anti-cancer substance. His research was some of the most pro-laetrile research ever conducted, which "dropped a bombshell" on medical orthodoxy.

Manner showed with trials that it was a combination of dietary changes involving raw, whole foods, vitamin B17, pancreatic enzymes, emulsified Vitamin A, and full nutritional supplementation that proved most effective against cancer.

Manner also recognized that our bodies are often damaged by environmental toxins and behavioral lifestyles that cause the body to initiate a healing process. Usually this healing is terminated upon completion of the task by those pancreatic enzymes. In the event, though that there are insufficient levels of these agents, due to high animal protein diets or general malnutrition, that healing process may not terminate but go on to form a site-specific tumor.

In his trials, he obtained a 76%-plus regression rate with breast cancer and, more importantly, showed a high level of protection against primary cancers metastasizing to the deadly secondary state.

Today, some of Dr. Manner's assumptions about digestive enzymes are being confirmed by new human and animal research (by Dr. Nicholas Gonzalez and Wobe Mugas enzyme makers).

Death of Cancer chronicles Dr. Manner's research on laetrile, enzymes, vitamin C, and vitamin A against cancer. This combination caused complete cancer regression in 90% of the breast cancer ridden rats tested.

Also see [Hydrocyanic Acid](#).

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Vitamin B3/Niacin

Niacin is a water-soluble vitamin, also known as Vitamin B3. The term niacin refers to nicotinic acid and nicotinamide, which are both used by the body to form the coenzymes, nicotinamide adenine dinucleotide (NAD) and nicotinamide adenine dinucleotide phosphate (NADP) which are required by more than 150 enzymes involved in respiration and the transfer of electrons. Without these enzymatic reactions, our body's energy production would shut down.

Dr. Max Gerson successfully treated many cancer patients with a regime that included 50 mg of niacin 8-10 times per day.

Niacin supplements in animals were shown to be able to reduce the cardiotoxicity of adriamycin while not interfering with its tumor killing capacity. Niacin combined with aspirin in 106 bladder cancer patients receiving surgery and radiation therapy provided for a substantial improvement in 5-year survival (72% vs. 27%) over the control group. Niacin seems to make radiation therapy more effective at killing hypoxic cancer cells. Loading radiation patients with 500 mg to 6,000 mg of niacin has been shown to be safe and one of the most effective agents known to eliminate acute hypoxia in solid malignancies.

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Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter vitamin b3 in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

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Vitamin C/Ascorbic Acid/Ascorbate

Linus Pauling Ph.D., won the Nobel Prize for Chemistry in 1954 and for Peace in 1962. Ewan Cameron, M.B., Ch.B., F.R.C.S. (Edinburgh and Glasgow), was Medical Director of the Linus Pauling Institute of Science and Medicine.

Linus Pauling stated in an interview in 1996:

"I became interested in vitamin C and cancer in 1971 and began working with Ewan Cameron, M.B., Ch.B., chief surgeon at Vale of Leven Hospital in Scotland. Cameron gave 10 grams of vitamin C a day to patients with untreatable, terminal cancer. These patients were then compared by Cameron and me to patients with the same kind of cancer at the same terminal stage who were being treated in the same hospital but by other doctors--doctors who didn't give vitamin C, but instead just gave conventional treatments. Cameron's terminal cancer patients lived far longer compared to the ones who didn't get 10 grams a day of vitamin C. The other patients lived an average of six months after they were pronounced terminal, while Cameron's patients lived an average of about six years. "

Cameron and Pauling treated a large series of terminally ill cancer patients with massive doses of vitamin C.

This 'megadose' vitamin therapy involves the ingestion of large amounts of vitamins. This treatment has been extensively evaluated at the Vale of Leven Hospital in Scotland under the supervision of Dr. Cameron. The experiments found that terminal cancer patients who received large, daily doses of vitamin C along with their regular treatment lived much longer than patients who did not receive vitamin C; they also had less pain and in general, a much improved quality of life. There were also some complete remissions.

Vitamin C has many properties which makes it an excellent cancer fighter. It is a detoxifying agent, an antioxidant, and helps to produce antibodies. It is also very important in preventing growing tumors from invading adjacent tissue.

Uncontrolled trials conducted at two different hospitals in Japan during the 1970s also confirmed the increase in survival time of terminal cancer patients supplemented with ascorbate. They found the best results with 30-60 grams daily. Highest increase in survival time was obtained with uterine cancer, and the smallest increases with lung and stomach cancer.

They gave a later group of terminally ill patients a broad spectrum of other vitamins and minerals with their vitamin C. These patients had even larger increases in life expectancy. Results were best with cancers of the reproductive system.

A Mayo Clinic study did not confirm the Cameron and Pauling results for Vitamin C, and each side accused the other of methodological errors.

Dr. Hoffer of Victoria, Canada later expanded on the Pauling/Cameron treatment protocol by adding large amounts of vitamin E, vitamin B-3, other B vitamins, beta-carotene, and some minerals. Those of Dr. Hoffer's cancer patients who followed this regimen lived, on the average, about 16 times longer than those who did not.

In January 1994, Dr. Donald Lamm and his colleagues at the West Virginia University School of Medicine reported that daily megadose vitamin therapy significantly lessens the risk of recurrence in bladder cancer patients. Patients who received the therapy, on the average, had less than half the tumor recurrence rate than did patients who did not receive it. Dr. Lamm's vitamin combination included multivitamins (RDA dosages) plus 40,000 IU vitamin A, 100 mg vitamin B-6, 2,000 mg vitamin C, 400 IU vitamin E, and 90 mg zinc(32).

Vitamin C is involved in the maintenance of a healthy immune system as well as protecting against a variety of cancers. It has also been shown to demonstrate an inhibitory effect on tumor growth. It is found in citrus fruits, broccoli, green peppers, and many other fruits and vegetables.

There is solid evidence that this vitamin is essential for optimal functioning of the immune system. Natural killer (NK) cells are among the immune components involved in fighting cancer, and these are only active if they contain relatively large amounts of Vitamin C. Vitamin C also boosts the body's production of interferon which has anti-cancer activity.

In an important 1989 study, a group of Belgian researchers reported in **Cancer** that sodium ascorbate (vitamin C) and vitamin K3 were administered separately and in combination to human breast, oral, and endometrial cancer cell lines. While both had an inhibiting effect on cancer cell growth at high concentrations, combined administration of

both vitamins demonstrated a synergistic inhibition of cell growth at much lower concentrations.

The inhibitory effect was suppressed by the addition of catalase to the culture, which suggested that the observed effect on cancer cells was connected to the formation of hydrogen peroxide. It has further interest because the presumed mechanism of the synergistic effect of these vitamins is hydrogen peroxide production. Hydrogen peroxide has long been a chemical of interest among some practitioners of alternative cancer therapies. See Hydrogen Peroxide.

Other studies have demonstrated that stress linked to cancer lowers plasma levels of vitamin C in patients and in experimental animals. This has been demonstrated in patients with uterine, cervical, and ovarian cancer, and in leukemia and lymphoma patients. If cancer stress lowers vitamin C levels, and below-normal vitamin C levels diminish immune function, this would appear to be an additional rationale for vitamin C supplementation in cancer patients.

Vitamin C is helpful when used in conjunction with radiotherapy. Hanck reviews the literature and describes the study:

During radiotherapy, decrease of several vitamin levels, including vitamins E, B12, folic acid, and C have been observed. In addition, potentiation or augmentation of the lethal effect of radiation against tumor cells was demonstrated when ascorbic acid was co-administered. The effects of radiation therapy with adjunct ascorbic acid treatment were investigated in cancer patients in a prospective clinical trial.

The patients were divided into two groups by random allocation. Patients had cancers of the tongue, tonsil, cervix, esophagus, neck, skin, lip, and cheek, and Ewing's sarcoma. Progressive disease was seen after one month in 5% of the control group and 3% of the study group. These values had increased to 20% of the control group after 4 months and 7% in the study group.

Based on 20 cases, Hanck found 45% of the control group surviving without disease and 50% with disease at 6 months; and 67% of the vitamin C group surviving without disease and 33% with disease at 6 months. He also found that, with the administration of vitamin C, patients suffered less anemia, less pain, and less loss of appetite and weight. All the side effects of radiotherapy tended to be reduced. And since it is tolerated extremely well, he also urged further clinical investigations of the effects of high doses of vitamin C.

In a related study, Paul Okunieff of Massachusetts General Hospital also found vitamin C to protect both the skin and bone marrow against the effects of radiation. It was not found to be toxic to the tumor itself, nor did it protect the tumor from radiation.

Another potentially significant finding for cancer patients is the protective effect vitamin C has displayed against potential damage to the heart by Adriamicin (ADR, doxorubicin) in animal studies.

Experimental studies by Kedar N. Prasad of the University of Colorado Health Science Center have demonstrated that two forms of vitamin C, sodium L-ascorbate and sodium D-ascorbate, enhanced the effectiveness of radiotherapy and the chemotherapeutic agents 5-fluorouracil (5-FU) and bleomycin when used on mouse neuroblastoma cells but not on rat glioma cells.

When one reads the experimental research literature on nutrients and cancer, it is replete with descriptions of studies where vitamins acted on one cell line but not on another, or even in opposite ways in different cell lines.

Epidemiological studies demonstrate an indirect association between high vitamin C intake and a lowered risk of cancer, particularly cancer of the esophagus and stomach (indirect because they analyze foods known to contain high levels of vitamin C, not vitamin C itself). High consumption of fresh fruit specifically has been shown to protect against gastric cancer.

A case-controlled study of vitamin C consumption and uterine cervical dysplasia, a premalignant condition, also showed a protective role for vitamin C; but a case-controlled study of colon cancer did not.

33 of 46 epidemiological studies surveyed by Gladys Block, Ph.D., of the NCI showed significant protective effects of vitamin C. In aggregate, those in the top fourth of vitamin C intake had approximately half the cancer risk of the lowest fourth in terms of vitamin C consumption.

Twenty-one of 29 studies assessing fruit intake demonstrated a protective effect, particularly for cancers of the esophagus, larynx, oral cavity, pancreas, stomach, rectum, and cervix. Block concluded that:

“While it is likely that ascorbic acid, carotenoids, folate, and other factors in fruit and vegetables act jointly, an increasingly important role for ascorbic acid in cancer prevention would appear to be emerging.”

One aspect of the protective effect of vitamin C may lie in its ability to inhibit the oncogenic transformation of cells. Richard Schwarz of the University of California at Berkeley demonstrated that the presence of vitamin C in a culture of primary avian tendon cells and oncogenic Rous sarcoma virus

“stabilizes the normal state [of the cells] by reducing virus production and promoting the synthesis of differentiated proteins.”

Experimental evidence demonstrates that vitamin C can also inhibit the formation of carcinogenic nitrosamines, which are found in tobacco smoke, marijuana, some cosmetics, corrosion inhibitors, rubber products, rubber nipples for baby bottles, and cured meats.

Precursors of nitrosamines are found in many foods: they react with sodium nitrite, a food preservative, to form carcinogenic nitrosamines in the acidic environment of the human stomach. Since vitamin C can inhibit the formation of nitrosamines in the stomach, this is widely assumed to be the basis for its protective effect against gastric cancers specifically.

This capacity of vitamin C to reduce nitrosamine levels in the stomach was demonstrated with esophageal cancer patients in a study performed in northern China’s Lin-Xian province, an area where esophageal cancer is common. Researchers measured levels of nitrosamines in the stomach and lesions in the esophageal epithelium, and found a positive correlation: the higher the nitrosamine levels, the more lesions were found.

They then gave experimental subjects 100-mg vitamin C supplements three times a day, an hour after meals. They found a marked decrease in urinary nitrosamine products, which became comparable to those in people in areas with low esophageal cancer risk.

Another protective aspect of vitamin C is its antioxidant activity.

Free radicals are potentially carcinogenic compounds created by both healthy and diseased cells in the course of cell respiration and intermediary metabolism. According to Carmia Borek of the departments of pathology and radiology at Columbia University College of Physicians and Surgeons:

“The cellular oxidant state is of the utmost importance also in cellular protection against the oncogenic potential of radiation and chemicals. Inherent cellular factors comprised of enzymes, vitamins, micronutrients and low molecular weight substance are protectors.”

These include superoxide dismutase and catalase, peroxidase and thiols, vitamin A, vitamin C, and vitamin E and selenium. These antioxidants serve to defend the cells against elevated levels of free radicals produced by radiation, chemical carcinogens, and tumor promoters. The free radicals to varying degrees damage the cell.

Borek summarizes the field as follows:

“Free radicals are continuously produced by living cells. ... Under optimal cellular metabolic conditions, cellular antioxidants are sufficient to impart protection against oxidant stress. However, under conditions of exposure to carcinogens or to unfavorable metabolic stress, which enhances free radical levels, inherent protection may prove to be inadequate leading eventually to neoplastic [cancerous] transformation. ... Under stressful conditions, cells require the external addition of antioxidants to enable them to

cope with the excess load of free radicals and to minimize the oxidative damage and oncogenic transformation.”

Some nutrient antioxidants act directly; other agents such as selenium will impart their protection by inducing high levels of inherent protective enzyme systems, which destroy peroxides. This enables the cell itself to increase its scavenging powers and to cope with the “overload” of free radicals and their toxic products thus preventing the onset and progression of malignant transformation.

The role of vitamin C as one of the primary defenses against oxygen free radicals is described by Etsuo Niki at the University of Tokyo:

“Free radicals attack lipids, proteins, enzymes, and DNA to eventually cause a variety of pathological events and cancer. ... When aqueous radicals were generated in the whole blood, ascorbic acid [vitamin C] scavenged them faster than any other antioxidants and protected lipids and proteins more effectively than bilirubin, uric acid, or tocopherol (vitamin E).”

Similarly, Balz Frei and Bruce Ames at the University of California at Berkeley investigated the effectiveness of selected antioxidants in human blood plasma. Ascorbic acid proved to be the most effective of all the antioxidants they tested and the only one, which could prevent the initiation of lipid peroxidation, rather than simply lowering the rate at which the process occurs. They also found that the effect increased with the plasma concentration of ascorbic acid.

Another pathway for the protective effects of vitamin C was proposed by Joachim Liehr at the University of Texas Medical Branch who found in animal studies that vitamin C may also play a role in inhibiting estrogen-induced carcinogenesis by reducing concentrations of metabolic byproducts of estrogen.

The potential effects of vitamin C are closely related to dietary iron. According to Swiss researcher Alfred Hanck:

“Iron deficiency is an aggravating factor in cancer patients. Only ferrous iron is absorbed and ascorbic acid converts food ferric iron to bioavailable ferrous iron. Vitamin C improves hemoglobin status and thus oxygen supply of tissue, with an increase in oxidative energy production. ... The cytotoxic effect of ascorbic acid against malignant cells is significantly increased by chelation with ferrous iron. ... This increased efficacy is attributed to the longer half-life of the ascorbate iron complex during cell contact compared to ascorbic acid.”

Dr. Kedar Prasad, Director of the Center for Vitamins and Cancer Research at the University of Colorado School of Medicine, states on using vitamin C to treat cancer:

“Most people associate antioxidants with their ability to eliminate free radicals, which helps prevent cancer.

They do do that, but this is a different mechanism. Antioxidants cause damage to cancer cells because they have a marked effect on those genes involved in cell proliferation, or apoptosis (the programmed death of cells). By affecting gene expression, they help kill the cancer cells.

Antioxidants also inhibit the cancer cells’ ability to repair after the chemo or radiation has dealt them a tough blow.

Finally, antioxidants act as an anti-angiogenesis agent – preventing the formation of new blood vessels, which are crucial for cancer cell development. Standard therapies do not affect angiogenesis, so by combining the two together, you have better results. The two approaches attack the cancer cells in different and unique ways.”

Research in 2004 shows that how ascorbic acid is delivered has a big impact on the amount that actually becomes physiologically available. A study by NIH scientists showed that much more vitamin C gets taken up when it is given via the intravenous route than when the vitamin is taken orally. The blood concentration of vitamin C when given intravenously was nearly 7 times greater than when the same amount was given orally. And the maximum tolerated dose was nearly 20 times higher.

A new trial utilizing intravenous vitamin C was announced in 2003 by Dr. Jeanne A. Drisko of the University of Kansas Medical Center.

"At this plasma level, vitamin C is chemotoxic to the cancer cells and appears to be non-toxic to healthy cells. But we are following white cell and platelet counts and other markers for possible toxicity from the vitamin C. Most patients need between 75 and 100 grams infused to get to that plasma level."

Self-dosing with Vitamin C to treat cancer is not recommended as low dosing may protect some cancers, whilst dosing of anti-oxidants individually rather than part of a combined approach, may stimulate some cancers.

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Vitamin D/Cholecalciferol/Calcitriol

Few vitamins can provide such an array of health benefits as vitamin D. Vitamin D is formed in the skin of animals and humans by the action of short-wave ultraviolet light, the so-called fast-tanning sun rays. Precursors of vitamin D in the skin are converted into cholecalciferol, a weak form of vitamin D3, which is then transported to the liver and kidneys where enzymes convert it to 1,25-dihydroxycholecalciferol, the more potent form of vitamin D3.

Fat-soluble vitamin D supplements are available in two forms. Vitamin D3 is believed to exhibit the most potent cancer-inhibiting properties and is the preferred form of the vitamin. More than 10 substances belong to a group of steroid compounds that exhibit vitamin D activity. Vitamin D2 (ergocalciferol), derived from plants and yeast, is a form of the vitamin commonly added to milk and some nutritional supplements. The first vitamin D to be discovered was a crude mixture called vitamin D1; it is not available as a supplement. Although the list of vitamin-D-rich foods is limited, it is acquired from foods such as egg yolks, butter, cod liver oil, and from cold-water fish such as salmon, herring and mackerel.

Vitamin D is not prevalent in foods. A study conducted at the Bone Research Laboratory at Boston University School of Medicine revealed that fortified milk may not be a reliable source of vitamin D. Only 29% of commercial milk samples tested were within 80-120% of the amount stated on the label. Most milk products were overfortified, and a few milk cartons contained no vitamin D at all. Vitamin D milk fortification procedures vary widely. Some dairies place their vitamin D preparations in refrigerated storage, and others do not, which may affect the vitamin D content of the final product. Sunshine is still the most economical and beneficial way to improve circulating vitamin D levels. In addition, the lack of sunlight exposure could lead to more than thinning bones and an increased risk for cancer.

Evidence of vitamin D's protective effect against cancer is compelling. For more than 50 years, medical literature suggests regular sun exposure is associated with substantial decreases in death rates from certain cancers and a decrease in overall cancer death rates. Recent research suggests this is a causal relationship that acts through the body's vitamin D metabolic pathways. For instance, some evidence points to a prostate, breast and colon cancer belt in the United States, which lies in northern latitudes under more cloud cover than other regions during the year. Rates for these cancers are apparently two to three times higher than in sunnier areas.

Vitamin D may also go beyond cancer prevention and provide tumor therapy. Laboratory tests have shown vitamin D to be a potent angiogenesis inhibitor – these are agents that help inhibit the growth of new, undesirable blood vessels that tumors require for nutrient supply and growth.

Laboratory tests have shown that vitamin D can kill cancer cells. In clinical use, vitamin D was administered to seven patients who had experienced recurrence after radical prostatectomy. Six patients showed reduced PSA's. However, vitamin D in the form offered by most supplements tends to be ineffective. More work is needed to find a form of vitamin D that is more active and easily assimilated. Calcitriol, obtainable by prescription, can be useful as a source of assimilable vitamin D.

Vitamin D also works at another stage of cancer development. Tumor cells are young, immortal cells that never grow up, mature, and die off. Because vitamin D derivatives have been shown to promote normal cell growth and maturation, drug companies today are attempting to engineer patentable forms of vitamin D for anti-cancer therapy.

More recently, Johns Hopkins researchers have designed vitamin D analogs called deltanoids that delay the onset and reduce the frequency of skin cancers in mice but do not cause significant bone-calcium loss or growth inhibition. Drug companies have tried to do this in the past.

"What we did was to take some of the best structural changes that large pharmaceutical companies have made public and incorporated those changes with a structural change that we discovered here eight years ago in a different portion of the molecule,"

said one researcher. The researchers hope eventually to put a deltanoid into human clinical trials.

A study published in 2003 showed that vitamin D compounds can inhibit the growth of breast cancer:

"Breast cancer is the most frequent malignancy of women in the Western world. Vitamin D compounds constitute a novel alternative to the conventional use of antiestrogens for chemoprevention and chemotherapy. The biologically active form of vitamin D, 1,25-

Dihydroxyvitamin D3 [1,25(OH)2D3], not only plays an essential role in the control of calcium homeostasis, but also acts on cells of a variety of tissues to promote inhibition of cellular proliferation and induction of differentiation. The potential use of 1,25(OH)2D3 in the treatment of cancer is limited by its propensity to cause hypercalcemia at pharmacologically active doses. This has led to the synthesis of analogs of vitamin D that exhibit potent anticancer effects, but have low calcemic activity. Evidence from both in vitro and in vivo studies has demonstrated that vitamin D compounds can inhibit the growth of breast cancer cells, suggesting their therapeutic value in the treatment or prevention of this disease."

It has also been observed that vitamin D3 is a coordinate regulator of proliferation, differentiation, and survival of breast cancer cells.

"Therefore, vitamin D compounds that bind and activate VDRs [vitamin D receptors] offer promise as therapeutic agents for the treatment of established breast cancer."

Dark-skinned people require more sun exposure to make vitamin D. The thickness of the skin layer called the stratum corneum affects the absorption of UV radiation. Black human skin is thicker than white skin and thus transmits only about 40% of the UV rays for vitamin D production. Darkly pigmented individuals who live in sunny equatorial climates experience a higher mortality rate (not incidence) from breast and prostate cancer when they move to geographic areas that are deprived of sunlight exposure in winter months. The rate of increase varies, and researchers hesitate to quote figures because many migrant black populations also have poor nutrition and deficient health care that confound statistics somewhat. Although excessive sun exposure may give rise to skin cancer, researchers as early as 1936 were aware that skin cancer patients have reduced rates of other cancers. One researcher estimates moderate sunning would prevent 30,000 annual cancer deaths in the United States.

Sunning before 10 a.m. and after 3 p.m. avoids the sun's harshest UV radiation. People who live in areas of winter cloud cover, are homebound, or don't get enough sun should consider naturally compounded vitamin D3 (cholecalciferol) supplements.

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Vitamin E/Alpha Tocopheryl Succinate/Gamma Tocopherol

The evidence is not as clear-cut when it comes to cancer and commercially available alpha-tocopherol acetate vitamin E supplements. It appears that other forms of vitamin E found in food (such as gamma tocopherol and tocotrienols) may also be responsible for providing the protective effect against breast cancer shown in some surveys which evaluated total vitamin E intake.

Many types of cancer are believed to result from oxidative damage to DNA caused by free radicals. Antioxidants such as vitamin E help protect against the damaging effects of free radicals, which may contribute to the development of chronic diseases such as cancer.

Vitamin E also may block the formation of nitrosamines, which are carcinogens formed in the stomach from nitrites consumed in the diet. Vitamin E may also protect against the development of cancers by enhancing immune function. Human trials and surveys examining the association of vitamin E with incidence of cancer, have included study findings released in early 2005 that suggest a diet rich in vitamin E could help ward off bladder cancer, the fourth leading cancer killer among men. The study suggests getting plenty of vitamin E by eating foods like nuts and olive oil. It appears to cut in half people's risk of bladder cancer, which kills about 12,500 Americans annually.

Vitamin E enhances the effect of ionizing radiation on tumor cells in culture without affecting the radiation response of normal tissues. Vitamin E also enhances the effects of hyperthermia on tumor cells in culture, and inhibits the production of prostaglandin E series, which are known to suppress the host's immune system. Finally, vitamin E reduces the toxic effects of some chemotherapeutic agents. These studies suggest that vitamin E may be one of the important anticancer agents, which could play a very significant role in the prevention, and treatment of cancer.

The Nurses Health Study studied 83,234 women at baseline and sought to assess the incidence of breast cancer during a 14-year follow-up. The study showed that pre-menopausal women with a family history of breast cancer who consumed the highest quantity of vitamin E enjoyed a 43% reduction in breast cancer incidence compared to only a 16% risk reduction for women without a family history of breast cancer. Based on this study, vitamin E appears to protect against genetic-predisposed breast cancer better than environmentally induced breast cancer.

However, other studies which have reviewed the effects of standard vitamin E products (alpha-tocopherol acetate) taken by themselves have failed to decisively show a protective benefit for cancer. As stated above, it is possible that other forms of vitamin E found in food (such as gamma tocopherol and tocotrienols) may be responsible for providing the protective effect against breast cancer shown in some surveys which evaluated total vitamin E intake. This is why vitamin E supplements that contain other tocopherols and tocotrienols, not just alpha-tocopherol, are often recommended.

In 2002, a researcher at Wake Forest University School of Medicine compiled and analyzed the large volume of published data about vitamin E and breast cancer and her comprehensive work was published in the Journal of Nutritional Biochemistry.

The results confirmed that certain vitamin E compounds found in food confer a significant protective effect, but that commercial alpha-tocopherol acetate supplements fail to reduce the incidence of breast cancer for most women.

The data indicates that some other vitamin E compounds in food may account for the dramatic reductions in breast cancer incidence when dietary intake levels of vitamin E are measured. As discussed above studies have indicated that the form of vitamin E used in most commercial preparations (alpha-tocopherol acetate) has not been shown to protect against breast cancer. It is the tocotrienols, one of the 8 members of the vitamin E family,

however, which have demonstrated the most significant potential to not only reduce breast cancer incidence, but also to inhibit the propagation of existing breast cancer cells. Tocotrienols have been shown to inhibit the growth of estrogen receptor positive breast cancer cells by as much as 50% in culture.

Gamma-tocopherol, a form of vitamin E found in many plant seeds but not widely available in nutritional supplements, might halt the growth of prostate and lung cancer cells, stated US researchers in December 2004. Their findings lend weight to the growing support for a mixture of vitamin E forms, over single form alpha-tocopherol, in supplements. Gamma-tocopherol, found naturally in walnuts, sesame seeds and corn, was found to hold back the proliferation of lab-cultured human prostate and lung cancer cells, reports the team from Purdue University.

Previous research by the same team found that gamma-tocopherol inhibits inflammation, which had already been implicated in cancer development. The researchers theorized that it might retard the progress of cancer and cardiovascular disease, and to test their hypothesis they exposed cultures of cancerous prostate and lung cells to the vitamin.

Normal prostate epithelial cells were used as a control group.

"We discovered that as we increased the quantity of gamma-tocopherol, the cancer cells grew more slowly," lead author Qing Jiang said. "But the normal prostate cells were not affected and grew normally. This could indicate that the vitamin could be used to target lung and prostate cancer cells without the damaging side effects of chemotherapy."

The study also revealed that gamma-tocopherol caused cell death by interrupting synthesis of fatty acid molecules called sphingolipids.

Jiang stated:

"This is also a novel discovery. Although there have been prior indications that some form of vitamin E may cause cell death in some mouse cell lines, we are the first to provide a mechanism for such an effect."

Scientists have been studying vitamin E for more than three-quarters of a century, but most efforts have focused largely on alpha-tocopherol, one of eight known forms in the vitamin's family.

Alpha-tocopherol was found early on to have the most beneficial effects on laboratory animals fed diets deficient in vitamin E, and also is the major form found in body tissues. For these reasons, it has been nearly the only form of the vitamin to be included in most manufactured nutritional supplements.

"Since then, alpha-tocopherol has justifiably earned a good reputation as an antioxidant, which helps to fight against damage caused by unwanted free radicals," Jiang said. "But its familiarity has perhaps attracted research away from the other seven forms of vitamin E."

Specialist supplement manufacturers in the US, including major brands like GNC, are beginning to offer 'full spectrum' or 'complete complex' vitamin E products in order to provide all seven forms of the vitamin in a supplement.

Some evidence associates higher intake of vitamin E with a decreased incidence of prostate cancer, although the evidence is not overwhelming.

The objective of any cancer therapy is to induce the cancer cells to differentiate in a way which promotes programmed cell death (apoptosis). Several studies indicate that tocotrienols induce breast cancer cell apoptosis.

K.N. Prasad, one of the leading authorities on vitamin E, has demonstrated that, among the several forms of vitamin E, vitamin E succinate appears to be the most effective in reducing growth and enhancing differentiation of mammalian cancer cell lines in laboratory experiments.

This may be so because

"tumor cells pick up this form of vitamin E more readily than they do other forms."

High-dose alpha-tocopherol has reduced growth of human neuroblastoma cells in living cancer patients, and has reduced benign mastitis (inflammation) of the breast. Vitamin E enhances the effectiveness of some chemotherapies, radiation, and hyperthermia on cancer cell lines.

Alpha-Tocopheryl succinate has been shown to cause efficient apoptosis in breast cancer cells, in a study published in 2005.

With respect to protecting against chemotherapy side-effects, Prasad states:

"In animal studies, vitamin E has been shown to reduce cardiac and skin toxicity from doxorubicin, and lung fibrosis related to bleomycin--two very widely used chemotherapies. In addition to protecting the heart against damage from doxorubicin in animal studies, vitamin E has been reported to have a possible protective effect in humans against hair loss from doxorubicin therapy."

Werbach summarizes a study by Wood in the *New England Journal of Medicine*:

"69% of patients on doxorubicin [Adriamicin] receiving 1600 IU dl-alpha-tocopherol acetate [vitamin E] daily did not develop alopecia [hair loss]. Those who did develop alopecia were believed to have received the vitamin E too late before chemotherapy, as it should be started 7 days prior to commencement."

These vitamin E studies represent stunning examples of the underutilization of scientific nutrition in cancer. Each year, hundreds of thousands of women around the world take doxorubicin at the same time that they undergo breast surgery. They not only undergo the personal loss of part or all of their breast, they also lose their hair.

In addition, many end up with heart damage, a known side effect of doxorubicin in many situations. If vitamin E in an admittedly preliminary study was shown to protect against hair loss with doxorubicin, why has this study not been replicated as a real priority in cancer research? Further, since animal studies show that it may protect against heart damage, why does this not add an even stronger argument for full replication?

If some oncologists maintain that there is not yet enough evidence to recommend to patients undergoing doxorubicin treatment that they take vitamin E, then getting that evidence should be a national research priority. If others answer that there is already sufficient evidence to recommend taking vitamin E with doxorubicin, that raises the equally troubling question of why most patients are not told they should take vitamin E when undergoing this therapy. For the biomedical cancer researcher, protecting women against hair loss when fighting for their lives with breast cancer may seem trivial.

But for the patient-centered medical practitioner, protecting women with breast cancer against hair loss is not at all trivial. Hair loss makes a profound difference in the suffering that women undergo. Therefore, if this is a preventable problem, it should be a vital matter to conduct the inexpensive and innocuous research that would settle the matter of hair loss and vitamin E and make the outcome a standard element in doxorubicin protocols. But even for the strictly biomedical researcher, unconcerned with hair loss, the issue of preventing heart damage with vitamin E should be a real priority. Again, the studies would be inexpensive and potentially lifesaving.

It should be noted that many of the salutary effects of the antioxidant vitamins A, C, and E on cancer, according to Prasad, are achieved best by their synergistic interactions. Thus, studies of the individual nutrients may understate their potential for suppressing cancer cell growth, encouraging cell differentiation toward normality, enhancing immune function, potentiating the effects of existing anticancer therapies, and protecting the body from the harmful side effects of some of these therapies.

Please read the scientific rebuttals to the negative news coverage in late 2004, about Vitamin E. (Search on vitamin-e rebuttal).

See also [Tocotrienols](#).

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Vitamin F/Omega 3 Fatty Acids

Another vitamin critical to the prevention of cancer that has never been recognized by the FDA is omega-3 fatty acid or vitamin F. Vitamin F is an essential fatty acid, with "essential" meaning that the body cannot manufacture it from other nutrients. Vitamin F is required for the production of hemoglobin which is used by red blood cells to transport oxygen.

Dr. Johanna Budwig spent her life investigating fatty acids and found that without exception, the blood of unhealthy people always has very low levels of essential fatty acids. This directly impacts the ability of blood to carry oxygen to tissues.

Essential fatty acid deficiency is probably more common than any other nutrient deficiency, and is aggravated by the consumption of hydrogenated and partially hydrogenated oils that actively interfere with the metabolism of healthy fatty acids in the body. Preservatives in prepared foods generally interfere with the oxidation of fats, and become respiratory poisons when consumed.

Fats quickly become rancid when exposed to light, heat, or air. Good sources of essential fatty acids include flaxseed, walnuts, pumpkin seeds, sesame seeds, sunflower seeds, and the germ of wheat and corn. (Fish oils are also good, provided they have not been heated to get rid of the fishy taste and extend the shelf life). The whole seeds can be eaten fresh or sprouted.

Seeds containing Omega 3 fatty acid can also be cooked without damaging the oil provided the temperature remains relatively low. Cooking with water ensures that the temperature does not exceed the boiling point of the water, which is not high enough to damage the oil.

Health food stores may have non-rancid flaxseed oil in refrigerated dark glass bottles. The flaxseed oil can be mixed into salad dressings and other foods.

Dr. Szent-Gyorgy won the nobel prize in 1937 for discovering that essential fatty acids combined with sulphur-rich proteins (such as those found in dairy products) increases oxygenation of the body. Dr. Budwig applied this discovery in clinical trials by feeding cancer patients a mixture of 3-6 Tbsps. flaxseed oil and 4 oz. (1/2 cup) low-fat cottage cheese daily.

The mixture is most effective if the flaxseed oil and low-fat cottage are thoroughly mixed or blended. Pineapple or other fruit can be added to improve the taste. After about three months, improvements could be seen in the blood of the cancer patients, and the malignant tumors began to shrink. When cancer-free, the maintenance dose is 1 Tbsp. flaxseed oil daily per hundred pounds of body weight, plus a dairy product or tofu. Dairy is recommended, unless it causes allergy. Also see [Dr. Johanna Budwig](#).

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Vitamin K/Vitamin K2/Vitamin K3

Vitamin K is a fat-soluble vitamin that is most well-known for the important role it plays in blood clotting. However, vitamin K is also absolutely essential to build strong bones and prevent heart disease, and it plays a crucial role in other bodily functions other than blood clotting. It is so important that it is recommended as a supplement because many people do not get enough of it on a daily basis through the foods.

In fact, vitamin K is sometimes referred to as “the forgotten vitamin” because its major benefits are often overlooked.

There are three types of Vitamin K: Vitamin K1, or phylloquinone, is found naturally in plants. Vitamin K2, also called menaquinone, is made by the bacteria that line the gastrointestinal tract. Vitamin K3, or menadione, is a synthetic form that is manmade, and which is not recommended. Toxicity has occurred in infants given this synthetic vitamin K3 by injection. The recommended vitamin K is vitamin K1, which is natural and not toxic at even 500 times the RDA. Vitamin K2, which is made in your body and also produced by fermented foods, is also a superior form of vitamin K.

Studies have shown that vitamins K1 and K2 are effective against cancer. One study published in the September 2003 International Journal of Oncology, found that treating lung cancer patients with vitamin K2 slowed the growth of cancer cells, and previous studies have shown benefit in treating leukemia.

Further, a number of human trials have demonstrated the anticancer effects of vitamin K1. In a study published in the August 2003 Alternative Medicine Review, of 30 patients with hepatocellular carcinoma, a type of liver cancer, who took oral vitamin K1, the disease stabilized in six patients, seven patients had a partial response, seven others had improved liver function and in 15 patients the abnormal prothrombin normalized.

In addition, Vitamin K helps to prevent hardening of the arteries, which is a common factor in coronary artery disease and heart failure. Research suggests that vitamin K may help to keep calcium out of artery linings and other body tissues, where it can be damaging. Vitamin K is also one of the most important nutritional interventions for improving bone density. It serves as the biological “glue” that helps plug the calcium into the bone matrix.

As written in the March 2004 Life Extension magazine, researchers have found many other beneficial effects of vitamin K including:

- Vitamin K deficiency may be a contributing factor to Alzheimer’s disease, and vitamin K supplementation may help to fight this disease
- Topical vitamin K may help to reduce bruising
- Vitamin K deficiency may interfere with insulin release and blood sugar regulation in ways similar to diabetes
- Vitamin K may have antioxidant properties

Being a fat-soluble vitamin is important because dietary fat is necessary for its absorption. This means that in order for you body to absorb it effectively, you need to eat some fat along with it.

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Minerals

Arsenic/Arsenic trioxide/Arsenic trisulfide

A form of arsenic, once used as insect poison, has won U.S. FDA approval as a leukemia and cancer treatment after studies found small doses helped patients with a rare but deadly form of the disease.

Two years ago, Chinese researchers reported that low doses of arsenic trioxide induced remission in patients with acute promyelocytic leukemia (APL).

Researchers at Memorial Sloan-Kettering Cancer Center have now become the first investigators in the Western world to show that arsenic effectively induces remission in patients who have relapsed with APL, a potentially fatal type of cancer that affects the blood and bone marrow. The findings are reported in a 1998 issue of the *New England Journal of Medicine*:

"We now know that arsenic can safely bring patients with APL into remission, which may ultimately give them a second chance at life,"

stated Dr. Raymond P. Warrell, Jr., the senior author of the study and a leukemia specialist at Memorial Sloan-Kettering Cancer Center.

In the pilot study, 12 patients who had relapsed from conventional therapy were treated with low doses of arsenic trioxide. Eleven of the 12 patients achieved remission anywhere from 12 to 39 days after treatment started, with mild side effects. One patient died from a cancer complication five days after arsenic treatment began, and could not be evaluated in the study. Once remission was achieved, each patient received a brief treatment break, followed with repeated courses of arsenic trioxide therapy every three to six weeks thereafter. After two cycles of therapy, the investigators conducted additional tests to determine whether any molecular evidence of leukemia remained. Three patients tested positive and later relapsed with APL, while eight patients tested negative for molecular evidence of APL and remained in remissions as long as 10 months. Several patients received up to six courses of arsenic treatment without experiencing cumulative side effects.

Dr. Steven Soignet, the lead author of the study stated:

"Based on these highly sensitive molecular results, treatment with arsenic trioxide appears to exceed the effectiveness of any single drug to treat APL. Still, this is not a cure. More studies will tell us how truly effective arsenic trioxide will be over the long term."

Arsenic trioxide works by killing the cancerous cells that cause APL, including those that have become resistant to the most successful form of treatment - a drug called all-trans retinoic acid that was also pioneered by Dr. Warrell.

"This finding shows that arsenic trioxide does not discriminate between APL that is resistant or not resistant to retinoic acid, which may mean that we can use it at the outset of treatment for patients with APL,"

said Dr. Soignet.

Arsenic trioxide has also been shown to target multiple myeloma cells.

Interestingly, arsenic trisulfide has always been a component of Hoxsey's yellow powder. Forms of arsenic and stibnite are found in many of the most highly studied pastes. Both Hoxsey treatment and Mohs microsurgery methods, as well as by some Ayurvedic practitioners, claim that the arsenic can be rendered nontoxic.

It should obviously only be used under careful supervision. Patients need to handle this one with great care as several studies state that arsenic in drinking water has led to sarcoma.

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Beres Drops Plus (Dr. Jozsef Beres)

"In Hungary he carried out tests on 235 patients who had 'no chance of recovery.' After giving them the drops nearly one-third found their tumours had subsided."

The formula is said to include minute amounts of cobalt and vanadium.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter beres drops plus in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

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Calcium

In 1932, Otto Warburg won the Nobel Prize in Medicine for his discovery that cancer was anaerobic: cancer occurs in the absence of free oxygen.

Alkali solutions (pH over 7.0) tend to absorb oxygen, while acids (pH under 7.0) tend to expel oxygen. For example, a mild alkali can absorb over 100 times as much oxygen as a mild acid. Therefore, when the body becomes acidic by dropping below pH 7.0 (note: all body fluids, except for stomach and urine, are, by nature mildly alkaline at pH 7.4), oxygen is driven out of the body thereby, according to Nobel Prize winner Otto Warburg, providing the necessary conditions for cancer. Stomach fluids must remain acidic to digest food and urine must remain acidic to remove wastes from the body. Blood is the exception. Blood must always remain at an alkaline pH 7.4 so that it can retain its oxygen.

When adequate mineral consumption is in the diet, the blood is supplied the crucial minerals required to maintain an alkaline pH of 7.4. However when insufficient mineral consumption is in the diet, the body is forced to rob Peter (other body areas) to pay Paul (the blood). In doing so, it removes crucial minerals, such as calcium, from the saliva, spinal fluids, kidneys, liver, etc., in order to maintain the blood at pH 7.4. This causes the de-mineralized fluids and organs to become acidic and therefore anaerobic, thus inducing not only cancer, but a host of other degenerative diseases, such as heart disease, diabetes, arthritis, lupus, etc.

The phenomenon of preventing and reversing degenerative disease through the consumption of large amounts of mineral and vitamins did not go unnoticed by men of medicine. Hundreds of years ago, European doctors were prescribing coral calcium and other nutrients to their patients.

In the 1950s, Dr. Carl Reich, M.D. discovered that his patients were able to cure themselves of almost all degenerative diseases by consuming several times the RDA of calcium, magnesium, vitamin-D, and other nutrients. Dr. Reich was the first North American doctor to prescribe mega doses of minerals and vitamins to his patients and is considered by many to be the father of preventive medicine. By the 1980s, Dr. Reich had cured thousands, but lost his license for expounding that the consumption of mineral nutrients, such as calcium, could prevent cancer and a host of other diseases. This concept was considered too simple to accept by the medical wisdom of the day. However,

by the late 1990s, other medical professionals were also discovering that calcium supplements could indeed reverse cancer.

Harvard researchers analyzed data on 87,998 women from the Nurse's Health Study and 47,344 men from the Health Professionals Follow-up Study. Both are huge, long-term cohorts that have generated landmark research over the past several decades. Out of the more than 135,000 eligible participants in the cohorts, there were 626 cases of colon cancer among the women and 399 cases among the men. The researchers then compared data from the participants' food frequency questionnaires with the incidence of colon cancer.

Colon cancer cases were classified as distal (occurring on the left side, or in the descending colon) or proximal (occurring on the right side, or in the ascending colon). And the researchers found that people who consumed between 701 and 800 mg of calcium each day were half as likely to develop distal colon cancer as those who consumed 500 mg a day of calcium or less. However, no association was seen between calcium intake and proximal colon cancers.

An interesting point is that the beneficial calcium intake levels in this study are considerably below standard recommendations; most sources recommend that women and men over 50 get 1,200 mg of calcium each day. And the authors note:

"calcium intake beyond moderate levels may not be associated with further risk reduction."

"How much calcium is necessary?" The answer can readily be determined by examining the diet of millions of people around the world who consume over 100 times the RDA, and who repeatedly suffer the side effects of living 40 years longer, of aging at half the rate, and of being devoid of cancer, heart disease, mental disorders, diabetes, arthritis and all other degenerative diseases.

Almost all of these people, the Armenians, Azerbaijanians and Georgians in Russia, the Tibetans, the Hunzas of Northern Pakistan, the Vilcabamba Indians in Ecuador, the Bamas in China and the Titicacas in Peru live at high altitudes above 8000 feet. Their only source of water is melting glaciers, and the glacial water is so turbid and white with ground up rock that all of these cultures call the water "milk of the mountains". Each quart of this water contains over 17,000 milligrams of calcium along with other minerals and 60 trace metals.

These cultures drink several quarts each day and the water fertilized crops are also loaded with calcium and other nutrients. The only long living and disease free culture that does not live above an altitude of 8000 feet, is that in Okinawa.

Millions of Okinawans live in the southern coral islands of Japan with the average life expectancy of 105 years, while mainland Japan is just 77 years. The Okinawans live on islands made of coral reefs which are mainly calcium. The Okinawans discovered over 500 years ago, that feeding coral sand, produced from the weathering of the reefs, to the chickens and cows resulted in twice as many eggs and twice as much milk.

They also found that when the coral sand is used as a fertilizer, crops increase by as much as three fold. When finally, 500 years ago, they began to consume the coral sand themselves, all of the under-utilized doctors were forced to leave the islands. This was known in Japanese history as the Japanese Exodus.

The early European explorers discovered their secret and hauled shiploads of the calcium rich coral sands back to Europe. In Madrid, Spain, the historic monument of the world's first drugstore contains rows of shelves labeled "coral calcium from Okinawa Japan". Today millions of people all over the world consume coral calcium.

Sources

As well, AdvaCal is an easily absorbable form of calcium made from oyster shell. In several double-blind placebo controlled trials measuring its potential for fighting osteoporosis, AdvaCal not only stopped bone loss, but actually increased bone density. AdvaCal is available directly from Lane Labs at (800)526-3005 or order online at <http://www.lanelabs.com/advacal/>.

Identify other calcium sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter coral calcium in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

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Cesium and Rubidium

Over seventy-five years ago, Dr. Otto Warburg published a Nobel Prize winning paper describing the environment of the cancer cell. A normal cell undergoes an adverse change when it can no longer take up oxygen. In the absence of oxygen, the cell reverts to a primitive nutritional program to sustain itself, converting glucose, by fermentation. The lactic acid produced by fermentation lowers the cell pH (acid/alkaline balance) and destroys the ability of DNA and RNA to control cell division. The cancer cells begin to multiply unchecked.

Cesium, a naturally occurring alkaline element has been shown to affect the cancer cell in two ways. Firstly, cesium limits the cellular uptake of the nutrient glucose, starving the cancer cell and diminishing fermentation. Secondly, cesium raises the cell pH to the range of 8.0 neutralizing the weak lactic acid and stopping pain within 12 to 24 hours. A pH range of 8.0 is a deadly environment for the cancer cell; the cancer cell dies within a few days and is absorbed and eliminated by the body.

By the late 1970's mass spectrographic and isotope studies had shown that tumor cells exhibit a preference for certain alkaline minerals: potassium, rubidium, and especially cesium. Further, specific antioxidants i.e. vitamin C, and Zinc were shown to enhance the uptake of these alkaline minerals by the cancer cell. In preliminary research, Sartori (1984) found no response when cesium was given alone to 50 patients over a period of three years. When cesium was given along with minerals such as magnesium, potassium, and selenium and some vitamins and chelating agents, the patients experienced a 50% recovery from primary breast, colon, prostate, pancreas, lung, and liver cancer and lymphoma, Ewing sarcoma of the pelvis, and adenocancer of the gall bladder.

Sartori indicated that the typical dosage is 6-9 g divided into three doses daily. High exposure to cesium can result in burns to body tissue and death (Environmental Protection Agency, 2002). Side effects include nausea, diarrhea, anorexia, and tingling of the lips, hands, and feet (Neulieb, 1984).

Apparently in areas of the world where there is a high cesium content in the soil, cancer is virtually unknown: Hopi Indians of Arizona, the Hunza of North Pakistan, and the Indians of Central and South America.

Evaluation of the nutrient content of certain diets in regions with low incidence of cancer has advanced the use of certain alkali metals, i.e., rubidium and cesium, as natural chemotherapeutic agents. The rationale for this approach termed "High pH" therapy resides in changing the acidic pH range of the cancer cell by cesium towards weak alkalinity in which the survival of the cancer cell is endangered, and the formation of acidic and toxic materials, normally formed in cancer cells, is neutralized and eliminated.

According to Sartori:

"Rubidium is especially beneficial for pancreatic and liver cancers and other malignancies that present with clinical depression. Rubidium chloride (RbCl) is established as an antidepressant of low toxicity and acts similar to the equally nontoxic lithium orotate."

See also [High pH Therapy/ Dr Brewer/ Cesium Chloride](#).

Sources

The Wolfe Clinic at <http://www.TheWolfeClinic.com/cesium.html> have tablets - 10 mg, 50 mg, 100 mg, 500 mg and 1,000 mg. Dr. Wolfe is available for telephone consultation on dosage. It is advised to take it with potassium and other supplements to avoid heart palpitations. Consult with Dr. Wolfe on this and any other questions before you begin taking the Cesium Chloride. They cannot ship this product to Canada. They can ship to the U.S. Shipments to other countries will depend on customs regulations. There is a minimum order of three bottles at one time. They can be of various sizes. The clinic is located in British Columbia, so they are in the Western time zone. You can reach them at (800) 592-9653 or (250) 765-1824.

Essense-of-Life market a number of packages related to High pH Therapy. A 32 ounce bottle of cesium chloride will last a month. Each ounce of liquid contains 3 grams of cesium chloride. The recommended dose is one tablespoon twice a day with meals. (Two tablespoons = one ounce).

It is recommended to complement the cesium chloride with potassium to prevent cramps and to maintain electrolyte balance. Essense of Life also offers several other minerals that complement the cesium chloride.

Go to <http://www.essense-of-life.com/info/cesium.htm>

See other sources at <http://froogle.google.com/>

Further Reading and References

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- Cancer 1984. Orwellian or Eutopian by H.E. Sartori

Colloidal Silver

This is a comment on one of several colloidal mineral drinks that show promise for cancer treatments.

"Naturopathic Medicine regards Cancer as a viral and fungal [candida septicemia] process. Microorganisms depend on a specific enzyme to breathe. Colloidal Silver is a catalyst that disables these enzymes, and as a result they die. To this day, there has been no recorded case of adverse effects from it when it is properly prepared. There also has been no recorded case of drug interaction with any other medication. Unlike pharmaceutical antibiotics which destroy beneficial enzymes, Colloidal Silver leaves the tissue-cell enzymes intact."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter colloidal silver in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

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- Colloidal Silver Today: The All Natural, Wide-Spectrum Germ Killer by Warren Jefferson
- Colloidal Silver : Making the Safest and Most Powerful Medicine on Earth for the Price of Water by Mark Metcalf
- The Wonders of Colloidal Silver by Dhyana L Coburn, et al

Copper

Copper is one of the colloidal minerals that may have great potential for treating cancer.

"In 1930, work in France indicated that injections of colloidal copper mobilized and expelled tumor tissue. Recent work with mice in the U.S. has shown that treatment of solid tumors with non-toxic doses of various organic complexes of copper markedly decreased tumor growth and metastasis and thus increased survival rate. These copper complexes did not kill cancer cells but caused them to revert to normal cells. Based on work in the treatment of cancers using copper complexes, researchers have found that these same complexes may prevent or retard the development of cancers in mice under conditions where cancers are expected to be induced."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter colloidal copper in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

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Germanium (Ge-132)

Germanium is a trace element that enhances the availability of oxygen to both healthy cells and cancer cells. Since Otto Warburg's work, it is known that cancer cells cannot thrive in an oxygen-rich environment. They cannot survive.

Dozens of scientific studies have shown that germanium appears to have a wide range of health benefits, including the ability to boost the immune system, normalize high blood pressure and cholesterol, protect the body against harmful cellular aberrations and abuse, provide some pain relief, alleviate rheumatoid arthritis symptoms and generally normalize physiological functions.

Germanium exhibits a remarkable ability to stimulate the immune system in cancer patients as well as healthy individuals. In many experiments, Japanese and American scientists found evidence which suggests that germanium activates the body's own defenses.

A number of prominent researchers such as Dr. Kidd and Dr. Frank Summerfield have stated that germanium is the ideal immunostimulant.

As early as 1922, doctors in the United States used the inorganic form of germanium to treat patients with anemia. However, it was the Japanese scientist Dr. Kazuhiko Asai who first synthesized an organically bound compound, germanium sesquioxide (Ge-132), in 1967.

Germanium has even been attributed to being responsible for the healing miracles at the French shrine of Lourdes, because of its prevalence in the local water. In the Pyrenees on the French Spanish border, Lourdes is a small village with a population of about 10,000. Numerous hotels boarding houses and inns are clustered all over town and around its famous cathedral, accommodating guests from all over the world, mostly the ailing who seek a cure with the help of the healing waters gushing out of the rock on which the cathedral is built.

The August 9, 1971 issue of **Newsweek** carried the following story.

"A three year old girl contracted kidney cancer. One of the kidneys was excised, but the cancer spread to the cranial bone. She became emaciated, her hair had fallen out, and her skin had turned yellow. Her whole system was affected by cancer and the doctors had given up her case as hopeless.

As a last resort, the parents sat her in a wheelchair and went to Lourdes, where the cancer stricken girl was dipped in the sacred water of which she also drank. No sign of

improvement appeared, and the discouraged parents brought their daughter back to Glasgow, Scotland, to let her die at home.

On the morning of the third day after their return, the girl suddenly sat up in bed and asking for an orange, she began eating it. From then on her condition began to improve and several days later, the tumor disappeared and she was once again a healthy girl."

This story was accompanied by a photograph showing the girl in good spirits. This even created a major sensation in the medical circles of Scotland, and the fame of the miraculous water of Lourdes spread widely.

Several studies have shown GE-132, a laboratory version of the naturally occurring compound from Japan, has excellent anti-tumor activities and helps the patient in strength and quality of life. It is thought to do this by strengthening the immune system. Germanium also seems to stimulate interferon production.

Dr. Asai, who worked for the Coal Research Institute was intrigued by the high concentrations of germanium in coal. Since coal is composed of fossilized plants, Asai theorized that germanium must be present in plants.

He discovered that the highest concentrations of germanium were found in those plants used for medicinal purposes including ginseng, shitake mushrooms, aloe, comfrey, and garlic. Shelf fungus, a substance highly regarded by the Russians for centuries in the treatment against cancer, had the highest levels. An analysis of the healing waters of Lourdes, France also revealed significant quantities of germanium.

Germanium's Energizing Qualities: The key is that germanium works on the body's most basic level - the cellular level. The cumulative evidence suggests that germanium enhances the cell's ability to generate energy by raising the cell's oxygen supply.

At the 1987 meeting of the Orthomolecular Medical Society, researchers told the symposium that organic germanium appears to work by increasing tissue oxygenation.

The Townsend Letter For Doctors and Patients says:

"Its oxygenation phenomenon allows greater organism function with reduced oxygen intake. It creates an oxygen economy with extremely fast-acting effects. Those with Raynaud's syndrome, for example, will feel warmth in the affected fingers and toes one-half hour after taking germanium. Healthy people will feel the warmth in a couple of minutes."

"Many diseases can be looked upon as a chemical imbalance in the body, an imbalance of electrons and protons. With germanium, you have a compound that can get to these sites and begin to modify and reestablish homeostasis, a healthy biochemical balance in the cells. Many researchers believe germanium helps the cell metabolize oxygen more efficiently, which would account for its energizing effects."

In fact, germanium's ability to increase tissue oxygenation may explain why it offers such valuable and measurable effects on maintaining healthy cells and organs.

In a well-known medical text, **Pathologic Basis of Disease**, S. L. Robbins and R. S. Cotran describe cellular injury as "any adverse influence which deranges the cell's ability to maintain a steady, normal or adaptive homeostasis."

Germanium helps each cell and organ maintain homeostasis, a healthy chemical balance within our body. According to Dr. Kidd, germanium normalizes many physiological functions such as lowering high blood pressure in humans and rats. It also restores deviant blood characteristics to their normal range including pH, glucose, the minerals sodium, potassium, calcium and chlorides, triglycerides, cholesterol, uric acid, hemoglobin and leucocytes).

All of these clinical studies illustrate germanium's role as an adaptogen, a nontoxic substance that normalizes body functions indirectly.

If our immune system is depressed, taking germanium may be one way to help our body defend itself. Researchers Dr. Kidd and Dr. Summerfield believe that germanium's ability to stimulate the body's natural defense mechanisms makes it an ideal candidate for combating viruses, funguses and bacteria especially candida albicans, a yeast infection.

Apparently, germanium does not directly kill viruses and bacteria. Some researchers believe that germanium plays an active role in returning the body's defenses to normal so the body can fight off the invading germs. This is the prime reason why the International AIDS Treatment Conference approved germanium's use for clinical testing on AIDS patients.

Germanium appears to significantly enhance the body's production of interferon. In animal experiments, germanium has reduced the harmful effects of influenza.

Dr. Rinehardt has found that germanium's anti-viral powers were particularly potent in one patient, against the Epstein Barr virus, a very debilitating infection related to herpes, which, like herpes, has no known cure.

Not surprisingly, many cancer patients are immuno-deficient. Research suggests that germanium appears to exhibit an ability to help normalize the body's defenses in cancer patients.

A report by Fujio Suzuki and Richard Pollard in *The Journal of Interferon Research* (1984) states that, studies in immuno suppressed animals and patients with malignancies (cancer) or rheumatoid arthritis, suggest that Ge-132 restores the normal function of T cells, B lymphocytes and anti-body forming cells.

In a report given at the International Symposium at Osaka in July of 1981, Japanese doctors observed that Ge-132 normalized activity in immune cells such as T lymphocytes and NK cells and increased interferon production in seven cancer patients. The doctors concluded that Ge-132 had increased the patient's resistance in both malignancies and rheumatic disorders. According to this study, one patient's abdomen cancer disappeared after 16 months of Ge-132 treatment and intermittent therapy with a chemotherapy agent. Another patient's post operative condition was controlled well on Ge-132 alone.

A member of researchers, like Otto Warburg mentioned earlier, believe the prime cause of cancer is oxygen deprivation in the cell. While aerobic (oxygen-using) cells exhibit regular controlled growth patterns, anaerobic (oxygen-deprived) cells show abnormal growth.

According to a Dutch researcher, Dr. Schuitemaker:

"It (germanium) is involved as a catalyst in the supply of oxygen to oxygen poor tissue, such as cancerous growths. . . It lessens the per oxidation of fatty acids, thus establishing the role of germanium in free radical pathology."

Free radicals are highly reactive molecules, which reduce the cell's oxygen supply. When free radicals abound, tissue injury and disease states such as cancer can occur.

Even in substances high in germanium such as garlic, ginseng, and aloe, the amount of Ge-132 is extremely small. For this reason, germanium supplements may be more costly than some nutritional compounds, but naturally synthesized germanium sesquioxide seems to be the best source of this vital element.

As a preventative aid, 25 to 100 mg per day is suggested. In treating chronic conditions such as ongoing viral symptoms, yeast infections and food allergies, Dr. Anderson has recommended that his patients take between 300 and 500 mg a day. Dr. Asai often treated seriously ill people with daily doses of one or two grams.

Note: Kidney problems have resulted in taking the wrong (inorganic) form of Germanium, GeO₂. The organic form, Ge-132, has never exhibited any toxic side effects.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter ge-132. Select "100 Results". Select "Sort by Price: Low to High". One source of Ge-132 is at HerbsMD Tel 1-888-HERBSMD (437-2763) <http://www.herbsmd.com/shop/xq/asp/pid.1701/qx/productdetail.htm>

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Lithium and Iodine

Lithium and Iodine-131 (I-131) work together in the body to treat thyroid cancer. Lithium may be a useful adjuvant for I-131 radiation therapy of thyroid cancer, augmenting both the accumulation and retention of I-131 in lesions.

Further Reading and References

- Lithium as a Potential Adjuvant to 131I Therapy of Metastatic, Well Differentiated Thyroid Carcinoma1 Sung-Soo Koong, James C. Reynolds, Edward G. Movius, Andrew M. Keenan, Kenneth B. Ain, Mark C. Lakshmanan and Jacob Robbins <http://icem.endojournals.org/cqi/content/full/84/3/912>

Magnesium/Magnesium Chloride/Magnesium Chloride Hexahydrate Therapy

Magnesium has an impressive healing effect on a wide range of diseases as well as in its ability to rejuvenate the aging body. It is essential for many enzyme reactions, especially in regard to cellular energy production, for the health of the brain and nervous system and also for healthy teeth and bones. Many studies have shown an increased cancer rate in regions with low magnesium levels in soil and drinking water. In Egypt the cancer rate was only about 10% of that in Europe and America. In the rural areas, it was practically non-existent. The main difference was an extremely high magnesium intake of 2.5 to 3g in these cancer-free populations, ten times more than in most western countries.

It may come as a surprise that in the form of magnesium chloride, magnesium is also an impressive infection fighter.

The first prominent researcher to investigate and promote the antibiotic effects of magnesium was a French surgeon, Prof. Pierre Delbet MD. In 1915, he was looking for a solution to cleanse wounds of soldiers because he found that traditionally used antiseptics actually damaged tissues and encouraged infections instead of preventing them. In all his tests magnesium chloride solution was by far the best. Not only was it harmless for tissues, but it also greatly increased leucocyte activity and phagocytosis, the destruction of microbes.

Later, Prof. Delbet performed experiments with the internal application of magnesium chloride and found it to be a powerful immune-stimulant. In his experiments, phagocytosis increased by up to 333%. This means after magnesium chloride intake the same number of white blood cells destroyed up to three times more microbes than before.

Gradually, Prof. Delbet found magnesium chloride to be beneficial in a wide range of diseases. He also found a very good preventative effect on cancer and cured precancerous conditions such as leukoplasia, hyperkeratosis, and chronic mastitis. He was also surprised by many of these patients experiencing euphoria and bursts of energy.

Epidemiological studies confirmed that regions with magnesium-rich soil had less cancer than those with low magnesium levels.

Another French doctor, A. Neveu, cured several diphtheria patients with magnesium chloride within two days. He also published 15 cases of poliomyelitis that were cured within days if treatment was started immediately, or within months if paralysis had already progressed. Neveu also found magnesium chloride effective with asthma, bronchitis, pneumonia and emphysema; and several other health problems.

In more recent years, Dr Vergini and others have confirmed these earlier results and have added more diseases to the list of successful uses: acute asthma attacks, shock, tetanus, herpes zoster, and several more including beneficial effects in cancer therapy. In all of these cases, magnesium chloride had been used and gave much better results than other magnesium compounds.

A healthy cell has high magnesium and low calcium levels. Up to 30% of the energy of cells is used to pump calcium out of the cells. The higher the calcium level and the lower the magnesium level in the extra-cellular fluid, the harder is it for cells to pump the calcium out. The result is that with low magnesium levels the mitochondria gradually calcify and energy production decreases. We may say that our biochemical age is determined by the ratio of magnesium to calcium within our cells.

Those with low blood pressure and a tendency towards inflammations should also greatly reduce their intake of phosphorus and high-phosphorus foods. A high level of phosphorus in the blood tends to cause magnesium and calcium levels to be low. This is the enlightenment that enabled Percy Weston to develop his mix of alkalizing powders to combat cancer supposedly caused by the high levels of phosphorus in the food chain from the overuse of superphosphate fertilizer (See Percy's Powder).

Finally, Indian scientists demonstrated how breast tumor incidence in rats could be reduced from 100% to between 46-57% by single applications of magnesium chloride, selenium, Vitamin C or Vitamin A. In combinations of two, tumor incidences were further reduced to between 25.9-31.8%. When all four nutrients were given, tumor incidence was reduced to only 12%!

Hydrated magnesium chloride contains about 120 mg of magnesium per gram or 600 mg per rounded teaspoon. It has a mild laxative effect. As a good maintenance intake to remain healthy it is suggested to take a teaspoon daily in divided doses with meals. It may be used instead of table salt, as it has a somewhat salty taste.

Caution: Magnesium supplementation should be avoided with severe kidney problems (severe renal insufficiency), and with myasthenia gravis. Be careful with severe adrenal weakness or with very low blood pressure. Too much magnesium can cause muscle weakness, if this happens it is often advised to temporarily use more calcium.

Sources

In the U.S., Magnesium Chloride hexahydrate can be purchased chemically pure (c.p.) from most chemical supply houses without a prescription. One source is Gallade Chemical Tel 510-794-6511 or order online at <https://secure1.nexternal.com/shared/StoreFront/default.asp?CS=gallade&BusType=BtoC&Count1=953533351&Count2=870673775&Target=products%2Easp&ProductID=14600>

Identify other sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter magnesium chloride in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

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Molybdenum/Molydocene dichloride

The average human body contains about 9,000 mg of Molybdenum. Molybdenum is an antioxidant and is important in the defense against cancer and carcinogens. It has a defense role within the gastrointestinal tract by detoxifying compounds that cause cancer. Molybdenum is important for kidney function and helps excrete heavy metals like mercury.

Molybdenum is often found with iron in relation to energy cycles. The brain and nervous system rely on molybdenum to keep the peace. This is why molybdenum deficiency causes anxiety and irritability. Molybdenum is necessary for the metabolism of dietary fats. It has been used in many forms of arthritis with success. It is necessary for the formation of tooth enamel and hence helps prevent tooth decay. It is needed for the following enzymes xanthine oxidase, aldehyde oxidase, nitrate reductase and sulphite oxidase.

Molybdenum helps aldehyde oxidase break down formaldehyde and many other aldehydes which we absorb from the clothes we wear, furniture we own, chipboard, carpets, glues, perfumes, etc. These are inhaled and need to be eliminated, but aldehydes can also be produced internally by bacteria, parasites, fungi, yeast, etc.

The most important function of molybdenum appears to be to keep copper in check. When copper becomes too plentiful then it ceases to be a nutrient and starts becoming a nuisance. Molybdenum appears to moderate the excess copper.

Molybdenum has been shown to prevent breast and gastrointestinal cancers, and protect the body from the carcinogenic effects of dietary nitrosamines. Some studies conducted in Japan and China have linked low levels of molybdenum with an increased risk of stomach and esophageal cancers.

In animal studies, molybdenum has had an inhibitory effect on the appearance of breast cancers. A derivative of molybdenum, molydocene dichloride, has been observed to achieve a:

"100% tumor inhibition until day 30".

Molybdenum deficiency is virtually nonexistent in the U.S. and is usually seen only in people who have been on prolonged tube or intravenous feeding or have a genetic inability to metabolize molybdenum. Symptoms of deficiency include rapid heartbeat and breathing, headaches, night blindness, anemia, mental disturbances, nausea and vomiting.

The recommended daily allowance (RDA) of molybdenum for adults is 75 - 250 mcg per day. Some advice is that additional molybdenum is advisable with cancer of the throat and oesophagus.

Tetrathiomolybdate, a molybdenum compound which antagonizes copper, is now in clinical trial to determine if copper depletion therapy via molybdenum is a viable approach for the treatment of cancer.

"A new anticopper drug, tetrathiomolybdate (TM), developed for Wilson's disease, is a very promising antiangiogenic agent. Copper levels lowered into an antiangiogenic window by TM have shown efficacy against cancer in a variety of animal models as well as in patients. The only significant toxicity so far results from overtreatment and excessive bone marrow depletion of copper. The resulting anemia and/or leukopenia is easily treatable by dose reduction or drug holiday. The underlying concept for TM efficacy as an anticancer agent is that when the body's copper status is in the window, cellular copper needs are met and toxicity is avoided. Copper status is relatively easily monitored by following serum ceruloplasmin, a copper-containing protein secreted by the liver at a rate dependent upon the amount of copper in the liver available to incorporate into the protein. The authors speculate that the copper level is a primitive angiogenesis and growth-signaling regulator that has been retained throughout evolution."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter molybdenum or tetrathiomolybdate.

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Selenium/Selenomax

There are many studies of large human populations that demonstrate the powerful anticancer benefits of this important essential trace mineral.

Dr. E. J. Crary of Smyrna, Georgia, stated:

"Selenium is the most potent broad-spectrum anticarcinogenic agent that has yet been discovered."

In the late 1970s at the University of California in San Diego, Dr. Gerhard Schrauzer studied the relationship between selenium and breast cancer induced in female mice. Over a 70% reduction in breast cancer was realized with trace amounts of selenium added to the diet. Dr. Schrauzer has stated that if women would take 200-300mcg of selenium daily, the majority of breast cancers could be eliminated within a relatively short period of time.

In another study with mice, Dr. Schrauzer was able to show that for maximum protective effect, selenium supplementation must be introduced as early in life as possible. This is because malignant transformation may occur even at a very young age, and selenium exerts its protective effects only prior to this event. This study also showed that dietary selenium prevents and retards tumor development only as long as it is supplied in adequate amounts, because it is a non-accumulating trace nutrient.

The same study showed that midlife cessation of selenium supplementation resulted in a subsequent rapid increase in the number of tumors. Therefore, selenium supplementation must be maintained throughout the entire life span.

Another important study showed that selenium's anti-carcinogenic activity is exerted during both the initiation and the promotion phases of carcinogenesis. This research demonstrated that supplementary selenium retards the reappearance of tumors in animals whose tumors had regressed following ovariectomy. The authors state:

"The data suggest that selenium is not only effective in prevention but can also be used as an adjuvant chemotherapeutic agent."

The scientific and medical literature is filled with studies that demonstrate selenium's anticancer effects in humans.

A case control study conducted in Finland by J.T. Salonen et al. (published in the American Journal of Epidemiology in 1984) supports a protective effect of selenium against cancer. In that study of a random sample of more than 8,100 persons followed for 6 years, low serum levels of selenium correlated with increased total cancer mortality. The relative risk in low selenium subjects appeared to be greatest if they also had relatively low plasma levels of vitamins A and E, suggesting that other factors influence the anticarcinogenic effects of selenium.

In an epidemiological study Dr. Raymond Shamberger categorized the states and cities in the United States according to whether there was high, medium, or low selenium availability in the diet. He demonstrated an inverse association between selenium availability and age-adjusted mortality for all types of cancer. The more selenium available, the lower the levels of cancer.

In a worldwide study Dr. Schrauzer analyzed the blood-bank data from seventeen countries around the world. He reported that areas with low levels of selenium in the diet had higher levels of leukemia and cancers of the breast, colon, rectum, prostate, ovary, and lung. For example, he found that the blood levels of selenium in Japan, Taiwan, Thailand, the Philippines, Puerto Rico, and Costa Rica were over three times as high as samples from the United States and European countries. The corresponding breast cancer mortality rates in Europe and the U.S. were from two to five times greater than in Asian and Latin American countries with higher selenium levels in the soil.

A county-by-county analysis of cancer mortality rates throughout the United States strongly confirmed the inverse association between selenium availability and total cancer mortality in both men and women. In a study of skin cancers, lower plasma selenium levels were associated with higher levels of basal cell and squamous cell carcinoma.

A review published in 1986 reports that at least fifty-five published studies confirm selenium's cancer-protective effect. The epidemiologic studies showed that low blood levels of selenium correlate with increased incidence of almost all kinds of cancer.

Dr. Robert C. Donaldson, an oncologist at the Veterans Administration Hospital in Saint Louis, Missouri found that his cancer patients had very low blood selenium levels, which agreed with the scientific literature linking low levels of selenium with increased rates of cancer. Deciding to study this problem, he enlisted the help of Nutrition 21, a company that produces standardized organically bound high-selenium yeast. Nutrition 21 agreed to supply him with selenium rich yeast for his cancer patients.

Dr. Donaldson discovered that in most of his patients, normal doses of selenium did not produce much of an increase in the blood levels of selenium. In fact, very high oral doses of selenium were required to bring up the blood levels of selenium in his cancer patients. In a letter to **Nutrition** dated May 11, 1979, he indicated:

"We are now able, with nearly 100% regularity, to increase the blood levels by several fold by giving 1,000 to 2,000 micrograms of selenium daily and then dropping back to a maintenance dose."

In one case, a dosage level of 2,700 mcg/day for two months followed by six weeks of 5,000 mcg/day was required to bring up the selenium blood levels. However, it must be emphasized that selenium is a trace mineral and the doses Dr. Donaldson was using are potentially toxic. Dosages from 2,700 mcg to 5,000 mcg per day could produce symptoms of selenium toxicity in a normal person.

One important aspect of Dr. Donaldson's work is the discovery that many cancer patients apparently don't absorb selenium well. Potentially toxic levels of oral selenium had to be administered in order to achieve normal blood selenium levels. When normal blood selenium levels were reached, Dr. Donaldson documented marked improvement in his patients and, in some cases, remission of advanced cancers.

Some patients with relatively low levels of selenium (.223 ppm) experienced dramatic tumor regressions when supplemental selenium raised blood levels to normal. For other patients, however, tumor regression was not evident until the levels reached .40 ppm to .50 ppm, while still others required reaching blood levels of .80 ppm.

Selenium has also been found to counteract the effects of cadmium in the human prostate. Cadmium has been implicated in the increase in prostate cancer incidence in men exposed to high levels. A decrease in zinc and a concomitant increase in cadmium levels in the human prostate has been shown. Selenium inhibits the growth stimulation induced by cadmium.

One study in China reported that a daily dose of 500 mcg of selenium over a period of several years is safe for healthy humans. The higher dosage levels of selenium that appear to be necessary to help cancer patients can be toxic. Dr. Schrauzer reports that dosages of 2,000 to 5,000 mcg per day will produce toxicity symptoms after several months. However, since the early symptoms of selenium toxicity such as nausea, weakness, and discoloration of the fingernails are hardly ever overlooked, high doses have apparently not been reported to have caused any fatalities.

Animal studies have shown that selenium-enriched onions, broccoli, garlic, and Brazil nuts are very effective in the inhibition of tumors. A fresh unshelled Brazil nut contains about 80 mcg of selenium – this supposedly declines to 20mcg in shelled nuts. Selenium supplements, many derived from selenium-enriched yeast, are commercially available. In the yeast-derived products, the selenium is present in an organic form. Supplements with inorganic selenium have been introduced commercially, but the experimental data indicate that inorganic forms of selenium are less effective than organic ones.

As a preventive, selenium is more effective with a high level of Vitamin E in the blood.

Between 300 and 400 mcg of organic selenium orally each day has been recommended. Close medical supervision combined with regular laboratory assessment of blood selenium levels is necessary to prevent toxicity when selenium is used to treat cancer.

Nutrition 21, who supported Dr. Robert C. Donaldson and his cancer patients as described above, highlight on their website

<http://www.nutrition21.com/Divisions/Ingredients/Selenomax.aspx> the research conducted with their selenium supplement, Selenomax®. This research shows that a daily intake of 200 mcg of Selenomax® reduces:

- Prostate cancer incidence by 63%
- Colon cancer incidence by 58%
- Total cancer mortality by 50%
- Lung cancer incidence by 46%
- Total cancer incidence by 37%

Selenomax® can be ordered from the Vitamin Shoppe at <http://www.vitaminshoppe.com/> or Tel: (800)223-1216

Sources

Identify other sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter selenomax or selenium. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

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- Selenium Against Cancer and Aids by Richard A. Passwater
- Selenium and Cancer: Larry C. Clark Memorial Issue by Leonard A. Cohen
- SELECT, selenium and vitamin E cancer prevention trial (SuDoc HE 20.3152:SE 4/2) by U.S. Dept of Health and Human Services
- SELECT, selenium and vitamin E cancer prevention trial : SELECT men fighting to prevent prostate cancer (SuDoc HE 20.3152:SE 4) by U.S. Dept of Health and Human Services
- Selenium & Cancer: New Views P.D. Whanger, Ph.D. Professor Of Agricultural Chemistry OSU/LPI Affiliate Investigator

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- Nutrition-21 at <http://www.nutrition21.com/Divisions/Ingredients/Selenomax.aspx>

Tellurium/ AS-101

Tellurium is useful against cancer. AS-101 is a synthetic organic tellurium compound that boosts the immune system by increasing cytokine production.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter tellurium. Select "100 Results".

Further Reading and References

- Cancer Therapy by Ralph W. Moss, PhD

Vanadium

"In one study done at the Parker Hughes Institute the minerals vanadium and sulfur were used to create 24 new drugs in the war against cancer. Vanadium was found to kill 14 different cancer cell lines both in the laboratory and in human cell lines."

Source and References

- <http://www.cesium-chloride.net/Minerals/vanadium.html>

Zinc

Zinc can both enhance and retard tumor growth. In epidemiological studies, the National Academy of Sciences report described a study in England and Wales where gastric cancer was higher in people whose gardens had high zinc levels in

the soil. Schrauzer and his colleagues examined food intake in 27 countries and reported a direct correlation between higher zinc intake and a higher incidence of leukemia and cancers of the intestine, breast, prostate, and skin.

They concluded that zinc increases cancer risk by its known antagonism to selenium (that is, an excess of zinc can cause a deficiency of selenium). Schrauzer also found that high zinc in blood samples collected from healthy donors across the United States correlated directly with mortality rates from large bowel, breast, ovary, lung, bladder, and oral cancer in the different areas where the blood was collected. Zinc and selenium levels in the blood were inversely related. On the other hand, two studies of esophageal cancer found zinc levels to be lower in the diet of countries where that cancer is common and lower in the blood of patients with esophageal cancer than in normal controls. Clearly, in the latter studies, "the altered zinc levels may have followed, rather than preceded, the onset of cancer."

The experimental evidence collected in the National Academy of Sciences report supports the epidemiological evidence, showing both the enhancing and retarding effects of zinc on tumor growth:

Zinc deficiency appears to retard the growth of transplanted tumors, whereas it enhances the incidence of some chemically induced cancers. In some experiments, dietary zinc exceeding nutritional requirements has been shown to suppress chemically induced tumors in rats and hamsters, but when given in drinking water it counteracts the protective effect of selenium in mice. These data are insufficient to explain the effects of zinc and of interactions between zinc and other minerals on tumorigenesis.

Zinc has become a popular supplement especially for the treatment of enlarged or infected prostates, however a study from the National Cancer Institutes shows that taking more than 100 mg of zinc supplements a day doubles a man's chances of developing advanced prostate cancer.

A deficiency of zinc can lead to depressed activity of NK cells and other white blood cells. Zinc also has an antagonistic relationship with copper. Both are essential to proper functioning of a wide range of immune cell types, including antibody-forming cells, T helper cells, and macrophages, which help the body defend against cancer.

Using high amounts of zinc to cause a relative deficiency of copper is reported to prevent the formation of new blood vessels, (angiogenesis), and stop tumor growth, especially if combined with shark or bovine cartilage therapy and alkalizing the body.

By depriving cancer tumors of the copper they need to form new blood vessels, Dr. Brewer's research team at the University of Michigan stopped the growth and spread of the disease in a small group of patients with advanced cancer. The full ten page report released January 2000 is viewable on line, Treatment of Metastatic Cancer with Tetrathiomolybdate, an Anticopper, Antiangiogenic Agent: Phase I Study at <http://www.coldcure.com/html/brewerx.html>

While the evidence on the effect of zinc on tumor development and arrest is complex, it strongly suggests that one should be cautious about taking zinc supplements if one has cancer. And since selenium has a wide spectrum of demonstrable anticancer effects, cancer people should be particularly cautious with zinc, since it is a selenium antagonist.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter zinc. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

Tetrathiomolybdate Copper Reduction Therapy as an Antiangiogenic Treatment for Lymphoma and Other Cancers at http://www.coldcure.com/html/anti_ang.html

References

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Treatment Programs

714-X/Gaston Naessens/Immunostim

714-X is an impressive cancer treatment based on scientific research of cancerous cells and their growth patterns at the cellular level. It almost touches the realm of super science and the way it works needs a little time to comprehend.

Scientist Gaston Naessens in Canada is responsible for this very successful cancer treatment that works by injecting 714-X, a modified camphor compound into lymph nodes to strengthen the immune system.

His persistent study of the somatids in culture led Naessens to one of the most revolutionary aspects of his work: his claim that the little somatid particle is only the first stage in a string of polymorphic transformations.

In the blood of healthy people, the somatid cycle has but three phases after their formation in the red blood cells: somatid, spore, and then double-spore.

But in people who have cancer or other degenerative diseases, or are in the process of developing these, Naessens claims that a kind of natural “gate” gives way, and the somatid unfolds 13 additional phases, for a total of 16 phases of the complete macro-cycle. That is why the existence of any of phases 4 to 16 in the blood is a sign of a weakened natural defense system.

Naessens considers the elucidation of this cycle one of the crowning achievements of his long career. Over the years others have also seen phases of this cycle. Between 1840 and 1900, for example, about 10 scientists wrote about them. Between 1900 and the present, there have been over 50 scientists observing and writing about these particles.

Most of these dealt exclusively with the bacterial phase, believing that they were working with an externally generated “cancer microbe.” Naessens has fully defined a sequence of changes of the pleomorphism of an organism normally resident in the human body.

At the different stages of the cycle, the form of the somatids may resemble bacteria, yeasts, or fungi.

Cancer, thus, could be tracked and monitored by observing the number and forms of somatids in the blood. Basically, if these somatids are exposed to some sort of trauma (e.g. pollution, radiation), they enter a wild uncontrolled growth cycle that leads to cancer. Naessens theorized that cancer cells are deficient in nitrogen, and that injecting 714-X into the lymph system would convert them to normal cells.

The 714X treatment is claimed to return the somatids to a normal state, and that inhibits and retards the growth of cancer. 714X has been used by thousands of patients and hundreds of doctors across Canada, the United States and Europe. In spite of this demand, 714X is only legally available in Canada for patients who are considered to be in the terminal stages of a degenerative disease.

Naessens's ideas are so far-reaching that since the early 1960s, Naessens has been pursued with fury by medical authorities. Is 714X just a worthless nostrum, with possibly dangerous side effects? Or is it an ingeniously designed and unique product, which has the ability to stabilize or even reverse symptoms in people with cancer, AIDS, and other chronic illnesses?

Much is at stake here, for Naessens's ideas and discoveries could yield an entirely novel way of viewing the origin of cancer, AIDS, and other degenerative diseases—as well as life itself. If even some of Naessens's claims are correct, this fact could lead to major advances in such diverse fields as optics, microbiology, hematology, and oncology. It is hard to estimate the potential leap in medicine. “Somatidian orthobiology” is truly paradigm busting science. If Naessens is right, biologists won't have to rewrite their textbooks. They can throw them away.

Naessens selected camphor as a carrier because he believes it has special affinity for cancer cells. He included ammonium salts because he believed they improve the circulation of lymph in cancer patients. He also believed that the ammonium salts activate certain kinins that inhibit abnormal cell growth and enhance the healthy functioning of the immune system.

Dr. Naessens discovered that tumor cells produce a substance, cocancerogenic K factor, which paralyzes the immune system. It creates supplemental help too —714X seems to neutralize CKF, thereby enabling the immune system to more readily identify and destroy cancer cells.

714X acts to strengthen, or unblock, the dysfunctional immune system.

If a patient is seriously affected by lung or oral cancer, and is unable to take the treatment orally, it can be administered through the nose using a nebulizer. The nasal route has been recommended for patients with lung or oral cancers.

Long-term remission rate of 75% is claimed for 714-X.

The Cancer Cure Foundation states:

"714X is a homeopathic combination of ammonium compounds, camphor, phosphors and salts of silicate. A similar product is Immunostim. Recently NCI has agreed to study 714X. For details, go to <http://www.naturalhealthline.com/newsletter/1june01/714x.htm> and <http://naturalhealthline.com/newsletter/15sep01/714x.htm>."

CERBE Distribution Inc. is the private company in charge of the popularization of the scientific knowledge brought by Gaston Naessens' Somatidian Orthobiology. See <http://www.cerbe.com/>

Further information on the NCI review of 714-X is at <http://www.annieappleseedproject.org/drugdevgroup.html>

CERBE Distribution Inc. describe their product and recommended protocol below:

"It is important to be aware that our product does not require any special monitoring. Our clients remain under their attending physician's care, using conventional tests to monitor their health, as they would if not using 714X.

In most cases of auto-immune or degenerative diseases, we recommend using 714X by injection only, basic treatment. When there is cancer in the right breast, the lungs, the esophagus, or anywhere else in the head, we recommend adding a second use of our product from the second 21 days cycle on. We appreciate receiving a complete description of the diagnosis (when it was given, where the disease is located in the body, the treatments to date (conventional and/or alternative), name of the person who will be using our product, date of birth...) in order to recommend the proper protocol.

Here is the protocol we recommend when there is cancer in the right upper quadrant of one's body (including left lung, joined organs...): one would do a first 21 day cycle using only the injection, basic treatment, and take the mandatory 2 day break. From Day 1 of the second cycle and all following cycles, one would do the injection in the morning and 12 hours later would also breathe the product in using a nebulizer. One would use both methods daily, always taking a 2 day break between cycles.

We recommend using 714X for a minimum of 6 to 8 cycles. Once the minimum number of cycles is completed, we recommend to keep on using it until conventional tests show there is no sign of disease.

One learns to do the injection by watching a video, "714X : How does it work?" We also send written instructions and are here to coach, if needed. We use a 26G 3/8" 1cc (0,45mm x 10 mm , 1ml) Tuberculin syringe. We can provide them (\$10US/tray of 25), if unable to purchase them locally.

We recommend avoiding these products while using 714X: vitamins E & B12, supplementally. In a regular diet they do not cause any problem. Flaxseed oil, bee pollen and royal jelly can be used as sources for those vitamins while using 714X. We also recommend avoiding all antiangiogenic products (shrinking blood vessels, cutting off the blood supply) such as shark or bovine cartilage, thalidomide, certain chemos or others. When one is currently receiving or considering receiving chemo, please check

how that particular chemo kills cancerous cells. If it does so by cutting off the blood supply, by shrinking blood vessels, it is antiangiogenic and 714X can not be used at the same time as such products. It would be asking one's body to do two opposing actions at the same time. Once antiangiogenic treatments are over, we recommend waiting for at least a week, preferably two, before starting on 714X.

An important fact to understand about our product is: to 714X all diseases, as long as auto-immune or degenerative are the same: an imbalance our product will assist the body in correcting by revitalizing the immune system, by supporting the body's natural defenses thus enabling the body to fight back at disease. 714X does not work directly on diseased cells, does not work on a specific disease but works on an imbalance. The theory behind the product says that when an immune system is balanced, we stay healthy : our immune system recognises foreign cells and eliminates them.

The goal of 714X is to get the immune system back on track (it is an immunomodulator; if an immune system overworking, it brings it back to balance, if not working, 714X will stimulate it into working again.) , in doing so it enables the body to fight back at disease...The least benefit one would obtain by using our product is by enjoying a better quality of life....It is difficult to predict how much cleansing and repairing will go on in one's body ...Many factors are involved in the process: treatments, of course, conventional and/or alternative, but one's willingness to make lifestyle adjustments such as diet corrections, stress management, environment (emotional, physical,) core beliefs, ...many factors will influence the pace at which one's body will cleanse and repair itself.

Possible side effects are flu like symptoms: slight fever, nausea, aching muscles, tiredness....they usually subside within a few days. Our product is non toxic. It can not hurt nor harm in any way. The results vary from one person to the other, depending on many factors such as diet, stress management, environment (physical, emotional, etc...), core beliefs...all those factors and many others will influence the pace at which one will cleanse and repair one's body.

714X is designed to improve natural defences, and to stimulate the immune system. The 714X product does not necessarily eliminate abnormal cells. 714X has been integrated in the Canadian Emergency Drug Program since January 1990 (Now called Special Access Program). 714X has therefore been applied for various degenerative diseases, with some interesting results; unfortunately, in Canada, access to the program is only for advanced terminal cases.

It is important to note that 714X was originally manufactured in 1976. It was to be given early in the process of disease, as soon as some biological imbalances were to be observed in the Naessens live blood test. 714X is the result of many years of research and has much more to offer than the "last chance" treatment.

Nitrogen is the basic active ingredient of 714X carried along by molecules of natural camphor. Note that camphor is a carrier, and not the active ingredient as such. The other ingredients are two mineral salts, ammonium chloride and sodium chloride. Also, found in the product, eighteen different minerals present in the form of trace elements.

We can summarise the action of 714X by saying that first 714X activates deep cellular cleansing, and then it stimulates cellular repair mostly for damaged cells caused either by disease and/or some conventional treatments.

714X has a unique mode of intromission. It has to be injected in the lymphatic system according to a specific protocol (injection technique available on videocassette). The reason for this special and unusual route, is simple; patients with degenerative disease have lymph fluid which is clogged up, inducing stagnation and promoting intoxication. 714X liquefies the lymph system allowing the toxins to be removed from the body.

This system needs to be cleaned. 714X was introduced after intensive research was done pertaining the impact of the quality of lymphatic system, as a potential cause of degenerative diseases.

Certain types of cancer would have us recommend an additional use of 714X, that is why a description of your diagnosis is important so that we could suggest the correct protocol for you if you decided to go ahead with our product."

Sources

Access to 714X is quite easy. People living outside Canada can contact CERBE Distribution inc. directly, Tel. : (819) 564-7883, Fax : (819) 564-4668 or E-mail : suzanne@cerbe.com.

714-X is available in Canada under that country's Special Access Program on behalf of late-stage cancer patients. It is covered under their National Health system.

Further Reading and References

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<http://naturalhealthline.com/newsletter/15sep01/714x.htm>

21 Day Curing Program

The 21 Day Curing Program is described in the book *The Cure for All Advanced Cancers* by Hulda Clark, Ph.D., N.D.

The book description reads:

"Cancer can now be cured, not only the early stages, but also advanced cancer, stages four and five, including imminent death. We are not accustomed to thinking about a cure. We think of remission as the only possibility. But this book is not about remission. It is about a cure. This is possible because the true cause of cancer has been found. The Cause of the malignancy is explained in the earlier book, **The Cure For All Cancers**. But removing the malignancy left behind the tumors as they were, prior to the malignant development. So, eliminating tumors became the focus of additional research, and is the subject of this book. The 21 Day Program described in this book does both. Once you win this battle, even advanced cancer can be cured.

The success rate for advanced cancer is about 95%. So you can count on this method, not merely hope it will work for you. It is a total approach that not only shrinks tumors, but also normalizes your blood chemistry, lowers your cancer markers, and returns your health. The small failure rate (5%) is due to clinical emergencies that beset the advanced cancer sufferer. However, if you combine the advice in this book with access to hospital care, even "hopeless" patients can gain the time necessary to become well again."

Dr. Clark's 21 Day Program for Advanced Cancers was introduced for severely ill patients in cancer stages 4 and 5, including imminent death. Dr. Clark identifies three tasks:

- Kill clostridium bacteria. (Clostridium are the tumor-making bacteria, which supply the DNA, the toxic amines and also isopropyl alcohol which will eventually contribute to malignancy).
- Kill all other parasites.
- Remove metals, malonic acid (which comes from some common foods, tapeworm larvae and plastic teeth), and other carcinogens from the body.

There are now several hundred alternative therapists using the Clark therapy in Germany and Switzerland. The US Government has legislated that any cancer treatment used in the US, other than the AMA sanctioned treatments of surgery, radiation and chemotherapy, will be considered 'quackery', and punishable as a felony. The AMA/FDA monopoly

maintains that new protocols are not legitimate until many years and vast sums of money have been spent on 'scientific' research.

Dr. Clark's organization is reported to have been built from the grassroots up by her former patients, and relatives of patients. They have seen that her therapy works; many are alive today because of her. Information on the Dr. Clark Research Association can be found on the web-site <http://www.drclark.net>

"95% success rate! So you can count on this method, not merely hope it will work for you."

Cathy Kopasek, Manager, New Century Press

Videos are also available describing the 21 day program:

The Cure is the most popular video documentary about the research of Hulda Clark, Ph.D., N.D. The video features testimonials from prominent figures from around the world, including an interview with the physician to Pope John Paul II, who claims to have successfully applied the Hulda Clark programs. The video has an interview with Dr. Clark, and goes over the herbal cleanses, liver cleanse, zapping routine and dental clean-up.

The video, **Cure Yourself**, is much more technical than the video **The Cure**. This video goes into detail on the 21 day program and would be suitable for health providers who are interested in the technical and medical information underpinning Dr. Clark's 21 day program.

Thousands of testimonials exist acclaiming her methods and the success people have achieved through using them. A booklet of a thousand testimonials is available for \$10 from the Dr. Clark Research Association.

Also see [Dr. Hulda Clark/ Dr. Clark's Treatment](#).

Sources and References

The Cure for All Advanced Cancers by Hulda Clark, Ph.D., N.D. and the above videos can be ordered from <http://www.drclarkbooks.com/> or Ph. (510) 749-0088 between the hours of 12 noon and 6 PM PST (For those on the East Coast: 3 PM to 9 PM EST) Mondays through Fridays.

Sources

The complete supplies for the 21 day curing program can be purchased from the Dr. Clark Research Association. Order online from <http://www.drclark.com/>

To contact the Dr. Clark Research Association write an e-mail to <http://www.drclark.net> or write or call:

In the US:

Dr. Clark Research Association

8135 Engineer Road

San Diego, CA. 92111

USA

P 1-800-220-3741

F 1-858-565-0058

In Europe:

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Bielstrasse 12

3053 Münchenbuchsee

Switzerland

P +41-31-868 3131

F +41-31-868 3132

To get in contact with Dr. Clark's clinic call the Mexico phone number 01152-6646-828215 or fax 01152-6646-834454. Please understand that Dr. Clark cannot personally answer phone calls and faxes and cannot assess your case by proxy. At this time, Dr. Clark only personally treats patients who have advanced cancer or HIV.

Further Reading and References

- The Cure for All Diseases by Hulda Regehr Clark
- The Cure For All Advanced Cancers by Hulda Regehr Clark
- The Cure for All Cancers: Including over 100 Case Histories of Persons Cured by Hulda Regehr Clark

- The Prevention of all Cancers by Hulda Regehr Clark
- The Cure For HIV / AIDS by Hulda Regehr Clark
- Syncrometer Science Laboratory Manual by Hulda Regehr Clark
- The cure for HIV and AIDS: With 70 case histories by Hulda Regehr Clark
- University of Washington study shows the Dr. Clark zipper inhibits the growth of leukemia cells
[http://www.drclark.net/news/lairsearch.htm](http://www.drclark.net/news/lairresearch.htm)

Controlled Amino Acid Treatment (CAAT)

Angelo P. John, a cancer theorist for more than 40 years, developed an extremely interesting and promising nutritional approach to help cancer patients. CAAT - Controlled Amino Acid Treatment is a novel approach to cancer treatment.

The treatment has been used since 1994 in very advanced cancer patients combined with or without conventional treatment of radiation and/or chemotherapy. Angelo John develops these nutritional programs for cancer patients with the cooperation of the patient's oncologist or with nutritionally oriented complementary and alternative physicians who work with cancer patients. The results so far have apparently been quite remarkable.

CAAT is an amino acid and carbohydrate deprivation protocol that uses scientifically formulated amino acids. Based on the fact that the needs of normal cells and cancer cells are quite different, the diet of the cancer patient is manipulated to include a blend of amino acids (protein building blocks in the body).

Cancer cells are literally starved to death.

The program consists of:

- A strict diet
- A special amino acid blend, which contains high doses of certain amino acids and low doses of others — the exact blend depends to some extent on the type of cancer being treated
- Certain nutritional supplements and the avoidance of others.

The treatment attacks cancer cells in four ways, in that it:

1. helps to prevent new blood vessel formation (angiogenesis), which is necessary for the growth of solid cancers.
2. interferes with the cancer cell's ability to produce energy by blocking a process called glycolysis in cancer cells.
3. reduces the ability of the body to produce factors that stimulate growth of cancers.
4. interferes with the production of specific amino acids that are necessary for DNA replication in cancer cells.

The diet is quite strict and is low in both carbohydrates and protein. Fat intake is moderate and involves specific fats. The amino acid blend reduces certain amino acids (such as glycine, valine, leucine, and isoleucine) and increases others, resulting in reduced production of the protein elastin, which is necessary for angiogenesis.

In contrast to normal cells, which produce energy primarily through the use of oxygen, cancer cells produce energy by a process known as glycolysis because their mitochondria (energy producing structures in cells that utilize oxygen) are damaged and not capable of utilizing oxygen the way normal cells do. The strict diet and amino acid blend attacks the glycolysis process in cancer cells, thus helping to prevent the production of energy in cancer cells.

Certain growth factors produced in the body, such as human growth hormone and insulin growth factor 1 (IGF1) tend to stimulate cancer growth. This program with its reduced calorie and protein diet tends to reduce the production of these growth factors.

The growth of cancer cells requires certain amino acids (like glycine) and nutrients (like vitamin B6) for replication of the cancer cells' DNA. The reduction of these nutrients in this CAAT protocol helps to inhibit DNA replication in cancer cells.

A number of nutritional supplements are part of the program. These may include, but are not limited to:

- Vitamins A, C and D
- D-Limonene
- N-Acetylcysteine (NAC)
- Grape Seed Extract
- Lycopene and others

On the other hand, most of the B vitamins, especially vitamin B6, need to be avoided because they enhance the glycolysis process or DNA replication.

Regardless of the cancer type, all cancer cells survive through the same biochemical processes. CAAT interferes with these processes and causes the cancer cells to die, significantly increasing the chances of recovery. However, because each patient is unique, CAAT is designed for one's specific needs, taking into account the patient profile and medical history. A personalized amino acid deprivation formula and food plan is designed for each patient's individual requirements.

Sources

The A.P. John Institute is a non-profit organization, so the only part of the CAAT program you pay us for is the amino acid formula. Currently the Institute is able to formulate the ingredients for about \$900 per one-month treatment. (If you have financial problems, you can call 203-661-2571 to discuss an individual hardship plan.) You will also need to purchase some nutritional supplements from your local health food store.

For more detailed information on this program, visit A.P. John's website: <http://www.apjohncancerinstitute.org>. The Schachter Center is collaborating with Mr. John in the management of several cancer patients.

Further Reading and References

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- A.P. John Institute for Cancer Research <http://www.apjohncancerinstitute.org/>

Cancell/Cantron/Entelev/Entele/Protocel /Protoc/Sheridan's formula/Jim's Juice/ Crocinic Acid/ JS-114/ JS-101/ 126-F

Cancell is a nontoxic treatment for cancer developed in the 1930's by Jim Sheridan, an analytical chemist for the Dow Chemical Company.

There is a great deal of mystery around Cancell. Apparently the idea for this drug came to Sheridan in a dream on an afternoon in September, 1936. He saw a multilayered rainbow made up of the various respiratory enzymes of the oxidation-reduction ('redox') system. The dream suggested to the young chemist a cure for cancer.

Cancell is described by promoters as an assembly of synthetic chemicals that react with the body electrically rather than chemically. Sheridan says cancer is a protein disease and that there are 3-types of cells: normal, primitive, and cancer. He stated that Cancell causes cancer cells to become primitive and to self-destruct.

Promoters claim that human and animal studies proving Cancell's worth have been done, but are being suppressed by the establishment. They say that FDA did a secret and illegal study, which resulted in 80-85% cure rates, but the FDA denies that any such study was ever conducted.

In Sheridan's view, the cancer cell exists at a "critical point" between a truly primitive cell (like yeast) and a normal human cell.

The goal of Cancell was to push the cancer cell into the primitive state.

"Cancell tries to take away the last vestiges of normality" from cancer cells, Sheridan said, "So, they are no longer on the boundary line." He added,

"Once the cancer cell is definitely into the primitive stage, the body deals with it as the body does any other foreign object. It gets rid of it."

Cancell contains a chemical that can inhibit respiration. Sheridan claims that by 1942, he was already getting between 70 and 80% anti-tumor responses in mice. In 1953, just as human clinical tests were about to begin, representatives of the American Cancer Society blocked them. Around this time, Sheridan began giving Cancell away to patients who asked for it. In the 1980s, Sheridan met foundry owner Ed Sopcak who took up where he left off, giving 20,000 bottles of Cancell away, even paying for the postage. All of it was made in their homes. Sopcak advises patients to go off all other medications before taking Cancell or at least not to take mega-doses of vitamins C and E while on this medication. Clinical results can take up to 3 months. Cancell:

"does not actually kill the cancer cell in the usual meaning of the word kill"

Sheridan stated.

In 1989, the FDA obtained a permanent injunction against the distribution of Cancell in interstate commerce.

By 1990, the NCI finally agreed to test Sheridan's formula with its stringent laboratory procedures, using a variety of cancer cell lines in petri dishes ("in vitro"). The results were impressive and showed that the formula worked on all cancer cell lines tested.

These cancer cell lines included leukemia, non-small cell lung cancer, small cell lung cancer, colon cancer, central nervous system cancer, melanoma, ovarian cancer, and renal cell (kidney) cancer. (And people who have used it have reportedly found it to work on virtually every other type of cancer as well.)

The NCI found Cancell to outperform Taxol, the best-selling cancer drug in history. See <http://www.alternativecancer.us/testr.htm> for comments on the NCI Test Summary for Cancell.

The mystique and lack of transparency as to its contents helped the FDA to discredit Cancell, though thousands of people especially around the time period 1990-94 used it. The only evidence Sheridan and Sopcak have to offer is a file of letters testifying that Cancell works.

Between the 1930s and the early 1950s, Sheridan developed another product called Entelev as a treatment for cancer. There is a long history of how the ACS, FDA, and NIH reportedly tried to destroy this product, too. Currently, the original Entelev formula is held by two different companies. The products of these two companies are Protocol and Cantron. There are testimonials on the internet for each of these products. Nevertheless,

"Today, the Sheridan family endorses Protocol as THE Cancell formula."

Because of the FDA and FTC, very little about cancer is mentioned on the main website of Protocol (Protocol). In fact, you will probably wonder if this product has anything to do with cancer.

"According to a 1989 FDA evaluation, Cancell [now called Protocol and Cantron] consists of nitric acid, sodium sulfite, potassium hydroxide, sulfuric acid, inositol, and catechol."

Here is another description of its formulation:

"Cantron is a unique nutritional formulation containing vitamins, minerals and a proprietary blend of organic compounds.

Vitamins: trace amounts of the B vitamin Inositol.

Minerals: Copper, Sodium, and Potassium.

Proprietary blend of organic compounds: Catechol (from Pyrocatechol) and the following Hydroxyquinones; Tetrahydroxyquinone, Rhodizonic Acid, Croconic Acid, Triquinol, Leuconic Acid.

The ingredients in Cantron are utilized for their bioelectrical properties (not their chemical properties), for their roles in cellular respiration and for their anti-oxidant properties."

It is assumed the exact formula is a secret, but two different companies claim to have and use the original formula.

It is reported that there are several other treatments that should not be used in conjunction with Protocol or Cantron. These include:

- Vitamin C (limited to 100 mg)
- Vitamin E (limited to 32 IU)
- Co-Q10 (limited to 60 mg)
- Selenium (limited to 60 mg)
- Essiac Tea
- Burdock Root
- Refined sugar
- Ozone, acupuncture, homeopathic, hydrogen peroxide
- 714-X
- Colloidal Silver
- Refined grain (or anything refined)
- Alcohol

Sources

Protocol is obtainable from <http://www.bloodrootproducts.com/protocol.htm>

Further Reading and References

- Paul Winter's excellent site at <http://www.alternativecancer.us> is recommended.
- The CanCell Controversy: Why Is A Possible Cure For Cancer Being Suppressed? by Louise B. Trull

CellFood

Cellfood is an oxygen mineral supplement that delivers oxygen, minerals, enzymes, and amino acids at the cellular level. It is a proprietary formulation developed by Everett Storey — who was claimed a 'genius' by his colleague Albert Einstein — and it has been on sale in the US since 1969. It is also available in the UK and over 40 countries worldwide.

Cellfood enhances nutrient absorption and increases metabolism. Contained in this formula are "aerobic" proteins, 17 amino acids, 34 enzymes, 78 major and trace elements, deuterons, electrolytes and dissolved 'nascent' oxygen. It promotes greater availability of vitamins, minerals, herbs and other nutrients.

Cellfood increases oxygen in the body at a cellular level. When Cellfood is ingested, vital oxygen and hydrogen are released into the body, increasing oxygen at a cellular level. Because Cellfood's nutrients are in an ionic state, they are absorbed very quickly and efficiently into the body. The body uses this additional oxygen to diminish bacteria, viruses, parasites, fungi, yeast, pathogens, and free radical scavengers. In addition to supporting the body's immune system, it reportedly combats degenerative diseases and rebuilds tissue, slowing down the ageing process, and even reversing it.

By oxidizing toxins and waste, the body expels them through normal channels of elimination, such as respiration, perspiration, urination and defecation.

The nutrients in Cellfood are in colloidal form, which are minute and negatively charged. Most body fluids (like blood and lymph) are colloidal and negatively charged. The body perceives Cellfood as a normal healthy bodily fluid and allows the nutrients in Cellfood to

pass immediately through the sensitive membranes of the mouth, throat, and esophagus directly into the bloodstream creating an up to 95% absorption rate.

Cellfood increases cellular respiration. When it is mixed into water, an exothermic reaction takes place, providing oxygen and hydrogen to the individual cells of the body. The steady flow of oxygen and hydrogen to all parts of the body allows for simultaneous oxygenation and reduction within the cells. Cellfood users report recovering from respiratory and allergy related conditions such as asthma, sinus, and upper respiratory infections.

Increased levels of oxygen combined with the other important nutrients to enable the cells and organs to function properly, allowing the body to function at its best. By providing the body with required building blocks, Cellfood strengthens the immune system, as has been shown by research at Immunosciences Laboratories in the US. This is one of the most frequently reported benefits and substantiated by research at the University of Pretoria in South Africa which showed that athletes taking Cellfood had increased vitality and better performance.

Once the energy potential in the body is increased due to the additional supply of oxygen, the natural mechanism in the body increases metabolism of waste material eliminating toxins more effectively. The enzymes and amino acids improve metabolism so that the body can derive greater nutritional value from food and other supplements.

The increase in oxygenation of cells has been perceived valuable in combating cancer since Dr. Otto Warburg stated that cancer cannot survive in an oxygen rich environment.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter cellfood Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

- Cellfood: Vital Cellular Nutrition for the New Millennium by Dr. David S. Dyer

Deuterium-Depleted Water

The deuterium depletion therapy is a completely original approach to inhibit the growth of cancer cells in the body. The core of the invention is a new therapeutic modality using deuterium-depleted water, a novel tool of sub molecular medicine, for treatment and prevention of cancer.

Deuterium, a hydrogen isotope, has a main role in cell division. Deuterium surplus or depletion knocks out the system controlling division. The biologists think that without deuterium, cancer cells receive some kind of shock. While the healthy ones adapt very fast to the new situation, the tumorous ones cannot, so they die.

"Dr. Gabor Somlyai and his colleagues at the National Institute of Oncology discovered that the alive cells can feel if the amount of hydrogen isotope changes. Plant cells stop their photosynthesis and on the contrary, they take up oxygen as they breathe. Research with mice in which human tumor was transplanted proved the same thing. While they were drinking deuterium-depleted water, the tumor became smaller or even disappeared. The mice in the control group died. Experimental data suggests that deuterium atoms modify biochemical reactions in a concentration-dependent manner."

The basic principle of the technology is the reduction of deuterium from the water and thus from all the diseased cells of the body. This procedure has been found to inhibit the growth of cancer in laboratory animals and to affect various biological processes

It was discovered, in the early 1990s, that decreasing the deuterium concentration of the body below normal physiological levels delays the progression of several types of cancer in mice and prolongs their survival.

Depletion of body deuterium can simply be achieved by consumption or prolonged administration of deuterium depleted water and nutrients deficient in deuterium. It was therefore postulated that deuterium depletion would have therapeutic use in patients with cancer and other neoplastic diseases.

The human phase II double blind clinical trial started in Hungary in August of 1995. The intermediate evaluation was completed in May of 1997 resulting in a 68% decrease in prostate cancer.

The proportion of patients with improving efficacy was statistically significantly greater in the treated group. The prostatic volume decreased at 5% level of significance in the treated group, while in the control group it was regarded as unchanged. The patients in the treated group had more positive changes in their symptoms, along with a significantly longer survival period.

These examples serve as direct proofs for the anti-tumor effect of deuterium depleted water (dd-water); connections are evident, and improvement and survival rates by far exceed statistical values that could be attributed to "spontaneous" improvement.

In the case of tumors of the central nervous system, deuterium depleted water can play a role at least as great in the preparation for surgery as is possible later in post-treatment. With brain surgery, the doctor is often faced with the problem that although he knows that because of the tumor he should remove greater areas, this would affect centers, endangering the patient's life or causing significant and permanent disability.

Based on observations so far, it might be advantageous if the patient consumed deuterium depleted water 2-3 months prior to surgery. This would enable the surgeon to remove a more compact tumor isolated from its surroundings. This would also decrease the remaining tumor mass and the area removed would also be smaller. Post-treatment with deuterium depleted water after surgery, would in the optimal case, destroy remaining tumor cells.

A free e-book , **Let's Defeat Cancer**, with experiments on DD water, is available at <http://www.freewarepalm.com/medical/let'sdefeatcancer.shtml>

"The book gives an account of experiments carried out with deuterium depleted water (Dd-water) and of the human clinical trials under way in Hungary.

The most astonishing discovery was that healthy cells quickly adapt to the lower deuterium concentration, whereas tumor cells are unable to do so.

This, in the majority of cases, resulted in the destruction of cells, a decrease in tumor mass or its total regression.

The discovery detailed in the book reflects an inherent possibility for mankind to start the 21 st century in the hope of finding the cure for tumorous diseases."

Sources

A source for DD water is "Preventa-105" "Deuterium Depleted Carbonated Drinking Water"

\$12.00 USD per 2 liter bottle plus shipping and handling.

Fax (818) 888-0356:

HYDROS, Inc.

23679 Calabasas Road, #331

Calabasas, CA 91302-1502

Further Reading and References

- Defeating Cancer: The Biological Effect of Deuterium Depletion by Gabor Somlyai (Includes case descriptions)

DMSO and MSM

Dimethylsulphoxide (DMSO) is a clear, colorless, and largely odorless liquid that has demonstrated clear anti-tumor qualities. Over 6,000 articles in the scientific literature establish a very solid claim for it to be recognized as an anti-cancer weapon. Veterinarians use it freely when treating cancer in animals. It is available on prescription.

DMSO is derived from lignin, the natural material that bonds together the cells of trees. It is actually a by-product of paper manufacturing, extracted during the manufacturing of pulp, and was first synthesized in 1866. As medication, DMSO was used initially in the 1960's.

Following FDA approval for experimental use, it was applied in topical form to relieve pain, reduce swelling, heal injuries such as muscle strains and sprains, and treat arthritis.

It was accidentally discovered that DMSO acts as a catalyst for conventional chemotherapy and plays a major role in slowing down the development of cancerous tumors. When given to a patient undergoing chemotherapy, it may support a reduction in the dosage needed of the chemotherapeutic agent.

DMSO has been used by several clinics, including the Donsbach Clinic in treating cancers of the bladder, ovary, breast, and skin. When administered to humans, DMSO is absorbed rapidly and produces a garlic-like taste and odor on the breath and skin that can last as long as three days. It can be given orally, by injection or by an enema. Treatments usually last approximately 4 weeks.

DMSO stimulates various parts of the immune system and scavenges hydroxyl radicals, the most potent of free radicals. Since free radicals promote tumor growth this may be one of the mechanisms by which DMSO interferes with the development of cancer. It may also explain why patients who receive DMSO while undergoing either chemotherapy or radiation (both which generate free radicals in order to kill cancer cells) are far less prone to such side effects as hair loss, nausea, and dry mouth.

DMSO has a wide range of biological activities because it creates very powerful bonds with water molecules. This allows it to penetrate membranes and to pass from one organ or tissue to another with great ease. It is thought to have a wider range of biochemical actions than any other known chemical agent.

A Chilean study showed that DMSO used with low doses of a chemotherapeutic drug was able to obtain remissions in 44 out of 65 cancer patients. This result was even more amazing because these patients had all previously had chemotherapy without success. Twenty-six of the cases involved women with metastatic breast cancer. Twenty-three obtained remission.

There is a theory, rejected by mainstream science, that a kind of bacteria, known as dwarf bacteria, can be implicated in some cancers. It is believed that these bacteria have the ability to change their shape and size and to become as small as a virus. There is experimental evidence support for this suggestion. Several other alternative physicians have also observed this 'pleomorphism'.

DMSO in very low concentrations has the ability to kill these bacteria. This is impressive because these bacteria are otherwise extremely drug resistant. DMSO, in a 12.5% solution, shows long-term inhibitory action on cancer tumors in laboratory settings.

One dramatic and very well known case of a DMSO implicated cancer cure occurred in 1970, when the mother of 3-year old Clyde Robert Lindsey of Pasadena, Texas took her son to see Dr Eli Tucker of Houston. Clyde had a very deadly cancer known as Letterer-Siwe disease. The cancer had spread throughout his body and orthodox doctors considered the case to be hopeless. Dr Tucker gave the boy a dilute mixture of DMSO mixed with haematoxylon, a chemical normally used as a dye to trace the location of pathological animal cells. The haematoxylon-DMSO combination therefore had a special affinity for tumor cells.

Inside the cells, the haematoxylon oxidizes and this has the effect of inactivating the substance that surrounds the cancer cells, which then starve to death. Five drops of this substance in a glass of distilled water every morning daily eliminated all signs of Clyde's cancer.

Side effects to taking DMSO are a garlicky taste in the mouth and a slightly smelly breath, headaches, dizziness, and mild nausea, localized skin rashes or burning feeling on the skin.

DMSO is a powerful solvent that penetrates "through skin and meat all the way to the bone", and the nutritional sulfur in DMSO, Methylsulfonylmethane (MSM), is the main ingredient that allows this penetration.

This breakdown product of DMSO was discovered in 1963 by Dr. Stanley Jacobs at Oregon Health Sciences University. Studies by Dr. Jacobs show that MSM significantly

slows the development of both mammary and colon tumors and may reduce pain and inflammation.

Dr. Jacobs was granted a patent for its use as a nasal spray that prevents snoring, and several other patents for health benefits. MSM allows cell walls to be more permeable and flexible so that they take in nutrients and give off toxins more easily. Along with water and salt, MSM is the most plentiful chemical compound in the body. It is absolutely essential to body growth and self-healing.

When old cells die and are replaced by new cells, the new ones will be shriveled, wrinkled, and leathery if insufficient MSM is in the body. MSM is best aided by vitamin C in doing its work.

It is thought there is widespread MSM deficiency because of our diets. The best natural sources of MSM are fresh rainwater, milk, and very fresh fruits and vegetables. MSM is the first thing to evaporate out of fruits and vegetables when they are harvested, boiled, pasteurized, or allowed to sit. MSM is reported to be non-toxic in quantities of up to 10 grams per 100 pounds of body weight.

MSM has been proven in laboratory tests to cure snoring and lupus, to relieve arthritis, and to significantly lengthen the lives of cancer victims. It has been shown to "melt away" scar tissue in burn victims, to improve breathing in emphysema victims, to strengthen hair and nails dramatically, to rejuvenate wrinkled skin, and to ward off allergies and heal bee stings. It has been used by athletes for years because it eases the pain of sore muscles.

It is essential in rebuilding the body's connective tissue and collagen, a quality that is much needed in cancer victims.

"The typical dose is 1/2 to 1 teaspoon per 100 pounds of body weight exactly every 12 hours. It dissipates out of the body within 12 hours, about 30% through the skin."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter dms0 or msm. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

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- The Miracle of MSM: The Natural Solution for Pain by Stanley W. Jacob MD, et al
- The Persecuted Drug: The Story of DMSO by Sr. Pat McGrady
- DMSO: The complete up-to-date guide-book: a practical step-by-step guide providing a wealth of information to anyone interested in the use of DMSO by David G Williams
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- MSM: The Natural Pain Relief Remedy by Deborah Mitchell
- MSM (Methylsulfonylmethane): Your Natural Repair Kit by Deanne Tenney
- All About MSM by Margaret Dennison
- MSM: On Our Way Back to Health with Sulfur by Beth M. Ley

Dr. Burzynski/Antineoplastins

Dr. Stanislaw Burzynski is both a doctor and a biochemist who works in Houston, Texas. His groundbreaking discovery was of a group of peptides and amino acid derivatives occurring naturally in our bodies that have the effect of inhibiting the growth of cancer cells. Burzynski calls these peptides 'anti-neoplastons'.

They have the effect of "reprogramming" cancer cells to die like normal cells.

Dr Burzynski theorized that certain anti-neoplastons, or naturally occurring peptides, could inhibit the growth of tumor cells without interrupting normal cell growth. Burzynski first isolated his anti-neoplastons from human urine and later synthesized these compounds in the laboratory. He uses about 10 types of antineoplastons in both oral and intravenous fashion.

In Burzynski's view, there is a biochemical defense system, which allows defective cells to be corrected through biochemical means. Antineoplastons are at the heart of this defense system. Blood samples from cancer patients show that they have only 2-3% of the amount typically found in a healthy person.

Burzynski's method simply requires the injection of antineoplastons into the bloodstream. The result is tumor shrinkage and even remission. Often this occurs in a matter of a few weeks.

In an interview, Burzynski stated that excellent results are obtained for prostate cancer and brain cancers, specifically childhood gliomas.

After that, he said, in descending order, he is impressed with the results for non-Hodgkin's lymphomas (80% of tumors reduced by 50%) and pancreatic cancers (70% of tumors reduced by 50%). Breast cancer follows, with lung cancer and colon cancer further down the list. He was referring to sustained responses.

Did this mean that the patients were cured? No, he said, the cancers could certainly recur. These figures, he added, were for responses using his synthetic antineoplastons. He is in the process of completing a production plant for a natural antineoplaston derived directly from urine. With the natural product, he said that he expected better responses with mesotheliomas and lung, bladder, breast, and colon cancers.

In humans, normal cells die off after 20 to 60 divisions. They enter a terminal differentiation at that point and die. In animals, they can sometimes revert, but not in humans.

"Cancer cells become essentially immortal: they do not die, and so with the process of division the tumor grows. In highly malignant cells, those 20 to 60 divisions can happen very fast. So if you can force differentiation, they will die much more quickly and you will see the tumor reduction more quickly.

That is why we can see better results with glioblastomas or pancreatic cancers, which are fast-moving cancers. In slower-growing tumors, like breast cancer, it can take longer to see results, unless you add some chemotherapy or interferon, which can shorten the course."

Burzynski has only been able to explore a small corner of the research that antineoplastons open up. At present, antineoplastons bring benefit to only a portion of patients seeking help at the Burzynski Clinic, most of who are suffering not only from advanced disease but also from the toxic side effects of previous treatment.

Burzynski's frank advice to a patient with metastatic ovarian cancer was that she probably would not benefit from his therapy. Several other people were told not to come, and this honest approach to treatments is greatly to his credit. One of the marks of less credible unconventional cancer treatment centers is that practitioners tell everyone to come who has money to pay for services.

In one study of 20 patients with astrocytoma, mostly in an advanced stage, four went into early remission, two showed partial remission, and ten showed stabilization i.e. tumor regression of less than 50%. Some of these subsequently went on to complete remission.

Burzynski holds more than twenty patents and has had more than 150 papers published.

Nevertheless, the FDA and the American Cancer Society consider him a quack. Some insurance companies refuse to cover his treatments. Antineoplaston was placed in the Unproven Therapies list in 1983. Even official reports show that Burzinski's treatment has resulted in objective improvements in 86% of advanced cancer patients.

The FDA took him to court in 1983.

He was allowed to continue his work, but only in the State of Texas - and none of his drugs could be shipped across state lines. In 1985, the FDA raided his Institute armed with illegal search warrants and seized 200,000 confidential documents. They have never been returned. Attempts are continuing to sue Burzinski for mail fraud.

Burzinski considers all this harassment to be normal:

"Most medical breakthroughs have happened because there was some lack of suppression by the supervisors of people doing some innovative work."

Burzinski's treatment costs in the region of US\$5,000 a month for outpatient treatment that does not include living expenses. It can only be conducted at his Texas clinic because of the legal circumstances surrounding his work.

Burzinski patients have created a website to share their stories at <http://www.burzynskipatientgroup.org/> They also list the types of malignancies treated at the Clinic.

Sources

The Burzinski Clinic <http://www.cancermed.com/>
9432 Old Katy Rd., Suite 200
Houston, TX 77055 Tel: 713-335-5697 Fax: 713-335-0649 info@burzynskiclinc.com

Further Reading and References

- Dr. Burzinski interview with the Life Extension Foundation http://www.lef.org/magazine/mag2004/may2004_report_mystery_01.htm
- The Burzinski Breakthrough: The Most Promising Cancer Treatment ... and the Government's Campaign to Squelch It by Thomas D. Elias
- The Cancer Industry by Ralph W. Moss Ph.D.

Dr. Hulda Clark/Dr. Clark's Treatment

Dr. Hulda Clark Ph.D.,N.D., is an independent research scientist specializing in biology, biophysics and cell physiology. In 1979, Dr. Clark left government research to begin private consulting full-time and in 1985 developed a radio electronic technique for scanning the human body, the Syncrometer, which tests for viruses, bacteria, fungi, parasites, solvents and toxins. This gave her clues to the cause of cancer, HIV and other diseases. She now operates a research facility in Tijuana, Mexico, and her health books are best sellers - in the top 3% of books sold on Amazon.com.

According to Hulda Clark, there are only two health problems.

Dr. Clark's theories are based on the simple idea that the human body heals itself if kept in good condition. No matter how many symptoms a person has, she identifies only two causes of health problems:

- Pollutants (toxins which make it difficult for organs to do their work— especially isopropyl alcohol)
- Parasites (protozoa, amoeba, worms that utilize our food and leave us with their wastes).

Her solution to good health is as follows:

- Parasites - electronic and herbal treatment
- Pollution - avoidance.

Her strategy to return to health is:

- Kill all parasites, bacteria, viruses, and fungi.
- Remove toxic moulds, metals and chemicals from food and body products.
- Clear and wash away gallstones, secretions and debris already formed, that hinder healing.
- Use herbs and special food factors to hasten healing, being careful to use only unpolluted products.

Hulda Clark is more concerned with the safety of the food from parasites, bacteria and chemicals rather than with the style of nutrition or lack thereof in dealing with cancer. Her approach is different from those who specialize in cancer controlling foods and nutrition.

Flatworms, roundworms, protozoa, bacteria, and viruses are killed using a combination of an electronic device called a 'zapper' and a herbal parasite killing program. Dr. Clark has found that this can benefit almost every illness. The zapper is a hand held battery operated (9V) frequency generator that uses a positively offset square wave to electrocute parasites. Its effectiveness may be because it regenerates the white blood cells by building a positive magnetic field in the body. It is a recognized medical device, which should not however be used by people wearing pacemakers, or by pregnant women. See Zappers.

The herbal program kills remaining stages throughout the body, which cannot be reached by the electric current. It consists of black walnut hull tincture, wormwood capsules, and cloves taken over 3 weeks. A weekly maintenance program is then recommended to prevent re-infection from the home, pets, undercooked dairy products and undercooked meat, the latter which she believes is the main source of intestinal fluke.

Foods and products polluted with isopropyl alcohol include shampoo, hair spray and mousse, cold cereals, cosmetics, mouthwash, decaffeinated coffee, vitamins, minerals and supplements, bottled water (polluted with antiseptics from the bottling procedure), rubbing alcohol, white sugar, shaving supplies, carbonated beverages and store-bought fruit juice. Dr. Clark recommends homemade products, unprocessed foods and a limited number of tested supplements. Once you stop using isopropyl alcohol, it disappears from your body within three days. If the immune system is uncompromised, the body will detoxify this; but when the body is overloaded, illness sets in.

When isopropyl alcohol is present, the intestinal fluke uses another organ as a secondary host and that organ becomes cancerous. Other solvents in the body produce other diseases. For example, benzene causes the intestinal fluke to use the thymus for its secondary host, ruins the immune system and AIDS develops. Wood alcohol invites pancreatic flukes to use the pancreas as a secondary host and diabetes develops. Dr. Clark states that cancer could be eliminated if laws required testing for solvents in animal feeds and human foods. A significant reason for isopropyl alcohol pollution is the chemicals used by manufacturers to sterilize food-handling equipment.

After cancer is stopped, one can get well if the toxins that invited parasites, bacterial, and viral invaders are removed. Removing toxins from the affected organs lets them heal. For example, lung lesions will not heal unless cigarette smoking, freon, asbestos, and fiberglass exposure is stopped. Carcinogens draw the cancer to the organ: nickel draws cancer to the prostate, barium draws cancer to the breast. Dr. Clark considers the most serious threats to be: freon (CFCs or refrigerant), copper from water pipes, fiberglass or asbestos, mercury from amalgam tooth fillings, lead from joints in copper plumbing, formaldehyde in foam bedding and new clothing, and nickel usually from dental metal.

Dental, diet, body, and home clean-ups aim to remove parasites and pollutants at their source. The body constantly fights to remove pollutants, but if you are being 're-supplied' with them, the body cannot heal. **See Dr. Clark Cleanups.**

The dental clean up has been found crucial in shrinking tumors and restoring health. Dr. Clark advises:

- Remove all metals and large plastic fillings from the mouth.
- Remove all infected teeth and clean cavitations.

Silver or amalgam fillings contain 48-55% mercury, 33-35% silver, and various amounts of copper, tin, zinc, and other metals that corrode and seep into the body. Mercury is continually released from mercury fillings in the form of mercury vapor and abraded particles, which can be increased 15-fold by chewing, brushing, and hot liquids. Research has shown that mercury, even in small amounts, damages the brain, heart, lungs, liver, kidneys, thyroid, pituitary and adrenal glands, blood cells, enzymes, and hormones, and suppresses the body's immune system.

At the beginning of the 20th century Dr. Weston Price, head of the American Dental Association, found that root canal therapy, used to save a tooth that has become infected or dead, had serious side effects. He showed thousands of instances of disease created from devitalized teeth, from head and neck pain to rheumatism and cancer. Most patients with devitalized teeth had thyroid dysfunction. The International Academy of Oral Medicine and Toxicology reports that because it was not what the dental establishment wanted to hear, the results were ignored. Safe treatment requires extracting the dead tooth rather than filling the root, and removing any infected tissue from around the tooth. Later the space can be filled with a bridge or partial denture.

The materials which have entered our food chain and body, care products-particularly petroleum products, alcohol, asbestos, colorings, dyes, formaldehyde, and perfume-should not be there and were not there fifty years ago. The tested ingredients in 99% of perfumes are labeled as toxic hazards and not allowed in the agriculture industry. So, apart from avoidance of processed foods, Dr. Clark warns us against commercial salves, ointments, lotions, colognes, perfumes, deodorants, toothpaste, soaps, washing powders etc. and gives recipes for homemade substitutes, e.g. borax powder for cleaning.

Cleaning up the home environment to make it safe includes:

- Moving paints, varnishes, thinners, cleaners, and chemicals from the house.
- Sealing cracks around pipes.
- Changing your refrigerator for a non CFC one (Dr. Clark found freon concentrated in cancerous organs, where it facilitates the accumulation of other toxins).
- Checking air conditioners for leaks.
- Sealing or removing uncovered fiberglass.
- Removing clothes dryers, hair dryers containing asbestos and radiators and electric heaters which give off asbestos if their paint is old.
- Changing copper plumbing to PVC plastic.

She suggests if you have been quite ill to move house to a warm climate where you can avoid heating and cooling, and sit outside in the shade all day.

Syncrometer testing makes it possible to know exactly which toxins and parasites cause the patient's cancer. The Syncrometer can be used for diagnosing and monitoring progress until cured. It consists of an audio oscillator circuit, which includes the body as part of the circuit. Dr. Clark realized that every living and non-living entity produced certain specific frequencies which can be heard with the audio oscillator. Every living creature broadcasts its presence like a radio station. The Syncrometer tests for parasites or pollutants in any product or body tissue, by using samples of those parasites or pollutants. Cancerous tumors grow in the body for at least three years before they are big enough to be detected by medical imaging techniques, but the Syncrometer can detect them long before that.

For detoxifying the body, Dr. Clark recommends vitamins, minerals, and herbs from safe sources. Apart from the parasites and dental cleanses, she gives detailed instructions for liver, kidney, and bowel cleanses. She recommends that the liver cleanse should not be done if the liver contains living parasites, and is best carried out after a parasite cleanse and then a kidney cleanse. The liver cleanse is reported as the single most important thing you can do for your health. Medical herbalists, naturopaths and other natural healers speak highly of her cleanses.

Thousands of testimonials exist acclaiming her methods and the success people have achieved through using them. A booklet of a thousand testimonials is available for \$10 from the Dr. Clark Research Association.

See also [21 Day Curing Program](#).

Sources

All of the herbs, cleanses, programs, equipment, personal care products and supplements mentioned in Dr. Clark's books can be ordered online from the Dr. Clark Research Association <http://www.drclark.com/>

To contact the Dr. Clark Research Association write an e-mail to info@drclark.com or write or call:

In the US:

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P +41-31-868 3131

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To get in contact with Dr. Clark's clinic call the Mexico phone number 01152-6646-828215 or fax 01152-6646-834454. Dr. Clark cannot personally answer phone calls and faxes and cannot assess cases by proxy. At this time, Dr. Clark only personally treats patients who have advanced cancer or HIV.

Further Reading and References

- The Cure for All Diseases by Hulda Regehr Clark
- The Cure For All Advanced Cancers by Hulda Regehr Clark
- The Cure for All Cancers: Including over 100 Case Histories of Persons Cured by Hulda Regehr Clark
- The Prevention of all Cancers by Hulda Regehr Clark
- The Cure For HIV / AIDS by Hulda Regehr Clark
- Syncrometer Science Laboratory Manual by Hulda Regehr Clark
- The cure for HIV and AIDS: With 70 case histories by Hulda Regehr Clark
- University of Washington study shows the Dr. Clark zapper inhibits the growth of leukemia cells <http://www.drclark.net/news/lairresearch.htm>

Dr. Josef Issels

Dr Josef Issels (1907-1998) of Germany who was a pioneer in alternative cancer treatment, established what he called a whole-body therapy to deal with the whole-body problem of cancer. The therapy combined ozone-oxygen treatments, diet, fever therapy and even low dose chemotherapy and radiation.

His theoretical basis is as follows. The body has four interrelated defense systems. First, there are the lymphocytes and antibodies that are normally considered to be the entire immune system. Secondly, there are the eliminating and detoxifying organs: liver, kidneys, skin, and intestine.

Thirdly, there are the friendly bacteria in the epithelial tissues of the body and lastly there is the connective tissue where organic salts are stored and toxins are digested or bound chemically to make them inert.

Dr. Issels made a big point of insisting that infected teeth and tonsils should be removed - including all teeth filled with mercury amalgam and teeth whose pulp has been removed through root canal treatment. He believed that these impair the immune system.

Dr. Issels achieved remarkable remissions, even in advanced cases, through combination of therapies designed to shrink the tumor and repair the body's defense mechanisms. His "whole body" approach included anticancer vaccines, an anticancer diet emphasizing organic raw foods, and fever therapy to stimulate immune function. He also used a variety of methods to rebuild the immune system and change the body's biochemistry to eliminate an environment favorable for the development of cancer.

Occasionally he also used very low-dose chemotherapy, surgery, radiation, and ozone therapy in combination with immunotherapy. He prescribed organ extracts to repair damage to organs and improve their functioning. He also administered organ-specific RNA and DNA, proteolytic enzymes to destroy the protein coat surrounding tumors, as well as vitamins and minerals to strengthen the body's enzyme activity.

His program also includes psychotherapy to deal with the emotional factors that he felt could hinder recovery.

Dr. Issels gave patients a "fever shot" once a month to raise the body temperature as high as 105 F. He induced active fever with the ethical drug Pyripher, made from specially treated coli bacteria. He induced passive fever by means of hyperthermia - the patient was placed inside a cylinder containing electrodes that bombarded his or her body with ultra short waves.

He tried to motivate the cancer patients to take on a full time struggle against cancer. As one example, his cancer patients were routed out of their beds to do light mountain climbing in the Bavarian Alps. The patients also participated in a daily exercise regime that included jogging.

Two independent studies - one at King's College Hospital in London, the other at the University of Leyden in Holland - confirmed that about 17% of Issel's incurable, terminal patients led normal, cancer-free lives for at least five years. Their life expectancy upon admission had been less than one year.

5 year survival statistics as depicted at <http://www.issels.com/>:

- For incurable patients –
2% survived with conventional treatment, vs
17% survived with Issels treatment (these "incurable" cancer patients went on to lead full cancer free lives, some for up to 45 years.)
- Following conventional treatment - 50% survived, vs
87% survived with Issels treatment as a followup to conventional treatment

Dr. Issels with his Whole Body Therapy achieved, as published in the **Clinical Trials Journal**:

- 85% 5 - year survival with non-metastasised cancer patients
- 16.6% 5 - year survival with late-stage cancer patients
- 15% 15 - year survival with late-stage cancer patients

These are the best survival figures for late-stage cancer patients ever published!

In the 1950's and 60's, the German medical establishment boycotted and isolated Dr. Issels. Finally, the German medical authorities leveled trumped-up charges of fraud and manslaughter against him, and in 1960, he was imprisoned. Eventually, however, he was acquitted of all charges.

Dr. Josef Issels died on 11 February 1998, a few weeks after his 90th birthday, in California, of pneumonia.

Sources

The Issels Treatment Center occupies a special ward in a full-service hospital specializing in alternative/complementary and conventional cancer care for 40 years. The hospital is located in Playas de Tijuana, Tijuana, Baja California, Mexico.

Contact information by phone in North America 888 447 7357, from abroad (USA) 480 585 6804.

Website: <http://www.issels.com> Email: issels@worldnet.att.net.

Dr Christian N. Issels carries on his father's legacy. Website: <http://www.isselsmedicalcenter.com>

He is the head of the Issels Medical Centers with locations at:

13832 N. 32nd Street, Suite 120 - 126, Phoenix, Arizona 85032,

Tel. 602 493 2273, Fax 602 493 2159 Email: info@isselsmedicalcenter.com.

and at the Summerland Sanctuary, 2500 Lillie Avenue, Santa Barbara, CA

93067. Tel. 805-969-6222, Fax 805-969-6251 Email: info@summerlandsanctuary.com

Information and Admissions: 888 374 7735.

Further Reading and References:

- Issels Hypothesis of the Pathogenesis of Cancer by Dr. Josef Issels
- Dr. Issel's textbook - Cancer, A Second Opinion by Dr. Josef Issels
- Issels, J. Immunotherapy in Progressive Metastatic Cancer - A Fifteen-Year Follow-up. Clinical Trials Journal, August 1970: 357-365 - editorial by Phillips S. Dr Joseph Issels and the Ringberg Klinik.
- Cancer - Whole-body Approach and Immunotherapy, lecture given in New York, 1980, by Dr. Josef Issels.
- http://www.cancure.org/issels_therapy.htm
- The Cancer Industry by Ralph W. Moss Ph.D.
- Cancer Therapy by Ralph W. Moss Ph.D.
- Richard Walters: Options. The Alternative Cancer Therapy Book.
- Third Opinion (Fourth Edition) by John M. Fink

Dr. Matthias Rath

Matthias Rath was born in 1955 in Stuttgart, Germany. He studied Medicine in Germany and subsequently worked as a scientist at the university hospital in Hamburg and the German Cardiac Center in Berlin, and served as head of Cardiovascular Research at the Linus Pauling Institute in Palo Alto, USA..

Matthias Rath has made a place for himself in alternative therapy with his belief and research that vitamins, some in high dosages, and other nutritional supplements, protect against cancer. He states that the preparations made in his laboratories are able to cure cancer.

According to Rath, diseases appear when the balance between mechanisms breaking down and building the connective tissue shifts towards breakdown. If disease organisms or cancer cells can dissolve the surrounding connective tissue, a disease may spread in the body.

Rath claims that the plasminogen activator/plasmin system plays a critical role in this process: the reaction chain results in the activation of collagenase, which breaks down collagen. By gaining access to the blood vessels, cancer cells can then spread in the circulatory system.

Rath proposes that the body can normally block enzymes that destroy connective tissue by means of two mechanisms: with the intrinsic enzymatic block, or with the help of nutritional supplements. According to Rath, almost all people suffer from a chronic vitamin deficiency and almost all diseases are caused by a lack of lysine and vitamin C. Lysine can allegedly suppress the plasmin-induced proteolysis by occupying the binding sites on plasminogen.

In diseases, the body's production of proline becomes insufficient, which is why this amino acid also has to be consumed. The brand name 'Cellular Health' was chosen for the supplements because they target the body's cells as their active site.

Matthias Rath believes the mechanism of 'cancer spread' that he has identified is both the decisive breakthrough in blocking cancer as well as a breakthrough in the struggle against infectious diseases (including AIDS), and virtually all other diseases.

Hundreds of studies to date have shown that high dosages of vitamin C, vitamin E, beta-carotene, and other nutritional supplements can prevent some types of cancer. With the

publication of the results of Rath's research in 1992, the significance of lysine was recognized as a medical breakthrough.

According to Rath, the foundation of modern cancer therapy is high dosages of vitamins. Only lysine in high doses combined with vitamin C can slow down or even stop the connective tissue destruction process.

Vitamin C, proline, lysine, and polyphenol from green tea are able to stem the invasion of cancer cells. (Research at Rath's research institute demonstrate that the combination of nutritional supplements recommended by Rath **can completely stop the spread of cancer cells**. In experiments, the spread of cancer cells was blocked - skin and breast cancer 100%, colon cancer 91%.

According to his information, cases of lung, breast, liver, esophageal, bladder, and testicular cancer, as well as lymphomas, have been successfully treated using Cellular Health. Rath repeatedly refers to his own research. Rath notes that sometimes, especially in cases of advanced illness, even Cellular Health cannot fully restore health.

Only eight weeks after another preparation, "Epican forte", was introduced on the market, the first successes were apparently recorded by users and patients.

If taken for cancer prevention, Rath recommends three or five preparations, depending on whether risk factors (more advanced age, greater risk of illness in the family) are present or not. If taken as natural therapy against cancer, Rath recommends six preparations.

The staged program recommended by the supplier calls for beginning with one preparation, "Vitacor Plus", and adding a new one every month.

The pharmaceuticals (Vitacor Plus, Epican Forte, Vita C Forte, Arteriforte, Lysin C Drink, Prolysin C) contain vitamins, trace elements, amino acids, flavonoids, and other nutritional supplements in differing compositions.

Epican Forte™

Laboratory research confirms that maximum inhibition of enzymatic activity is best achieved, not by nutrient megadoses, but by specific nutrient combinations and levels. The Epican Forte formula was developed using the principles of nutrient synergy, and contains a combination of Vitamin C, L-Lysine, L-Proline, Epigallocatechin from Green Tea, and other critical nutrients in precise levels for maximum effectiveness.

Several studies document an anticoagulating effect of vitamin C. Therefore, patients with coagulation disorders and patients that are about to be operated on should not take high doses of vitamin C (more than about 2g/d).

The daily cost of Rath's recommended cancer therapy is about \$9.50 (minimum recommended dose) to about \$20.50 (maximum recommended dose) if all six medications are taken. This is equivalent to monthly costs of about \$275 to \$604 per month.

Sources

To buy the same formula containing Vitamin C, L-Lysine and L-Proline that Dr. Rath sells - at about one-fifth of his price - go to: <http://www.ourhealthcoop.com>. The price for a 90-count bottle of "Heart Plus" is \$9.45.

Also identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter matthias rath incorporated in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- This website has more material regarding Dr. Rath including a free book. You can also view online:
- A video of the first patient whose brain tumor vanished completely:
- A video of a patient whose lung cancer vanished completely:
- A video of a patient with bone cancer and Non-Hodgkin-Lymphoma:
- Breast Cancer - Video 1
- Breast Cancer - Video 2
- <http://www.natuerlich-gegen-krebs.de/us/index.html>

References

- Rath, M.: Cellular Health Series - Cancer. 2/2001, MR Publishing, Sta. Clara, CA 95054

- <http://www.natuerlich-gegen-krebs.de/de/index.html>, 23.9.2002
- Brown, J. et al., American Cancer Society Workgroup on Nutrition and Physical Activity for Cancer Survivors: Nutrition during and after Treatment: A Guide for Informed Choices by Cancer Survivors. In: CA A Cancer Journal für Clinicians. A Nutritional Guide for Cancer Survivors. May/June 2001, Bd. 51/3, 153 ff.
- Key, T. et al., The effect of diet on risk of cancer. The Lancet, Bd. 360, 861

Dr. Robert Jones D I Y Cancer Treatment/Phenergan

This safe, gentle, and humane treatment has a 50-60% claimed success rate. It is backed up by 20 years of scientific study. And it is inexpensive (which is probably why you have never heard of it - there is no money in it for anyone to setup clinical studies. Phenergan is very inexpensive).

Dr. Jones says:

"A general improvement in terms of improved sleep, normal appetite, and general well-being should be perceptible at least by the end of the first week. In time, pain can be expected to dissipate."

Self-Medication: the Treatment of Cancer with Phenergan (Revised)

By Robert Jones MA PhD

The successful treatment of cancer requires the total elimination of malignant cells in the body. The aim of the therapy on offer is to procure necrosis by disrupting energy metabolism in both primary and secondary (metastatic) growths. In marked contrast with conventional treatments, the procedure is highly selective; both side effects and associated risks are negligible. Patients are asked to be realistic and not to allow hopes to rise too high; it is impossible to provide any guarantee of the desired outcome. Careful adherence to the advice provided is necessary.

Certain drugs acting on the central nervous system possess the additional property of causing injury to tumors by interfering with energy production. Some belong to the large group of drugs known as phenothiazines, many of which have been in use for half a century. Their diverse uses include the treatment of schizophrenia, nausea, and pain. The active drug in this form of cancer treatment is the phenothiazine Phenergan (promethazine), currently used as an anti-histamine, as a pediatric sedative, and to quell travel sickness. Introduced in 1947, its effects on the central nervous system are much less marked than those of most other phenothiazines. In most countries, Phenergan can be freely purchased in the form of 10mg and 25mg tablets; other phenothiazines are available only on prescription. Formulations in which the drug is provided in conjunction with other drugs are not recommended.

This novel and unconventional therapy has several unusual features. First, a new chemotherapeutic target is selected within the cancer cell. The majority of anticancer drugs currently in use are supposed to react with DNA located mostly in the nuclei. In marked contrast, phenothiazines active against cancer trigger a cytotoxic mechanism within the cancer cell itself. The production of chemical energy in its powerhouses (mitochondria) is disrupted initially by intensifying their natural state of partial disablement, and then by destroying them.

Second, in order to produce its anti-cancer action, Phenergan has to be taken according to a specific schedule. The maintenance of continuous destructive pressure against malignant growths constitutes an essential feature of the treatment.

Third, the treatment is the result of a long investigation standing fully in the tradition of applied medical research. Despite the impressive weight of supportive scientific evidence and in spite of several requests, no cancer charity or pharmaceutical firm has agreed to conduct any kind of clinical trial. Patent cover for Phenergan has long run out. In consequence, the costs of treatment are too modest to attract commercial interest.

The treatment is in four parts:

11. **First**, the white cells of the blood need to be protected against rare side effects (blood dyscrasias) by taking certain micronutrients. A multi-vitamin/mineral preparation is necessary, containing the recommended dietary allowance (RDA) of copper (2.5mg), manganese (4mg), zinc (15mg) and selenium (50mcg, or 0.05mg). Minor deviations from these amounts, which should be taken daily, are unimportant. Vitamin supplements in excess of RDA values, especially vitamins C (RDA 60mg) and E (RDA 8-10mg), should be avoided as far as possible.
12. **Second**, a quantity of polyunsaturated fatty acids (the so-called omega-3 fatty acids) of fish origin is needed. Flax oil may also be taken. Patients should aim at a minimum of a gram daily; more is advisable, but the intake can be cut back if bowel looseness is experienced.
13. **Third**, the purpose of the polyunsaturated fatty acid supplement is to allow cancerous cells to synthesize substances that bring about their self-destruction. To encourage the process still further, patients are recommended to take between 1 and 2 grams each of inositol and choline daily. These are naturally occurring substances normally available from health stores. Some authorities recommend inositol hexaphosphate (IP6), which contains only 23% inositol and may form insoluble precipitates with calcium within the bowel. It may also be more expensive than inositol itself.
14. **Fourth**, treatment is initiated by taking Phenergan as a 50mg dose one evening at retiring. It is necessary to continue eight hours later on the following day with 25mg. Phenergan must be taken every eight hours until an adequate period has elapsed after the last traces of disease have disappeared. At present, that period is arbitrarily put at six months, but should be extended if any doubt exists over the elimination of disease. The duration of treatment is further discussed below.

If possible, patients should begin to take nutritional supplements, especially polyunsaturated fatty acids, several days before starting with Phenergan, and should continue during therapy. Success depends on maintaining continuous pharmacological pressure against the cancer throughout the entire period of treatment.

A general improvement in terms of improved sleep, normal appetite, and general well-being should be perceptible at least by the end of the first week. In time, pain can be expected to dissipate. A record of body weight should be kept. The advice on offer is gentle and humane; for those with experience of the fiercer forms of chemotherapy and radiotherapy the difference will come as a pleasant surprise.

Contraindications and eligibility

Cancer patients are unlikely to benefit from this treatment if:

15. Steroids are being administered in high doses. Any blockage of anti-cancer activity is, however, unstable, and therapy with Phenergan could be commenced three days after cessation of steroids.
16. There has been brief or intermittent exposure to phenothiazines or to certain chemically related drugs after the onset of disease; this, it might be added, would be unusual.
17. Analgesics classified as non-steroid anti-inflammatory drugs (aspirin, Nurofen, etc) are being taken. These particular analgesics should be avoided. Paracetamol in moderation is suitable for pain relief.
18. There is dietary supplementation with vitamin E.

The question of vitamin E calls for special mention. Most diets already contain amounts adequate for a healthy life style.

Recent work has shown that for individuals free from cancer dietary supplementation (50-100 international units [iu] daily) is highly beneficial, offering protection not only against the development of malignancy but also against coronary heart disease. Unfortunately, the same beneficial properties are exploited by cancerous growths, which accumulate vitamin E to protect themselves against successful therapy. Several patients on vitamin E supplements (400mg-1200mg daily) failed to respond. Current advice is therefore to stop

supplementation immediately and, if possible, to wait 7-10 days before starting with Phenergan. Likewise, selenium supplementation above the RDA is not recommended.

Patients should be warned that extensive radiotherapy or treatment with certain cytotoxic drugs could lead to a mutation resulting in a partial or complete disablement of the cytotoxic mechanism. Clones of these mutant cells grow rapidly and are generally insensitive to therapy.

Recent anecdotal evidence suggests that cancer cells regressing under the influence of Phenergan may also be vulnerable to the mutagenic effects of certain anti-cancer drugs. For this reason it is recommended that offers to treat the disease additionally by conventional means with drugs currently used against cancer should be politely but firmly refused. Even if the treatment fails to halt the progress of disease, Phenergan will enhance the quality of life and extend survival. In other words, the therapy places the patient in a no-lose situation.

Tumors of the brain: Existing anti-cancer drugs are unable to cross the blood-brain barrier, and some brain tumors are usually difficult to treat. Experience indicates that for these patients clomipramine (Anafranil) is more effective than Phenergan. Clomipramine is a prescription drug; treatment therefore requires a participating doctor. At the time of writing, details of the treatment have not been published, but its use is expected to be described shortly. Meanwhile readers are referred to the website <http://www.sddrt.co.uk> for more information. Alternatively enquiries may be addressed to the Samantha Dickson Research Trust, Chatter Alley, Dogmersfield, Hampshire RG27 8SS, United Kingdom; E-mail, sdrt1996@aol.com Telephone, ++44 (0) 1252 727 433 for patient support. [See end of this report for news from the Trust.]

Side effects: Drowsiness in the first few days after commencing Phenergan may be experienced, and normally lasts no more than a week or two. If not, 10mg tablets can be substituted, with two (20mg) taken at night. Sedation is the principal side effect; overall, patients do not find the experience unpleasant, but driving a car and using machinery or sharp tools are not recommended, at least for the first fortnight.

Very few patients have experienced any difficulty with Phenergan therapy. One patient has maintained herself on the full schedule for over three years, to be on the safe side. Her only problem has been a modest gain in weight. Only one other patient found the therapy insupportable, but he responded to every medication in the same manner. There is a very small chance that jaundice may develop within a few days, or that the white cell count may fall (leucopenia or agranulocytosis) after 4-6 weeks. The former can be recognized by a yellowing of the features, the latter by sore throat. Thrombocytopenia (a fall in platelet count) is again highly unlikely, and may be recognized by unexplained bruising or cuts bleeding for longer than usual. In these instances specialist medical attention should be sought immediately. It might be added that none of these conditions has arisen to date among cancer patients taking Phenergan.

Patients with breast cancer who find themselves suffering from radiation-induced peripheral neuritis may find that Phenergan will clear the condition up.

Duration of treatment: The therapy works slowly; just how long it will be necessary to keep taking Phenergan will depend, among other factors, on the extent of disease when treatment is started and on the state of nutrition. Patience is called for. It may be necessary to stay with Phenergan for as long as two years, especially where there are secondary deposits in the bone.

Precautions: It is necessary to give up alcohol completely. Exposure to ultraviolet light and sunlight, especially sunbathing, are to be avoided as far as possible. A leaflet is provided with the Phenergan packet; the advice given should be read and, apart from discontinuation, carefully adhered to. The group of drugs known as monoamine oxidase inhibitors must not be taken in conjunction with Phenergan.

The doctor and cancer specialist: The help and support of medical advisers must at all costs be enlisted and retained. Accurate reports of progress need to be requested. Being secretive is discourteous; keeping your oncologist fully informed is essential, and may stimulate genuine interest and additional sympathy. Your doctor is unlikely to have heard

of this means of treating cancer, and may be skeptical. In these circumstances, the only question one can reasonably expect to have answered is whether harm is likely to ensue.

If attempts are made to talk you out of therapy with Phenergan, ask what the dangers of the treatment are perceived to be; reassurance will very likely be given that the risks are negligible. If necessary, reference can be made to a paper entitled "Successful Cancer Therapy with Promethazine: the Rationale," published in **Medical Hypotheses** 46, 25-29 (1996). More supportive scientific evidence can be found in **Notes on the Treatment of Cancer with Low-Dose Phenothiazines, with Special Reference to Promethazine**, available on the Spotlight section of the Cancer Support Association of Western Australia Web site. The site address is www.cancersupportwa.org.au. It is necessary to click on the Figure in the text to ensure that the document prints out completely.

General advice: The success of this treatment depends on various factors, of which one is the state of advancement of the disease. Under no circumstances should Phenergan treatment be discontinued prematurely; if treatment is interrupted before the growth is wholly eliminated, residual tumor cells acquire resistance, and Phenergan will be found to have no anti-tumor effect second time round. No reason is known for this peculiar behavior, and no means of resensitization is known yet. The maxim is: if in doubt, don't quit out.

What is certain is that the sooner the treatment begins, or, put another way, the smaller the tumor burden is, the quicker the patient may become cancer-free. If other treatments are being followed, there is absolutely no virtue in waiting to see what the outcome may be. Delay confers no advantage whatsoever. The big error that cancer patients commonly make is to believe that time is on their side, and to adopt a wait-and-see attitude. Nothing could be more mistaken. The overriding aim must be to begin to get the patient well again as soon as possible as a matter of pressing urgency.

If, after reading the above, uncertainty persists, the question remains: "what is there to lose?"

Further Reading

Notes on the Treatment of Cancer with Low-Dose Phenothiazines, with Special Reference to Promethazine - Detailed scientific notes and references that you could discuss with your doctor. See <http://www.cancersupportwa.org.au/Spotlight/current.htm>

Based on Dr. Robert Jones DIY Cancer Treatment - Astonishing Facts on How We Totally Controlled Our Cancers, Jill Royce. Obtainable from <http://www.realityzone.com/doingcantreat.html>

The Treatment of Cancer with Phenergan <http://users.mrbean.net.au/~wlast/phenergan.html>

Contact and References

- Dr. Robert Jones can be contacted by writing to 30 Poplar Walk, London SE24 OBU if you would like to discuss the treatment with him.

Sources of Phenergan

Here are two competitively priced sources. There are many more - try Froogle at Google at <http://froogle.google.com/froogle?q=phenergan&btnG=Search+Froogle>

A prescription is needed at this source. <http://savrx.pccorp.net/?link=qoute&page=PHENERGAN> Ph 1 (800) 228-3108. Fax 1 (888) 810-1394

Promethazine 25mg (100 pills)	\$44.00	\$0.44/pill
Phenergan 25mg (100 pills)	\$52.22	\$0.52/pill

<http://www.shoprxonline.com/phenergan/> Inexpensive source in India ("FDA approved facilities"). Doesn't need a prescription. Ships within 2 business days. \$10 an order shipping.

Phenergan 10mg (90 pills)	\$14.40	\$0.16/pill
Phenergan 10mg (180 pills)	\$27.00	\$0.15/pill

Phenergan 25mg (90 pills)	\$18.90	\$0.21/pill
Phenergan 25mg (180 pills)	\$36.00	\$0.20/pill

Dr. Rosy Daniel/Health Creation

Dr. Rosy Daniel was Medical Director at the Bristol Cancer Help Centre for over 20 years, and is since at Health Creation, Bristol and the Harley Street Oncology Centre, London, England. The Health Creation website is at <http://www.healthcreation.co.uk/>.

Dr. Daniel has developed a self-help Cancer Lifeline Kit (based on what has worked for over 20,000 people with cancer) along with a supportive Mentor Service, that are available from Health Creation. The Kit that guides people step-by-step on an integrated medicine healing journey, seemingly often with remarkable results.

Five people who were terminally ill with cancer are now alive and well, after Health Creation Founder Dr. Rosy Daniel prescribed the Indian herbal medicine Carctol. Dr Daniel has prescribed Carctol for years and now feels she is seeing a breakthrough. Dr Daniel wants scientists to research this herbal medicine. Also see Carctol.

Dr. Daniel says:

"Carctol is made up of eight Indian herbs. Five of the herbs are classed as having medicinal value."

"It is thrilling after 20 years in integrated cancer medicine looking at every type of complementary and alternative approach to have finally found a herbal medicine which can give real hope to people with cancer."

Dr. Daniel was inspired to prescribe the herbal drug after travelling to India and meeting Carctol pioneer, Dr Nandlal Tiwari. The Rajasthan based Ayurvedic doctor has prescribed Carctol for over 20 years with some astounding results.

"I met a number of the people there who suffered from cancer that had been told there was no further medical help available. They had been given three to six months to live and I met them five to 10 years later."

In the following five extraordinary cases excerpted from the Health Creation website, Carctol seems to have made a major difference.

GILLIAN GILL - is alive 4 years on after having Grade Four Ovarian Cancer with liver metastases. She was diagnosed with stage four ovarian cancer in November 2000, and was one of the first patients to be prescribed with Carctol by Dr Daniel, having previously been informed by doctors she only had "three months to live." Gillian said:

"When two family members died from cancer and suffered immense pain from conventional treatment, I refused medical treatment and decided to take a holistic approach to fight the disease."

Gillian's holistic regime included Carctol, a low acid diet, supplements, spiritual healing, visualization, meditation, Brandon Bays Journey Work, vegetable juicing and flower essences. Gillian was so inspired by the new low acid diet, she recently published an extra helpful cookery booklet to help get others started.

By February 2001, Gillian's liver was clear of secondary tumour and by November 2001, her abdominal mass had become cystic, meaning that the tumour had been re-absorbed.

"Friends and family have noticed that I actually look healthier now than before I even had cancer. My hair shines, my skin is glowing and emotionally and physically, I feel a lot healthier," Gillian said.

GWEN GARNER - is alive 4 years on after suffering pancreatic cancer. (82, lives in Bath and is a retired language School Teacher) In March 2000, Gwen Garner was diagnosed with pancreatic cancer and was informed by doctors there was nothing more they could do other than offer her a stent (tube) in her bile duct - to relieve sickness and jaundice.

Gwen was prescribed Carctol by Dr. Daniel, who advised her to go on a low acid diet with vitamins and a mineral supplement. Two and a half years later, scans revealed that Gwen's tumour had disappeared completely. Dr Daniel said:

"Untreated pancreatic cancer is one of the most aggressive cancers, as usual prognosis is three to six months. It's astounding that Gwen is still alive today, 4 years later."

STEPHEN WARD – is alive 2 years on after suffering secondary melanoma. (50s, lives in Brighton and is a retired School Teacher).

In July 2002, Stephen Ward was diagnosed with secondary melanoma. Deposits were found on his skin, in his neck, spleen and lungs. Stephen was dealt a double blow having lost his wife from cancer four years previously.

Surgery could only remove his spleen and lump on his arm. Stephen abandoned conventional treatment and was prescribed a regime of Carctol supported by vegetable juicing with added tumeric, coriander, cumin seed and a low acid diet with high water consumption. By February 2003, his neck and lung metastases had disappeared and his lung scans were all clear. Dr Daniel said:

"The prognosis with medically untreated melanoma is usually three to six months and disappearance of melanoma metastases is virtually unheard of. Stephen's case has shocked the medical world."

BARBARA ELSWORTH-JONES – is alive 1 year on after suffering liver secondaries of thyroid cancer (58, lives in London and is a Psychologist/Sex Therapist).

Barbara Elsworth-Jones was first diagnosed in 1977 with a large liver secondary of thyroid cancer in the left lobe of the liver that was surgically removed. In 1999, Barbara suffered from spinal secondaries that were repaired surgically but in 2000 her liver tumour recurred and was deemed inoperable. In 2001, she suffered from further bony secondaries in her spine that were treated by radiotherapy.

From 2001-2002, Barbara received radioactive treatment to target the tumour, but the radionuclide treatment was unsuccessful. By March, 2003 she had extensive liver involvement and was offered conventional (thalidomide) treatment. Instead, Barbara chose the integrated health care approach and combined Carctol, acupuncture, Chinese mushrooms, a low acid diet and spiritual healing which has now completely arrested the growth of her tumour. The tumour which was growing rapidly before has not grown for 18 months on Carctol.

MARINA MARCA-NORRIS – is alive 2 years on after suffering a grade four brain tumour (49, lives in Wiltshire and is a Teacher).

Marina Marca-Norris was diagnosed in July 2002 with a brain tumour. Due to the position of the tumour only an estimated 95% of the tumour was surgically removed. Complete removal was impossible. Following radiotherapy, Marina suffered from slurred speech and was unable to drive due to poor coordination.

From August 2002, Marina embarked upon a holistic regime that included Carctol, supplements, a low acid diet, vitamin B17, vegetable juices and shark liver oil. Miraculously in June 2004, her brain scans were found to be completely clear! The remaining tumour had disappeared.

Marina says her doctors are 'gobsmacked'.

Dr. Daniel believes it is the Carctol and not the other remedies being taken by these

people which are having the effect because her results are dramatically much better since prescribing it. However she does stress the importance of using Carctol as part of an integrated self-help approach, using nutrition, everyday medicine and mind-body approaches alongside herbs.

The Kit includes a Frontier Cancer Medicine and Alternative Cancer Treatment Guide which describes fully the Carctol treatment. It also contains a range of interactive workbooks, CDs, recipes and an inspiring video titled, **The Message of Hope**. This gives positive examples of those who have made good recoveries. There is also a Carer's Guide to help with positive ideas and the prevention of carer 'burn-out.'

A Health Creation Telephone Mentoring Service provides coaching, encouragement and support for people with cancer, empowering them to become actively involved in their healthcare and development of peace of mind.

Sources, Further Reading and References

- The Cancer Lifeline Kit (or any of the Kit components), Health Creation Mentors and further information about Carctol are available through the Health Creation Helpline 0845 009 3366 (UK number).
- Health Creation <http://www.healthcreation.co.uk/>
- Also see [Carctol](#) for how to source this herbal mixture.

Falk Supplementation Schedule

The Falk Supplementation Schedule (from the Falk Oncology Center in Toronto, Canada) comprises:

"Vitamin C fine crystals, minimum 4 grams (4,000 mg) three times per day. Aim for a dose just below diarrhea level, up to 40 grams per day. 1 level teaspoon = 4 grams (for most Vitamin C, however check the label). When using megadoses of Vitamin C, always use Esterfied C.

Niacinamide 500 mg three times per day. (If cholesterol is high, use niacin.)

Vitamin B Complex (50's) once a day (sublingual B12 is the best form of B12, especially if you are over 35).

Vitamin E 400 IU once a day

Beta Carotene 25,000 IU once a day

Cod Liver Oil 2 capsules once a day

Zinc Citrate 50 mg twice a day

Selenium 200 mcg three times per day

Folic Acid 5 mg twice a day

Potassium increase to 1 gram once a day

Magnesium Oxide 420 mg once a day

Lactobacillus acidophilus."

The now deceased oncology therapist Dr. Rudy Falk also repeatedly stated:

"The greatest use of Poly-MVA is as a cancer prophylactic."

Also see Poly-MVA.

Further Reading and References

- <http://www.torontoadvisors.com/Kefir/cancerbattle.htm>
- http://www.townsendletter.com/FebMar_2003/polymva0203.htm

Greek Cancer Cure

The Greek Cancer cure was originated in 1930, by Hariton-Tzannis Alivizatos, MD, a

microbiologist.

This treatment consists of injections said to contain a combination of organic substances such as sugars, vitamins, amino acids, and other ingredients.

Practitioners of the Greek Cancer Cure claim the regular use of the special intravenous injection (which they refer to as a serum) boosts the patient's immune system, enabling it to fight and destroy tumor cells. The inventor of the Greek Cancer Cure claimed to have cured a high percentage of patients who had cancers of the skin, bone, uterus, stomach, and lymph system.

The first stage of the Greek Cancer Cure is a blood test that is claimed to determine the nature, location, and seriousness of a patient's tumor. The second stage involves daily intra venous injections of the serum. Treatment lasts from 6 to 30 days.

The secret formula is believed to consist of brown sugar, nicotinic acid (also known as niacin or vitamin B3), vitamin C and Alanine, an amino acid. An oral supplement is also available.

Patients are also advised to limit their intake of salts and acids, limit physical activities, and avoid drugs such as aspirin and laxatives. They are also asked to stop chemotherapy or radiation therapy before beginning the treatment program.

The cancer cells are excreted with the patient's natural body waste. At the same time, it is alleged that the serum

"helps the body rejuvenate those cells or parts of the body that have been destroyed by cancer."

Dr. Alivizatos claims to be successful in treating cancers of the skin, bone, uterus, stomach, and lymphatic system.

"His serum - cures the cause of your cancer, dissolves the tumor, restores tissue to its normal healthy state."

Despite repeated requests, he has not revealed his precise formula, and today the only treatment available is in Athens, Greece, at an approximate cost of \$4000.

Independent analysis in the University of Washington claims the primary element in his injections is niacin.

Further Reading and References

- Jewett E. A special trip to Mexico. Fresno: Baron Travel. (BCCA Cancer Information Centre search file 705)
- Hafner AW, editor. Reader's guide to alternative health methods. Milwaukee, Wisconsin: American Medical Association, 1993:128-130.
- National Cancer Institute. Hariton-Tzannis Alivizatos/Greek Cancer Cure. Cancer Facts 1992 Mar 30.
- Silver HKB. Memorandum on Greek cure. Vancouver: BC Cancer Agency, 1986. (BCCA Cancer Information Centre search file 705)

Homeopathy/Bigelsen Protocol

Homeopathy is the introduction of a small amount of medicine into the body, a medicine chosen to be similar in nature to the problem the patient is having. Proven to be a popular and inexpensive treatment worldwide, it causes a "vaccination-like" response in the body. Two new anti-cancer homeopathic medicines are Nucleic acids 2LC1 and 2LCL1. There are many published studies showing a good improvement rate worldwide using Homeopathy.

Homeopathy is probably the most difficult of the mainstream alternative methods of healing for conventional doctors to understand. It was derived empirically by Samuel Hahnemann who discovered that when a substance which causes the symptoms of an illness is given in a small dose, it acts as a trigger to intensify the healing processes that the body's immune system has already begun.

Homeopaths attempt to look at the entire complex presented by a patient by way of the time-honored method of taking a thorough history and performing a complete physical exam (this is rapidly becoming a lost art in the age of specialization.) Then a single homeopathic remedy, matching the whole picture, is chosen.

These natural remedies are made from plants, minerals, and other natural substances. They are prepared by a process of step-by-step repeated dilution and shaking, which makes them capable of stimulating the body's own immune system. The remedy is usually given one time only, and then allowed to work for a long time. Homeopaths believe that the patient is best served by the least amount of intervention necessary to achieve health.

Homeopathy is very common and accepted in England, France, Switzerland, Germany, India and many other countries. The British Royal Family are keen supporters. Like nutritional medicine, homeopathy is not yet well known in the United States.

It can be used in conjunction with any other approach, including surgery, chemotherapy, and radiation, although the goals are very different. Homeopathic treatment seeks to strengthen and bring into equilibrium the vital force of the cancer patient, in contrast to the conventional approach, which attempts to kill or otherwise remove the cancer but may, unfortunately, weaken the patient.

A homeopath would say that cancer does not arise in a vacuum. There must be susceptibility or fertile ground regardless of whether the cause appears to be genetic, environmental, psychogenic, or other.

If an organism were fully in balance, the cancer could not take hold. The prolific spread of undifferentiated or mutated cells characterized by cancer could not occur. To only cut out or irradiate the cancer with no other treatment or lifestyle change may or may not be effective. If the organism continues to provide a hospitable environment for the cancer cells, a recurrence is possible, depending on many factors.

If, however, the organism is brought into equilibrium, the likelihood of a recurrence is decreased.

Enid Segall, Secretary-General of the British Homeopathic Association argues that it has: "Homoeopathy is very supportive to patients with cancer... Certainly, there are people I talk to regularly who have been cured of cancer with the help of homoeopathy."

Most homoeopaths recognize that removal of the end product – the cancerous tumor – may be a useful adjunct to their treatment. However, they do not approve of toxic chemotherapy as a form of treatment.

There seems to be some resistance to the idea that homoeopathy alone would be effective in curing cancer, although they would not deny it was possible. Any patient going to a homeopathic hospital with the intention of having homeopathic treatment alone is carefully counseled and reminded that there are limitations to this approach.

But this generally defensive attitude to homoeopathy is a modern phenomenon. One hundred years ago, J. Compton Burnett M.D. wrote a short book entitled **Curability of Tumors by Medicines**, referring to homeopathy.

Dr. A.U. Ramakrishnan, a native of Chennai, has treated over 4,000 patients with cancer, mostly in India, and, more recently, in the United States. He has developed a protocol for administering frequent doses of two homeopathic medicines, often in the 2000 potency, in alternation." The selection of the medicines is based on the type and site of the cancer rather than delving deeply into the mental and emotional state of the patient.

Dr. Ramakrishnan's protocol is documented in his book, **A Homeopathic**.

Europe:

- The British Homeopathic Association, 27a Devonshire Street, London W1N 1RJ. Tel: 071-935-2163.
- The Royal London Homeopathic Hospital, Great Ormond Street, London WC1N 3HR. Tel: 071837 8833 d

U.S.A.:

Homeopathic Research paper **The Truth as I See It: What Is IT? Beating Cancer With the "Bigelsen Protocol"** 1999 by Harvey Bigelsen, MD, USA, a consultant at the Instituto de Medicina Biologica in Mexico, where most of the patients have cancer. A combination of mild chemotherapy, supplements and homeopathic treatment are used. The entire paper can be read at <http://www.explorepub.com/articles/bigelson3.html>.

Among his accomplishments, Harvey Bigelsen was the first president of the Arizona Homeopathic Medical Board. Call him at 602-581-2988.

Further Reading

- Your Cure for Cancer: The Science, the Spirit and the Understanding by Robert E. Smith, Harvey Bigelsen, Phronda Smith
- Complete Guide to Homeopathy: The Principles and Practice of Treatment by Andrew Lockie, et al

Hydrazine Sulfate

Dr. Joseph Gold's approach to cancer is based on interfering with cachexia, that is, the severe malnutrition or emaciation that may affect up to 90% of all advanced cancer patients and account for 50% of all cancer deaths.

Dr. Harold Dvorak, chief of pathology at Beth Israel Hospital in Boston notes:

"In a sense, nobody dies of cancer. They die of something else - pneumonia, failure of one or another organs. Cachexia accelerates that process of infection and the building-up of metabolic poisons. It causes death a lot faster than the tumor would, were it not for the cachexia."

Dr. Gold drew on the work of two-time Nobel prize winner, Otto Warburg, who theorized that cancer derives its energy from fermenting glucose. Dr. Gold concluded that cancer imposes a waste recycling system on the liver and kidneys.

The process works like this: cancer uses glucose as its fuel. The waste product that emerges is lactic acid that is excreted into the blood system and is taken up by the liver and kidneys. The lactic acid is then reconverted back into glucose by a process that requires a great deal of energy. The more glucose that is created the more fuel the cancer has to feed on and the more waste products that return to the liver for re-conversion. This process depletes the body and energizes the cancer. When the body cannot keep up the result is cachexia.

Dr. Gold looked for a drug that would interfere with this process. He found it - hydrazine sulfate. His experiments showed that hydrazine sulfate did indeed have an effect on the cancer energizing process.

His first human guinea pig in 1973 was a woman who was expected to die within a matter of days from Hodgkin's disease. She was completely bed-ridden and not having eaten much for some time was 'paper-thin'. Administration of the drug resulted in very quick improvement. Within a week, she was shopping, within five weeks she was back in her garden.

Dr. Dean Burke of the National Cancer Institute in Washington declared:

"[Hydrazine sulphate is] the most remarkable anti-cancer agent I have come across in my forty-five years of experience of cancer."

Hydrazine sulphate eventually wound up on the American Cancer Society's list of unproven therapies. This was despite the evidence that Gold put forward to support its value.

Dr. Gold analyzed 84 terminally ill cancer patients who had been treated with hydrazine sulfate under a drug company's investigational new drug (IND) license. 70% showed subjective improvements (i.e. decreased pain, improved appetite, weight gain or stoppage of weight loss, and increased strength) and 17% had objective improvements (tumor regression, disappearance of cancer related disorders).

Russian scientists at the NN Petrov Research Institute of Oncology in St Petersburg have replicated these results. In 1974, they used hydrazine sulfate on 48 patients who were considered terminal.

They found that almost 60 per cent felt subjectively much better, indeed euphoric. Their appetites improved and the pain lessened or disappeared. Over half of these had clear signs of tumor control.

The Russian team also found another interesting attribute of hydrazine sulfate. They found that it appeared to make cancers more vulnerable to chemotherapy, even in the case of tumors that had previously been resistant to chemotherapy.

In 1985, Tim Hansen, an eleven year old boy with three inoperable brain tumors was given one week to live. A few weeks later, he was put on hydrazine sulphate. He was alive and still taking the hydrazine sulfate as the tumors are still in evidence ten years later .

Studies show that it works against every kind of tumor at every stage. There is an abundance of published, positive, peer-reviewed studies on hydrazine sulfate in the medical literature. Hydrazine sulfate has been demonstrated to produce only few and fleeting side effects. There have been no instances of bone marrow, heart, lung, kidney or immune system toxicity, or death. Hydrazine sulfate has never been shown to be carcinogenic in humans.

Dr. Gold's recommended dosage for adults weighing over 100lbs is 60 milligrams per day for the first three days, then 60 milligrams twice a day for the next three days, and 60 milligrams three times a day thereafter. This treatment must continue for as long as there is evidence of a tumor in the body.

No dose higher than 60 milligrams is to be tried as this can cause nerve damage. Alcohol, tranquilizers, and barbiturates must not be taken during the course of the treatment as these inhibit the action of the drug.

For patients weighing less than 100 lbs., the dosage should be halved.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter hydrazine sulfate in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Hydrazine sulfate 30mg and 60mg tablets can be obtained without any restrictions (approx cost US\$20 per 100 capsules) from Ms Donna Schuster, Great Lakes Metabolics, 1724 Hiawatha Court, NE, Rochester, MN55904, USA phone: 1-507-288-2348 or fax: 1-507-285-4475

Contact Syracuse Cancer Research Institute, Presidential Plaza, 600 East Genesee Street, Syracuse, NY 13202, USA, Phone: 315-472-6616. Also information is available on the internet at <http://www.ngen.com/hscancer>

Refer your doctor to the following sources:

Gold, Joseph. Oncology 22:185-207, 1968 - Oncology 25:66-71, 1971 - Oncology 27:69-80, 1973- Oncology 31:44-53, 1975 - Oncology 32: 1-10, 1975 - Proceedings of the American Association for Cancer Research 12(9), 1971.)

More information is at Syracuse Cancer Research Institute's website at <http://scri.ngen.com/> or <http://www.kathykeeton-cancer.com/> or have your doctor call them at 315.472.6616.

Further Reading and References

- Syracuse Cancer Research Institute's website at <http://scri.ngen.com/> or <http://www.kathykeeton-cancer.com/> or have your doctor call them at 315.472.6616. There are cautions that should be considered before you use this product. Recipes for those using the product (tyramine-free, vinegar-free... etc.) are available at <http://www.angelfire.com/music/fiddle/recipes/recipesindex.html>.
- Also "Hydrazine Sulfate Cancer Coverup" at <http://www.heall.com/medicalfreedom/hydrazinesulphate.html> makes interesting reading.
- <http://scri.ngen.com/>

Incurables Programs

Dr. Richard Schulze and Dr. John Christopher, master herbalists and healers, developed "Incurables" programs. They believe that disease results from a failure of the immune system, mainly due to bad diet, and their programs kick the immune system into high gear.

They helped many who were called "incurable" by medical doctors – people who had been told by their physicians to go home and set their houses in order. Using these two doctor's methods, teachings and herbal remedies, these people brought themselves back to life.

Some of the main points are:

- Avoid animal products and adopt a raw vegan diet. Further, when one is very ill, avoid solid food and drink a great deal of freshly squeezed fruit and vegetable juices.
- Cleanse the elimination channels (intestinal cleanse first, then kidney and liver cleanses).
- Massage, exercise and sunshine.
- Hydrotherapy (hot and cold water therapy) and other healing approaches.

Since this is a very intense program, you should consult a doctor, before starting this program.

Below is an excerpt from 'The First 30 Days' in **Common Sense Health and Healing** by Dr. Richard Schulze

"The Food Program

All food consumed must be 100% total (vegan) Vegetarian Raw Food. This includes all Vegetables, Fruits, Raw Nuts and Seeds, and soaked and sprouted Beans and Grains. Try to eat fresh organic produce that is grown locally and in season.

Liquids, only Distilled Water, Herbal Teas (non-caffeine), and Fruit and Vegetable juices.

No Animal Flesh, Eggs, Milk or Milk Products (cheese, yogurt, butter) can be consumed. No Cooked Foods (Bread, Baked Potatoes, Tofu, etc.) No alcohol, Coffee, Black Tea or Sugar. If you are seriously ill, do a water and fresh juice fast for the entire first 30 days, drinking at least 1 gallon daily, and then use raw foods. In any case, fast at least one day every week. Also, drink at least 8 if not 16 ounces of fresh carrot, apple and parsley juice daily. If you don't have a juicer, buy one. It will save your life!

The Herbal Nutritional Program

4 tablespoons per day, 2 tablespoons a.m. and 2 tablespoons p.m. (a double dose) of SuperFood is suggested every day. Make the following Nutritional Drink (mix in a blender) 8 ounces of fresh-squeezed fruit juice, 8 ounces of distilled or pure water, ½ to 1 cup of fresh seasonal fruit and 2 tablespoons of SuperFood.

The Cleansing Morning Drinks and Teas

Every morning must begin with a Liver or Kidney Flush and the herbal tonics and teas from the 5-day cleansing and detoxification program. You can alternate these flushes weekly. For specific directions see:

5 Day Kidney Cleansing and Detoxification Program

Liver 5 Day Cleansing and Detoxification Program

Bowel cleansing and detoxification

Herbs for Nutrition and Colon Cleanse Program

Herbal detoxification programs:

The Bloodstream and the Immune System

Alternate these formulas weekly starting with the Detox Formula Tonic and then the Echinacea Plus tonic during week two.

Liver/Gallbladder & Antiparasite Formula

Detoxification Herb Tea

Kidney/Bladder Formula

Kidney/Bladder Herb Tea

The D-Tox Formula

Echinacea Plus: (Immune System Stimulant)

Use 2 dropperfuls (70 drops) 4 times daily.

Consume at least three cloves of fresh raw Garlic every day.

If you do only one program or use only one herb, it should be Garlic. In the many years at the clinic, I have seen it heal many, hurt no one, and create miracles.

Garlic is one of the most potent and reliable herbal healers known. It is a powerful broad spectrum antibiotic. It is also anti-viral, anti-fungal, anti-parasitical and has proven itself to rid the body internally and externally of any antigen or pathogen.

Hydrotherapy Program

High Enemas: You must use a high enema 2 times a week with an implant afterwards. Use only distilled water for the high enema The implant can be:

8 ounces of Aloe Vera gel and 8 ounces of distilled water (soothing) or 2 ounces wheatgrass juice with 16 ounces of water (Detoxifying) or 1 - 2 cloves of garlic blended into 8 ounces of raw apple cider vinegar and 8 ounces of distilled water (Antibacterial, Antiviral and Antifungal).

Hot and Cold Showers: (the most effective way to move the blood and create circulation) Once daily, you must do a complete hot and cold shower. You will start with hot water for 1 minute, then cold for 1 minute. Re-peat these 7 times so the shower should last about 15 minutes. Another time, daily, you can do a complete hot and cold shower routine again or a partial one just applying the water directly to the affected area. Make sure, while you are doing both hot and cold showers that you pay special attention to the affected area and massage it vigorously. If the shower is impossible then use Hot packs and Ice packs.

Hot Castor Oil Packs (breaks up congestion)

Use hot Castor Oil packs in the evening over the affected area and leave on all night long. They can be kept warm with a hot water bottle.

The Cold Sheet Treatment

Do the new Cold Sheet treatment once weekly.

Massage/Bodywork

Massage the entire body every day with special emphasis on deep foot reflexology and all around the problem areas. Don't be afraid to touch your sore or sick parts. Put some life back there. Alternate castor bean oil and olive oil for your massage oils. Skin brush with a natural bristle skin brush and scrub yourself thoroughly every day.

Exercise

You must exercise everyday. Do whatever you can but push yourself. Increase the amount everyday. You should breathe hard and work up a sweat. 1 hour each day is to be your eventual goal. If you rest, YOU RUST!

Attitude

I highly suggest for anyone who has been diagnosed as incurable or hopeless to throw out that diagnosis and start on a healing program IMMEDIATELY. The incurables program has no power unless you put all the time and energy you have into it. You must give 100%.

Love, giving it and receiving it, is the most powerful cleansing and healing tool.

Be responsible for yourself. You created this problem and you can get rid of it. No one ever got better by feeling sorry for themselves. The doctors were wrong; you can get well. Forgive everyone in your past, including all the doctors. The main function of your body is to repair and heal, so let's get started. There are NO incurable diseases. Get positive, right now, Believe, start now.

Additional Routines

Every day strip naked and take a sun and air bath for 10 to 15 minutes. Every day take a walk outside in your bare feet and shuffle them in the grass or dirt, even lie down on the earth. Do deep breathing while you are outside; fresh air will help you heal faster.

Use only natural soaps, shampoos, and toothpastes. Never use any deodorants, perfumes, colognes, etc. You may use pure herbal essential oils if you smell. Wear only natural fiber clothing, cotton, wool and silk.

No polyester, nylon, or even blends. Drink as much of the Potassium Broth as you can stand, the recipe is in the 5-day cleanse and detox program. This is a great tasting

addition to your cleansing program. It will flush your system of unwanted salts and acids while giving you a concentrated amount of vitamins and minerals."

Sources

All products are available from Dr. Richard Schulze's official website at <http://www.800herbdoc.com> or from Dr. Richard Schulze's Shop: The American Botanical Pharmacy, Phone: 1-800-HERB-DOC (1-800-4372-362) (1-800-TEACH-ME)

Further Reading and References

- Dr. Richard Schulze official website at <http://www.800herbdoc.com>
- There Are No Incurable Diseases: Dr. Schulze's 30-Day Cleansing & Detoxification Program by Richard Schulze
- Breaking the Code: A Layperson's Guide to Unlocking The Secret World of Medical Terminology by Dr. Richard Schulze
- Common Sense Health and Healing by Dr. Richard Schulze
- The ultimate Get well! newsletter collection 2002 by Dr. Richard Schulze
- Dr. Richard Schulze Support Forum
- [Archive: Dr. Richard Schulze Support Forum](#)
- [Archive: Ask Dr. Richard Schulze Forum](#)

Induced Remission Therapy® (IRT)/Dr. Chachoua

IRT is a new field of therapeutics. Biotechnologies International has created many vaccines to treat AIDS, cancer, heart disease, inflammatory diseases, degenerative diseases, and conditions associated with aging. Departments at the University of Colorado, UCLA, Cedars Sinai Medical Center, and others have been a part of independent preliminary investigation of IRT's AIDS and Cancer vaccines and they have uniformly met with outstanding results.

Spontaneous remission occurs rarely where a patient has been suddenly and almost without explanation be cured of cancer or other incurable disease, or where a dying patient suddenly recovers and the disease disappears. Dr. Chachoua was interested in spontaneous remission and hoped to control and perhaps replicate these occasional "miracles" by means of what is called, 'genetic seduction'. He theorized that scientific induction of healing mechanisms would allow for a much higher frequency of these astonishing responses.

Dr. Chachoua needed non-toxic biological agents that could duplicate the findings in spontaneous remissions. He developed a range of antisera, vaccines, and microbiological extracts from living cultures that could target the cause of the disease, attach to diseased cells, remove the disease from the body and correct cell damage at its genetic level. These products modify the diseased cells so the immune system can target them and genetically modify the cells so that damage is corrected at the nuclear level. The results are the cellular suicide or apoptosis, cellular normalization or immune destruction of a disease.

Dr. Chachoua stated:

"I have studied cases of cancer patients where spontaneous remission occurred following a particular infection and others where infections caused marked deterioration."

"The governing factor seemed to be the ability of the patient to effectively generate an immune response against the disease during the time that the cancer would express or 'look like' it."

Induced Remission Therapy (IRT) changes previous shortcomings of tagging processes, introducing the concept of genetic tagging based on the cancer cell's 'empty slate' attitude to foreign introduced genetic information when presented in the proper format.

The genetic extract complexes developed by Biotechnologies International allow such agents to be introduced at any site in the body in a format that facilitates the uptake specifically by cancer cells. A risk does exist that other cells could theoretically uptake a

small proportion of these agents. The targeting of the agent to ensure an affinity for cancer makes this a low risk possibility, however, and the risk is further reduced by the fact that normal cells will rapidly degrade this introduced genetic information.

What follows then, is specific uptake of a genetic sequence that will not be interfered with by the immune response and that repeatedly forces the cancer to present a highly antigenic or immunostimulating profile. And unlike the results found in localized tagging, when genetic tagging takes place, the sequence for certain products is introduced into the cancer cell and is taken up by the cancer cell throughout the entire body.

"By treating disease as a dynamic phenomenon, we can constantly upgrade therapy. This is a cornerstone of Induced Remission Therapy®."

Further Reading and References

- <http://www.irt.com>

Insulin Potentiation Therapy (IPT)/Insulin Therapy/ Microdose Chemotherapy

Chemotherapy drugs are powerful cell-killing agents. In current medical practice, getting these drugs into the inside of cells where they do their work requires that they be administered in doses high enough to force them across the membranes of cancer cells. A major drawback to this dosing strategy is a serious dose-related side effects. This happens because chemotherapy agents do not discriminate between cancer cells and other normal cells in the patient's body. They kill both kinds of cells, thus the side effects.

With recent advances it is now possible to avoid the dose-related side effects of chemotherapy, while at the same time increasing the effectiveness and specificity of these agents in killing cancer cells. The key to this is an innovative strategy for drug delivery is called IPT.

IPT is insulin potentiation therapy, a non-diabetic use of the hormone insulin to improve the effectiveness and delivery of standard medications dramatically. This slight modification of standard medicine could help many medications act like super drugs, with better results for many millions of patients.

Insulin is the hormone used to treat diabetes. Secreted by the pancreas in healthy people, insulin is a powerful hormone with many actions in the human body, a principal one being to manage the delivery of glucose across cell membranes into cells.

Insulin communicates with cells by joining up with specific insulin receptors scattered on the outer surface of the cell membranes. Every cell in the human body has some of these receptors, with there being from one hundred to one hundred thousand of them per cell.

The interesting connection between cancer cells and insulin is that studies report that cancer cells actually manufacture and secrete their own insulin. Related to this is the even more interesting fact that cancer cells have ten times more insulin receptors per cell than any of the normal cells in the body. This fact creates a valuable opportunity because it significantly differentiates normal cells from the cancerous ones.

Having ten times more insulin receptors than normal cells means that the effect of administered insulin will be ten times greater on cancer cells than on normal cells.

With this difference, combined with actions of insulin in IPT, an effective dose intensity of chemotherapy drugs is able to be delivered to the inside of cancer cells –selectively, with a sparing of normal tissues –and this can be accomplished using greatly reduced doses of the drugs, effectively eliminating all their dose-related side effects.

The addition of insulin to a culture medium containing cancer cells has been shown to enhance the cell-killing effect of methotrexate – a commonly used chemotherapy drug – by a factor of up to ten thousand. This striking result was attributed to two effects on the cancer cells.

One was an effect of insulin to increase the trans-membrane transport of the methotrexate into the cell. The other was what the authors called "metabolic modification by insulin" within the cancer cells. It modifies the growth characteristics in tumors making more of the cancer cells vulnerable to anticancer drug effects.

Just as cancer cells have their own independent secretion of insulin for unlimited access to the fuel they require, they also have their own independent secretion of something called insulin-like growth factor to provide them with an unlimited stimulus for growth. Cancer cells also have ten times more of the receptors for insulin-like growth factor on their cell membranes –just as for the insulin receptors.

The metabolic modification by insulin mentioned above results from the fact that not only can insulin join up with its own specific receptors on cell membranes, but insulin is also able to join up with the receptors for insulin-like growth-factor, and to communicate messages about growth to these cells. While it may seem highly undesirable for a cancer therapy to promote cancer cell growth, this is in fact a valuable effect of insulin here.

In IPT, insulin administration has an effect to cause the blood glucose to go down. This is called hypoglycemia. This hypoglycemia is an anticipated side effect of the insulin, one rapidly and effectively controllable with intravenous glucose infusions at an appropriate time, according to the IPT protocol.

Because it is possible to create a clear differentiation between cancer and normal cells using insulin, along with the biologic response modification insulin produces, conventional chemotherapy drugs are targeted more specifically and more effectively inside the cancer cells only and this can occur with the use of greatly reduced doses of these cell-killing drugs. Cancer cells die, tumors shrink, and no side effects are caused in any other tissues. IPT appears to be a wonderful new way of treating cancer using nothing other than conventional chemotherapy drugs.

Imagine having a drug cure that enhances the power of chemotherapy by a factor of ten thousand.

Dr. Perez outlined his method of using microdoses of chemotherapy at the point of lowest glucose levels, which results in an exceptional uptake of the chemotherapy by cancer cells.

"As an explanation: "I have long taught all my cancer patients that above all, cancer cells need sugar for the energy to divide and grow. In fact, cancer cells have from 10 to 100 times the number of insulin receptors that normal cells do. When the blood glucose reaches its lowest - which can vary from 25 to 45 mg/dl - the cancer cell is desperate for glucose.

The introduction of minute amounts of chemotherapy, in conjunction with the glucose necessary to bring blood glucose levels back to normal, creates a concentration of the chemotherapy agent in the cancer cell because the extra amounts of insulin receptor sites on the cancer cells means they will receive many times the amount of glucose/chemo as the normal cell. This all makes such good sense to me.

It is a way to use the science of chemotherapy that does kill cancer cells but under normal use also kills too many normal cells. This way we concentrate the action in the cancer cells.

We have used this on many patients to date. Many of them reported, and doctors confirmed, shrinking of cancer mass. The lowering of blood sugar does not cause any side effects other than temporary sleepiness or weakness. All of our physicians feel very comfortable with this therapy."

That the NIH have listed the therapy as an acceptable mode of treatment speaks for its safety.

"IPT is 21st century medicine. Cancer treatment with IPT is reported to be gentler, safer, more effective, less expensive and with usually no side effects."

Sources

For a list of doctors that use IPT, go to <http://www.iptq.com>.

For a free video and booklet on Wholistic Cancer Therapy (including IPT) as practiced at Hospital Santa Monica, click http://www.hospitalsantamonica.com/ipt_.htm

From the Hospital Santa Monica website,

"Microdose chemotherapy, as used at Hospital Santa Monica, is based on the fact that a cancer cell has a voracious appetite for glucose - more than 30 times that of a normal cell - and that it cannot use an alternative fuel, as a normal cell can.

During induced hypoglycemia (lowering the glucose level of the cells), the cancer cells are stressed for glucose. If glucose is then administered, mixed with microdose chemotherapy, the cancer cells will preferentially take up the mixture - over the normal cells, which have switched to alternative fuels. Thus, the cancer cell, with 20 times the number of glucose receptors as the normal cell, takes in most of the chemo in its desperate attempt to get the glucose it needs to survive and the normal cell is barely affected."

Further Reading

- Treating Cancer with Insulin Potentiation Therapy by Ross A. Hauser, Marion A. Hauser

References

- http://www.hospitalsantamonica.com/ipt_.htm
- <http://iptq.com/>

Kelley's Program/William D. Kelley/Dr. Nicholas Gonzales Protocol

William D. Kelley, DDS was a dentist who claimed to have healed himself of pancreatic cancer with his own therapy in 1964.

Kelley's program included metabolic typing to provide a patient-specific dietary program, detoxification (coffee enemas, etc.), neurological stimulation through chiropractic adjustment and supplements of vitamins, minerals, and enzymes. Until 1977, the **Merck Medical Manual**, considered the "bible of physicians", included coffee enemas as an accepted means of detoxification and constipation relief. Yet coffee enemas, common also to Gerson Therapy, became the focal point of critics who considered the Kelley program unscientific.

William Kelley held that a root cause of cancer is the body's inability to metabolize (digest and utilize) protein. Dr. Kelley stated:

"The person gets cancer because he's not properly metabolizing the protein in his diet. Then, to make matters worse, the tumor has such a high metabolism that it uses up much of the food which is eaten."

If a person's disordered protein metabolism is not corrected, Kelley continued,

"it will give rise to more tumors in the future, even if the first one is successfully removed. This, by the way, is the unfortunate reason why so many seemingly successful cancer operations end up in recurrences a year or two later. The tumor was removed, but the cause-improper protein metabolism-remained."

Dr. Kelley linked faulty metabolism to a deficiency of pancreatic enzymes which he regarded as a fundamental cause of cancer. He believed that certain pancreatic enzymes, especially those that are proteolytic (protein-digesting) enzymes, are the body's first line of defense against malignancy. This theory stands in marked contrast to conventional medicine, which holds that the immune system, with its natural killer cells, protects people against cancer. **See Proteolytic Enzymes.**

The pancreas releases enzymes directly into the small intestine to aid digestion. But Kelley maintained that the pancreas also secretes enzymes into the bloodstream, where they circulate, reaching all body tissues, and killing cancer cells by digesting them. Studies in the clinical literature lend support to this theory, first proposed by Dr. John Beard, a Scottish embryologist working at the turn of the century.

Imbalance of mineral metabolism is another condition that allows malignancy to occur, according to Dr. Kelley. He identified mineral imbalance as a root cause of the breakdown of the immune system. Additionally, he said, cancer cells produce immune-blocking factors and seem to generate an electromagnetic force field that inhibits the proper response of the immune system.

The Kelley anti-cancer program combines:

- Therapeutic nutrition
- Supplements intended to destroy cancer cells, and
- Vigorous detoxification of the body.

Kelley divided people into what he called ten metabolic types, with slow-oxidizing vegetarians at one extreme and fast-oxidizing carnivores at the other. Each person is different, he asserted, not only in nutritional needs but also in food utilization.

For each of the ten different metabolic types, a different nutritional program was recommended. An individualized diet was tailored to match the metabolic character of each patient, taking into account his or her physiology, neurological and physical make-up, basic metabolic rate, and personality. Some common threads ran through the diets, however. The consumption of raw, organic fruits and vegetables was emphasized, while protein intake was reduced considerably to preserve the enzymes needed to digest the fruits and vegetables.

In addition to a diet, Kelley's patients also took up to 150 supplement pills per day, including pancreatic enzymes, vitamins and minerals, and concentrates of raw beef or organs and glands, believed by Kelley to contain tissue-specific growth factors, hormones, natural stimulants, and protective molecules. A direct anti-tumor effect has been observed repeatedly in patients on various metabolic therapies, who receive enzymes either orally or by injection. As the enzyme "digests" the tumor, large amounts of cellular debris are released into the bloodstream and surrounding tissues, according to Kelley.

These breakdown products from cancer cells are foreign to the normal body and can be very toxic, he maintained. Even though the liver and kidney can filter these substances out of the bloodstream, the wastes from tumor destruction form so quickly during enzyme therapy that the body's normal detoxification processes may become overloaded. To assist their bodies in detoxification, Kelley's patients periodically discontinued their enzymes and other supplements for several days. This rest period, Kelley believed, allows the liver and kidneys to catch up with the body's load of tumor by-products.

As at second aid in detoxification, Kelley advised all his patients to take at least one coffee enema daily. His reasoning was that coffee enemas clean out the liver and gallbladder and help the body get rid of the toxins produced during tumor breakdown. During a coffee enema, claimed Kelley, the caffeine that is rapidly absorbed in the large intestine flows quickly into the liver. He held that in high enough concentrations, caffeine causes the liver and gallbladder to contract vigorously, releasing large amounts of stored wastes into the intestinal tract and greatly aiding elimination. Kelley also believed that enemas are important in stimulating the immune system, since most waste products eliminated by detoxification are enzyme inhibitors. Frequent enemas prevent the suppression of protein-digesting enzymes. These enzymes can break down the cancer cells' fibrin (protein) coats, making the cancer cells more vulnerable to the immune system. Also see [Coffee Enemas](#).

The original Kelley program also included purges to cleanse the liver, gallbladder, intestines, kidneys, and lungs. Like many other metabolic therapists, Kelley believed that the functioning of these organs is severely impaired in the cancer patient. Colonic irrigations, liver and gallbladder flushes, and controlled sweating accomplished the cleansing tasks. Kelley also often recommended some form of manipulative therapy, such as chiropractic adjustment or osteopathic manipulation, to stimulate enervated nerves.

A frequently overlooked aspect of the Kelley system is its spiritual component. Kelley called his approach metabolic ecology, taking into account the cancer patient's total environment-physical, mental, emotional, and spiritual. He urged the patient to:

"accept the fact that you are afflicted with a symptom (malignant cancer) and that recovery is possible. Establish a faith in a power greater than yourself and know that with His help you can regain health and harmony."

Patients were encouraged to conduct a searching self-analysis and to eliminate negative behavioral patterns and emotions.

Kelley has an extensive documentation with 10,000 medically verified diagnoses. In one study, all his cases of pancreatic cancer were investigated. With conventional treatment, there were virtually no survivors after 5 years. He had 22 cases on record. Of these, 10 never started the treatment and survived for 67 days. 7 followed it partially and survived an average of 233 days, while the 5 who followed the Kelley treatment completely all recovered.

Interest in Kelley's therapy increased dramatically in recent years largely due to the work of Nicholas Gonzalez, a New York City physician who treats cancer patients in advanced or terminal stages using a modified version of the Kelley program. A graduate of Cornell University Medical School, Dr. Gonzalez undertook a five - year case study of Kelley's own cancer patients who had done well on the program.

The late Harold Ladas, Ph.D., a biologist and former professor at Hunter College, wrote:

"Gonzalez has given us convincing evidence that diet and nutrition produce long-term remission in cancer patients almost all of whom were beyond conventional help.

Because the cases [in Gonzalez's study] represent a wide variety of cancers, the implication is that the paradigm has wide applicability to cancer treatment. ...What should happen is that ACS [American Cancer Society] or NCI [National Cancer Institute] should immediately follow up with a half million dollar study to evaluate the rest of Kelley's cancer patients. But don't hold your breath," added Ladas, who concluded, "The evidence is in, and it is stunning. Kelley is vindicated."

In 1987, he set up a private practice in New York City, where he began treating patients with a modified version of Dr. Kelley's program.

A pilot study of Dr. Gonzales treatment in patients with advanced pancreatic cancer was published in 1999. Of the 11 patients included in the study, 9 had survived at least 1 year, 5 had survived for 2 years, and 4 lived for 3 years. Two of the patients remained alive 4 years later. In contrast, the median survival for patients with inoperable pancreatic cancer who undergo chemotherapy is 5 1/2 months. A further clinical study involving patients diagnosed with pancreatic cancer, is proceeding.

Like Kelley, whom the American Cancer Society denounced as a quack, Gonzalez has also been castigated for "departing from accepted practice."

Dr. Gonzales program and its theory are described at <http://dr-gonzalez.com/>

Sources

Do it yourself program at <http://educate-yourself.org/cancer/kellysmetabolictherapy.shtml>

Dr. Gonzales <http://dr-gonzalez.com/> Phone (212) 213-3337 Fax (212) 213-3414

Further Reading

- One Answer to Cancer by William D. Kelley
- One Answer to Cancer – Cancer Ignorance Parts I and II can be read online at <http://www.drkelley.com/>
- <http://dr-gonzalez.com/>

References

- <http://educate-yourself.org/cancer/kellysmetabolictherapy.shtml>
- <http://dr-gonzalez.com/>
- http://www.findarticles.com/p/articles/mi_m0BJI/is_11_31/ai_76333413

Koch Treatment/Koch Synthetic Antitoxins

Dr. William F. Koch of Detroit achieved the first successful attempt to destroy a recognized micro-organism of cancer by the subcutaneous injection of a synthetic chemical substance.

The Koch method is a systematic course of dieting and enemas combined with administration of Koch Synthetic Antitoxins (malonide, glyoxylyde, and parabenzoquinone).

Koch claimed that:

"cancer was caused by a germ which resembled a spirochete."

He stated that his discovery was also effective against tuberculosis, psoriasis, leprosy, polio, syphilis, appendicitis, and herpes zoster.

The Koch formula, as used for the control of the cancer organism is a differential poison, which exerts its destructive influence primarily upon the protoplasmic substance within the receptor, and not directly upon the micro-organism. This substance provides an unsuitable soil in which the germ cannot live. Thus the excitant stimulus to cancer is controlled and the mass soon retrogresses. Three weeks after the treatment has been instituted the mass becomes hard, due to calcification prior to absorption. The cancer effort or growth is a histological expression of nature's immunity attempt.

He initially called this substance synthetic anti-toxin; it later became known as "glyoxylyde". Apparently, the treatment was also marketed under the auspices of the Christian Medical Research League.

"Dr. Koch preferred to deliver glyoxylyde only once or twice in the form of intramuscular injections (2 cc), in a highly diluted (possible homeopathic) form."

Dr. Koch claimed that the Koch Synthetic Antitoxins stimulate the destruction of the toxins responsible for the growth of cancer tissue.

"William F. Koch reasoned that cells become cancerous because the blood's oxygen levels get depleted. If sufficient oxygen were continually delivered to the body's tissues, cancer pathology would be virtually impossible."

With the drain on the vital forces of the blood plasma removed, a fairly prompt tonic effect is exhibited. Apparently, a specific action follows, in that the effects show only on the microbic structure and no other action is noted on surrounding structures.

Sources

Koch Treatment is available at:

Mission Medical Clinic (Mexico) Tel: (619) 662-1578 Email: info@missioninstitutes.com

IAT (Bahamas) Ltd. Tel.:(242)352-7455 Fax :(242)352-3201 E-mail: burtonh101@aol.com

Further Reading and References

- <http://www.williamkoch.com/>
- <http://www.williamkoch.com/texts/brief/brief.html>
- Diamond WJ, et al. An alternative medicine definitive guide to cancer. Tiburon, California: Future Medicine Publishing, Inc., 1997:34,922
- Third Opinion (Fourth Edition) by John Fink

Krebiozen/Carcalon

Krebiozen is a group of remedies specifically designed to stimulate the immune system. It is the commercial name of an alternative cancer formula originally prepared from the blood of horses that have been injected with bacteria. It was claimed Krebiozen cured cancer. Independent studies showed that may be true in 70-80% of the cases. Krebiozen has been manufactured in powder and liquid forms.

Krebiozen was originally developed by Stevan Durovic, a Yugoslavian physician, in Argentina, and brought to the United States in 1949. In the 1950s, it drew the attention of

Dr. Andrew C. Ivy, a respected scientist at the University of Illinois, and Krebiozen made headlines in the US, promoted by Dr. Ivy. He began producing his own version of the drug in mid-1959, calling it Carcalon. Ivy published two monographs claiming extensive anti-cancer benefits. Krebiozen therapy grew in popularity during the 1950s and early 1960s.

One test on the drug claimed the result that it stopped or reduced cancer growth in 88 per cent of a group of 4,227 cancer patients, the vast majority of whom were terminal.

Dr. Ivy's "establishment" medical credentials were impeccable. He had authored more than 1,000 articles published in scientific and medical journals, had served as a U.S. representative at the post-World War II Nuremberg trials, and had received bronze, silver, and gold medals from the AMA for his achievements. Even the FDA had sought his medical testimony on occasion for judicial proceedings.

Once Dr. Ivy began advocating an unorthodox cancer therapy, he was promptly derided as a "quack." At the behest of the FDA, he and three associates were indicted in 1964 on 49 criminal counts for violations of the Food, Drug, Cosmetic Act, and many other violations. FDA chemists claimed that krebiozen was simply a common amino acid found in humans and animals. Five hundred doctors used it and 20,000 testimonials of cancer victims stood behind Dr Ivy and his co-workers at their trial. They were acquitted, but the AMA succeeded in blacklisting Krebiozen.

The treatment as sound as it seems in theory was demolished by the cancer board's propaganda. Unfortunately there is not much evidence of the real treatment being followed anywhere. There are a great many respected medical journalists and doctors who believe that had Krebiozen been given a place in legal cancer treatments, it would have saved millions of lives.

Assaults on such non-traditional remedies as krebiozen come readily to mind –the case has been laid down in great detail in the book **A World Without Cancer** by G. Edward Griffin. The jury in its verdicts acquitted Dr. Ivy and the others on all counts. Indeed, the jury added that it believed krebiozen had merit. Yet as journalist and author Michael L. Culbert notes in **Freedom From Cancer**:

"the propaganda campaign paid off, and krebiozen was left in the public mind as another unproven cancer remedy and Dr. Ivy was character-assassinated into the limbo reserved for pioneers who dare operate outside of the medical-governmental axis."

Sources

Krebiozen may be available at Burzynski Clinic, 9432 Old Katy Road, Suite 200, Houston, Texas 77055, ph: 713.335.5697, fax: 713.335.5699 domestic email: info@burzynskclinic.com international email: golunski@burzynskclinic.com

Further Reading and References

- Observations on Krebiozen in the Treatment of Cancer by Ivy, A.C., Ph.D., M.D. et al
- Krebiozen: The Great Cancer Mystery by George D. Stoddard
- A Matter of Life or Death, The Incredible Story of Krebiozen by Herbert Bailey
- Freedom From Cancer by Michael L. Culbert
- A World Without Cancer by G. Edward Griffin
- Book: Best Alternative Medicine by Kenneth, Dr. Pelletier, et al

Nucleic Acids (Homeopathic 2LC1 and 2LCL1)

"The doctors who pioneered their use in cancer have found that they "re-balance" the weakened immune system, and there are documented cases of recovery which include many advanced cancers – metastatic liver and breast cancer, [leukemias] etc. However, because nucleic acids are usually present in infinitesimal quantities, and high doses are toxic, the principles of homeopathy have been applied to their orthomolecular use."

Sources

2LC1 and 2LCL1 can be obtained from LABO-LIFE ESPANA SA, Ctra Palma-Inca, Km 17.8, 07330 Consell (Majorca) Espana Tel: 00 34 971 622 395 Fax: 00 34 971 142 069

Further Reading and References

- <http://www.canceraction.org.gg/therapies.htm>

Percy's Powder/Rhomanga

A keen interest in chemistry at school gave Percy Weston a good basic knowledge of the subject and an understanding of scientific method. He planned to be a doctor but circumstances forced him to take responsibility for the family farm instead.

Early on, Weston had experiences involving the health effects of phosphorus, which were striking. At the age of six, he became ill due to inhaling the fumes from phosphorus impregnated matchstick heads (this is before the days of safety matches). He also had unpleasant experiences with phosphorus impregnated rabbit baits on the farm.

He saw a school friend collapse in a science laboratory when an experiment involving phosphorus went wrong. These were separate and seemingly unrelated experiences; only later did he realize that phosphorus had been involved on each occasion.

Later, as a farmer, Weston — in common with others in his district, began growing tobacco. This involved very heavy applications of superphosphate fertilizer, at rates as high as a thousand pounds per acre. Subsequently, Weston noticed problems with his sheep; an arthritic condition affecting their knees and cancerous lesions on their ears. Plants grown in the soil so heavily treated with superphosphate exhibited strange mutations.

When he moved the sheep onto poorer pasture, which had not been treated with superphosphate, Weston noticed to his surprise that they recovered. He moved some of them back onto the treated paddock and they developed the same problems again. He moved them off it and they recovered. The pattern was undeniable and impressive.

Later again, Weston himself was afflicted with arthritis and a cancerous tumor which developed on his hand. Remembering his early life experiences and realizing that phosphorus had been involved, and recalling his experiences with the sheep, Weston wondered whether reducing his own intake of phosphorus would have any effect. He set about developing a low phosphate diet.

He also experimented, as he had earlier, with his sheep by using mineral licks containing supplements of alkaline minerals such as magnesium and potassium, which he believed would counteract the harmful effects of phosphorus and promote its excretion. The results exceeded his expectations; the arthritis eased and gradually disappeared; the cancer tumor dried up, shriveled, separated, and finally broke away from his hand.

Weston has continued his experiments with his low phosphate diet for several decades. He became absolutely convinced that exposure to and consumption of phosphorus/phosphate can cause very serious adverse health problems. Later still, he experienced such effects again because of the indiscriminate use of organophosphate sprays in his district. The now infamous Agent Orange, used in the Vietnam War, was an organophosphate herbicide.

His most spectacular success was when he treated his wife with his low phosphate diet and mineral supplements. She had been diagnosed with cancer of the uterus by no less than three doctors, including the top gynecologist in their state (Victoria, Australia). The specialist had advised an immediate hysterectomy. But following strict adherence to the low phosphate diet, the operation, which would have prevented her from ever having children, became unnecessary. Mrs. Weston's tumor reabsorbed. Later she became pregnant and went on to have two healthy children. The specialist, advised of these events, commented that he had never known a woman in the condition Mrs. Weston had been in when he had examined her to survive for twelve months, let alone have children.

Weston's book, **Cancer Cause and Cure** is very informative, covering his experiments and experiences. Percy Weston died at 102 - surviving two personal encounters with cancer and a number of other serious health crises would seem to bear testimony to the effectiveness of his recipe.

Sources

<http://www.health-search.com/percyspowder.html>

Percy's Powder and a similar preparation called Rhomanga, are available from Health Research Pty Ltd, 11 Carrington St, Adelaide, SA, AUSTRALIA 5000; Ph: +61 8 8410 1765; Fax: +61 8 8221 6221, e-mail: sales@healthastute.com.

Further Reading

- Cancer: Cause and Cure by Percy Weston.

Oncotox[®]

Anti-angiogenesis appears to be one of the most effective therapies for cancer in that it inhibits the formation of new blood vessels to feed cancer cells. The typical characteristic of any cancer is its ability and need to divide. When it divides, the new cells require a new blood supply. This is secured by sending out a chemical message to nearby blood vessels, stimulating them to send a branch of blood vessels.

Neutralizing the stimulatory chemical or preventing the blood vessels from responding to the chemical, will effectively starve the new cells and stop cancer growth.

Oncotox is an essential ingredient in Dr. Donsbach's holistic cancer control program at Hospital Santa Monica. In chemistry, there exists the concept of synergism, where two or more ingredients, when mixed together, equal a result greater than the total results of the individual parts. This is claimed to apply to the Oncotox ingredients.

Oncotox is a liquid concentrate of five separate and very effective cancer inhibitors, each with extensive research studies documenting its effectiveness as an adjunct in cancer therapy.

"All of our cancer patients take Oncotox twice a day while at the hospital and it is an important element in their follow-up home protocol."

The cancer inhibitors in Oncotox are:

- **Resveratrol:** Resveratrol is a member of the bioflavonoid family and has the property of inhibiting the enzymes necessary to produce abnormal growth. Also see Resveratrol.
- **IP-6:** IP-6 is the research product of Dr. Abdul Shamsuddin, who for years followed the scientific path of proving the value of IP-6, an analogue of inositol, a B complex vitamin. Dr. Shamsuddin states unequivocally that he has proven by traditional scientific procedures that IP-6 prevents cancer and is highly effective as a therapy against all forms of human cancer. Also see IP-6.
- **Lactoferrin:** Lactoferrin is a natural ingredient in the body, which binds free iron, a function that takes away the iron molecule needed by every cancer cell. Although it does nothing for cancer cells already existing, Lactoferrin prevents metastasis and new growth. Also see Lactoferrin.
- **Arginine:** Arginine is an amino acid found to consistently inhibit the growth of tumors. In one study, growth was diminished by 80% in 2 weeks. Another study indicated that Arginine prevented metastasis. Also see Arginine.

Sources

Dr. Donsbach's Healthcare Products <http://www.donsbach.com/products/cancer.htm>

Further Reading and References

Dr. Donsbach's websites:

- <http://www.donsbach.com/newsletters>
- <http://www.donsbach.com/brochures>
- <http://www.hospitalsantamonica.com>
- <http://www.oxygentherapies.com>

Poly-MVA™

Poly-MVA is a uniquely formulated nutritional supplement designed to provide energy for the compromised body systems. It is helpful in increasing energy, reducing fatigue, and helping to enhance overall health and well-being, and can be particularly helpful in addressing those symptoms in people who are receiving chemotherapy or radiation treatments for cancer. Many people have found Poly-MVA to be helpful in improving quality of life for those undergoing a difficult treatment regimen.

The Poly-MVA name comes from the combined terms Poly meaning "many, much, more than one"; M indicating "minerals"; V signifying "vitamins"; and A symbolizing "amino acids." Poly-MVA is a proprietary blend of Palladium, Alpha-Lipoic acid, Vitamins, B1, B2 and B12, the amino acids (Formyl-methionine and Acetyl Cystiene), and trace amounts of Molybdenum, Rhodium, and Ruthenium.

According to the inventor of Poly-MVA, Merrill Garnett, DDS, PhD, cancer results from the failure of cells to mature. This in turn is caused by a problem of energetics in the cell's metabolic processes. He has developed a chemical compound, palladium lipoic acid, that mimics an energy pathway present in normal cells, missing in cancer cells, and necessary to normal growth and health. A new principle in the nutritional healing of most cancer types, Poly-MVA, assists in correcting malfunctioned nucleic acids in the deoxyribonucleic acid (DNA) of genes.

Dr. Garnett emphasizes that he chose to bind palladium to alpha lipoic acid (ALA) because this amino acid is both water and fat-soluble and able to travel everywhere in the human body, even through the blood-brain barrier, taking the palladium molecule with it.

Dr. Garnett, whose Garnett McKen Laboratory is located in Islip, New York, has produced a self-published book, **First Pulse: A Personal Journey in Cancer Research**. In it, the author-scientist offers a philosophical, highly technical, but interesting anecdote-filled discussion of how he came to create his invention.

Dr. Garnett searched for singular substances for binding together the various ingredients which make up Poly-MVA. He found the therapeutic component in the platinum-derived palladium mineral, poisonous in the hands of an allopathic dentist, but life saving for someone suffering from cancer. Yet palladium would be poisonous to cancer patients too, if it were not bound tightly to alpha lipoic acid and "sequestered" in the molecule as cobalt is sequestered in vitamin B12. Thus, palladium forms an organic metallovitamin-lipoic acid complex that joins with cobalt, a part of the vitamin B12 (cyanocobalamin) complex.

Dr. Garnett created Poly-MVA based on knowledge unknown before he discovered the Second Genetic Code, a huge scientific breakthrough and probably the crowning achievement of his career. (See the Garnett book for details about the highly complicated Second Genetic Code discovery.)

Dr. Garnett discovered that palladium acts as an excellent catalyst for combining oxygen and hydrogen; the metal absorbs over 900 times its volume of hydrogen. He adapts palladium for strengthening the actions of other molecules too; e.g., iron holds together the active parts of hemoglobin, and its holding action is reinforced in the presence of palladium. Other amino acids besides alpha lipoic acid make up some part of the Garnett formulation.

"Patients I've observed taking Poly-MVA have thrived. Numbers of them are following its protocol now. In my opinion Dr. Garnett and Dr. Sanchez are providing a really well thought out, safe treatment for all types of malignancies. They should be commended"

affirms Dr. Stanley R. Olsztyn.

Poly-MVA is manufactured as a liquid mostly for oral ingestion, although some physicians administer it intravenously (see the procedure reported below by David C. Korn, MD(H), DO, DDS, of Apache Junction, Arizona).

The late oncologist Dr. Rudy Falk's original anticancer usage protocol strictly for cancer prevention consisted of only 1/2 teaspoonful a day of Poly-MVA. For therapy, a new and updated Poly-MVA protocol is now enthusiastically recommended by the Advanced

Medicine and Research Center (AMARC) of Chula Vista, California. The protocol is presented in a publication written by Albert Sanchez, Sr., PhD, EdS, and made available by AMARC.

"Since PC Spes was removed from the market by the FDA almost two years ago, I have substituted the administration of both intravenous and oral Poly-MVA for prostate cancer patients and found it to act effectively. After receiving the new product IV for six or eight weekly injections and simultaneously taking the liquid in water, my male patients find their prostate specific antigen (PSA) markers come down. They go on to take the oral liquid Poly-MVA alone for approximately ten or twelve weeks more. This protocol affords great results. Recently two of my patients dropped down to a PSA of one from much higher markers"

states David C. Korn, DO, DDS, MD(H), of Apache Junction, Arizona.

"I believe that saturating the blood with Poly-MVA insures the nutrient's elevated dosage swiftly penetrates into the prostate area, the brain, and other organ sites. The patient with blood saturation of Poly-MVA goes through a physiologic range of reactions illustrated by an elevation of body temperature," warns Dr. Korn. "I administer the treatment for lymphoma, brain cancer, breast cancer, prostate cancer, and more.

"Insulin potentiation therapy works well in conjunction with Poly-MVA. But for elderly men with bone pain from prostate metastases who are frail, my preference is to administer the Garnett treatment alone. It acts just like a 'smart bomb' for pain relief, requiring four or five hours of the IV Poly-MVA. Based on an educated estimate of tolerated IV liquid, my staff and I gradually increase the dosage to 15 or 20 cc. I additionally include vitamin E, CoEnzyme Q10, lycopene, saw palmetto, and other prostate-specific nutrients,"

advises Dr. Korn.

"My impression is that the Poly-MVA molecule actually behaves like a mild chemotherapeutic agent, but it is safe and not destructive. Moreover, the Lipoic Acid Palladium Complex is highly effective for increasing cancer remission rates,"

confirms Dr. Korn.

From the established therapeutic effects of its alpha lipoic acid/palladium complex, Poly-MVA provides at least 13 recognized anticancer benefits. The benefits are listed here from observations described by Dr. Merrill Garnett in a series of reports published on his animal studies conducted at the Garnett McKeen Laboratory in Islip, New York. One by one, over time, he has advised that the lipoic acid/palladium complex:

1. causes an indefinite variety of immune system responses, but with specific manifestations as indicated in the twelve additional attributes listed below.
2. seeks out and destroys cancer cells anywhere in the body by stealing their electromagnetic energy.
3. invigorates normal cells and helps to repair any damage the invasive cancer may have left behind.
4. reduces tumor size or causes the tumor to shrink.
5. produces an idiosyncratic set of effects, which include a pattern of lag-arrest-slow death of cancer cells from an inhibition of their energy metabolism.
6. prevents sterol biosynthesis, thereby preventing new cancer cell plasma membrane synthesis.
7. shows a very large fraction of sensitive cancer cells as a morphological feature.
8. promotes the growth of proliferating normal cells surrounding a core of central tumor necrosis consisting of dead cancer cells.
9. stimulates the infiltration of leukocytes for the removal of cancer cell debris.
10. has absolutely no toxic reaction —no adverse side effects.

11. accomplishes its therapeutic benefits in both animals and humans.
12. works against cancer of many types not only as an orally administered liquid but also perhaps even more effectively as an intravenous injection.
13. reduces the incidence of cachexia with a potential for increased body weight of the frail cancer patient.

From the <http://www.polymvasurvivors.com/> website:

"As noted in the letters below, Oncologists & Physicians are reporting the benefits of Poly MVA when used in conjunction with Conventional Cancer Treatments or as part of other protocol therapies. These Physicians are reporting complete remission of aggressive, stage IV cancers that have metastasized as well as continued positive responses in other patients with previously chemo-resistant cancers. Other noted benefits have been significantly improved quality of life and a substantial reduction in the number and severity of side effects from chemo and radiation therapies."

The Cancer Screening & Treatment Center of Nevada, for example, is reporting a 70% Positive Response Rate in Stage IV Cancer Patients

At the same website, the Four Corners Approach is described that apparently has proved very effective for (often Stage IV) survivors:

- Destroy anaerobic (Cancer) Cells
- Improve the Immune System
- Detoxify the Body
- Reverse Acidosis (Low body pH)

An example of the Four Corners approach involves taking Poly-MVA (8 tsp/day), MGN3 (3 grams/day), and Coral Calcium (9 caps/day), c (6 caps/day) and 9 capsules of Qgel for a total of 135 mg a day (this is equivalent to 450 mg of CoQ10), for 92 days in the case of a Stage IV breast cancer patient who refused chemo and radiation and was given two weeks to live by Hospice. Her story can be read at http://www.polymvasurvivors.com/testimonial_breastcancer_mulrey.html.

Sources

<http://www.polymva.com/> and <http://www.polymvasurvivors.com/> for a list of practitioners working with the treatment.

Primary commercial source in North America, AMARC Enterprises, Inc., Albert Sanchez, Jr., President; 866-Poly-MVA i.e. 866-765-9682; Email: info@polymva.com.

Identify other sources and best prices for Poly-MVA at Froogle. Just click

http://froogle.google.com/froogle_advanced_search Enter poly-mva. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- <http://www.polymvasurvivors.com/> contains further information, scientific reports and video testimonials. Also information on the Four Corners Approach
- The Story of Poly MVA by Robert D. Milne, M.D., & Melissa L. Block, M.Ed.
- First Pulse : A Personal Journey in Cancer Research by Merrill Garnett, Bill Jones, Garnett, Dr. Merrill, Dr. Merrill Garnett

References

- <http://www.polymva.com/>
- <http://www.polymvasurvivors.com/>
- Townsend Letter for Doctors and Patients, Feb-March, 2003
http://www.findarticles.com/p/articles/mi_m0ISW/is_2003_Feb-March/ai_97994368

Protomorphogens

Dr. Royal Lee's achievement, **The Theory of Protomorphology**, was published in 1947. One enigma in biology that has perplexed scientists for years is how living cells not only repair areas of damage but do it with such precision. How does the

body know when sufficient cell reproduction has taken place? What is the feedback mechanism that allows the body to regulate growth accurately? Why is this mechanism not working properly in cases of cancer or other forms of unregulated cellular growth?

In **The Theory of Protomorphology**, Dr. Lee discusses how he pioneered a unique method of deriving extracts from the "cell determinants" of specific organs and glands for clinical use. Dr. Lee described in detail what these extracts contained and how they functioned with respect to cell regulation, maintenance, and interaction with tissue antibodies.

"Protomorphogens are the tiniest specks of life made specifically by your body for each kind of tissue and are necessary for the control factors involved in disease."

The protomorphogen (PMG) is the fundamental building block of cell life. It is not DNA or RNA. Nor is it, in its simplest state, a protein, or nucleoprotein. It is a "template" or spatial pattern that determines the production of nucleoproteins or other proteins. This primary unit is Cell Specific, Not Species Specific. For example, liver protomorphogen is specific as a pattern for liver cell activity. A protomorphogen, properly extracted, is the same throughout all mammalian species. Because it is a mineral substrate, it is indestructible.

When an organ develops cancer, the PMG "blueprint" is altered. Cell reproduction becomes uncontrolled. Dr Royal Lee, founded Standard Process Labs in Wisconsin (selling only to Health Care Professionals) and patented over 75 PMGs from animal tissue (animals raised organically). In early studies, it was shown that taking PMGs orally (the specific organ PMGs for a specific cancer) initiated a healing of that organ. Any dietary therapy must contain PMGs and eliminate sugars and all processed foods.

The only source of PMGs specifically for an organ that has cancer, is from a distributor of Standard Process Labs, or Dr Bruce West.

Sources

Dr. Lee provided the PMG's for 23 cell types. For lung cancer, there is Pneumotrophin, for liver cancer there is Hepatrophin, etc.

These can be sourced from Dr Bruce West's company (Immune Systems, at 800.231.8063) Contact the company and tell them the organ damaged by cancer. Or order online at <http://www.healthalert.com/>

Further Reading and References

- Protomorphology: The principles of cell auto-regulation by Royal Lee

Sam Biser Treatment

Sam Biser provides a Resurrection Course from his website. He states:

"I unmask the dogma of healers, so that those defeated by wrong programs can surge back from the 'dead'."

Here are samples of Sam Biser's discoveries with respect to a cured breast cancer patient – story and photographs at <http://www.sambiser.com/discoveries/breast.eject.html>:

"Breast cancer is a weed that can return to the other breast or to other organs — when its root remains, and that root is DEFEAT: someone or something broke a woman's heart. Doctors cure breast cancers with drugs; alternative healers use herbs; no-one fixes down-deep damage that makes breast cancer RETURN.

I specialize in defeated people, because for years, I was one, and this website, and my Resurrection Course, are created for such people. Defeated people get the same cancers and diseases as anyone else, but they are more likely to have a reoccurrence, because sitting underneath where their tumors used to be is an active root — a defeated chemistry.

Defeat begins in a broken spirit — but ends up in the tissues, where all emotions go, and to cure it, I have found that you have to go beyond all the healers's books and programs — way beyond, because the popular wholistic healing programs that save

people with emotional dents and dings do not restore people broken by the events of life."

"Breast cancer: Doctors cure breast cancer with drugs; alternative healers use herbs, but no-one fixes down-deep damage that makes breast cancer return."

"Women want healers to take responsibility for THEIR cancer."

"Emotions are tied to tumors. These emotions have to be extracted as well as the cancer tumor."

"Doctors told her, 'If you refuse medical treatment, you could die.' But she didn't. Instead, she used just a fraction of the natural methods I teach and her body — not doctors — ejected the tumor from her breast. It was a natural surgery from the inside out. Your body contains all the genetic instructions it needs to destroy any tumor. It only needs the right internal conditions for these genes to activate."

"Willpower and alternative healing alone will not reverse a defeated cancer-forming chemistry, but the programs in my Resurrection Course were created specifically for broken people, a group of people who are NOT like others; they are the people I love, the only people I care to write for."

Source and References

- <http://www.sambiser.com/>

Further Reading

- Cures From The Last Chance Clinic by Sam Biser
- Curing With Cayenne by Sam Biser
- Sam Biser's Layman's Course on Curing Last Stage-Diseases, 12 Videos featuring Dr. Richard Schulze, includes a 1,370 page manual – Look on E-Bay for these videos. (Previously known as The Save Your Life Video Collection)

Revisi Therapy

Dr. Emanuel Revisi developed an original approach to the treatment of cancer. His nontoxic chemotherapy uses lipids (fats), lipid-based substances, and essential elements to correct an underlying imbalance in the patient's chemistry. Lipids, organic compounds such as fatty acids and sterols, are important constituents of all living cells. They are a separate, critical system in the body's defenses against illness, according to research conducted by Dr. Revisi early in his career.

The Romanian-born physician applied his wide-ranging discoveries for over sixty years to the treatment of cancer as well as many other disorders, including AIDS, arthritis, Alzheimer's disease, chronic pain, drug addiction, schizophrenia, allergies, shock, and burns.

He based his treatment on correcting an imbalance between fatty acids and sterols in the cancer patient; called "biological dualism". Revisi was considered a very dedicated physician and developer of selenium as an anti-cancer agent. Dr. Revisi viewed health as a dynamic balance between two opposing kinds of activity that occur in all living systems. One process, known as the anabolic or constructive, fosters the growth and build-up of natural patterns. The other process is catabolic, or destructive, involving the breakdown of structure, the liberation of energy, and the utilization of stored resources.

According to Dr. Revisi, a long-term predominance of either activity leads to abnormality and disease.

In his "guided lipid" therapy with cancer patients, Revisi found two basic patterns of lipid imbalance - one, the result of an excess of sterols, and the other, the result of an excess of fatty acids. Sterols are solid unsaturated alcohols such as cholesterol. In treating cancer, it was first checked whether the anabolic or catabolic phase of activity is currently progressing unchecked. Then lipid-based compounds to renormalize the balance between the body's opposing forces, were administered.

Revisi describes the body's overall defense system as consisting of four successive phases. When an antigen, or foreign substance, such as a virus or microbe, enters an

organism, it activates the defense system. In the first phase, the antigen is broken down by enzymes. This is followed by the lipidic phase, followed in turn by the coagulant antibody phase, and succeeded finally by a phase mediated by globulinic antibodies able to neutralize the antigen fully.

The key point about this defense system is that a new phase does not start until the previous phase has been successfully completed. At any point where the agents available are qualitatively insufficient to defend against the noxious influence, the sequence breaks down. Then the body overcompensates by manufacturing excessive amounts of the defense agents from the breakdown point, and it does not progress to the next phase. Revici found that most chronic diseases, including cancer, are characterized by such abnormal conditions. When the body's defense is arrested in the lipidic phase, either fatty acids or sterols are produced in abnormally large quantities, leading to a variety of disorders, including cancer.

Patients diagnosed with an excess of sterols are treated with fatty acids to correct the imbalance. Conversely, patients found to have a predominance of fatty acids are treated with sterols and other agents.

This "biologically guided chemotherapy," as Dr. Revici called it, is highly individualized to suit each person's specific metabolic character and condition.

"There are simply no two cancers which are alike, just as no two individuals are alike,"

Revici's research has demonstrated that lipids have an affinity for tumors and other abnormal tissues. Because of this, the lipids or lipid-like synthetic compounds administered to the patient, either by mouth or injection, travel directly to the tumor or lesion. Cancerous tissue is abnormally rich in free lipids, and the lipidic agents introduced into the bloodstream are readily taken up by the tumor.

Revici's nontoxic cancer therapy has been denied both fair testing and funding in the United States, though it has been studied and put into practice in France, Italy, and Austria.

An unpublished study of the 1,047 cancer patients treated with the Revici regimen between 1946 and 1955 was made by Robert Ravich, M.D., who worked closely with Revici. Most of the patients were far advanced or terminal and most had prior conventional treatment. Of the 1,047 cases, Ravich found that 100 had favorable response (objective and subjective); 11 had objective response only; 95 had subjective response only; 296 showed no response; and 545 had equivocal or undetermined response (380 of this last group were treated for less than three months).

At the federal level, New York Congressman Guy Molinari held an all-day hearing in March 1988 to address the Revici matter and the whole field of alternative cancer therapies. Dr. Seymour Brenner, a respected radiation oncologist in private practice in New York, testified on Revici's behalf. He had investigated a number of patients in very advanced stages of cancer, incurable by orthodox means, whom Revici had put into long remissions.

Dr. Brenner stated:

"Dr. Revici has cured many people of cancer who were otherwise considered incurable. It is my professional opinion that his medicines have worked for many of the patients whose records I have examined."

William Kelley Eidem, author of **The Doctor Who Cures Cancer**, stated:

"I also have pictures of x-rays that verify the kinds of results that are available from patient-friendly treatments. The x-rays speak for themselves. But for doubters, here's what Dr. Seymour Brenner, a board certified rad onc (also board certified in diagnostics) with 43 years experience wrote as a result of examining x-rays, CT scans, biopsies reports etc: "Dr. Revici has cured many people who were otherwise considered incurable. It is my professional opinion that his medicines have worked for many of the patients whose records I have examined." Dr. Louis E. Burns wrote, "[Revici's treatment of cancer] is far beyond my wildest expectations..... His results are amazing... WHAT A HAPPY GROUP OF PATIENTS, TOO [emphasis added]...I must say this is the first time we've had a sound chemical approach or treatment for this dread disease."(1955)

Sources

For further information on Revici therapy and details of treatment.:

The Revici Life Science Center, 31 East 28th Street, 6th Floor, New York, New York 10016. Tel: 212-252-1942 Fax: 212-679-9730

Website <http://www.revici.com/>

Further Reading and References

- The Doctor Who Cures Cancer by William Kelley Eidem.
- Cancer and Consciousness, by Barry Bryant, Sigo Press (P.O. Box 8748, 25 New Chardon Street, Boston, MA 02114; 508-2814722), 1990. Contains an interview with Emanuel Revici.
- Research and Theoretical Background for Treatment of the Acquired Immunodeficiency Syndrome (AIDS), by Emanuel Revici, M.D.,
- Townsend Letter for Doctors, vol. 45, February-March 1987. Contains an indepth discussion of aspects of Revici's treatment for cancer and AIDS.
- Emanuel Revici, MD.: A Review of His Scientific Work, by Dwight L McKee, M.D., Institute of Applied Biology (see above for address and phone number), March 1985. A fairly technical nineteen-page booklet.
- On Emanuel Revici, M.D. by Marcus A. Cohen, Institute of Applied Biology (see above for address and phone number), 1988. Typescript. A valuable source of information on Dr. Revici's life and work.
- Dwight L. McKee, M.D., Emanuel Revici MD.: A Review of His Scientific Work (New York: Institute of Applied Biology, 1985), p. 14.
- Marcus A. Cohen, "On Emanuel Revici, M.D.," unpublished manuscript, 1988.
- Robert Ravich, "Revici Method of Cancer Control. Evaluation of 1047 Patients With Advanced Malignancies Treated From 1946-1955," unpublished manuscript, undated.
- Revici's Natural Cancer Protocol by Eva Urbaniak, N.D. <http://wellbeingjournal.com/revici.htm>
- Revici therapy--Dr. Korins www.kkorinsmd.net

Water Therapy

Water therapy is an adjunctive approach that can be used with almost any other approach. In most cases, it is found that we do not drink enough water. Up to 70% of the total body weight is due to water. Normally, our daily diet provides about two-third of the body's requirement of water. Some health practitioners suggest that you drink about eight to ten glasses of water every day to meet the remaining one-third of the body's requirement. You may need to drink more water when you are tired, sweating profusely, or when your body has a condition such as cancer.

Some recommend that you should avoid drinking water while eating food, as the water can dilute the digestive juices in the stomach, thus leading to indigestion. They suggest drinking water on empty stomach, a half-hour before eating, or a couple hours after eating.

Many recommend the following water cure, including F. Batmanghelidj, M.D., who wrote the book **Your Body Cries for Water**.

The Water Cure Recipe:

- Drink 1/2 your body weight of water in ounces, daily. Example 180 lb = 90 oz. of water daily. Divide that into 8 or 10 oz. glasses and that's how many glasses you will need to drink, daily.
- Use 1/4 tsp. of salt (non-refined ocean or sea salt) for every quart of water you drink. As long as you drink the water and it isn't prohibited by your physician, you should be able to add the salt.
- Avoid drinks with caffeine or alcohol as they can dehydrate you. Every 6 oz. of caffeine or alcohol requires an additional 10 to 12 oz. of water to re-hydrate you.

Many people also suggest starting your day with up 5 or 6 glasses of water and then waiting at least an hour before you eat or drink anything. Be sure to start slowly and build up to this. You can overdo this if you try to drink too much too quickly and your body isn't used to it.

Others believe it is important to drink water that has not been fluoridated and others suggest you either oxygenate the water you drink or alkalize it. Ionized water is very

alkaline (if your ionizer makes the water alkaline), has a high redox potential (i.e. it is a good antioxidant because its Oxidation Reduction Potential value is very negative), and it has its water molecules in smaller clusters than normal water. All of these things apparently help inhibit the spread of cancer and aid in killing cancer cells, directly or indirectly. However, there is not enough evidence to consider it as a stand-alone treatment.

Further Reading and References

- Your Body's Many Cries for Water by F. Batmanghelidj
- Water: For Health, For Healing, For Life: You're Not Sick, You're Thirsty! by F. Batmanghelidj

Oxygen Therapies/Hyperoxygenation/Oxmedicine/Oxidative Therapy/ Oxidology

Exercise with Oxygen Therapy (EWOT)

Exercising, while breathing oxygen from an oxygen bottle, dramatically increases the amount of oxygen in the blood plasma, i.e., the portion of the blood outside the red and white cells. This can be easily determined by testing the blood oxygen level in the arteries or veins.

Doctors will say that you can't increase the oxygen in your blood by breathing oxygen. But what they mean is that you can't increase the amount of oxygen in your red blood cells, which are responsible for transporting oxygen to the tissues. The reason the amount of oxygen in the red cells cannot be increased is because, under most circumstances, they are already 97% saturated with oxygen. So, they say, a 3% increase will make little difference and the red cells won't accept the extra oxygen, anyway.

While this is true, they ignore the role of oxygen in the plasma, the "juice" within which the red cells flow. The oxygen content of this fluid can be dramatically increased and thus oxygen will be "pushed" into the body's cells without the aid of the red cells. It is called the Law of Mass Action. If you build up the concentration of a certain component in a chemical mixture high enough, chemical combining will take place with other elements of the mixture that ordinarily would not happen.

Most of the oxygen in the plasma under these high-saturation circumstances will be "wasted" in that it will not be absorbed by the cells which expect to be "fed" oxygen by the red cells. But if only one-tenth of 1% of the oxygen gets through, and cells are offered this extra "meal" every day, there will be an extensive increase in the total tissue oxygen level. The objective is to keep the oxygen level of the blood as close to optimum (100 points) as long as possible, ideally, for your entire life.

After 15 minutes of EWOT, there is a dramatic "pinking up" of a patient's skin. If this can be seen so easily by simple observation, then it is obvious that the tiny capillaries, vessels tinier than a strand of hair, are carrying extra oxygen to cells of the body. Presumably, although this is a little more difficult to prove, every organ (your brain, kidneys, heart, eyes, and even the tips of your toes) is being bathed in extra amounts of life-sustaining oxygen.

You can run ten miles and you will not increase the oxygen content of your blood. You will, in fact, temporarily decrease your blood oxygen as the body burns oxygen to cover the work load. In fact, very moderate exercise, as in walking, has again been confirmed as the best exercise.

It is well-known that during exercise, blood is sent to the muscles to provide oxygen where it is immediately needed. And the blood is not 'oxygen-enriched' - the longer you exercise, the less oxygen the blood contains. That is why you feel fatigued after heavy exercise.

What is recommended in EWOT is not strenuous exercise, but exercise for a limited period of time, 15 minutes, in the presence of extra oxygen. This will give you "oxygen-rich blood."

This therapy is based on two time Nobel Prize winner Dr. Otto Warburg's findings that cancer loves a low-oxygen environment and cannot exist in an oxygen rich environment

The biggest problem that may be experienced with EWOT is in getting the oxygen bottle for the treatment. In most states, a doctor's prescription is needed.

"William Campbell Douglass, M.D. highly recommends EWOT. Exercise With Oxygen Therapy (EWOT) is doing light exercise, such as on a treadmill or stationary bicycle, while breathing pure oxygen. EWOT produces the benefits of hydrogen peroxide therapy and you can do it at home. Set the O2 flow at 6 liters per minute, hook the little tube to your nose, and exercise at a moderate pace for 15 minutes while breathing pure

oxygen. As part of your cancer prevention and health maintenance program, do this at least once a month. If you are ill with any disease, do EWOT more frequently. In particular, do EWOT after operations, chemotherapy, radiation treatment, x-rays, and burns. EWOT should be offered by every spa, clinic and health club in the country.

Bottled oxygen is generally a prescription item. However, you can purchase for home use an "oxygen concentrator" such as is used in "oxygen bars". Do an Internet search for suppliers of this device."

Sources

Contact the International Oxidative Medicine Association at P.O. Box 891954, Oklahoma City, OK 73189, 405-478-4266.

Further Reading and References

- International Journal of Alternative & Complementary Medicine, Vol 12, No 12, December 1994, pp.17-19
- <http://www.alkalizeforhealth.net/freshjuices.htm>

Hydrogen Peroxide

Hydrogen Peroxide (H₂O₂) has to date been supported by well over 4800 published medical papers, and is used in a number of hospitals outside of the US. What it does, simply, is generate oxygen in the body. Cancerous mice treated with hydrogen peroxide in their drinking water experienced the disappearance of tumors in 60 days.

Due to years of faulty eating habits of processed foods, it is said that we have starved our bodies of hydrogen peroxide. All raw fruits and vegetables abound in hydrogen peroxide, but when food is cooked, that precious hydrogen peroxide is boiled off. High levels of H₂O₂ are also found in colostrum, which precedes the mother's first milk in mammals.

Hydrogen peroxide is H₂O₂, water with an extra oxygen atom. When ozone is bubbled through water, it turns water into hydrogen peroxide.

Otto Warburg won the Nobel Prize for his discovery that cancer cells have different metabolic properties than normal cells. Healthy cells are aerobic; they use oxygen in most of their chemical reactions. Cancer cells have reverted to a more primitive metabolic process, called fermentation which is anaerobic, or without oxygen. This means that cancer cells thrive in a low-oxygen environment.

The main energy source for both normal and cancer cells is glucose. However, a cancer cell's anaerobic processing of glucose yields only one fifteenth the energy per glucose molecule, compared with normal cellular metabolism. This is why cancer cells have such a huge appetite for sugar (glucose).

One possible way in which hydrogen peroxide can treat cancer is by releasing pure oxygen in the body. By saturating the cells and tissues with oxygen, hydrogen peroxide promotes healthy, oxygen-based metabolism.

Walter Grotz, a proponent of hydrogen peroxide, states:

"Hydrogen peroxide is neither toxic nor carcinogenic. But treatment can be tough: it's not easy. I know every body's looking for a silver bullet these days, but you have to go into it very slowly".

According to Dr. William Campbell Douglass in an article, **The Health Freedom News** (republished in the Echo Newsletter put out by Grotz):

"[Taken orally] It can damage your stomach if overdone – just like anything else. Food grade (which is recommended) is 35% strong and must be diluted."

There is a specific program which should be administered and regulated by a physician. It varies in diluted dosage by patient symptoms, by body weight, and by sensitivity to the product. The program can be done orally or through IV therapy depending on severity.

There are a variety of products on the market, including a hydrogen peroxide Toddy, a tooth gel, a pain gel, a nasal spray and eardrops formulated by another advocate, Dr. Kurt Donsbach. The drugstore variety of H₂O₂ should never be used internally, because of the chemicals it contains as stabilizers.

A booklet titled **Oxidative Therapy**, published by the International Bio-Oxidative Medicine Foundation (IBOM), a non-profit educational foundation dedicated to supporting research and distributing information in Dallas/Forth Worth, Texas, explains:

"The body uses oxidation as its first line of defense against bacteria, virus, yeast, parasites. It (oxidative therapy) is part of a system, which helps you use the oxygen you breath. It is a hormonal regulator and is important in the regulation of blood sugar and the production of energy."

Grotz claims that simple treatment with hydrogen peroxide has been extremely effective in treating even terminal cancer patients.

An impressive variety of new ways to introduce oxygen into the body are available including pressure chambers, liquid oxygen, peroxide, chemical compounds, acid/alkaline balancing, injections, and ozone treatments. Flooding cells with oxygen may retard the growth of cancer cells or even help to return them to normal.

Bathing using H₂O₂ is described at <http://www.altcancer.com/h2o2.htm>.

Hydrogen peroxide is now being used intravenously and intra-arterially by a number of doctors in both the United States and in many foreign countries. IBOM is supporting clinical research in this area.

Only 35% Food Grade hydrogen peroxide is recommended for internal use. At this concentration, however, hydrogen peroxide is a very strong oxidizer and if not diluted, it can be extremely dangerous or even fatal. Any concentrations over 10% can cause neurological reactions and damage to the upper gastrointestinal tract. There have been known fatalities of children who ingested H₂O₂.

35% Food Grade v must be:

- Handled carefully (direct contact will burn the skin--immediate flushing with water is recommended).
- Diluted properly before use.
- Stored safely and properly (after making a dilution the remainder should be stored tightly sealed in the freezer).

One of the most convenient methods of dispensing 35% H₂O₂ is from a small glass eye dropper bottle. These can be purchased at your local drugstore. Fill this with the 35% H₂O₂ and store the larger container in the freezer compartment of your refrigerator until more is needed. Store the eyedropper bottle in the refrigerator. The drops are mixed with either 6 to 8 ounces of distilled water, juice, milk, or even aloe Vera juice or gel. (Don't use chlorinated tap water to dilute the peroxide!)

A typical program is shown below. Individuals who have had transplants should not undertake an H₂O₂ program. H₂O₂ stimulates the immune system and could possibly cause a rejection of the organ.

Day # - Number of Drops 3 Times Per Day

1 - 3
2 - 4
3 - 5
4 - 6
5 - 7
6 - 8
7 - 9
8 - 10
9 - 12
10 - 14
11 - 16

12 - 18
13 - 20
14 - 22
15 - 24
16 - 25

The amount of H₂O₂ can be tapered off gradually as follows:

25 drops once every other day for 1 week
25 drops once every third day for 2 weeks
25 drops once every fourth day for 3 weeks

This can then be reduced to between 5 and 15 drops per week based on how one feels. Those with more serious problems will often benefit from staying on 25 drops three times a day for one to three weeks, then tapering down to 25 drops two times daily until the problem is resolved (possibly as long as six months). Those with chronic systemic Candidiasis may need to start with 1 drop three times a day, then 2 drops three times a day before starting the above schedule. **It is important that H₂O₂ be taken on an empty stomach.**

This is best accomplished by taking it either one-hour before meals or three hours after meals. If there is food in the stomach, the reaction of H₂O₂ on any bacteria present may cause excess foaming, indigestion, and possibly even vomiting.

Additionally, some animal research indicates that when H₂O₂ given orally combines with iron and small amounts of vitamin C in the stomach, hydroxyl radicals are created. The bleach-like aftertaste of H₂O₂ can be lessened by chewing one of the sugar-free cinnamon gums. Some individuals taking H₂O₂ immediately before bedtime have a difficult time getting to sleep. This is probably due to a sense of alertness triggered by an increase of oxygen at the cellular level. The oral dosage schedule is basically the same for all conditions. There are several points to keep in mind, however.

Some individuals may experience upset stomach. If this occurs it is recommended that one not stop the program, but rather remain at the current dosage level or reduce it to the previous level until the problem stops. (Some patients have been able to solve the nausea problem by taking three or four lecithin capsules at the same time they take the H₂O₂.) During the program, it is not uncommon to experience what is known as a healing crisis. As dead bacteria and toxins are released from your body it may temporarily exceed your capacity to eliminate them quickly enough.

In some individuals, this overload may cause fatigue, diarrhea, headaches, skin eruptions, cold, or flu-like symptoms, and/or nausea similar in nature to the Herxheimer Effect. One should not discontinue using the peroxide to stop this cleansing. By continuing the program, toxins will clear the body sooner and this healing crisis will pass rather quickly.

If you are not already taking vitamin E and an acidophilus product, it is recommended to start them before going on H₂O₂. Vitamin E can make more efficient use of any oxygen available and acidophilus will help re-establish the beneficial bacterial flora in the lower bowel and assist in the internal production of hydrogen peroxide.

To contact doctors who provide intravenous hydrogen peroxide therapy you can write to IBOM at International Bio-Oxidative Medicine Foundation, PO Box 13205, Oklahoma City, OK 73113-1205.

You should also be aware that there are now numerous hydrogen peroxide products on the market. Some are simply peroxide that has been flavored and mixed with sea minerals, aloe Vera, inner tree bark or other ingredients to make the peroxide more palatable (Superoxy, Oxy Toddy, etc.).

Others claim to have developed products that deliver more oxygen than does simple hydrogen peroxide (Aerox, Anti-Oxid-10, Di-Oxychloride, Aerobic 07, Aqua Pure, etc.). It is advised that you will end up paying a small fortune and at best achieving the same results you can get for pennies by using hydrogen peroxide.

Sources

<http://www.donsbach.com/products/oxygen.htm>

Dr. Kurt Donsbach uses hydrogen peroxide intravenously at Hospital Santa Monica at Rosarito Beach, Mexico. For information about the clinic and modalities used, call (619) 428-1147 or 1-800-359-6547.

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter 35% food grade hydrogen peroxide in "Exact phrase". Select "100 Results".

Further Reading and References

- Flood Your Body with Oxygen by Ed McCabe
- Oxygen, Oxygen, Oxygen by Dr. Kurt Donsbach
- Unmedical Miracle Oxygen by Elizabeth Baker
- Hydrogen Peroxide: Medical Miracle by William Campbell Douglass
- Oxygen Healing Therapies: For Optimum Health & Vitality by Nathaniel Altman
- Alternatives Newsletter by Dr. David G. Williams
- <http://www.oxygenmedicine.com/cancerandozone.html>
- <http://www.intelihealth.com/IH/ih/HWSIHW000/8513/34968/358849.html?d=dmContent>
- Ed McCabe, Medical Ozone and Cancer, at <http://www.oxygenmedicine.com/cancerandozone.html>
- Bio-Oxidative Therapies for Treating Immune Disorders : Candida, Cancer, Heart, Skin, Circul by Nathaniel Altman, Charles H. Farr
- Oxygen Healing Therapies: For Optimum Health and Vitality by Nathaniel Altman

Hyperbaric Oxygen Therapy

Hyperbaric oxygen therapy (HBOT) is a means of providing additional oxygen to the tissues of the body. This therapy is based on the two time Nobel Prize winner, Dr. Otto Warburg's findings that cancer loves a low-oxygen environment and cannot exist in an oxygen rich environment.

Hyperbaric oxygen therapy is the primary mode of treatment for gas embolisms (dangerous air bubbles in the bloodstream), the "bends" (a type of gas embolism that occurs when a deep-sea diver surfaces too quickly), carbon monoxide poisoning, and smoke inhalation. It is also generally accepted as supplementary treatment for burns, gangrene, radiation injuries, chronic bone infections, compromised skin grafts, non-healing wounds, destructive soft tissue infections, exceptional blood loss, and crush injuries.

"Hyper" means increased, "baric" means pressure. During hyperbaric oxygen therapy, patients inhale 100% oxygen (versus 21% in the air we breathe) under pressures of up to two atmospheres (pressure at sea level is described as "one atmosphere"). The most common environment for this treatment is a specially designed, airtight chamber used for one person only. In a multiplace chamber room or series of rooms, a group of people may receive treatment simultaneously.

Hyperbaric oxygen also has an antibacterial effect. To anaerobic bacteria (bacteria that live without oxygen), exposure to it is poisonous. In addition, since much of the body's immune system is oxygen-dependent, high oxygen levels can give a boost to the cells that fight off infection, particularly deep in the tissues.

Though this hyperbaric oxygen is effective, ozone or hydrogen peroxide therapy is generally considered to be more powerful. The following statement from Saul Pressman on the question of cancer explains why.

"The answer to why hyperbaric oxygen does not stop cancer whereas ozone and H₂O₂ does stop it, is related to the nature of the cancer cell.

Cancer cells are fermenting their sugar anaerobically. This is a wasteful and energy poor process, producing only 150 kjoules of energy. Aerobic oxidation of that same sugar would produce 2870 kjoules of energy for a good cell to use. So cancer cells are perpetually underpowered. This lack of energy means that, among other things, they cannot form the protective enzymes of superoxide dismutase, catalase and glutathione peroxidase. Without this protection, the cancer cell is susceptible to cell lysis (hole in the membrane) which destroys it.

Oxygen on its own, even pressurised, has too little oxidising power to perform this cell lysis. Hydrogen peroxide has more power and can do the job. Ozone has even more oxidising power and thus can do it even better. Hydroxyl, OH, is an even more reactive

species, with even more oxidative power, which can do an even better job. But it is so powerful, that it causes damage to good cells too, so it is safer to stick with ozone, which is perfectly safe for internal use up to the concentration level of 60 ug/ml."

Sources, Further Reading and References

- Dr. Rosenfield's Guide to Alternative Medicine. Isadore Rosenfield, MD. New York: Random House, 1997.
- Hyperbaric Oxygen Therapy (Walker, Morton. Dr. Morton Walker Health Book.) by Morton Walker, Richard Neubauer
- The Finchley Clinic, 26 Wentworth Avenue, London N3 1YL, England

Ozone Therapy

"Ozone may be mixed with water and taken by mouth or introduced into a body cavity such as the rectum or vagina. Autohemotherapy, another type of ozone therapy, is a technique in which blood is withdrawn through a vein, mixed with ozone gas and then injected back into a vein or muscle. Water enriched with ozone has been injected into joints to treat osteoarthritis and rheumatoid arthritis. Ozone or hydrogen peroxide may be injected. Blood may be withdrawn, enriched with ozone, treated with ultraviolet B radiation in a quartz container and then re-injected into the body.

Ozone-enriched water or vegetable oil has been applied to the skin to treat wounds, burns, infections and insect bites.

Ozone bagging is a technique in which the body (except for the head) is submerged for up to two hours in a bag containing ozone. Ozone insufflation involves blowing ozone gas into body orifices such as the ear, colon or vagina. It is theorized that ozone air purification may sterilize or "rejuvenate" room air. Cupping is a technique that concentrates ozone over a particular area of the body. Ozone saunas and ozone-infused drinking water are also commercially available."

There are over 3,000 medical references in the German literature showing the effectiveness and safety of ozone in over 50 years of application to humans by way of millions of dosages. The International Ozone Association and the ozone machine manufacturers report over 7,000 doctors in Europe using medical ozone safely and effectively, some for more than 40 years, yet for the past 20 years, the FDA has prevented human testing and issues any ozone-generating device approvals. In the US, ozone therapy is only taught privately, or in naturopathic schools.

The article by Ed McCabe, **Medical Ozone and Cancer**, at <http://www.oxygenmedicine.com/cancerandozone.html> is very informative and recommended reading. An excerpt:

"There are no legitimate studies proving ozone doesn't work.

It's so simple it befuddles the great minds. Unlike healthy human cells that love oxygen, the disease-causing viruses, bacteria, fungi and parasites-including the HIV and cancer viruses, cancer cells, arthritis microbes, colds and flu, and West Nile virus carried by mosquitoes-like most primitive lower life forms, are almost all anaerobic.

That means these microbes and cancer cells cannot live in high oxygen concentrations. Therefore, what would happen to these anaerobic viruses and bacteria if they were to be completely surrounded with a very energetic form of pure oxygen for a long time? What if enough of this special form of oxygen/ ozone was to be slowly and harmlessly introduced into the body daily, over the course of a few months, to eventually saturate all the bodily fluids and every cell, including those of the brain, spine and bone marrow, with it? Wouldn't the disease causing microbes, and cells that, can't live in oxygen cease to exist?"

Further Reading and References

- Flood Your Body with Oxygen by Ed McCabe
- <http://www.oxygenmedicine.com/cancerandozone.html>
- <http://www.ozonio.com.br/medical.htm>
- Oxygen-Ozone Therapy: A Critical Evaluation by Velio Bocci

- <http://www.intelihealth.com/IH/ih/IH/WSIHW000/8513/34968/358849.html?d=dmContent>
- Ed McCabe, Medical Ozone and Cancer, at <http://www.oxygenmedicine.com/cancerandozone.html>
- Oxygen Healing Therapies : For Optimum Health & Vitality
- Bio-Oxidative Therapies for Treating Immune Disorders : Candida, Cancer, Heart, Skin, Circul by Nathaniel Altman, Charles H. Farr
- Oxygen Therapies : A New Way of Approaching Disease by Ed McCabe
- The Use of Ozone in Medicine by Dr. S. Rilling, MD, and R.Viebahn, PhD.
- The Use of Ozone in Medicine : A Practical Handbook by Renate Viebahn
- Oxygen Healing Therapies: For Optimum Health and Vitality by Nathaniel Altman

Superoxide Dismutase (SOD)

Superoxide dismutase (SOD) is a naturally occurring enzyme that absorbs free radicals - and converts them to hydrogen peroxide. Scientists have found that the more susceptible a normal cell has become to carcinogens, the less SOD it has. A German version of SOD, combined with copper, has shown remarkable abilities in dealing with cancer cells, causing dramatic tumor remissions. SOD is also shown to be very useful in counteracting the effects of radiation and chemotherapy.

Raising SOD in combination with inhibiting peroxide removal leads to enhanced cancer cell killing and thus may become a new and unique type of cancer therapy.

A great deal of evidence has linked Reactive Oxygen Species (ROS) with many types of cancer. ROS are oxygen-containing molecules that have higher reactivity than ground state molecular oxygen. These species include not only the oxygen radicals, such as superoxide, hydroxyl, and peroxy, but also non-radical molecules like singlet oxygen and hydrogen peroxide. ROS are generated during aerobic metabolism. Increased levels of these species are produced during various forms of oxidative stress. The net intracellular concentration of ROS is the result of the production of ROS and the ability of substances to remove them.

In recent years, much evidence has been published suggesting that ROS at high concentrations are cytotoxic, leading to cell death, mutations, chromosomal aberrations, or carcinogenesis. In contrast, less density ROS are involved in the regulation of several key physiological processes, such as cell differentiation, apoptosis, and cell proliferation. Thus, it appears that ROS act as regulatory molecules in an analogous fashion to what has been observed with phosphorylation.

Cells also contain a large number of antioxidants to prevent or repair the damage caused by high-level ROS. These include vitamins E, C, and A as well as antioxidant enzymes.

The first report appeared demonstrating that the activity of manganese-containing superoxide dismutase was lower in transformed cells than in normal cells, numerous published papers have reported altered levels of antioxidant enzyme activity in cancer cells.

Drug-resistance experiments with an ROS producer have shown that it largely killed virus-transformed kidney cells. Only a small fraction of these cells became resistant to the drug. The latter cells had much higher SOD activities than others and an apparently normal cell phenotype.

A second technique to elevate SOD activity in cancer cells is the use of liposomal SOD protein. It has been shown that malignant blood cells differentiate and stop proliferating in the presence of liposomal SOD. This implies that the loss of SOD activity may in cause malignant transformation.

A third way to deliver SOD to cancer cells was demonstrated in the nude mouse assay, all 18 sites injected with parental melanoma cell line developed tumors, while none of the 16 sites injected with melanoma cells with high levels of MnSOD developed tumors.

Three ROS are found effectors for the MnSOD tumor suppressing ability: superoxide radical, hydrogen peroxide, and nitric oxide. Superoxide radical and hydrogen peroxide are the substrate and product of SOD. Nitric oxide raised the controls cell growth caused by

MnSOD over-expression, an effect that was lost at high concentrations of nitric oxide donors.

A study reported in 1995 observed changes induced in human breast cancer cells by overexpression of MnSOD:

"Human manganese containing superoxide dismutase (MnSOD) cDNA was transfected into a human breast cancer cell line (MCF-7) in order to examine the effect of increased functional MnSOD on the cellular phenotype. ... When inoculated in nude mice, tumor growth was markedly inhibited in MnSOD overexpressing cells compared to wild type MCF-7 cells or plasmid control cells. These results support the hypothesis that increased MnSOD expression suppresses the malignant phenotype of human breast cancer cells and suggests that the MnSOD gene is a tumor suppressor gene in human breast cancer."

A study reported in 2004 showed that MnSOD overexpression inhibits the growth of androgen-independent prostate cancer cells:

"This study investigates the role of the antioxidant enzyme manganese superoxide dismutase (MnSOD) in androgen-independent human prostate cancer (PC-3) cells' growth rate in vitro and in vivo. MnSOD levels were found to be lower in parental PC-3 cells compared to nonmalignant, immortalized human prostate epithelial cellsTherefore, MnSOD not only regulates cell survival but also affects PC-3 cell proliferation by retarding G(1) to S transition. Our results are consistent with MnSOD being a tumor suppressor gene in human prostate cancer."

MnSOD in combination with certain chemicals can have an anticancer effect via cell killing, in contrast to the non-cytotoxic tumor suppression effect of MnSOD alone. The rationale behind this combination comes from the enzymatic action of MnSOD protein: it dismutates superoxide radicals into hydrogen peroxide. If hydrogen peroxide removal is inhibited, cancer cells will die due to hydrogen peroxide-mediated cell damage.

An anticancer drug, nitrosourea (BCNU) derivative, was used to kill rat glioma cells. It controls the enzyme that removes hydrogen peroxide from the cell. It was found that the higher the MnSOD levels in these cells, the higher the killing rate. Using another inhibitor of hydrogen peroxide removal, buthionine sulfoximine (BSO), in combination with MnSOD, the killing rate reached 100%.

This is convincing evidence that elevation of SOD leads to tumour regression. High SOD in combination with low peroxide removal increases cancer cell killing.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter Superoxide Dismutase in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

- Oncogene advance online publication, 15 November 2004; doi:10.1038/sj.onc.1208145.
- Venkataraman S, Jiang X, Weydert C, Zhang Y, Zhang HJ, Goswami PC, Ritchie JM, Oberley LW, Buettner GR. Manganese superoxide dismutase overexpression inhibits the growth of androgen-independent prostate cancer cells
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15543233
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- Oncogene. 1995 May 18;10(10):1989-2000. Li JJ, Oberley LW, St Clair DK, Ridnour LA, Oberley TD. Phenotypic changes induced in human breast cancer cells by overexpression of manganese-containing superoxide dismutase.
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Zell Oxygen

Zell Oxygen is a live yeast cell preparation beneficial in neutralizing free radicals. The preparation contains glutathiones, selenium, vitamins E, and C. Zell Oxygen is widely used in Europe and imported from Germany. It reportedly improves oxygen utilization and keeps intestines healthy by supporting the immune and nervous systems.

There are various lines of scientific evidence strongly suggesting that the cause of cancer is the body's inability to deal with numerous multiple insults from toxins.

Toxins, through several steps, interfere with cell DNA rendering DNA repair mechanisms defective and inducing mutation. Toxic metals, such as mercury and dioxin are connected with breast cancer, as are many types of pesticides used in agriculture. Thus, patients need to detoxify the cells and tissues by stimulating detoxification mechanisms and relieve toxin accumulation, for the body to repair itself.

The Enzyme Yeast Cells:

- Detoxify, regenerate, and stimulate the small and large bowel.
- Stimulate the liver detoxification process.
- Reactivate the various biological and chemical processes in the body.

This contains active enzyme yeast cells that induce strong detoxification and elimination of toxic substances, stimulate the respiratory chain, and increase immune function. It also reportedly reduces blood clot formation and platelets, and therefore decreases inflammation, favoring the microcirculation and oxygen supply to tissues.

Professor Jurasunas of Lisbon, Portugal, who has treated thousands of cancer patients indicates in his study on Zell Oxygen that he has successfully treated numerous cases of anemia, chronic constipation, diabetes, Crohn's disease, and leukemia. He uses Zell-Oxygen to reduce chemotherapy and radiotherapy side effects. He recommends the following mixture thrice a day:

"20ml Zell-Oxygen (1 vial)
10 ml liquid Chlorophyll (buy from health food store)
20 ml fresh red beet juice, Borsch (buy in the kosher section of supermarket)
100ml water (rinse vial with filtered water) "

The chlorophyll will increase the oxygenation processes in the body by 20%.

This combination reduces the side effects of chemotherapy.

The red beet juice specifically enhances the respiration of damaged cells. Zell Oxygen increases the blood supply to the brain. It also helps the intestines and the liver, by promoting detoxification and restoration.

Prof. Jurasunas found that patients suffering from cancer were always found to have their liver affected and even damaged. Cancer produces extra amounts of hydrogen, which can be removed if detoxification and stimulation of the immune system are occurring.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter zell oxygen in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

- The therapy of enzyme yeast cells in cancer disease, CFS, and the aging process. New theories on cancer growth and defense mechanisms-2001 by Serge Jurasunas
- http://www.naturalhealinghouse.com/zell_oxygen.htm

Alkalizing Treatments

Herman Aihara, in his book **Acid & Alkaline**, states that: If the condition of our extra cellular fluids, especially the blood, becomes acidic, our physical condition will first manifest tiredness, proneness to catching colds, etc. When these fluids become more acidic, our condition then manifests pains and suffering such as headaches, chest pains, stomach aches, etc.

According to Keiichi Morishita in his **Hidden Truth of Cancer**:

"if the blood develops a more acidic condition, then our body inevitably deposits these excess acidic substances in some area of the body so that the blood will be able to maintain an alkaline condition. This causes those areas to become acidic and lower in oxygen."

As this tendency continues, such areas increase in acidity and some cells die; then these dead cells turn into acids. However, some other cells may adapt in that environment. In other words, instead of dying—as normal cells do in an acid environment—some cells survive by becoming abnormal cells. These abnormal cells are called malignant cells. Malignant cells do not correspond with brain function or with our own DNS memory code. Therefore, malignant cells grow indefinitely and without order. This is cancer.

"pH" is chemical shorthand for "hydrogen ion concentration". Less than seven is acidic and more than seven is alkaline.

Body pH affects everything. Human blood stays in a very narrow pH range around 7.3 (slightly alkaline). Below or above this range implies symptoms and disease.

The importance of PH Balance

PH testing is perhaps, the most significant marker that a person can use daily to monitor their healing process. One of the important properties of a dietary approach to treating cancer relates to ph. "Cancer cannot grow in an alkaline body".

PH paper is available from many sources including health food stores for about \$10 for a 15-foot long roll. Measurement is very easy. You simply tear a half-inch strip from the roll, wet it with your saliva, and compare the color to the chart on the side of the box.

The most significant reading is taken in the morning upon arising and before anything is eaten or drunk. This will provide a daily reading of the healing process. If one's body is acid, it is not healing well.

Two primary causes, eating meat, and stress make our bodies acid. In some cases, if patient deviates from a good raw food and juice diet, the ph becomes acid. After a day or two on a good diet, the body returns to a very healthy ph level. Some people do not get good readings in the morning. They find that their ph is much better in the afternoon when they haven't eaten or drunk anything for two hours. PH measurement is an excellent indicator of progress in treating cancer effectively.

According to the research of Dr. Enderlein, total healing of chronic illness only takes place when and if the blood is restored to a normal, slightly alkaline pH. It is of vital importance to someone who is fighting a disease, overcoming an illness, or just desiring to feel better.

When pH goes off, microorganisms in the blood can change shape, mutate, become pathogenic, and thrive, constructive enzymes can become destructive, and oxygen delivery to cells suffers. Low oxygen delivery to cells is thought to be a major factor in most, if not all, degenerative conditions.

It is often recommended to take dried Barley Green tablets to help to make the blood alkaline.

From the book, **The pH Miracle** by Robert O. Young, Ph.D.

From Chapter One:

"The pH level of our internal fluids affects every cell in our bodies. The entire metabolic process depends upon an alkaline environment. Chronic acidity corrodes body tissue, and if left unchecked will interrupt all cellular activities and functions, from the beating of your heart to the neuron firing of your brain. In other words, over acidity interferes with life itself."

Dr. Young continues in his book to advocate the following steps:

Step 1: A transition period in which acid foods are replaced with alkaline foods in the diet. He says that, except in the case of severe disease, which must be immediately and drastically addressed, a slow change is more comfortable and is more likely to be maintained.

Step 2: Cleansing for one week using some supplements and a mild laxative.

Step 3: Follow a strictly alkaline diet for seven weeks using nutritional supplements.

Step 4: Maintain a diet with 79% to 80% alkaline foods plus a full range of other healthful foods.

His book has a list of acid and alkaline foods and a large selection of recipes and suggestions.

This book is one of many resources that advocate the same kind of program, which is practiced in many alternative cancer treatment facilities.

Another interesting book is **Alkalize or Die** by Dr. Theodore A. Baroody. In Chapter One, he describes the difficulty of getting an accurate pH reading of the body by measuring the pH of urine, saliva, or other body fluids. He also describes how a healthy regimen can cause these pH measurements to indicate acid, as the healing process removes the acid causing materials from the body.

In subsequent chapters, he describes the extreme importance of the body's careful regulation of pH by releasing stored alkaline minerals to balance against the acid produced by an improper diet. He gives recipes, menus and other supporting information.

He describes his 80% alkaline-forming, 20% acid-forming diet, which is considered the ideal to build health. In researching successful alternative healing systems, he discovered that all of them produce alkaline forming reactions in the diet. He discusses the effects of stress, music, attitude, prayer, and other factors in determining our acid-alkaline balance.

This treatment is a combination of acid-neutralizing minerals like calcium and magnesium to supply proper mineralization and to correct the acid/alkaline balance of the body. Two proponents of this treatment are Carl J. Reich, M.D. and Bob Barefoot. In addition, another approach is the use of Potassium, Rubidium and especially Cesium, which are alkaline elements. When taken, it is believed they alkalinize cancer cells (neutralize their acid nature). Cancer cells do not survive in the higher PH ranges and die off.

Alkaline environments can absorb oxygen many more times than an acid environment, and as two time Nobel Prize winner Dr. Otto Warburg proved, cancer cannot exist in an oxygen rich environment.

Further Reading

- Acid & Alkaline by Herman Aihara
- The pH Miracle by Robert O. Young, Ph.D.
- Alkalize or Die by Dr. Theodore A. Baroody

Alkalize for Health 8 Part Program

The Alkalize for Health website has an "8 step plan for you to prevent and beat cancer in the privacy of your own home.

"Whether or not you submit to the standard treatments for cancer (surgery, radiation and chemotherapy), there are things you can do for yourself. Some patients undergoing the

standard treatments become too weak to complete their treatment. The program you will find on this page and elsewhere in this website may help you build your strength to finish the treatment while helping to minimize side effects.

If you are working with an alternative medical practitioner, you will want to learn what you can do for yourself to complement the treatments you receive from your alternative physician. The cancer self-treatment program on this page is intended to complement and supplement the care you receive from your alternative physician."

The Alkalize for Health website contains an amazing amount of information on cancer and its treatment. It is highly recommended.

Sources

Treatment description is at <http://www.alkalizeforhealth.net/cancerselftreatment.htm>

Source of Cesium Chloride

The Alkalize for Health website recommends "It is best to take cesium chloride in liquid form. We have researched suppliers and find that Essense-Of-Life is an economical source. A 32 ounce bottle will last one month. Each ounce of liquid contains 3 grams of cesium chloride. The recommended dose is one tablespoon twice a day with meals. (Two tablespoons = one ounce). You will need to complement the cesium chloride with potassium to prevent cramps and to maintain your electrolyte balance. Essense of Life also offers several other minerals that complement the cesium chloride.

Here at Alkalize For Health we use liquid cesium chloride and potassium from Essense-Of-Life as an important part of our ongoing health maintenance program."

Reference

- <http://www.alkalizeforhealth.net/> Alkalize for Health Stop the Cancer Epidemic!

High pH Therapy/Dr A. Keith Brewer/Cesium Chloride

Otto Warburg won a Nobel prize for showing that cancer thrives in anaerobic (without oxygen), or acidic, conditions. Research by Keith Brewer, PhD and H.E. Satori has shown that raising the pH, or oxygen content, range of a cell to 8.0 creates a deadly environment for cancer.

The pH scale ranges from 0 to 14, with numbers below 7 representing an acidic condition and above 7 representing an alkaline, or oxygenated, condition. When cesium is taken up by cancer cells, it raises the pH, or oxygen content, of the cell. The cells that die are absorbed and eliminated by the body.

In 1984, Dr. A. Keith Brewer described the High pH therapy using the salts of cesium and rubidium together with potassium supplements. The therapy was arrived at from physical experiments carried out on cancer and normal cells. It was tested and found effective on cancers in both mice and humans.

Dr Brewer's findings were described in an article **The High pH Therapy for Cancer - Tests on Mice and Humans.**

In addition to the tumor masses disappearing over a period of several weeks, Dr. Brewer reported

"The immediate effect of the cancer therapy is to lessen the pain and side effects of the tumor. This is a result of the cesium neutralising the effects of toxic enzymes which leak out of the cancer cells. ...all pains and effects associated with cancer disappeared within 12 to 36 hours."

"There can be no question that Cs and Rb salts, when present in the adjacent fluids, the pH of cancer cells will rise to the point where the life of the cell is short, and that they will also neutralize the acid toxins formed in the tumor mass and render them nontoxic."

Dr. Brewer's patients ingested 3 to 6 grams of cesium chloride (CsCl) or rubidium chloride (RbCl) daily together with 2 to 4 grams of potassium chloride (KCl) and a variety of other nutritional supplements.

"The toxic dose for CsCl is 135 g. The administration of 6 g per day therefore has no toxic effects. It is sufficient however to give rise to the pH in the cancer cells, bringing them up in a few days to the 8 or above where the life of the cell is short. In addition, the

presence of Cs and Rb salts in the body fluids neutralizes the acid toxins leaking out of the tumor mass and renders them nontoxic."

The daily dose of mineral salts is divided into three parts, and consumed during or following each meal.

Dr. Brewer writes on tests in humans:

"Many tests on humans have been carried out by H. Nieper in Hannover, Germany and by H. Sartori in Washington, DC as well as by a number of other physicians. On the whole, the results have been very satisfactory. It has been observed that all pains associated with cancer disappear within 12 to 24 hr, except in a very few cases where there was a morphine withdrawal problem that required a few more hours. In these tests 2 g doses of CsCl were administered three times per day after eating. In most cases 5 to 10 g of Vitamin C and 100,000 units of Vitamin A, along with 50 to 100 mg of zinc, were also administered. Both Nieper and Sartori were also administering nitrosides in the form of laetrile. There are good reasons to believe that the laetrile may be more effective than the vitamins in enhancing the pickup of cesium by the cells.

In addition to the loss of pains, the physical results are a rapid shrinkage of the tumor masses. The material comprising the tumors is secreted as uric acid in the urine; the uric acid content of the urine increases many fold. About 50% of the patients were pronounced terminal, and were not able to work. Of these, a majority have gone back to work.

Two side effects have been observed in some of the patients. These are first nausea, and the second diarrhea. Both depend upon the general condition of the digestive tract. Nieper feels that nausea can be prevented by administering the cesium in a solution of sorbitol. The diarrhea may, to some extent, be affected by the Vitamin C.

He describes one case history:

"A woman with 2 hard tumor masses 8 to 10 cm in diameter, one on her thyroid and one on her chest, was given 3 to 6 months to live. She had been subjected to chemotherapy, but was discontinued because it weakened her. She was taking laetrile on her own. She was given a 50 g bottle of CsCl and was told to take 4 g per day. She reported her case a year later. Being very frightened she took the entire 50 g in one week. At the end of that time the tumor masses were very soft, so she obtained another 50 g of CsCl and took it in another week. By the end of that time she could not find the tumors, and two years later there was no sign of their return."

Dr Brewer writes on areas with a traditionally low incidence of cancer:

"There are a number of areas where the incidences of cancer are very low. Unfortunately, the food composition in these areas has never been analyzed. At the 1978 Stockholm Conference on Food and Cancer it was concluded that there is definitely a connection between the two, but since the relationship was not understood, no conclusions could be drawn [22]. The food intake has been studied by the author as far as possible from the high pH point of view. The results found will be discussed for a number of low incidence areas."

On the Hopi Indians of Arizona:

"The incidence of cancer among the Hopi Indians is 1 in 1000 as compared to 1 in 4 for the USA as a whole. Fortunately their food has been analyzed from the standpoint of nutritional values [17]. In this study it was shown that the Hopi food runs higher in all the essential minerals than conventional foods. It is very high in potassium and exceptionally high in rubidium. Since the soil is volcanic it must also be very rich in cesium. These Indians live primarily on desert grown calico corn products. Instead of using baking soda they use the ash of chamisa leaves, a desert grown plant. The analyses of this ash showed it to be very rich in rubidium. The Indians also eat many fruits, especially apricots, per day. They always eat the kernels. The results indicate clearly that the Hopi food meets the requirements for the High pH therapy."

On the Pueblo Indians of Arizona:

"Some 20 years ago the incidence of cancer among the Pueblo Indians was the same as that for the Hopi Indians, since their food was essentially the same. But unlike the

Hopi, these Indians have accrued certain items from outside their environment, hence supermarkets were installed in the area. Today the incidence of cancer among the Pueblos is 1 in 4, the same as the U.S. It is reported that there is a regular epidemic of cancer among them. It must be emphasized here that the high incidence of cancer is not due to what is in the supermarket foods, but rather to what is not in it. It is essentially lacking rubidium and cesium and low in potassium."

On the Hunza of North Pakistan:

"Cancer is essentially unknown among the Hunza, but unfortunately their food has never been analyzed. Talks with Hunza themselves and with Hindu professors who have spent some time in the area, have thrown sufficient light upon the food intake to show that it meets the requirements of the High pH therapy. They are essentially vegetarians, and are great fruit eaters, eating ordinarily 40 apricots per day; they always eat the kernels, either directly or as a meal. They drink at least 4 liters of mineral spring waters which abound in the area. Fortunately this water has been analyzed and found to be very rich in cesium. Since the soil is volcanic in nature, it must be concluded that it will be rich in Cs and Rb, as well as K."

On natives in Central and South America:

"The Indians who live in Central America and on the highland of Peru and Ecuador have very low incidences of cancer. The soil in these areas is volcanic. Fruit from the areas has been obtained and analyzed for rubidium and cesium and found to run very high in both elements. Cases have been reliably reported where people with advanced inoperable cancer have gone to live with these Indians, and found that all tumor masses disappear within a very few months. Clearly the food there meets the high pH requirements."

In 1996, Neal Deoul provided financing that enabled T-UP Inc. to become a primary distributor of Cesium and concentrated Aloe Vera. Hundreds of cancer patients experienced remarkable results using Cesium and T-UP Aloe Vera in their battles against cancer. Neal Deoul was prosecuted but developed prostate cancer and cured himself with his own treatment. Read Neal's interesting story at <http://www.cancer-coverup.com/default.htm>.

Sources

The Wolfe Clinic at <http://www.TheWolfeClinic.com/cesium.html> have tablets - 10 mg, 50 mg, 100 mg, 500 mg and 1,000 mg. Dr. Wolfe is available for telephone consultation on dosage. It is advised to take it with potassium and other supplements to avoid heart palpitations. Consult with Dr. Wolfe on this and any other questions before you begin taking the Cesium Chloride. They cannot ship this product to Canada. They can ship to the U.S. Shipments to other countries will depend on customs regulations. There is a minimum order of three bottles at one time. They can be of various sizes. The clinic is located in British Columbia, so they are in the Western time zone. You can reach them at (800) 592-9653 or (250) 765-1824.

Essense-of-Life market a number of packages related to High pH Therapy. A 32 ounce bottle of cesium chloride will last a month. Each ounce of liquid contains 3 grams of cesium chloride. The recommended dose is one tablespoon twice a day with meals. (Two tablespoons = one ounce).

It is recommended to complement the cesium chloride with potassium to prevent cramps and to maintain electrolyte balance. Essense of Life also offers several other minerals that complement the cesium chloride.

Go to <http://www.essense-of-life.com/info/cesium.htm>

See other sources at <http://froogle.google.com/>

Further Reading and References

- "The High pH Therapy for Cancer - Tests on Mice and Humans" was published in Pharmacology Biochemistry & Behavior, v.21, Suppl., 1, pp. 1-5.
- <http://www.mwt.net/~drbrewer/highpH.htm>
- <http://www.cancer-coverup.com/default.htm>.

Enzyme Therapy

Overview of Enzyme Therapy

Enzymes are of three types: those derived from food, digestive enzymes, and metabolic enzymes.

Food enzymes are abundantly present in all uncooked vegetables, fruits, and grains. They assist in the breakdown of the food in which they are present and perform other useful functions in the body. Food processing commonly employed today destroys nearly all of the enzymes normally present in foods. Whatever enzymes may remain after processing at the factory are finished off at home in the cooking process.

Cooking by whatever means, except for very light steaming, will completely destroy all enzymes in food — even the foods that were healthy to start with.

Destroying the enzymes in food places an extra burden on the second group, the digestive enzymes. These are normally made by the pancreas, which produces a specific digestive enzyme for the breakdown and assimilation of each type of food we consume — lipase for fats, amylase for carbohydrates or sugars, and proteases for different types of protein.

In summary, proteolytic enzyme digests protein. Some examples of proteolytic enzymes are protease, serrapeptase, bromelain, and papain.

Lipase enzymes digest fat.

Amylase enzymes digest carbohydrates.

Metabolic enzymes make up the third and most abundant group of enzymes in the body, and these function within the cell to regulate such activity as detoxification, oxygen utilization, and energy production, along with a multitude of life-sustaining and disease fighting functions.

There are over 3000 enzyme systems at work in the body. Performing a vast number of functions, these indispensable substances hold the keys to life. They assist greatly in the rebuilding of all tissues in the body by breaking down ingested protein into its component amino acids, which the body uses as building blocks for repair and rejuvenation. They attack waste materials in the blood and in the tissues, converting them into a form that can be readily eliminated, thereby acting as blood purifiers.

Raw foods are enzymatically alive, which means these foods have live enzymes within them to help digest 40 to 60% of that particular food. Cooked and processed foods are enzymatically dead or denatured, which means there are no live enzymes within that food to help with digestion of that food.

Leukocytosis is an abnormal increased number of leukocytes, or white blood cells (WBCs), in the blood. The WBCs are the blood cells responsible for the immune response.

According to Dr. Paul Kautchakoff, the major cause of leukocytosis is eating cooked foods. His research has helped us to understand what develops in the bloodstream when we eat cooked and processed foods.

Dr Kautchakoff's findings:

- Raw foods produced no leukocytosis.
- Commonly cooked food caused leukocytosis
- Man-made, processed, and refined foods, such as carbonated beverages, alcohol, vinegar, white sugar, flour and other foods, caused severe leukocytosis, and eating cooked, smoked, and salted animal flesh brought on violent leukocytosis consistent with ingesting poison.

In summary, cooked and processed foods are harmful to the human body.

Dr. Edward Howell was one of America's pioneering Biochemist and Nutritional researchers. His 50+ years of enzyme research shows that most physical problems and disease can be traced back to one source, improperly or not fully digested food. How can the human body function properly if we are not digesting our food properly?

Without the assistance of digestive enzymes with the cooked or processed foods and on an empty stomach, many of the nutrients from supplements and food are going to be utilized for energy by the metabolic enzymes (protectors and repairers) to clean up the bloodstream, instead of supporting the body's normal daily needs.

Taking enzymes with food will help digest that food. When digestive enzymes are taken on an empty stomach (two hours of no food) the benefits are reportedly enormous. The combination of taking digestive enzymes with food for proper digestion and on an empty stomach to help clean up the bloodstream, turns 'two negative situations into two positives'. It means that the protectors and repairers of the human body are no longer needed to clean up improperly digested nutrients and they can go back into the priority mode of protecting and repairing at full strength. In this priority mode, the protectors and repairers are ready and waiting to utilize the nutrients from the foods we eat and the supplements we take.

Taking enzymes on an empty stomach is reported to:

- Digest proteins
- Assimilate fats
- Increase energy
- Reduce bacteria
- Eliminate Yeast
- Break up and dissolve Uric Acid Crystals
- Raise T-Cell activity and production
- Stimulate the Immune System
- Shatter Crystalline Deposits
- Break up Cholesterol Deposits
- Increase the White Blood Cell size and activity
- Increase the surface area of the red blood cells, to carry more oxygen to all the parts of the body.

At the Michael Reese Hospital in Chicago experiments were done on two groups of people. The first group was 21 to 31 years old. The second group was 69 to 100 years old. They found the younger people had 30 times more amylase in their saliva than the older people. This is why when we're young we can handle a diet of bread, pasta, pastries, and cooked foods without much problem. But this type of diet can cause rapid aging and depletion of our enzyme supplies. This is a very good example of enzyme reserve depletion. The older we get, the more we need enzyme supplementation.

Enzymes digest the cancer cell wall so that other agents can get in and kill the rest of the cell. Dr. Kelley had an enzyme therapy that is expensive but digests the tumor in four weeks. His work is carried on by Dr. Nicholas Gonzales. Also see [William D. Kelley](#).

These powerfully active natural chemicals are protein-mineral complexes, which occur in all living things and make possible virtually all of the many biochemical reactions in the body. They are indispensable to life and to good health. Whenever there is a significant reduction in the presence or the availability of enzymes, sickness and degeneration begin.

The immune system depends heavily upon enzymes for all of its functions. They are essential to the performance of every function of every organ system in our bodies.

Many white blood cells produce and utilize enzymes as a necessary part of their function. Another cancer-fighter, the T-lymphocyte, more specifically the killer T-cell, attacks cancer

cells in a similar manner, utilizing enzymes in its ability to dissolve and digest tumor cells. These fighters are part of a highly integrated system capable of recognizing cancer cells, then attacking and destroying them. This information is extensively utilized by alternative care.

Other enzymes, particularly the proteolytic enzymes from the pancreas, have the unique ability to break down the muco-protein coating that encases all malignant tumors and protects cancer cells from attack by the body's immune system.

Enzymes also protect the body against cancer particularly metastatic or spreading cancer, in other ways.

Pre-cancer cells become attached to body tissues by means of fibrin, a protein component necessary for blood clotting. Enzymes digest away the fibrin, preventing the attachment of pre-cancerous and cancerous cells to body tissues, thus releasing these abnormal cells into the circulating blood where they are normally destroyed by the fighters described above.

Research has shown that proteolytic enzymes in this case, bromelain, a protein-digesting vegetable enzyme, has the power to transform cancer cells to normal cells. This and other evidence seems to indicate that, in addition to their many other attributes, enzymes may have a directly normalizing effect on cancer cells.

Enzymes also have an activating effect on the immune system and are believed to be an integral part of that system. Studies have shown that cancer is associated with severe deficiencies of many enzymes.

This knowledge is not new. A century ago, Scottish embryologist John Beard, in spite of having little knowledge of enzymes, discovered that by taking pancreas tissue from young animals he could extract a liquid which was effective in causing tumor reduction.

Practicing in England, Dr. Beard would inject his pancreatic extract either directly into accessible tumors or into the muscle or vein of the patient. Even some advanced cancers considered to be incurable were made to completely disappear. He was reportedly able to help or apparently cure over half of his patients, most with advanced cancers.

His was a crude preparation, containing impurities and foreign proteins, which produced some allergic reactions. For this, he was roundly criticized and attacked by his peers in the medical profession, not unlike organized medicine's attacks today on the innovative physician.

Because there arose such a demand for Dr. Beard's pancreatic enzyme preparation, English physicians were hounded by their patients to be treated with this miraculous substance. Consequently, 8 attempts were made to duplicate the material, with pharmacists obtaining pancreatic juice from local slaughter-houses.

The trouble was, the pancreases were taken from older animals with far less enzymatic activity than the younger animals, which Dr. Beard had made sure, were the source of his material. The other factor, which rendered the attempted duplication totally ineffective, was the passage of time. Enzymes have a relatively short "shelf life," being "live" substances and remaining active only for a matter of hours after removal from the animal.

Dr. Beard had been careful to use only freshly removed pancreases for his material. Thus, the obtaining of material by other physicians through "normal channels," i.e. slaughterhouses, pharmacists, couriers, etc., resulted in enough delay that the enzymes were rendered completely useless.

Since Dr. Beard's colleagues had no success with their inactive enzyme material, the concept and method of treatment sadly fell into disrepute and into obscurity. Fortunately, in 1907 Beard wrote a book about his experiences in treating cancer patients and his hypothesis of the causation of cancer, now known as the "trophoblast" theory, so his work was not completely lost to posterity. For nearly 50 years, there was no significant activity in the area of enzymes and cancer, Dr. Beard's work having been forgotten, and consensus medicine of the day having returned to its certainty that enzymes could not have anything to do with cancer, much less anything to do with curing it.

Next on the enzyme scene was Dr. Max Wolf, a professor at Columbia University, New York. Dr. Wolf had developed an interest in enzymes and cancer and had written to all of the medical libraries in the US and much of the Western world, seeking information on the subject.

Reading virtually everything that had ever been written about the subject up to that time, Wolf became probably the world's leading authority on enzymes and their relationship to cancer. One of the books he managed to locate and read was John Beard's book, of which there were then precious few remaining.

Working at his research laboratory at Columbia in the 1950s, Wolf designed a complicated and extensive study of the effect of enzymes on cancer cells. Thousands of cell cultures were prepared with normal cells and cancer cells living and growing together. Each of these cultures was then treated with a particular enzyme or combination of enzymes to determine which was most effective in killing cancer cells while preserving normal ones.

A wide range of enzymes and combinations was tested in this way to establish the most potent combination, which would safely avoid damaging normal cells. Because of Wolf's connections in Germany (and because of the inhibiting presence of the American FDA), clinical work was carried out in that country using the final formula on human cancer victims with highly favorable results.

This particular mixture of enzymes survives to this day as Wobe-Mugos, which has been used to treat tens of thousands of cancer patients in Germany over the last 30 years. This material, along with a companion product called Wobenzyme, has also been used in the US by a few physicians, as well as in several Mexican clinics.

Also available from Germany is an injectable preparation of Wobe-Mugos enzymes, which is quite useful in treating accumulations of fluid in the chest, called pleural effusions, when these accumulations are due to cancer. This has been done in Germany for many years with consistent success. Collections of abdominal fluid, called ascites, can be treated in like manner. In addition, any tumor which is accessible by needle may be treated with this material.

These and other similar enzyme products have a wide application in medicine, being effective against many inflammatory conditions, arthritis, autoimmune diseases, injuries, blood clots, and phlebitis, to name a few — as well as indispensable in the management and control of cancer.

Of the view of conventional medicine on the value of enzymes, pre-eminent cancer researcher Ralph W. Moss Ph.D. states:

"For years opponents of alternative medicine have argued that enzymes taken by mouth would be broken down in the stomach and inactivated before being able to do much good at all. This point of view was thoroughly refuted in 2002 when three physiologists at the University of California-San Francisco showed that digestive enzymes can be absorbed into blood, reabsorbed by the pancreas, and reutilized, instead of being reduced to their constituent amino acids in the intestines. This is called an enteropancreatic circulation of digestive enzymes (Rothman 2002). But clearly news of this established fact hasn't reached the implacable opponents of complementary medicine. For instance, an attack on the work of Dr. Gonzalez states:

"Like all dietary proteins, enzymes are dismantled into constituent amino acids by host proteolytic enzymes in the gastrointestinal tract, thus destroying their enzymatic activity" (Green 1998)."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter enzymes. Select "100 Results". Select "Sort by Price: Low to High".

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- The Multiple Proteolytic Enzyme Therapy of Cancer by Dr. Frank. L. Shively

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- Oral Enzymes - New Approach to Cancer Treatment by F. Klaschka
- Enzyme-Prodrug Strategies for Cancer Therapy by Roger G. Melton (Editor), Richard J. Knox
- Enzymes for Digestive Health and Nutritional Wealth: The Practical Guide for Digestive Enzymes by Karen Defelice
- Digestive Enzymes: The Key to Good Health and Longevity by Rita Elkins

Pancreatic Enzymes

A study reported in 2004 of the effect of pancreatic enzymes on pancreatic cancer, showed that this treatment significantly prolonged survival and slowed tumor growth.

"Pancreatic enzyme extract improves survival in murine pancreatic cancer.

OBJECTIVES: The disappointing current therapeutic approaches for pancreatic cancer (PC) represent an urgent need for the development of novel methods to control the disease. Based on a recent report on the effectiveness of pancreatic enzyme therapy, we examined the effect of porcine pancreatic enzyme extracts (PPE) on human PC xenografts in nude mice. ...RESULTS: PPE-treated mice survived significantly longer than the control group ($P < 0.002$). Tumors in the PPE-treated group were significantly smaller than in the control group. All mice in the control group showed steatorrhea, hyperglucosuria, hyperbilirubinuria, and ketonuria at early stages of tumor growth, whereas only a few in the treated group showed some of these abnormalities at the final stage. ...CONCLUSIONS: The treatment with PPE significantly prolongs the survival ... and slows the tumor growth."

Also see [Overview of Enzyme Therapy](#).

References

- Pancreatic enzyme extract improves survival in murine pancreatic cancer. Saruc M, Standop S, Standop J, Nozawa F, Itami A, Pandey KK, Batra SK, Gonzalez NJ, Guesry P, Pour PM. *Pancreas*. 2004 May;28(4):401-12.
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15097858

Serrapeptase

Serrapeptase is an enzyme derived from the non-pathogenic enterobacteria *Serratia E 15* that has superior anti-inflammatory action when compared to other proteolytic enzymes. The intestine of the silkworm contains serrapeptase which permits the silkworm to break out of its cocoon. Serrapeptase has anti-inflammatory, anti-edema, and fibrinolytic (fibrin dissolving) properties. A study in otolaryngological patients from many centers in Italy disclosed that serrapeptase was very effective in alleviating thick infected secretions. Ninety-seven percent of those taking serrapeptase reported good or excellent results compared to twenty two percent in control subjects.

Dr. Hans Nieper, a legendary medical doctor known for his extensive use of proteolytic enzymes, called serrapeptase the "Miracle Enzyme." Dr. Nieper used the enzyme primarily to open up clogged arteries supplying the brain. This enzyme is more powerful than the pancreatic enzymes chymotrypsin and trypsin. It has been used in Europe and Japan for over 25 years. Good results have been demonstrated in clinical trials. In addition to its general anti-inflammatory effects, it is particularly beneficial in fibrocystic breast disease as well as upper respiratory tract conditions like sinusitis, bronchitis, asthma, and chronic obstructive pulmonary disease due to its ability to improve the structure and function of the mucus lining.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter serrapeptase. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

- The Curious Man: The Life and Works of Dr. Hans Nieper by Hans Alfred Nieper, et al

- http://www.naturalhealthteam.com/health_problems/diseases/56.htm

Vitalzym™

World Nutrition, Inc. manufactures and distributes Vitalzym™, NattoQ10™, VitalzymX™, and Nattovita™ as systemic enzyme supplements.

From the World Nutrition website:

"Vitalzym helps reinforce the body's defense mechanism in the following ways (statements have not been evaluated by the FDA).

Fibrin: Normal levels help guard against the formation of fibrin.

Blood: Enzymes help cleanse the blood of debris, maintaining blood health.

Immune Function: Enzymes help maintain healthy immune systems.

Healthy Circulation: Normal enzyme levels help promote blood circulation."

A testimonial from the World Nutrition website:

"I was diagnosed with breast cancer on May 20th, 2003. I did not use any conventional medicine except for diagnosis. I worked with my naturopath using various supplements to boost my immune system. I used 30 capsules of Vitalzym a day (10 capsules, 3 times a day on an empty stomach) to kill the cancer cells and also to further boost my immune system and help detoxify my body. I also used a variety of other modalities to eliminate the cancer from my system. But Vitalzym was a key component of my protocol. My body was free of cancer by September 2003. And, I remain free of cancer in my body till this day. I do, however, continue to use Vitalzym and other supplements daily and will probably do so for another six months or so.

Rona Achilles, Ph.D. 2/16/04"

And one cancer patient's experience:

"Dr. Wong, formerly known as 'Dr. Wobenzyme' because he recommended it so much, now uses Vitalzym instead. Vitalzym contains serrapeptase as well as other enzymes. Serrapeptase is what the silk moth exudes in order to get out of the silk cocoon (silk is the strongest natural fiber known), so it would make sense that it is a VERY effective 'eater' of fibrin.

I obtained a jug of 540 capsules while at the Cancer Control Convention last Labor Day weekend, started taking 15 per day (at night, as they should be taken on an empty stomach). About seven weeks later, when I returned to the Hoxsey clinic for my regular visit, the radiologist was amazed to see that the scar tissue(cause unknown) in my lungs had actually lessened.

I had obtained an audio tape by Dr. Wong about scar tissue reduction at the convention, now I cant find it. I ordered three of the jugs of 540 caps on my last order from azpharmagroup.com. I believe I paid \$99 per jug. When the product arrived there was info included about a product called Nattokinase, which, the info said, does the same job as Vitalzym with far fewer capsules. I believe that when I finish these last two jugs I will try the Nattokinase next time. One jug of 540 caps of Vitalzym is a month's supply (at 15 per day).

This is just for your information, I am not telling anyone what to do.

K. Gold Burbank, Ca. USA"

Vitalzym™ contains serrapeptase, protease, papain, bromelain, amylase, lipase, rutin and amia which is a rich source of Vitamin C.

VitalzymX™ is an extra-strength enzyme therapy available exclusively to licensed healthcare practitioners. VitalzymX™ includes the same ingredients as regular Vitalzym with a more potent and highly active form of protease.

From the World Nutrition website:

"Formulated at the request of many of our practitioners, this new blend allows for even more effective treatment of conditions characterized by acute or chronic inflammation.

When tested side by side, our new protease addition shows activity levels up to four times that of serrapeptase. A natural derivative of *Aspergillus Oryzae*, the protease is incredibly resilient to the harsh acidic environment of the stomach, allowing it more easily to pass into the intestine.

The result of this addition to the serrapeptase blend is a formulation that has up to 100% more systemic potency than original Vitalzym.

VitalzymX Can Help:

- To reduce inflammation... With a potent blend of systemic enzymes that includes the powerful anti-inflammatory qualities of serrapeptase and a highly active form of the enzyme protease, VitalzymX is the most effective natural therapy to reduce inflammation and related pain. Its lack of toxicity makes VitalzymX the ideal alternative to the non-steroidal anti-inflammatory drugs (NSAIDs) thought by many to be at the root of more serious health concerns.
- To remove scar tissue and excess fibrin in the blood... VitalzymX is the one preparation with the ability to reduce both inflammation and scar tissue/fibrosis. Its highly fibrinolytic enzymes lyse (eat away) at the scar tissue that can limit mobility and diminish the functions of other organs. These enzymes also help to improve circulation and reduce the clots formed by excess fibrin in the blood.
- To modulate immune function... Systemic enzymes have proven helpful in the treatment of autoimmune conditions by eating the antibodies the body creates to attack its own tissues. If the immune system is too low, systemic enzymes help to increase immune function by boosting the efficacy of infection-fighting white blood cells."

Also see [Overview of Enzyme Therapy](#).

Sources

Order Vitalzym online from World Nutrition at <http://shopsite.worldnutrition.info/>

Identify other sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search
Enter vitalzym in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

- <http://www.worldnutrition.info/vitalzym.htm>
- [FlaxSeedOil2] Digest Number 1106

Wobenzym™/Wobe-Mugos™/Phlogenzym™

Nature has "engineered" families of enzymes for specific tasks. One of the most beneficial and abundant classes of enzymes is referred to as proteolytic enzymes. Enzymes in this category have the ability to "nibble" at other proteins, and break them down into smaller chains of amino acids. Hence the name, proteolytic enzymes, which literally means "chewing up proteins."

The type of enzymes contained in Wobenzym are these proteolytic enzymes that cleave other proteins. While under normal physiological condition, proteolytic enzymes maintain homeostasis in the healthy body, they also break down aberrant proteins that may arise during various diseases.

In numerous studies under the auspices of MUCOS Pharma, Wobenzym has been found to degrade, for example, harmful and abnormal immune complexes that precipitate autoimmune diseases. Furthermore, immune complexes also thicken the blood, which potentially could trigger an array of diseases. These studies are a matter of public domain, and may be readily retrieved.

Proteolytic enzymes have been shown to help cancer patients. Dr. Nicholas Gonzalez, affiliated with Cornell University Medical School in New York, and following the lead of William D. Kelley before him, has worked tirelessly to show that proteolytic enzymes are effective in the clinical management of pancreatic cancer.

Wobe-Mugos, a sister product to Wobenzym, is/was under consideration by the FDA for Orphan Drug status as adjuvant therapy for multiple myeloma. However, a statement on the MUCOS website says:

" We would like to inform you, that the production of medicinal product Wobe-Mugos has been stopped. The reasons for this step are purely economic."

It reportedly:

- causes dissolving of necrotic and out of control growing tissues.
- disrupts fibrin coating of tumor cells, thus preventing metastases.
- dissolves immune complexes that play an important role in metastasizing.
- decreases frequency of adverse events of chemo- and radiotherapy and reduces their intensity.

Wobenzyme contains pancreatin, papain, bromelain, trypsin, chymotrypsin, and rutosid. It is manufactured by MUCOS Pharma GmbH in Germany.

The dosage that is recommended is three tablets, two times daily, at least 45 minutes before meals or as recommended by your health care professional.

Phlogenzym, also manufactured by MUCOS Pharma GmbH in Germany:

"...contains a combination of two proteolytic enzymes (substances which cleave proteins) of plant and animal origin completed with plant flavonoid rutosid that are able to influence efficiently various phases of inflammatory and immune processes. Components of Phlogenzym remove harmful metabolic products at the site of inflammation and speed up absorption of edemas, bruises, and hematomas. They normalize vessel wall permeability, thus reducing edema formation. Phlogenzym decreases blood viscosity and improves some properties of platelets and erythrocytes participating in thrombi formation. Therefore, Phlogenzym improves blood circulation in tiny vessels and repairs capillary return of tissue and its nutrient and oxygen supply. Healing processes and tissue regeneration are thus supported and accelerated and pain associated with inflammation is reduced.

Phlogenzym may be used in posttraumatic and postoperative edemas as an alternative to the currently used therapies.

Phlogenzym is suitable as a supportive therapy in following cases:

inflammatory diseases – mainly: inflammations of urinary and genital organs, inflammations of veins, postthrombotic syndrome (condition after recurrent inflammations of veins), crural ulcers

rheumatic diseases such as rheumatoid arthritis (inflammatory joint disease), rheumatism of soft tissues (for example: muscle rheumatism, "tennis elbow", "frozen" shoulder, inflammations of peritenon), and inflammatory activation of arthrosis (degenerative joint and vertebral disease)."

Phlogenzym contains bromelain, trypsin and rutosid.

Also see [Overview of Enzyme Therapy](#).

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter wobenzyme or phlogenzym. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

- <http://www.mucos.cz/eng/default.htm>
- <http://www.mucos.cz/eng/prep/wobe-mugos.htm>

Chinese Medicine

Integrated Chinese and Western Medicine

In the United States, it is very rare for a person with cancer to be treated solely by Chinese medicine, even though many practitioners say that traditional Chinese medicine can often handle cancer on its own, with success in cases that proved untreatable by Western medicine.

“For patients who desire the expertise of a conventional oncologist as well as the benefits of more natural methods,” says Roger Jahnke, a doctor of Oriental medicine and director of the Health Action Clinic in Santa Barbara, California. “Chinese medicine can provide an important collaborative resource to link with conventional cancer treatment. Even the National Geographic ran a series on Chinese medicine and cancer, with the remarks of senior oncologists from America. Patients should develop a healing team that could include the oncologist, a practitioner of acupuncture, and herbal pharmacology, and perhaps a nutritionist, psychologist and support group of some kind. The result is a more comprehensive and synergistic therapeutic effect.”

When used in tandem with chemotherapy, Chinese herbal medicine can control and minimize the side effects of chemical drugs and may enhance their therapeutic effects. Herbs also bolster immune-system functions depressed by radiation.

In China, surgery, chemotherapy, and radiation are considered viable treatments for benign and malignant tumors by physicians who are attempting to integrate Eastern and Western methods. Conventional treatments may be required to deal with a situation within the time available to the patient, notes Zhang Dai-zhao, a specialist in cancer treatment in Beijing. Although Chinese energetic therapies such as herbal medicine and acupuncture may be able to eventually dismantle pathologic matter:

“They may take more time than the patient has”

he states.

Many practitioners in China say that the best results against cancer are obtained by means of a joint attack combining Oriental and Western medicine, with the patient pursuing a suitable diet, Chinese yoga, and therapeutic exercise.

In classic Chinese medicine, there is no specific concept of cancer, though there is of tumors. Many nutritive tonics and herbal medicines were developed to alleviate pain and prolong survival by strengthening the body’s life forces and arresting tumor progression.

Chinese doctors believe the causes of cancer are multiple, including toxins and other environmental factors, called “external causes,” as well as “internal causes” such as emotional stress, bad eating habits, accumulated wastes from food, and damaged organs. Two main factors are stagnant blood and a blockage or accumulation of chi, or qi (pronounced chee), the vital energy said to circulate along the meridians, or pathways, linking all parts of the body.

Illness is an energy imbalance, an excess or deficiency of the body’s elemental energies. According to the ancient Chinese, chi, the life force, controls the body’s workings as it travels along the meridians, completing an energy cycle every twenty-four hours.

A person is healthy when there is a balanced, sufficient flow of chi, which keeps the blood and body fluids circulating and fights disease. But if the circulation of chi is blocked for any reason or becomes excessive or deficient, pain and disease can result. An imbalanced diet or lifestyle, overwork, stress, repressed or excessive emotions, or lack of exercise may disrupt the flow of chi. Imbalances in yin and yang-complementary forces in dynamic flux-also disturb the normal, smooth flow of chi.

Cancer, like all other diseases, is regarded as a manifestation of an underlying imbalance. The tumor is the “uppermost branch,” not the “root,” of the illness. Each patient may have a different imbalance causing what outwardly looks like the same type of cancer.

Each person is unique, so the Oriental doctor attempts to identify the exact individual pattern of excess, deficiency, or blockage that led to the disease. The doctor treats the imbalance rather than a condition known as “stomach cancer,” or “breast cancer,” or so on. The prescribed treatment will vary from one patient to the next, depending on the specific imbalances. The Chinese doctor makes a diagnosis in terms of yin and yang, chi, blood, and organ imbalance.

Nearly all of the Chinese herbs used today to treat cancer and other immune-deficient conditions fall into three broad categories. They are often used in combination.

- Tonic herbs increase the number and activity of immunologically active cells and proteins.
- Toxin-clearing herbs clear the blood of germs and of waste products from the destruction of tumors and germs.
- Blood activating herbs reduce the coagulation and inflammatory reactions associated with immune response.

When seeking a doctor in the United States who practices Oriental medicine, cancer patients need to be aware of what doctors can do and what patients can learn to do for themselves.

According to Dr. Roger Jahnke:

“There are four basic things that the doctor of Chinese medicine can do for you: herbal prescriptions, acupuncture, massage, and external chi-gong.

At least as important, however, are the things the doctor can teach you to do for yourself. These include guidance in the use of tonic or wellness herbs, in proper nutrition, and in devising a suitable exercise program that may involve activities like swimming or walking. A competent practitioner can also teach the patient self-applied massage, meditation and relaxation techniques, and chi-gong exercises. Finally, the doctor can offer guidance to help patients fulfill their unique spiritual purpose.

Prospective patients should look for a doctor who provides all of these things, or one who can help patients network to all of these things, from body care up to the spiritual components of health.”

Further Reading

- Chinese Medicine and Cancer <http://www.healthy.net/scr/article.asp?id=2006>
- Between Heaven and Earth: A Guide to Chinese Medicine by Harriet Beinfield, L.Ac., and Efreem Korngold, L.Ac., The Web That Has No Weaver: Understanding Chinese Medicine by Ted J. Kaptchak
- Traditional Medicine in Contemporary China by Nathan Sivin

Actinidia

“Actinidia is a root that contains the polysaccharide ACPS-R. In one study, when injected into mice, 90 percent of tumours stopped growing. Another study showed a 50 percent success rate with liver cancers.”

References

- <http://www.fightingcancer.com/download/fcpdf/19%20The%20herbal%20approach.pdf>

Chan Su/Toad Venom

Chan Su's active ingredient, bufalin, acts like the glycosides from Nerium & Digitalis. Bufalin has been shown to effectively induce apoptosis of human leukemia cells, which is possibly one of the mechanisms for its anti-cancer effect.

Sources

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Fu Zhen Therapy

The leading cause of death in China is cancer, followed by stroke. Conventional Western cancer therapies—chemotherapy, radiation, and surgery—have been increasingly used since the 1960s in Chinese hospitals. However, the side effects of these treatments have been, there as here, often highly debilitating.

This has led the Chinese government to fund research into the traditional herbal medicines. One result is the routine use of Fu Zhen therapy, an immune-enhancing herbal regimen, as an adjunct to chemotherapy and radiation. Fu Zhen therapy is reported to protect the immune system from damage and to increase survival rates, sometimes dramatically, when used in conjunction with the modern cancer therapies. The principal Fu Zhen herbs strengthen the body's nonspecific immunity and increase the functions of the T-cells. The most commonly used Fu-zhen herbs are astragalus, ligustrum, ginseng, codonopsis, atractylodes, ganoderma, actinidia and rabdosia.

Studies of Fu Zhen therapy in the United States and China have demonstrated its value in treating a wide range of immune-compromised conditions, including cancer, leukemia, AIDS and ARC, and chronic Epstein-Barr virus. In a study of seventy-six patients with Stage II primary liver cancer, twenty-nine of the forty-six people receiving Fu Zhen therapy in combination with radiation or chemotherapy survived for a year, and ten survived for three years.

Only six of the thirty patients who received radiation or chemotherapy alone survived one year, and all died by the third year. In laboratory studies, Fu Zhen herbs have prevented the growth of transplanted tumors.

Further Reading and References

- Chinese Medicine and Cancer <http://www.healthy.net/scr/article.asp?id=2006>
- Between Heaven and Earth: A Guide to Chinese Medicine by Harriet Beinfield, L.Ac., and Efrem Korngold, L.Ac., The Web That Has No Weaver: Understanding Chinese Medicine by Ted J. Kaptchak
- Traditional Medicine in Contemporary China by Nathan Sivin

Golden Book Tea or Six Flavor Tea

"Doctors at the Beijing Institute for Cancer Research have found that a herbal tonic usually prescribed for kidney ailments, known variously as Golden Book Tea or Six Flavor Tea had a highly significant effect when combined with chemotherapy against small cell lung cancer."

References

- <http://www.fightingcancer.com/download/fcpdf/19%20The%20herbal%20approach.pdf>

Tang Kuei/Angelica sinensis

"The most highly praised blood tonic in the East, Tang kuei (*Angelica sinensis*), has been used clinically in China to treat cancer of the esophagus and liver with good results.

The Chinese have claimed dramatic success using this herb both alone and in combination with other medicinal agents in treating cervical cancer and, to a lesser extent, breast cancer in women. It can be administered in either infusion or douche form. Many other Chinese herbs could be cited for their documented antitumor effects."

References

- <http://www.healthy.net/scr/Article.asp?Id=2006>

Acupuncture

Acupuncture is a Chinese therapeutic method for changing the flow or quality of the life force and rebalancing body energies. The Chinese say that chi circulates within fourteen major meridians, or energy channels, traversing the body from the top of the head to the tips of the fingers and toes. Each meridian is connected to an internal organ.

Specific points on each invisible channel, when stimulated, affect the flow of chi in that and other channels or in the associated organs. By stimulating these points with extremely fine needles or massage, acupuncture unblocks energy or adjusts its flow. Inserting and manipulating the needles—hairlike slivers of stainless steel—is believed to correct the imbalances that underlie disease.

Acupuncture has been used to treat persistent pain, arthritis, asthma, infertility, and acute and chronic diseases. In cancer, it can alleviate the pain and functional disorders associated with the illness, for example, improving the ability to swallow in victims of esophageal cancer. Acupuncture is also used to mitigate the side effects of chemotherapy and radiation, and has been employed as a primary treatment for very early signs of breast and cervical cancer, though the Chinese are more likely to utilize herbal remedies to support immunity and control malignant growth. Acupuncture can also be helpful in stress reduction and the alleviation of pain following surgery.

Some practitioners advise against acupuncture in the treatment of cancer, arguing that the increased energy flow and circulation pose a risk of spreading the disease. Most others disagree, however, pointing to the benefits already cited. Leukemia has been successfully treated with acupuncture therapy. In addition, acupuncture has exhibited a wide range of actions in boosting immunity, including increasing the number of white blood cells, boosting natural killer cell activity, and increasing the amount of B-cells, which manufacture antibodies, chemicals that help destroy foreign invaders in the body. Acupuncture also elevates the levels of circulating immunoglobulins and stimulates the production of red blood cells.

Nobel Prize-nominee Robert Becker, M.D., a pioneer in tissue repair and regeneration through electrotherapy, has theorized that the meridians are electrical conductors and the acupuncture points, amplifiers. With the help of a biophysicist, Dr. Becker proved to his satisfaction that "at least the major parts of the acupuncture charts had an objective basis in reality."

Two French physicians have done a series of intriguing experiments that they claim make visible the acupuncture meridian system. Jean-Claude Darras, M.D., and Professor Pierre de Vernejoul, M.D, injected radioactive isotopes into the acupoints of patients and traced the isotopes' uptake by gamma-camera imaging.

They found that the isotopes migrated along the classical Chinese meridian pathways. In contrast, injecting the isotopes into random points on the skin produced no such results. Further tests demonstrated that the migration was not through the vascular or lymphatic system. The research, conducted at the Nuclear Medical Section of Neckar Hospital in Paris, was reported at the World Research Foundation Congress in 1986.

Further Reading and References

- The Web That Has No Weaver : Understanding Chinese Medicine by Ted J. Kaptchuk
- Acupuncture for Everyone: What It Is, Why It Works, and How It Can Help You by Ruth Kidson, et al
- A Manual of Acupuncture by Peter Deadman, et al
- Chinese Acupuncture and Moxibustion (Revised Edition) by Cheng Xinnong
- The Body Electric by Robert Becker and Gary Selden

Black Tree Fungus/Mo-her/Auricularia polytricha

"The Chinese black tree fungus is an anticoagulant available in most Asian markets. It provides a protective effect against the spread of cancer – it interferes with platelet function similar to aspirin."

Also see [Anticoagulants](#).

Further Reading and References

New England Journal of Medicine article by Dale Hammerschmidt (vol. 302, pp1191-1193, 1980).

Chinese TianXian Herbal Treatment

The Tian Xian (pronounced "Dianne Sean") products are herbal dietary supplements. The active herbal ingredients aims to control, inhibit, and destroy cancer cells. Its function is said to be complementary to Western therapies.

Testimonials of cancer survivors have arisen from USA, Japan, Hong Kong, India, China, Philippines, Taiwan, Thailand, and Malaysia. New testimonials are added regularly. More than 20 books have been published detailing the development and effects of Tian Xian Liquid. The publications, beside English, are available in Chinese, Japanese, Thai, and Indonesian.

In tests conducted at the U.S. National Cancer Institute beginning in 1988 and spanning three years, Tian Xian Liquid (the final form of Tian Xian pills) was proven to have 80.4% effectiveness against ten forms of cancer involving 48 types of cancer cells. These results rapidly drew attention to Tian Xian pills. In 1988, the Chinese government recognized Tian Xian liquid as an effective form of anti-cancer Chinese prescription.

The following is a summary of the curative effects of Tian Xian Liquid based on the records of patients from 10 countries, and testing performed:

- Significant effect in inhibiting the growth of cancerous cells, reducing their size, and halting the extension of the sickness; the rate of reduction of the tumor was at least 25%, or there was the effect of inhibiting its growth to below 25%, and the appearance of a new focus did not occur.
- The cure rate was 80.2% in China, 80.4% in clinical tests, and 80.7% for over 10 other countries, with over 400,000 people taking the medicine. These figures were obtained from the outcomes of clinical tests on middle and final stage cancer patients who had received Tian Xian Liquid as their sole treatment for periods of 4 - 6 months.
- The ability to relieve symptoms peculiar to cancer, such as muscular pain, poor appetite, bloody stool, hematemesis, inability to swallow, etc., and speed up recovery.
- The capacity to strengthen the immune functions of the body, thus increasing resistance to cancer cells. For such symptoms, a significant effect was shown in 2 –3 days of treatment at the earliest, and from 7 – 21 days on the average. An example was a 91-year-old patient suffering from the final stage of liver cancer who began to recover 2 days after the start of treatment with Tian Xian Liquid. The expansion of the patient's symptoms was halted after 2 weeks, and body energy was increased by 50%.

- Chemotherapy and irradiation may be made more effective by combining with Tian Xian. The ability to strengthen the immune functions of the body, thus increasing resistance to cancerous cells without producing side effects.
- The curative effect of Tian Xian Liquid in combination with irradiation achieved a Relief (50% of the tumor reduced) rating of 98.3%, which was 10% better than that achieved by the use of only irradiation (88%).
- Moreover, the Tian Xian – radiotherapy combination achieved a 100% rate at the level of improvement (25-50% tumor reduction.) In combination with Tian Xian Liquid, the total amount of radiation could be reduced, thus minimizing adverse effects. The cure rate in combination with chemotherapy at the Stabilization level (reduction rate and expansion rate below 25%) was 85%, which was 20% better than that of patients who had been on chemotherapy alone (68.7%).
- Higher curative effect was obtained by using Tian Xian Liquid alone as compared to all other forms of treatment.
- Curative effects are best when used as the sole agent for treatment. The absence of toxic reactions is a major factor in the strengthening of the immune system. The high patient survival rate also attests to the excellent curative effect of medicinal herbs. To this is added the proven enhancement of eating habits as mentioned in the previous paragraph (increased absorption rate of food and nutrition) which help to restore strength, thereby causing the immune functions to stabilize.
- The effective rate of treatment with Tian Xian Liquid alone was between 80.2 –80.7%. This was true not only for relief of the symptoms mentioned in paragraphs 2 and 3, but for the absence of side effects as well. Irradiation and chemotherapy produced fatal side effects, as well as grave bodily and mental suffering; this reflects the excellent effectiveness of Tian Xian Liquid.

It is claimed all previous Chinese medicines and other new drugs did not yield better clinical results than those achieved by Tian Xian Liquid.

Only 95% of the composition of Tian Xian Liquid has been revealed, and the remaining 5% is supposedly classified as a national secret by the Chinese government.

The components listed below pertain, therefore, to the 95% of the formula that may be freely disclosed.

- Rhizoma Atractodylis Macrocephalae: This component is refined from the stems and roots of Rhizoma Atractoidylis, and is significant for its aroma as well as its stomachic and diuretic properties.
- Radix Glycyrrhizae: This is refined from the roots, root skin and stem of licorice. Its effects are to strengthen the immune system, inhibit cancer growth, relieve cough, and remove phlegm.
- Radix Ginseng: This is refined from the medicinal Ginseng root. It strengthens the stomach and improves the patient's nourishment.
- Radix Trichosanthis: This is refined from the roots of tang wu gua and has anti-tumor and anti-bacterial effects.
- Radix Clematidis: This is refined from the roots of radix clematidis and has pain relief and anti-cancer effects on the organs of the digestive tract.

Further Reading and References

- <http://www.tianxian.com/english/index.shtml> or <http://www.cancer-herbs.com/contact/index.html> for information.

Ginseng/Zhu-xiang

Ginseng has been the most valued herb in China since the dawn of written history there. It is probably also the most studied medicinal plant in the world. Since the turn of the century, over 3,000 papers on ginseng and its constituents have

appeared, mostly in Russia and China. Most of this research has not been published in the West.

The peculiarity of such medicine is that since an entire civilization is using it for very long time periods, people use it as a home remedy for their problems – hence documentation of clinical studies, the core of medical practise in the west, does not happen and therefore we remain in total unawareness about them. Ginseng is considered in the Chinese tradition to be a “tonic” herb, or one that “builds chi.”

According to Paul Bergman in his book **The Healing Power of Ginseng and the Tonic Herbs**:

“When [chi] becomes blocked, disease may result. Imagine a garden hose with water flowing through it. If the hose becomes crimped, the water pressure above the crimp increases and the hose swells there.

Below the crimp, the flow is decreased. Similarly, stuck chi can result in too much chi in one place and not enough in another.

Chinese physicians consider stuck chi to be one of the major causes of pain and tension in the areas of the body where chi has become stagnant, the part of the hose above the crimp. Organs or tissues below the site of obstruction may also not function properly due to a local deficiency of chi, like the end of the hose with its diminished water flow.”

Chi obstruction is very important to consider when taking ginseng or the other chi-building herbs. To build up the chi when it cannot flow freely would be the equivalent of turning up the water pressure in a hose that is crimped. For this reason, the chi-building herbs are not taken when pain, tension, inflammation, emotional frustration, anger, high blood pressure or other signs of chi obstruction are present.

Medicinally, Asian ginseng has been used to increase strength in those who are weak, to help build the blood in cases of anemia, to improve respiration in those short of breath from weakness, to calm the spirit and nerves, as a remedy for impotence and to increase wisdom in spiritual pursuits.

Bergman describes the first real breakthrough in Western ginseng research as being the work of Russian scientist Itskovity I. Brekhman and his colleagues in the late 1940s and early 1950s. Their research was significant in that they devised a way to describe the action of ginseng and the other tonic herbs in Western terms. Previously, there had been no vocabulary in the West to describe the Chinese understanding of ginseng’s activity.

Brekhman and his colleagues coined the term “adaptogen” to describe a substance that enables the body to respond to a non-specific stress, not through its own chemical activity, but by strengthening the body’s own innate response mechanisms. Other properties of adaptogens in the Russian model were that they were non-toxic and could be taken as foods. They also tended to normalize bodily functions, enhancing those that are deficient and reducing those that are in excess.

Bergman cites research in humans with cancer using ginseng, which demonstrated increased survival. A group of 100 cancer patients suffering from gastric, colon, and pancreatic cancers were treated for three months with a ginseng constituent called prostisol. In about 75% of cases, the injections prevented the recurrence of cancer and growth of tumors and also boosted red cell counts and blood measures of immunity. In another trial with 150 patients with rectal, breast, and ovarian cancer, oral doses of ginseng taken for 30 to 60 days prevented progression of disease. White cell counts and other measures of immunity also improved.

In addition to the intriguing evidence for its role in supporting immune function during conventional therapies and possible direct anticancer effects, ginseng has also been prescribed for relief of menopausal symptoms in breast cancer patients because it contains phytoestrogens.

Ginseng has very low toxicity compared to most over-the-counter pharmaceuticals available in this country. Despite the fact that perhaps ten million people in the United

States regularly consume ginseng, no life threatening side effects have appeared in the medical literature.

Bergman cautions that having the guidance of a practitioner of Chinese medicine is important, not only because of the contraindications described above, but also in terms of obtaining a high quality ginseng product.

Boik also speculates that ginseng use may be counterproductive during radiotherapy because it is a free radical scavenger, and the use of antioxidants during radiation therapy is widely discouraged by oncologists who believe that it they may protect neoplastic tissues as well as normal tissues from the effects of ionizing radiation.

In his book, Bergner lists many commercial sources of quality ginseng. Generally, American sources produce a higher quality product because they use a better grade of ginseng. Bergman also describes the various forms in which ginseng may be taken, including the technique for making tea or the traditional Chinese alcohol extract with jujube dates.

The jury is certainly still out in terms of ginseng as a treatment for cancer. The approach today may fall into a large category that includes many other complementary approaches for cancer — that is, while not intrinsically a cancer cure, when used skillfully are relatively safe and inexpensive, it may well enhance the general level of health. More importantly, it may be quite useful for control of symptoms and side effects of therapies.

Generally, ginseng is available in powder form, tablets, capsules, liquid extracts and teas, though the quality is uneven.

The major active ingredients of ginseng root are considered to be a family of about 30 triterpene saponins called ginsenosides. Ginseng products vary in the amount of ginsenosides they contain. Commercial ginseng products typically are standardized to contain about 4 to 7% ginsenosides.

Consumer Reports analyzed 10 different brands of ginseng, they found a wide variation in the content of ginsenosides, from 0.4 milligrams/capsule in one brand to 23.2 milligrams/capsule.

Ginseng capsules or tablets usually provide about 100 to 400 milligrams of dried extract, equivalent to 0.5 to 2 grams of ginseng root per day. Generally there are no side effects observed with the use of ginseng. It is suggested that for effectiveness, ginseng be used no longer than three months and then discontinued for one month. Ginseng is contraindicated with stimulants, including the excessive use of caffeine-containing foods and beverages. The safety of use during pregnancy has not been established.

In a 2004 study, a herbal formula called Zhu-xiang that contains ginseng, has been shown to inhibit breast cancer:

“The inhibitory effect of a herbal formula comprising ginseng and carthamus tinctorius on breast cancer.

A compound (Zhu-xiang) from herbal extracts containing ginseng and carthamus tinctorius was used to treat the MDA-MB-231 breast cancer cell and normal human mammary gland cell lines. The inhibition of cell proliferation by Zhu-xiang, epirubicin, 5-fluorouracil and cyclophosphamide was determined by WST-1 assays. The apoptotic effect was studied ...The proliferation index as well as cell cycle progression were also evaluated ...The Zhu-xiang showed significantly inhibition in cell proliferation and the inhibition was dose dependent. The inhibitory effect of Zhu-xiang was significantly greater than commonly used cytotoxic drugs. The inhibitory effect is a result of the induction of apoptosis, which is concentration- and time-dependent. The three different concentrations of Zhu-xiang all exhibited the ability to inhibit proliferation in solid tumour. Zhu-xiang could be a useful anti-cancer compound against breast cancer.”

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter ginseng. Select “100 Results”. Select “Sort by Price: Low to High”.

Further Reading and References

- The Healing Power of Ginseng by Paul Bergman
- Cancer and Natural Medicine by Boik
- The Healing Power of Ginseng and the Tonic Herbs by Paul Bergman
- Miracle Cures : Dramatic New Scientific Discoveries Revealing the Healing Powers of Herbs, Vitamins, and Other Natural Remedies by Jean Carper
- Life Sci. 2004 Nov 26;76(2):191-200.The inhibitory effect of a herbal formula comprising ginseng and carthamus tinctorius on breast cancer. Loo WT, Cheung MN, Chow LW.
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15519364

Korean Red Ginseng

"Korean Red Ginseng contains polyacetylene compounds that promote inhibiting effects on the growth of cancer cells by suppressing its mutation and metastasis, while promoting the activity of natural anti-cancer cells. Korean Red Ginseng's health-promoting effects act on restoring the immune system debilitated by the cancer disease."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter korean red ginseng in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

- <http://www.sanavita.com/ginseng/cancer.html>

PC SPES

PC-SPES is a combination of eight Chinese herbs. These herbs possess anti-cancer, anti-inflammatory, antiviral, and immune enhancement properties.

PC-SPES was developed in the early 1990s by a chemist named Sophie Chen, PhD, who claimed to have developed the formula by integrating modern science and ancient Chinese herbal wisdom. By the mid 1990s, the formula became widely promoted in the United States and was named PC-SPES.

The components of PC SPES are:

- Isatis indigotica
- Glycyrrhiza glabra and Glycyrrhiza uralensis (licorice)
- Panax pseudo-Ginseng (ginseng)
- Ganoderma lucidum
- Scutellaria baicalensis (skull cap)
- Dendranthema morifolium Tzvel (chrysanthemum)
- Rabdosia rebescens
- Serenoa repens (saw palmetto)

PC-SPES has been found to arrest the growth of prostate cancer cells by ten different biological mechanisms:

- Suppresses cancer cell growth
- Reduces intracellular PSA
- Reduces level of PSA secreted into blood
- Decreases the number of androgen receptors
- Decreases the intensity of binding to the androgen receptor

- Decreases clonogenicity (ability of cancerous cells to grow a colony of new cells)
- Slows the cell cycle and prevents tumor cells from going into the S phase (where DNA replication occurs)
- Causes programmed cell death (apoptosis)
- Down regulates BCL-2, which is a gene that resists cell death (apoptosis)
- Sensitizes radiation effects (Makes radiation therapy ineffective)

PC-SPES shows some promise as a treatment for prostate cancer. Investigators found that PC-SPES lowers the level of prostate specific antigen (PSA), a protein secreted by cancerous prostate cells. A small study involving use of PC-SPES for at least 3 months in 9 patients with prostate cancer found that 5 of them responded to treatment as measured by an average decline in PSA levels of 62%.

A decrease in PSA production often means that a prostate tumor is shrinking, but the study did not show that PC-SPES reduced tumor size or slowed the rate at which tumors spread. The study concluded that PC-SPES may prove to be useful in treating hormonally sensitive prostate cancer; but when used with conventional treatments, it may have mixed results.

PC-SPES exhibits strong estrogenic activity. Therefore, side effects of PC-SPES include breast tenderness and/or enlargement, leg and muscle cramps, diarrhea, fatigue, and impotence. More serious side effects are blood clots (in the legs or lungs), heart attack, and stroke.

However, these side effects are typical for high-dose estrogen treatment. Some patients have had allergic reactions to PC-SPES. These patients experienced difficulty breathing and swelling of the face and tongue. Recent reports suggest that PC-SPES may be contaminated with unidentified substances.

Reports from three laboratories show that DES, a carcinogen, was present in their samples of PC-SPES. On the opposing side, the California State Health Authorities have not found any DES in samples of PC-SPES. Some researchers argue that the FDA (Food and Drug Agency) and CDHS's (California Department of Health Services) testing may not be as sensitive as the other laboratories. Therefore, the low levels of DES are not detected.

The DHS (Department of Health Services) had discovered a compound in PC-SPES that they believed was Warfarin, a blood thinner. BotanicLab lab reports showed that this unidentified compound may be Coumarin, an anti-coagulant, which may show up as Warfarin in laboratory tests. The presence of Coumarin may balance the clotting effects of estrogenic properties in PC-SPES. In addition, the licorice in PC-SPES may naturally contain Coumarin.

At this time, PC-SPES has been recalled by its manufacturer due to an FDA ban.

Further Reading and References

- Beating Cancer With Nutrition by Patrick Quillin, et al. Excerpt from page 12 "... on herbs. Astragalus, echinacea, goldenseal, licorice, ginseng, ginkgo, ginger, and PC-SPES are on the golden hit parade of herbs to help you toward recovery from cancer. Work with a professional who can help guide you toward ..."
- http://www.malecare.org/prostate-cancer_104.htm

Sophora

"Adjunct to cancer therapy: Injection of sophora extract, containing mainly the alkaloids, was used as an adjuvant to standard medical therapy in 200 cases of lung cancer, with reported good effects. The injection at 200–400 mg each time, once daily, was reported to counter leukopenia induced by radiation therapy (said to improve the WBC for 21 out of 25 patients); the total dosage of alkaloids used (sum of daily treatments) ranged from 2.8 to 18 grams. The same basic result was found in patients who suffered from leukopenia due to either radiation therapy or chemotherapy, at a dose of 200–400

mg each time, once or twice daily for 4–37 days (total alkaloid dose ranging from 1.6–29.6 grams). It was reported that the effects were rapid: the improved WBC could be detected within one week of therapy in nearly all responding patients. In yet another study, a dose of 400 mg once daily for less than three weeks total time was sufficient to improve WBC in women with gynecological tumors (26 of 30 cases). According to **Anticancer Medicinal Herbs**, in the treatment of cancer, subprostrata has the function of stimulating the immune mechanism rather than inhibiting cancer cells directly."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter sophora. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

- <http://www.itmonline.org/arts/sophora.htm>

Qian-Hu/Peucedanum Root

Qian-hu is a traditional Chinese medicine that "completely suppressed tumor formation" for up to 20 weeks, without toxic side-effects, according to an article in *Carcinogenesis* 1990:11:1557-61.

It contains a form of coumarin called Pd-II.

Also see [Anticoagulants](#).

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter qian-hu in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

- *Carcinogenesis* 1990:11:1557-61.

Ayurvedic Medicine

MAK-4 (Amrit) and MAK-5

MAK-4 and MAK-5 are Ayurvedic herbal compounds developed by Maharishi Ayurved that have been found to be effective in the control of side effects during chemotherapy and to inhibit tumor formation and spread.

"This mixture [MAK-4] contains potent phytochemicals and has many beneficial properties, without any toxic side effects. Research has shown that it decreases the toxic effects of chemotherapy in cancer patients. This herbal mixture has also been shown to decrease tumor formation and its spread under experimental conditions, in the areas of breast cancer, lung cancer, liver cancer, neuroblastoma (a tumor of the nervous system), and melanoma. The book [The Answer to Cancer] goes into detail about the research conducted on Amrit and we give instructions on how to take it."

Research summaries for MAK-4 and MAK-5 are available at <http://www.mapi.com/en/research/index-cancer.html>.

Sources

Maharishi Ayurveda Products http://www.mapi.com/en/self_care/system-amrit.html
Ph (800-255-8332) Outside USA call: 1-719-260-5500

Further Reading and References

- The Answer to Cancer by Dr. Hari Sharma and James G. Meade
- <http://www.mapi.com/en/newsletters/newsletter02jul.html>

Carctol®

Ayurvedic specialist, Dr. Nandlal Tiwari, has been treating terminally cancer patients with his special herbal cancer therapy for the past 20 years with an acclaimed measure of success. This treatment is based in India, on the ancient Indian science of Ayurveda.

He invented Carctol from experiments using information gathered from the tribals in Assam forests in India during his research on herbs. He claims that his findings proved effective in almost all types of cancer. Dr. Tiwari treats only terminally ill patients and claims to have a success rate of 30% to 40%. He feels that modern medical practitioners should take up research projects using Carctol to understand how Carctol works on the body.

Carctol is a blend comprising eight herbal ingredients, which Dr Tiwari found after much rigorous trial and experiment.

"Ayurvedic treatment works because of the correct mixture of the herbs. It is different from the medicines prescribed by general practitioners because of their chemical ingredients."

Ingredients per capsule are:

Blepharis Edulis	200 mg
Piper Cubeba Linn	120 mg
Smilax China Linn	80 mg
Ammani Vesicatoria	20 mg
Hemidesmus Indicus	20 mg
Lepidium Sativum Linn	20 mg
Rheumemodi Wall	20 mg
Tribulus Terrestris	20 mg

Dr. Tiwari has been receiving recognition from all over the world He has traveled and treated patients worldwide, including Germany, Australia, Sweden, Britain, and Kenya and has appeared on a BBC television documentary and several documentaries in India.

The Daily Telegraph (UK) reported the story of Gwen Garner, a lady of advancing years, who had both a primary bladder cancer and a secondary pancreatic cancer. Being told there was nothing more the doctors could do, she went on a course of Carctol. Within 6 months the pancreatic cancer growth had stopped; the original bladder cancer disappeared.

The product is supposedly excellent when used during radiotherapy and chemotherapy, preventing patients from becoming neutropenic (i.e. there is no compromise of white cells). This would give the body more of a "fighting chance". The oncology unit of Strongbrook Hospital, New York, reports Carctol as a positive factor in the health of a two-year-old with cancer. She had no negatives during chemotherapy and even put on weight.

While using Carctol, a vegetarian diet is recommended. As a minimum, patients are advised not to eat "acid foods" like unripe fruits, tomatoes, vinegar or oranges. Carctol works best with a good digestive system.

Carctol is distinguished from other conventional anti-cancer drugs for the fact that it does not cause any side effects, has zero toxicity, and is backed by pharmacological data. Besides healing cancer, it apparently also neutralizes toxicity produced by chemotherapeutic agents.

It is recommended as a preventative as well, for example, for people in families with a raised risk of cancer.

Normally, one capsule is taken four times per day, but a maximum of eight is not unusual. Pre-boiled and cooled water is recommended, not tap water.

The effect is supposed to be slow and steady. A two-month trial is the minimum essential period, but more normally a six-month period is recommended with follow up periods.

Clinical trials are described at <http://www.anticancerherb.com/carctrials.htm>

Carctol is available on prescription in the U.K. but apparently it makes a significant difference to those cancer patients on chemotherapy.

See also [Dr. Rosy Daniel](#).

Source

Carctol can be ordered from anywhere in the world, at <http://www.herbscancure.com/carcorder.htm>

Ph: (+91) 981 8181405 (India)

Fax: +91 129 5003781

Further Reading and References

- The Cancer Prevention Book: Holistic Guidelines From the World-Famous Bristol Cancer Help Centre by Rosy Daniel, et al
- <http://www.anticancerherb.com>

Urine Therapy

Dr Danopoulos/Carbatine

Dr. Evangelos Danopoulos, professor at the Medical School of Athens University in Greece, created the drug Carbatine for fighting skin cancers. Carbatine is a combination of creatine hydrate and urea, a chemical derived from urine.

In hundreds of cases of skin, eyelid, and lip cancer, Professor Demopoulos, through injecting a 20% urea solution around the tumors and by applying urea powder to ulcerated skin tumors was able to realize a 99% success rate.

Many more cancers, including liver cancer, have been helped by Carbatine because it destroys the "water" matrix surrounding and protecting cancer cells, thus opening them to attack by the body's immune system.

Danopoulos is used at the Issels Treatment Centre in Tijuana, "to reduce disease burden". The clinic is at http://www.issels.com/reply_oasis.asp. The toll-free phone number is 1-888-4-ISSELS (1-888-447-7357), or telephone (480) 585-6804

This is an excerpt from their treatments page:

"Urea and creatine (Danopoulos), in certain cases, may lead to tumor regressions by helping the immune system to penetrate tumor shields."

Approximately 30g of urea is excreted daily in human urine. Urine-derived products have been used in cancer treatment since the 1940s, although they remain controversial. When given orally, urea reaches high enough concentrations in the liver to inhibit cancer growth. Specifically, urea appears to work against solid tumors by destabilizing components called fibrin stroma; it also works against the formation of new blood vessels in tumors (angiogenesis).

Observations made over an 11-year period by Dr. Danopoulos indicate substantial clinical benefits from using urea to treat liver cancer. Significant healing responses were reported in 15 of 22 patients diagnosed with cancer that had metastasized to the liver. Since the liver is the only organ that shows high concentrations of urea after oral administration, this therapy may not be effective against cancers other than those of the liver.

Carbatine can be consumed orally; however, Blood Urea Nitrogen (BUN) levels must be monitored daily.

"For liver cancer, urea can be used if your BUN levels are tested once a week, and kept at 35-40. A solution of 25 grams of creatine hydrate is mixed with 15 grams of urea (the mixture is called Carbatine)... in a quart of water, shake well and drink 1/7th of the mixture every hour and a half. Monitor BUN levels: if low, add 5 grams of urea; if high, subtract 5 grams. When taken orally after bowel surgery, only 25% developed lung or liver metastases over the two years following surgery. [Clinical Oncology, 1977, 3]

A good enema is 15% urea and saline solution."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search. Enter urea or creatine hydrate. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

- http://archive.mayashastra.org/References/Health/Herbal_Remedies/Cancer/notes.html

H-11

This form of cancer therapy was originated by the London Professor James H. Thompson who in the nineteen-thirties was looking for a substance he called a "growth inhibitor", supposedly secreted by the parathyroid gland, that ensures that

once the body is fully-grown, the growth rhythm is adapted to maintaining the status quo.

Thompson reasoned that if this "growth inhibitor" was injected into the human body, it would disperse throughout the organism and fulfil its growth inhibiting task. In a mature healthy body this substance would, after, as it were, its tour of inspection round the body, not be broken down but secreted. Thompson proceeded with his hypothesis by suggesting that in an unhealthy body, where growth (for example, cancer) is taking place, the growth inhibitor would be drawn to that place and there fulfil its inhibiting function.

In order to test his theory Thompson and his colleagues experimented with animals.

His first experiments were with parathyroid extracts which he injected into rats and mice with tumors. In all cases, he noted that after a few days the tumor ceased to grow. After further injections with the parathyroid extract, the volume of the tumor gradually decreased. Upon microscopic biopsy, he noticed that the tumor seemed to be encapsulated and that as a result the malignant cells could not multiply or metastase.

Further experiments on animals also pointed in this direction. In numerous experiments on mice with Twort-carcinomas, Thompson and other researchers noted, independently of each other, that growth was not only arrested but in certain cases there was a decrease in the tumor mass.

Thompson's problem was now to isolate the "growth inhibitor". He decided to examine healthy human bodies for secretions for "growth inhibitors". Based on his hypothesis Thompson suggested that these "growth inhibitors" ought to be found in urine.

Urine extracts had in fact turned out to be retardants of tumoral as well as normal tissue as numerous investigations have shown, including those by Nobel Prize winner Szent-Gyorgi, which all point in the direction of the growth and tumor inhibiting property of urine extracts.

Building on these findings, Thompson then isolated a polypeptide from urine taken from healthy adults. In the meantime H -11, a product extracted from human urine, had been put to clinical use.

In 1948, subjective as well as objective improvements had been achieved with the use of the H -11 preparation on cancer patients.

By 1950, Thompson had already treated 2,277 patients suffering from an enormous range of non-operable tumors with the H -11 extract.

He was reported to achieve satisfactory results in 70% of cases.

Other clinical applications of H -11 also achieved objective as well as subjective improvements. The subjective improvements were a decrease in pain and in other symptoms such as vomiting, coughing, ascites and jaundice plus a significant improvement in general well-being, with the result that some bedridden patients got up and walked.

The objective results included the inhibition of growth in primary tumors and/or of the metastases whereby in many cases patients survived significantly longer. In certain cases, there was even tumor regression and on occasion even a reversion of the tissue from tumoral to normal tissue.

In 1962, researchers reported on clinically observed tumor retarding properties of the H-11 therapy on bronchial carcinomas.

Other clinical experiments included studies of H-11 therapy for carcinomas of the alimentary tract (carcinoma of the oesophagus, stomach, caecum and rectum, with or without liver metastases), breast carcinomas, and tumors of the uterus, cervix and ovaries where the observed inhibition was 79%, 74% and 70% respectively.

Brain tumors, including neuroblastomas, meningiomas, and astrocytomas reacted favourably to treatment with H-11. Cancers of the bladder with or without metastases, and kidney cancers also reacted favorably. Lymphosarcomas also produced good results. Osteosarcomas, however, responded less favourably (50%). Malignant skin melanomas were improved with the H-11 therapy and neo-plastic relapses did not occur.

Administration was orally (liquid or tablets) or deep subcutaneously, just above the muscle layer. Suppositories and salves were for local application.

H-11 was deemed suitable for all tumors with their histological sub-groups and metastases, except anaplastic tumors as less favorable results are obtained with these. There was no evidence to justify the use of H-11 for leukemia.

Sources

Last record of the manufacturer is Standard Laboratories Ltd., Windmill Road, Sunbury-on-Thames, Middlesex TW 16 7DT, England. Last record of a distributor is Bureau Central d'Information, Medicina S.A. 19, rue de la Croix-d'Or, Geneva, Switzerland

Phone. (022) 28.37.33

Further Reading and References

- <http://www.karlloren.com/biopsy/book/p9.htm>

Urea

Urea, which comes from urine, is used to destroy the "water" matrix surrounding and protecting cancer cells. All of a sudden the colony of cancer cells are suddenly unable to feed due to the loss of these watery hydrophobic bonds, and the cancer is unprotected from the body's immune system which previously could not detect it.

J.H. Lawrence, a British scientist during World War II, found that a substance in urine seemed to have anti-tumor activity in animals. His work has since been refined and carried on by various researchers worldwide.

J. W. Armstrong in his book **The Water of Life** relates many cases of medically diagnosed cancer that appeared to be cured after a urine fast usually lasting for about three weeks, drinking nothing but one's own urine and additional water. With this, Armstrong regarded cancer as rather easy to cure; "child's play" he called it, except if someone had previously already received radiotherapy.

The Greek Professor of Internal Medicine, E.V. Danopoulos, discovered that urea was the most potent anti-cancer factor in urine. At first, he treated several liver cancer patients with it who subsequently recovered and then he also used it successfully with many other advanced cancers. However, after the publication of his results in the **Lancet** in 1974, he experienced increasing harassment and retired from medical practice. See **Dr. Danopoulos**.

At a 1996 conference on the benefits of auto-urine therapy (that is, drinking one's own urine), Dr. Ming Chenliao of the Long Life Biomedical company in Hefei province China, made strong claims for urine's beneficial effects against cancer. He claimed that 47% of cancer patients treated in this way were cured of their cancer.

At the same conference a Japanese researcher, Dr. Shigeyuri Arai, researcher at the Hayashibara Biochemical Laboratories in Okayama, Japan claimed a success rate of 73% with cancer patients. Over 200,000 Japanese gargle or drink urine every day and this therapy is promoted by Japan's Miracle Cup of Life Institute. Urine drinking is also increasing in popularity in Europe, particularly in Germany.

Dr. Burzynski who developed the antineoplaston therapy derives his peptides from urine. See **Dr. Burzynski**. He says:

"Urine is not really waste material, but probably the most complex chemical mixture in the human body, and therefore it can deliver us virtually any information about the body. So from the cybernetic point of view it is just a treasure of information."

The use of extracts derived from urine, is not new. During the second world war, British cancer researchers tested a urine derived product which they called H-11. See **H-11**.

One of the major constituents of urine is urea. The average adult human excretes about an ounce of urea a day. Urea has no side effects. In animal studies, urea has been injected directly into tumors, particularly melanomas, and it has been claimed that they regressed or were eliminated.

While it is virtually non-toxic, American researchers suggest that the maximum concentration to be used should be 40%.

It especially appears to work well with liver cancers. Urea can be taken orally and this has, it is claimed, a strong beneficial effect on the liver and through that to the lungs. One way thought to make it more effectively distributed to other tissues and organs is to mix the urea with creatine hydrate, a chemical that also has a history of being used to fight cancer, being the supposedly active ingredient of a much maligned anti-cancer drug known as Krebiozen. Also see **Krebiozen**.

Sources

Pharmaceutical grade urea may be available through normal pharmaceutical companies.

Typical directions for mixing: 28 grams of urea are dissolved in a quart of water. This quart is divided into seven portions. One portion is drunk every 90 minutes through the waking day. This can be taken with 3.5 grams of creatine hydrate, divided into seven doses of 0.5 grams and eaten with a peanut butter sandwich to mask its unpleasant taste.

Innovative Therapeutics sell a combined pack of urea, creatine mono hydrate and potassium at <http://www.innovativetherapeutics.com/detail.aspx?ID=30>

Identify other sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter urea. Select "100 Results". Select "Sort by Price: Low to High".

Or you can, as many Asians and Europeans do, drink your own urine.

Further Reading

- The Water of Life by J. W. Armstrong
- Golden Fountain : The Complete Guide to Urine Therapy by Coen Van Der Kroon, Volker Moritz
- Urine Therapy: Nature's Elixir for Good Health by Flora, Ph.D. Peschek-Bohmer, et al
- Miracles of Urine Therapy by Beatrice Bartnett, Margie Adelman
- Second World Conference on Urine Therapy by Cohen Van Der Kroon, Coen van der Kroon
- Urine Therapy by John F. Oquinn
- Urine-Therapy: It May Save Your Life by Beatrice Bartnett
- Auto-Urine-Therapy from Lifestyle Institute
- Urine Therapy: Self-Healing Through Intrinsic Medicine by C.P. Mithal

References

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=14586289

CDA II

A Chinese pharmaceutical company reported that in a clinical study, its urine-derived cancer drug CDA-II cured 61% of patients, compared with a 30% cure rate for chemotherapy.

Its inventor, Dr. Ming C. Liau hypothesized on the effect of methionine in cancer cell differentiation.

"Methionine obstructs the differentiation of cancer cells, thus allowing cancer cells to live much longer than the normal cells. Ordinary meats from the animals are much higher in methionine content compared to vegetables, grains and fruits. This is one of the reasons why a vegetarian diet helps in cancer treatment."

In 1996, after reading the seventh volume of the **Miraculous Urine Therapy** edited by Dr. Sano, Dr. Liau contacted Dr. Sano in Japan to discuss the feasibility of adding CDA-II to Dr. Sano's urine therapy. Dr. Sano was very receptive, and immediately used CDA-II in his protocol for cancer patients. The results were very positive. Below are the clinical results of using urine therapy, laetrile therapy, Gerson therapy, and CDA-II at Dr. Sano's Hospital from 1996-1997.

Of 50 patients treated, 46 patients were regarded evaluable, who had been treated with CDA-II for more than 4 weeks. These are data provided by Dr. Kamataro Sano of Sano Surgical Hospital, 22-4. Aosawa 2 Chome, Kofu, Japan.

Complete remission. Total eradication of tumors. Dramatic increase of appetite, also dramatic improvement on respiration, pain, and cough.	4 patients	8.7%
Partial remission. Decrease of tumor size over 50%. Good appetite, also good improvement on respiration, pain, and cough.	16 patients	34.8%
Improvement. Decrease of tumor size less than 50%. Recovery of appetite, also noticeable improvement on respiration, pain, and cough.	13 patients	28.2%
No change. No significant change of symptoms.	8 patients	17.4%
Disease progressive. Tumors increasing. Worsening to result in death.	5 patients	10.9%
Total	46 patients	

CDA-II is currently in Phase III trials in China.

Source

<http://www.everlife.com.cn/>

Further Reading and References

- <http://www.brave-souls.com/>
- Miraculous Urine Therapy edited by Dr. Sano

Topical Treatments

Bloodroot/Sanguinaria canadensis

Bloodroot is a key ingredient, along with zinc chloride, in almost all topical salves used in the treatment of skin cancer. For more than a hundred years, bloodroot has been successfully used to treat skin cancers. However, some believe bloodroot should not be taken internally, even in small doses.

"Researchers have isolated the alkaloidal principle, sanguinarine, as the anticancer constituent."

Sanguinarine has been shown to cause cell cycle blockade and apoptosis of human prostate carcinoma cells. Sanguinarine has an antiproliferative and apoptotic response for cancer cells versus normal cells.

"Sanguinarine, derived from the root of Sanguinaria canadensis, has been shown to possess antimicrobial, anti-inflammatory, and antioxidant properties. Here we compared the antiproliferative and apoptotic potential of sanguinarine against human epidermoid carcinoma (A431) cells and normal human epidermal keratinocytes (NHEKs). We suggest that sanguinarine could be developed as an anticancer drug."

Sanguinarine's antiseptic properties also reportedly gives it the ability to prevent bacteria from forming plaque and is modestly effective against several types of oral bacteria and helps reduce the amount of dental plaque in the mouth.

Sanguinarine is also found in the Greater Celandine (*Chelidonium majus*) a herb common along roadsides in Europe and elsewhere.

Also see [Cansema](#) and [Ukrain/ Greater Celandine](#).

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter bloodroot herb.

Further Reading and References

- http://www.cancertutor.com/Other/Big_List.htm
- Sanguinarine causes cell cycle blockade and apoptosis of human prostate carcinoma cells (August 2004)
- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15299076
- Differential antiproliferative and apoptotic response of sanguinarine for cancer cells versus normal cells. Clin Cancer Res. 2000 Apr;6(4):1524-8.
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=10778985
- <http://www.myvitanet.com/pecogumso1oz.html>

Cansema/Can-X/Cansemal/Bloodroot Paste/SilverAloe Healing Salve

Cansema is an escharotic developed by Alpha Omega Labs, but it is no longer available from this company since the FDA stopped operations in September 2003 and incarcerated the chief herbalist, Greg Caton. Alpha Omega Labs tells their story at http://www.goodhealthinfo.net/cancer/fda_panacea.htm. An appeal was sent out to Alpha Omega customers, asking for letters - testimonials, character references, requests for leniency - to present to the judge. A barrage of emails that, when printed out, yielded a two-inch-thick stack of letters, was received. Tens of thousands of people have reportedly been helped by Cansema and the Alpha Omega website at

<http://www.altcancer.com/index5.htm> contains extensive testimonials. The website remains available as an information resource.

Alpha Omega had provided the following guarantee:

"If instructions are followed, Alpha Omega guarantees 100% success in the removal of dermal or epidermal malignant lesions, including basal cell, squamous cell epitheliomas and even melanomas -- regardless of type or size... or the treatment is free and payment is refunded."

One testimonial from the Alpha Omega website:

"Case #091403: Cansema Salve / Quikheal Green & BCC's

This was my 4th basal cell carcinoma in about 20 years. Previously had surgery, but this last one on the tip of my nose, did not have much underlying tissue. I assumed a dermatologist's care would involve skin grafting and a fairly large scar. So for 2 years I, at various times, attempted to treat the lesion with a poultice of vitamin C and DMSO or a salve which contained a glycoalkyloid. These applications produced a scab but no erosion of the basic lesion. And gradually the lesion was getting larger. Then I learned of Cansema on the internet.

One 24 hour application of Cansema. After 16 hours I experienced slight discomfort. It felt as if someone were pinching my nose just slightly with a pliers. Enough to make me aware. This minor discomfort persisted for 3 days. There was also slight edema and a large area of redness.

Because I'm a practicing chiropractor, meeting people, I kept a light bandage over the not too attractive eschar. Exactly 7 days after the first and only application of Cansema, the eschar, about 3mm in diameter, fell off. I was using Quikheal Green around the eschar and it caused a very slight itching. I was just lightly stroking around the eschar and it fell off. I was very pleasantly surprised!!

Within 2 days a not too objectionable scab formed which I continued to treat with Quikheal Green. Exactly 7 days after the eschar fell out or off, the scab fell off. I now have a slightly discolored, 3mm in diameter, excavation or depression on my nose which doesn't look bad at all and which I continue to treat with Quikheal Green. I'm confident this depression will gradually even out with the adjoining tissue.

I could not be more pleased with this very simple solution to what could have been an involved problem. Imagine, 14 days in all and I fooled around for 2 years."

A recipe for Cansema is reported at:

<http://www.mnwelldir.org/docs/cancer1/altthrypy.htm#cansema>

".... for a black paste very similar to the cansema and is a preferred paste for melanoma and all suspect skin cancer like lesions. This paste also has worked well for all manner of cancers provided that they have become exposed to or close to the surface of the skin.

1/2 cup powdered Blood Root (Sanguinaria Canadensis)

1/2 cup Zinc Chloride, crystals or liquid

1/2 cup common white flour

1 1/2 cup warm water

100ml Chaparral extract or 100gm of powdered Chaparral (Larrea mexicana)

Pre-mix all but the water, thoroughly, before adding to the water. Using a stainless steel double boiler. Put in water, then stir in the other ingredients. Stir in well using a wooden spoon. Cook for thirty minutes over boiling water, stirring constantly. Application is much the same as cansema. Apply a thin layer (2-3mm) of the paste over the affected area and cover for 24 hours. Then remove the covering but do not disturb the lesion at all, do not attempt to pull the cancer out at any time, it should fall out in 10 days or so. Some people with sensitive skin put Vaseline (however we recommend coconut oil or Healon PF) around the cancer so that the paste does not irritate the skin."

Sources

One alternative to Cansema is Can-X which can be found at <http://www.canxproducts.com>

Original formula Cansema and additional alternatives are obtainable from Centreforce Australia, PO Box 227, Gin Gin Qld 4671 Australia Phone +61 (7) 41574262 Fax +61 (7) 41574446 Email bevan@centreforce.com Website <http://health.centreforce.com>

Centreforce Cansema Black Salve

"Ingredients: Bloodroot, Galangal, Red Clover, Sheep Sorrel, Graviola. This Black Salve is similar to the well known Can-X, an alternative product to Cansema, formulated without the aggression and proven affects of Chaparral and Zinc Chloride."

Centreforce Cansema Black Salve

"Ingredients: Bloodroot, Galangal, Chaparral, Glycerine, Bitter Melon, Graviola, Zinc Chloride. This Salve is true to the original "Cansema" from Alpha Omega Labs, famous for it's efficiency at getting the job done."

Centreforce Cansema Deep Tissue

"Ingredients: Ingredients: Bloodroot, Galangal, Chaparral, Ginger root, Zinc Chloride, Graviola, Emu Oil and pharmaceutical-grade DMSO. True to the original "Cansema Deep Tissue" from Alpha Omega Labs, with it's proven effectiveness when you need to penetrate further than skin deep."

Centreforce Cansema Salve for Cats, Dogs & Horses

"Centreforce Cansema Salve for Cats, Dogs & Horses Ingredients: Ingredients: Bloodroot, Galangal, Chaparral, Ginger root, Zinc Chloride, Graviola, Emu Oil and pharmaceutical-grade DMSO. True to the original "Cansema Salve for Cats, Dogs & Horses" from Alpha Omega Labs, with the same proven effectiveness of penetration as "Cansema Deep Tissue", formulated specifically for Animals."

Centreforce Bloodroot Paste

"Ingredients: Purified water, bloodroot powder, red clay, glycerine, zinc chloride. Bloodroot (*Sanguinaria canadensis*) has long been known for its strong medicinal properties, especially with respect to its curative action in treating a wide variety of skin disorders."

Centreforce SilverAloe Healing Salve

"Ingredients: Aloe Vera, Colloidal Silver, Manuka Honey, Purified Water Centreforce SilverAloe Healing Creme profoundly stimulates healing in skin and other soft tissues in a way unlike any known natural process, kills the most stubborn infections of all kinds, including surrounding bacteria and fungus."

Warning: The people at Alpha Omega Labs have warned customers on their website not to order from <http://www.bloodrootproducts.com> aka Risingsun Health because of customer complaints of misrepresentation and of products not working.

Further Reading

- Cancer Salves: A Botanical Approach to Treatment by Ingrid Naiman
- Beating Cancer With Nutrition by Patrick Quillin, et al. Excerpt from page 193 "... escharotics (selectively burn away cancerous tissue when applied topically) of Cansema or Curaderm ..."

References

- <http://www.altcancer.com/index5.htm>
- <http://www.mnwelldir.org/docs/cancer1/altthrp.htm#cansema>
- <http://www.canxproducts.com>
- <http://health.centreforce.com>

Castor Oil Packs

Castor Oil Packs were a favorite of medical intuitive Edgar Cayce, especially for breast cancer. Heated castor oil packs can be used anywhere on the body where cysts, tumors, or fibroids are, to help break up and draw out toxins. Hot packs can

be used 3-4 times a week for at least 30-40 minutes at a time. A hot water bottle can be placed over the pack to keep it warm.

Also known as Palma Christi, castor oil has been in widespread use for healing for hundreds of years. Records exist of the therapeutic use of castor oil in ancient India, China, Persia, Egypt, Africa, Greece, Rome, the Americas, and in 17th century Europe.

Castor packs are made by saturating a piece of wool or cotton flannel, folded into four thicknesses, with cold-pressed castor oil.

The oil-saturated flannel is then placed directly on the skin and covered with a piece of plastic.

Heat, in the form of a hot water bottle or heating pad is then applied over the pack and the plastic.

A blanket or towel can be placed over the heat source to keep everything in place. The patient then reclines, with the castor oil pack lying on the area being treated, for a minimum of 60 minutes. Some are recommended up to 3 hours.

Typical application instructions are as follows:

The disposable packs are plastic coated on one side for convenience. Simply pour the castor oil on the absorbent side up, with your heat source lying beneath it to warm it up, and then flip both onto the area to be treated. The disposable packs can be re-used 8 to 12 times, if desired. These sheets can also be used together with a regular, flannel castor oil pack, as protective sheeting for clothing and bedding.

Cayce consistently recommended them for tumors near the surface. It was thought by many to pull the tumors from the body. However, clinical research also shows increased T-cell, NK (natural killer cells), and macrophage activity. Cayce also recommends placing it over the liver for liver stimulation.

Sources

At nearly every health foods store, castor oil and wool or cotton flannel pads are readily available. You can store your oily pad in a plastic bag, and you need not store it in the refrigerator as castor oil is one of the most stable oils available.

Also identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter castor oil pack in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

- A Physician's Diary by Dr Dana Myatt
- <http://www.caycecures.com>

Escharotic Salves

Escharotic salves represent an aggressive approach to the treatment of certain cancers compared to other natural and alternative treatments. The treatment is also known as **botanical surgery**. This is one modality where one is certain that there will be results in every one of the treated cases. Due to the very nature of the therapy, it apparently has shown efficacy with several cancers such as melanoma, and various skin cancers. It is said to be highly effective for breast cancer.

The salve has also apparently been used successfully on inoperable tumors, pancreatic cancer, lung cancer, colon cancer, and other cancers as a last resort.

An Escharotic salve is a thick salve, or paste, made of Native American herbs placed on a small spot on the skin, close to a diagnosed or suspected malignancy. The salve will cause the skin to react, but if there is no malignancy, nothing will happen. However, if there is a malignant tumor present within the tissue under the selected spot the salve forces the body to eject the tumor by bringing it to the surface, until it completely emerges and detaches itself from the skin.

The process usually begins with a pus-like fluid oozing through the lesion, then within 2-3 weeks the main tumor will emerge, without the need for any interference, and repeatedly with no danger of metastasis. In some cases, the tumor doesn't come out as a solid object, but as a thick fluid, or, in the case of prostate cancer, for instance, as a number of granules or jelly-like globules. If the cancer is melanoma, or another type of skin cancer, the salve is claimed to eliminate the condition through topical action.

Although they have a long history in North American and English medicine, the salves have been totally eradicated from standard medical practice.

Dr. Kurt Donsbach, author of many publications on nutritional supplements and alternative medicine, states in his brochure, issued by his private cancer clinic:

"The most common form of orthodox therapy (for melanoma) is to surgically remove or burn them. All too often this is temporary (solution) at best and the recurrence rate is very high. As noted before (in the brochure), melanoma is extraordinarily aggressive and, for many, the diagnosis of melanoma is the beginning of the end. But there is another way!

Escharotics belong to a group of compounds that are capable of producing a scab when applied to the skin. More specifically, when an Escharotic is applied to visible cancer areas, the following sequence of events will occur:

First, there will be mass destruction of the cancer cells but not of the normal cells.

Second, you will have pus formation with a scab forming over the area.

Third, there will be a sloughing off of the scab, leaving a non-cancerous "pit" or cavity.

Fourth, all of this will heal over and leave a slightly depigmented area with a slight scar.

This entire procedure will take from 5 to 15 days on the average. The absolute most remarkable fact about this treatment is that, to our knowledge, there has never been a single secondary infection from using the product that we use in our clinics" he says. There are several formulas on the market, some dating back almost 100 years with a basis of Indian folklore."

An amazing phenomenon is evident when one uses these formulations. If you have a suspicious skin growth, you can apply the Escharotic ointment once and observe for a period of several days. If an eschar (pus which scabs over) forms, it is cancer; if it doesn't, the growth is benign. Some doctors apparently use this method to diagnose suspicious growths.

Although the Escharotic ointment is capable of removing larger tumors from beneath the skin, it is not recommended for home use, that is, without the guidance of a qualified professional.

Anecdotal evidence is overwhelming such as, the account of a doctor who brought out a tumor from her breast by this method. According to practitioners skilled in this procedure, when a woman is diagnosed with a tumor in her breast, before any surgical intervention, even before a biopsy, an expert should be contacted and a treatment with Escharotics should be discussed.

Escharotic salves often include herbal extracts of Chaparral (*Larrea tridentata*), Zinc Chloride, Cayenne (*Capsicum frutescens*), Bloodroot (*Sanguinaria canadensis*), Red Clover (*Trifolium pratense*), Birch Bark (*Betula alba*), Burdock Root (*Arctium lappa*), and Irish Moss (*Chondrus crispus*), and sometimes DMSO (dimethyl sulfoxide).

The salves are often used in conjunction with internal preparations. Hoxsey Clinic uses both internal and external formulas.

There are some warnings that should be heeded when deciding whether to use the salves. Be sure to do your research, including reading Ingrid Naiman's book which includes formulas. It reportedly can cause pain, scarring, and holes if not done properly.

Cansema is an example of an escharotic salve, and there are many testimonials including video testimonials on the Alpha Omega Labs website at <http://www.altcancer.com/index5.htm>. **See Cansema.**

Sources

See Sources for Cansema.

Identify other salves on Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter escharotic salve. Select "100 Results".

Further Reading and References

- Cancer Salves: A Botanical Approach to Treatment by Ingrid Naiman
- Beating Cancer With Nutrition by Patrick Quillin, et al. Excerpt from page 193 "... escharotics (selectively burn away cancerous tissue when applied topically) of Cansema or Curaderm ..."
- Alpha Omega Labs website at <http://www.altcancer.com/index5.htm>

Glycoalkaloids/Skin Answer/Curaderm/Devil's Apple - Solanum sodomaeum

In the early 1980's, a veterinarian alerted an Australian medical researcher to the effectiveness of the juice from the Devil's Apple weed in stopping the growth of cancer around the eyes in cattle. This plant is also known as Kangaroo's Apple and Sadam's Apple. Its scientific name is *Solanum sodomaeum*. When the juice from this weed is applied to skin cancer, the glycoalkaloids, and in particular the Solasodine glycoalkaloid, have the ability to attach to cancer cell receptor sites, permitting the Solasodine to attack lysosomes and mitochondria within the cancer cell causing cell rupture and death.

Many fruits and vegetables produce glycoalkaloids as a defense against insects and other animals. Medical literature on the use of glycoalkaloids-rich plants in the treatment of cancer go back to Galen in the Second Century A.D. Recently, *in vitro* and *in vivo* studies have shown anticancer effects in glycoalkaloids extracted from a variety of plants in the *Solanum* family.

Against skin cancer, glycoalkaloids are thought to work by exploiting differences in cell wall permeability between healthy and abnormal skin cells. As skin cells undergo the transformation from healthy to pre-cancerous to cancerous, they develop receptor sites specific to the sugar moiety or "glyco" portion of the glycoalkaloid molecule.

Once attached to these receptors the glycoalkaloid molecules are transported through the cell wall of abnormal skin cells, where they trigger the release of enzymes in the lysosomal portion of the skin cancer cell that literally digests the cells from the inside out, rapidly causing cell death. Under a microscope, the cells actually appear to explode.

As the abnormal cells die, normal healthy skin cells replace them. Normal cells lack the specific receptors that develop on skin cancer cells. They do not absorb the glycoalkaloid molecule and are spared its destructive effects. In cancer treatment, the Holy Grail is the targeted therapy, one that attacks cancer cells and spares healthy cells — exactly what is taking place here.

The glycoalkaloid cream only produces the redness, inflammation, and ulceration that are the signs of cell death where abnormal cell types are present. Healthy cells at the margins of lesions are unaffected.

In one study of the action of *Solanum sodomaeum* on skin cancers:

"A cream formulation containing glycoalkaloids purified from the plant species *Solanum sodomaeum* L. is effective in the treatment of the malignant human skin tumours; basal cell carcinomas (BCCs), squamous cell carcinomas (SCCs) and the benign tumours; keratoses and keratoacanthomas. Histological analyses of biopsies taken before, during and after treatment give compelling evidence of the efficacy of the formulation. The treated lesions did not recur for at least 3 years after cessation of therapy. The observed complete regressions were; 20/24 for the BCCs; 5/6 for the SCCs; 23/23 for the keratoses; and, 9/9 for the keratoacanthomas. Biochemical, haematological and urinal analytical studies demonstrated that there were no adverse effects on the liver, kidneys or haematopoietic system during treatment. Normal skin treated with the formulation likewise was free from adverse histological or clinical effects. The data

indicate that glycoalkaloids of this type are therefore potentially useful in the treatment of several types of human skin cancers."

In spite of tremendous opposition from the medical community, the glycoalkaloids have been used for several years now and have shown no serious or long-term side effects.

Skin Answer is a blend of plant-derived glycoalkaloids and natural moisturizers. Dermatologists recommend Skin Answer to exfoliate skin damaged by over exposure to the sun.

Dr. David Williams says:

"I've seen all the data.... I've been conducting tests with Skin Answer myself for months. By rubbing on Skin Answer five or six times a day, I've seen cancer lesions disappear in as little as four weeks. And I've watched keratoses as large as a quarter vanish in fourteen days. This stuff is truly amazing. Remember nearly all of us will experience keratoses in our lifetime. And at least half of us will develop skin cancer."

In human studies of 42 females and 44 males, the compound was applied twice a day for a period of three months. Three kinds of cancer-type lesions, including keratoses, basal cell carcinomas, and squamous cell carcinomas were apparently 100% cured with no scarring.

"A cream formulation containing glycoalkaloids purified from the plant species *Solanum sodomaeum* L. is effective in the treatment of the malignant human skin tumours; basal cell carcinomas (BCCs), squamous cell carcinomas (SCCs) and the benign tumours; keratoses and keratoacanthomas. Histological analyses of biopsies taken before, during and after treatment give compelling evidence of the efficacy of the formulation. The treated lesions did not recur for at least 3 years after cessation of therapy. The observed complete regressions were; 20/24 for the BCCs; 5/6 for the SCCs; 23/23 for the keratoses; and, 9/9 for the keratoacanthomas. Biochemical, haematological and urinal analytical studies demonstrated that there were no adverse effects on the liver, kidneys or haematopoietic system during treatment. Normal skin treated with the formulation likewise was free from adverse histological or clinical effects. The data indicate that glycoalkaloids of this type are therefore potentially useful in the treatment of several types of human skin cancers."

In one case, a woman had several basal cell carcinomas on her nose; physicians told her that she would likely lose her nose and have it replaced with a plastic prosthesis. After treatment with the compound formulated into a cream called **Curaderm**, the cancers began to ulcerate and slough off, leaving the cartilage in her nose visible. By the end of 13 weeks, her nose had entirely re-grown to its original shape with no evidence of any tumors remaining.

One clinical trial tested a group of patients with 13 keratoses, 12 basal cell carcinomas and 3 squamous cell carcinomas. After 4 to 8 weeks of treatment, 27 out of 28 patients showed complete recovery. And all post-treatment biopsies showed that cancer had apparently completely vanished.

"A cream formulation containing high concentrations (10%) of a standard mixture of solasodine glycosides (BEC) has been shown to be effective in the treatment of malignant and benign human skin tumours. We now report that a preparation (Curaderm) which contains very low concentrations of BEC (0.005%) is effective in the treatment of keratoses, basal cell carcinomas (BCCs) and squamous cell carcinomas (SCCs) of the skin of humans. In an open study, clinical and histological observations indicated that all lesions (56 keratoses, 39 BCCs and 29 SCCs) treated with Curaderm had regressed. A placebo formulation had no effect on a smaller number of treated lesions. Curaderm had no adverse effect on the liver, kidneys or haematopoietic system."

The Curaderm cream comes in a kit form that includes one bottle of antiseptic and a small bottle of the Curaderm cream.

- Apply the antiseptic to the lesion
- Apply and rub a small amount of cream directly on the lesion.

- Cover with a small band-aid
- Repeat the process twice daily.
- Some burning or stinging and ulceration are experienced as the cancer cells are being sloughed from the skin. Some people experience complete removal in two or three weeks. Others reportedly take longer.
- In clinical use, patients are told their therapy is completed when applying the glycoalkaloid cream daily no longer produces a reaction, indicating that normal healthy cells have replaced all the skin cancer cells.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter skin answer in "Exact phrase". Select "100 Results". Select "Sort by Price: Low to High".

A source for Curaderm cannot be located at this time.

Further Reading and References

- Alternatives, September 1995
- Cham BE, Meares HM. Glycoalkaloids from *Solanum sodomaeum* are effective in the treatment of skin cancers in man. <http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?>
- Cancer Lett. 1991 Sep;59(3):183-92. Cham BE, Daunter B, Evans RA. Department of Medicine, University of Queensland, Australia. Topical treatment of malignant and premalignant skin lesions by very low concentrations of a standard mixture (BEC) of solasodine glycosides. http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=1913614

Pyridoxal (Vitamin B6) Cream

Vitamin B6 has been reported to be particularly effective in inhibiting melanoma cancer cells. Based on this experimental evidence, one research team developed a topical pyridoxal cream that:

"When applied to patients with recurrent malignant melanoma, produced a significant reduction in the size of subcutaneous nodules and complete regression of cutaneous papules." While the results were considered preliminary, "they are provocative and may lead to a more successful topical treatment of this highly lethal cancer."

References

- Robert D. Reynolds, "Vitamin B6 Deficiency and Carcinogenesis." In Poirier, et al., eds., *Essential Nutrients in Carcinogenesis*, 339-45.

Radium Weed/Milkweed/Petty Spurge

Radium weed, also known as petty spurge, milk weed or *Euphorbia peplus* has been used as a folk treatment for skin conditions including corns and warts, for hundreds of years.

Extracts from *Euphorbia peplus* have been shown by scientists at the Queensland Institute of Medical Research, Australia to have promise as a treatment for squamous and basal cell carcinomas and other non-melanoma skin cancers.

The study, conducted on behalf of Peplin Biotech, a company which has patented the active compounds in the weed, showed complete removal of the lesions in 90% of the cases. Patients involved in the trial were mainly the very elderly for whom surgery was considered inappropriate, or others for whom conventional therapy had failed.

Limited local inflammation appears to be the only side effect of the radium weed treatment. However, more extensive trials over several years are considered necessary to confirm the long-term effect and ensure patient safety.

Experts point out that attempts at self-treatment with the plant could be dangerous. The milky sap causes irritation to normal skin and can cause blindness if it comes in contact

with the eyes. Anyone with skin lesions should always seek advice from a medical practitioner

In 1976, a 75 year old Brisbane (Australia) man appears to have treated himself successfully for skin cancer. He used the milky juice of *Euphorbia peplus*, applying the sap to the lesion every day for 5 days.

The novel class of natural compounds purified from *Euphorbia peplus* show great potential in the laboratory as a potent treatment for a wide range of human cancers including breast and prostate cancer, leukaemia, melanoma and other skin cancers, as well as lung, colorectal and cervical cancer.

Further Reading and References

- Growing Milkweed a plant with prospective anticancer properties
<http://www.rirdc.gov.au/reports/EOI/02-001.pdf>
- Interesting experiences with the sap at
http://plantmed.blogspot.com/2004_01_01_plantmed_archive.html
- Home treatment of basal cell carcinoma
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=979751
- <http://nb.au.com/nswweedsoc/July2002/8.htm>

Raspberry Skin Cream

Raspberry Skin Cream was developed by Dr. Peter Pugliese. It is marketed as a topical cream for skin cancers and keratoses that utilises the proven ability of ellagic acid (transformed in the body from from the ellagatannins in raspberry seeds) to fight cancer.

Raspberry Skin Cream ingredients contains the following [excerpted from advertizing material]:

“Ellagatannins from raspberry seeds. Dr. Pugliese uses a unique process to extract the ellagatannins from the seeds without leaving a gritty feel on the skin. They reduce solar keratosis (age spots) and actinic keratosis. These sun damaged areas are prime candidates for developing skin cancers.

Ascorbyl palmitate and allantoin: tissue rebuilders that help eliminate wrinkles and rebuild tissue.

Shitake mushroom extract: boosts the skin's immune system. Long known for its anti-cancer properties.

Three moisturizers maintain skin suppleness.

Linoleic esters: patented topical anti-inflammatory and anti-irritant which reverses sun-damage caused by sunburn.

Three component sunblock - Dr. Pugliese's sunblocks are the only sunblocks proven to be considered safe for use around the eyes.

Oat protein: natural anti-inflammatory, anti-oxidant and anti-itch.

The cream does not include any of the following substances for the given reasons:

Mineral oil - mineral oil clogs pores.

Diazolidinyl urea - formaldehyde producing preservative.

Sodium lauryl sulfate (sls) - questionable toxicity.

Propylene glycol - processing aid which adds nothing for the skin.”

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter raspberry skin cream in “Exact phrase”.

Further Reading and References

- http://www.smdi.org/new_page_22.htm

Alternative Technologies

Robert Beck/Beck Electrifier

The Beck Electrifier is an electronic device originally invented by Robert Beck (but since improved) that is claimed to reverse many "incurable" viral and bacterial conditions, including AIDS, cancer, chronic fatigue syndrome, gastritis, herpes, hepatitis, lupus, and Gulf War Syndrome.

It delivers a low frequency output, low current, alternating polarity signal, which neutralizes (stops reproduction of) viruses and bacteria in the bloodstream and organs so they can be eliminated from the body.

Research from MIT & Albert Einstein College of Medicine has revealed the effectiveness of electric currents on all viruses, even on the AIDS virus. It succeeds by deactivating their ability to penetrate cells, and once there, their ability to reproduce while hiding out. By keeping the viruses out of the cells and in the blood serum, the immune system can easily remove them from the body.

The Beck Electrifier attaches to 2 cloth covered metal electrodes which are to be strapped over arteries on the wrists or ankles. Typical usage is 1 to 2 hours daily for 6 weeks.

The theory is that putting small unfelt safe amounts of electricity into the blood (via the wetted cloth electrodes placed over the arteries) will disable viruses and bacteria from being able to reproduce. In patent #5139684, laboratory results were listed which showed that 100ua of electric current was sufficient to reduce the infectivity of the HIV-1 virus by 99%.

Self-treatment starts at 10 minutes daily and over a 1 month period increases to 1 hour daily, which is sustained for the second month. What this means in layman terms: daily treatment with a blood electrification device is claimed to render you free of any virus and/or bacteria infecting your body within 2 months.

If the infection is extensive, then the microbes will probably also be present in the lymphatic fluids. This requires the use of a Magnetic Pulser, which forces the stagnant lymph fluid to circulate into the bloodstream where the microbes can be zapped by the electricity from the blood electrification unit.

A Bob Beck quote:

"Recently, Jane and I were invited to the largest alternative cancer clinic in the western hemisphere. The man in charge of the clinic told me that 87% of their terminal, not mid-stage, cancer patients, who had been given up for dead, are now healed! They have scar tissue where once they had lesions; they have clean biopsies. They are up, they are back at work. Those patients used the technology we are discussing today. "

Sources

One source is Tools for Healing <http://www.toolsforhealing.com/> Order online or Fax: 423-877-7852 or

E-mail: CustomerService@toolsforhealing.com

Further information on the Beck Protocol, and products is available at www.sharinghealth.com

Further Reading and References

- The Body Electric: Electromagnetism and the Foundation of Life by Robert Becker and Gary Selden
- Further information about Bob Beck at <http://toolsforhealing.com/CD/Articles/B/BobBeck/BobBeckInfo.html>
- Bob Beck Interview <http://users.mrbean.net.au/~wlast/beckinterview.html>

Bio-Resonance Therapy/BICOM Device

Bioresonance therapy is an aid to diagnosis and treatment, which makes use of a diagnostic tool, the Bioresonance device.

Bioresonance therapy deals with the patient's own electromagnetic frequency patterns. The patient's electromagnetic oscillations are received by electrodes working as an antenna and fed into the device.

The BICOM device changes the body's own information with the help of special electronic systems into therapy signals, which are returned to the patient by the output cable. Due to this method, the electromagnetic pathologic information in the body is eliminated or reduced. The patient and the therapy device enter a feedback cycle.

It has been discovered that cells communicate with each other by means of certain wavelengths (frequencies). Where this form of communication remains unimpaired by disturbance frequencies, the person in question is considered to be healthy. For example, when a toxin enters the body, it disturbs the frequency patterns, which interferes with the body's own regulatory powers and in turn impairs the body's functions. The BICOM device transforms these frequency patterns, which cause illness, into therapeutically effective frequency patterns.

As a diagnostic tool, the device can be used to test a patient for bacteria, candida, fungi, heavy metals, pesticides, environmental pollutants and for vitamin and mineral deficiencies. The device can also be used to measure energy on acupuncture points on the hands and feet, which correlate to twenty organs in the body: liver, kidneys, lungs, large intestine etc.

The screening is carried out quickly, and is completely safe and painless. A small flat probe is used to take readings on the surface of the skin. The readings give a comprehensive picture of the body's energy balance and organ function in order to identify persistent health problems.

Bioresonance Therapy may be likened to electrical acupuncture without the use of needles.

After completion of the full body screening, the results can be used to correct imbalances in the body's energy field. The machine takes electromagnetic energy information from the body, modifies it, and feeds it back in a way that counteracts energy imbalances. This process enhances regulation and detoxification of the body, which raises the immune system, ultimately improving health.

BioResonance is said to be very helpful for chronic illnesses like arthritis, fibromyalgia, allergies, addictions, herpes, candida, chronic pain, chronic fatigue, irritable bowel syndrome, indigestion, excess weight and bloating, sinus and migraines.

"The German physicist, Dr. F.A. Popp, and his team of biophoton researchers produced a great quantity of evidence in support of the hypothesis that all life is controlled by electromagnetic oscillations. Some of the results of Popp's research are presented in his book entitled **How Cancer Can Occur - How Cells Communicate with Each Other**.

Dr. Popp tells us "We need to reconsider the concept of illness. I am referring to illness as an interruption of the electromagnetic field of the body, before, physical symptoms appear."

"We can imagine the illness as a storing of improper oscillations. It is already known that the biological systems have the characteristic of being capable of storing improper oscillations that remain stubbornly stored within the organism and produce regulatory disorders."

The many thousands of successful therapies in the area of ultrafine bioenergy (BioResonance) also testify to the correctness of the statement that the electromagnetic oscillations of the biological processes are of great importance. The electromagnetic oscillations cause and control the biochemical processes. Whether an organism or organ is healthy or ill is determined, in the final analysis, by the electromagnetic oscillations."

Sources

<http://www.bicom2000.com/> provides further information and will assist in finding a therapist near you.

Further Reading

- <http://www.biotecnoquimica.com/BIOingles.HTM>

References

- <http://www.biotecnoquimica.com/BIOingles.HTM>
- <http://www.bicom2000.com/>

Electrotherapy/Electro Cancer Treatment (ECT)/Dr. Bjorn Nordenstrom/Galvano Treatment

Electrotherapy, also known as electro-cancer treatment (ECT), electrochemical tumor therapy, and Galvano treatment was developed in Europe by the Swedish professor Björn Nordenström and the Austrian doctor Rudolf Pekar. The therapy employs galvanic electrical stimulation to treat tumors and skin cancers.

ECT is used most often as an adjunct with other therapies. Using local anesthesia, the physician inserts a positively-charged platinum, gold or silver needle into the tumor and places negatively-charged needles around the tumor. Voltages of 6 to 15 volts are used, dependent upon tumor size. To enhance the cancer-cell-killing power of ECT, sometimes small amounts of chemotherapy agents are applied to the skin and driven into the tumor by a kind of sweating effect of the electric current (“iontophoresis”).

ECT works by influencing the acid/alkaline (pH) levels within the tumor and causing electrolysis of its tissue, which is more susceptible to direct current than normal tissue. The pH change depolarizes cancer cell membranes and causes tumors to be gently destroyed. The ECT process also appears to generate heat shock proteins around the cancer cells, inducing cell-specific immunity. This process triggers Natural Killer (NK) cells.

Electro medicine has been widely used for many years, especially in orthopedics where it has been used for regeneration, i. e., to increase the healing process in broken bones and your pain purposes. In oncology, however, the use of electromedicine (ECT) is relatively new.

Direct current can be directed into tumorous tissue (skin metastases, lymph node metastases or isolated organ metastases) through the application of electrodes. If the total amount of direct current is high enough, this procedure results in the destruction of cancerous cells.

As soon as direct current is connected to the electrodes, different electrochemical reactions influence the pH-value and can cause electrolysis of tumor tissue. Depolarization of the cell membranes changes the cellular environment forcing the tumor cells to be gently destroyed. Consequence of this process is the interruption of certain functions within the cancerous cells, which in turn, can lead to the destruction of these cells.

Tumor tissue is more susceptible to direct current than normal tissue, thus allowing the destruction of cancerous cells to occur when direct current is applied directly to the malignant tissue. The body’s own catabolic processes remove the destroyed malignant tissue from the body.

It is also possible that through this process the immune system starts attacking all other cancer cells within the body. Once ECT is successfully completed and the cancerous area is treated, it heals and is replaced with scar tissue.

“ECT is suitable for all types of superficial or deep seated tumors, which can be reached by needle electrodes. Specifically, however, it is used for:

small mama carcinomas or isolated axillary, supraclavicular and thoracic nodes.

all tumors of the ENT area, especially after radiation or chemotherapy.

skin carcinomas e. g. Basaliome, Spinocellular carcinoma, Melanoma etc.

gynecological carcinomas, soft tissue tumors”

The destructive effect of the direct current on tumorous tissue can be enhanced by the simultaneous administration of cytostatic substances, for example, Mitomycin, Adrimycin, Epirubicin, and Cis-Platinum.

Cytostatic substances are best applied to hollow organs, for example, esophagus, bladder, stomach, and rectum. The membrane potentials are changed so much by the current that the cells open and absorb cytostatic substances more rapidly.

Normally, the treatment is carried out under local anaesthetic and on an outpatient basis. The size of the tumor determines how many needle electrodes are required, however, a minimum of 2 are always used. These are introduced into the tumor through the skin. The electrodes should not be further than 1.5cm apart.

“The cancerous tissue is broken down naturally, which when eliminated from the body is replaced by scar tissue. Superinfections rarely occur. ECT replaces operations and radiation treatment. Judging by the very positive therapy results, it can be assumed, that ECT will become an important form of treatment for malignant diseases.”

“At the Second International Conference of Bio-Electrotherapy for Cancer held in Stockholm, Sweden, in 1993, the Chinese oncological participants reported that their administration of BET to 4,000 cancer patients resulted in an accumulation of Complete Remissions and Partial Remissions (CR+PR) exceeding 80%.”

“In Europe, ECT is helping a lot. My wife had a multiple breast carcinoma and is now cured thanks to this method. It works also with benign tumors. The survival rate after 5 years is between 75 and 85%, for all cancer and stadium. This could perhaps help if available in USA.”

L. January, 2004

Sources

The methods are used in Bad Aibling, Germany particularly at Klinik St. Georg (klinik-st-georg@evolution.org) Tel 49 8061-494-217. Website www.klinik-st-georg.com. and at the Chinese-Japan Friendship Hospital Tel 4221122 Fax 4217749 in Beijing.

In Germany, the therapy is often combined with hyperthermia (either local or whole body) and low dose chemotherapy. The cost of staying in this clinic was given as \$120 per night. The total program in both China and Germany can cost about \$6-\$8,000. Electrical therapy is painless unless a large tumor is being dealt with.

Further Reading and References

- <http://www.excel.net/~jaguar/electro-news.html>

Chondriana / Life Crystals

George Merkle claimed that he had discovered a new form of life that destroyed cancer and repaired damaged organs. He called this form of life Chondrianas. Life Crystals Inc. was the distributor.

The Arthritis Trust of America reported on their unsuccessful attempts to evaluate Chondriana. This report can be read at http://www.garynull.com/documents/arthritis/life_crystals_and_chondrianas.htm.

Further Reading and References

- http://www.garynull.com/documents/arthritis/life_crystals_and_chondrianas.htm.

Cold Laser Therapy

Cold laser therapy uses a beam of low-intensity laser light to initiate a series of enzymatic reactions and bioelectric events that stimulate the natural healing process at the cellular level.

According to Marvin Prescott, D.M.D., of Los Angeles, cold laser therapy, sometimes referred to as soft or low-level laser therapy, utilizes a beam of low-intensity laser light to

initiate a series of enzymatic reactions and bioelectric events that stimulate the natural healing process at the cellular level.

Dr. Prescott states:

"Cold laser therapy has been successfully applied to pain control, orthopedic myofascial syndrome (inflammation of the muscles and their surrounding membranes), neurology, trauma, dermatology, and dentistry. The effects on microcirculation, increased synthesis of collagen in the skin, production of neurotransmitters, and pain relief have all been documented."

Dennis Tucker, Ph.D., L.Ac., of Nevada City, California, uses cold laser therapy to stimulate acupuncture points as an aid to healing wounds, and to reduce inflammation and balance the energy flow in the acupuncture meridians. Dr. Tucker also finds cold laser therapy very effective in treating infections under teeth. Cold laser therapy is applicable with little prior knowledge, either by a health provider or by self-application, with no demonstrable side effects when used properly. With the development of microelectronics, pen-sized, low-level laser instruments are now available.

Further Reading and References

- <http://www.alternative-medicine-info.com/alternative-medicine/Light-Therapy/Light-Therapy.html>

Colored Light Therapy

There is mounting evidence that different colors of light have different effects on the body. In 1942, the Russian scientist S. V. Krakov demonstrated that red light stimulates the sympathetic nervous system, while white and blue light stimulate the parasympathetic nervous system. Earlier experiments revealed that certain colors stimulate hormone production, while other colors inhibit it. Specific colors have effect on specific diseases.

In the late 19th and early 20th centuries, it was noted that symptoms of acute eruptive diseases such as smallpox and measles were relieved when patients were put in a room with red windows. Melancholiacs also recovered after a few hours in such rooms.

Norman Shealy, M.D., Ph.D., of Springfield, Missouri, uses flashing bright lights and colored lights to treat pain and depression. According to Dr. Shealy, these treatments have been shown to alter neurochemical production in the brain and this may account for their positive effects. Dr. Shealy believes the brain has specific responses to different frequencies of flashing light and the different frequencies of various colors.

"Sleep problems can often be cured in one day by this method," he says, "but mood alteration usually takes one to two weeks of treatments." Dr. Shealy believes that it is the relaxation induced by these methods that is responsible for the effects seen in patients suffering from pain. "I believe tension is a primary factor in 100% of pain," he says, "and once you relax the tension, the pain eases."

Dr. Shealy has found that photo-stimulation with flashing opaque white or violet lights induces relaxation, reducing stress and chronic pain. "Photo-stimulation, or brain wave synchronization, has been used as a tool to assist relaxation and the induction of hypnosis since 1948," he says. "It has been used with the EEG (electroencephalogram) as an adjunct to the diagnosis of epilepsy."

Another method of colored light therapy known as monochromatic red light therapy is used to treat a range of problems, including shoulder pain, endocrine problems, dysmenorrhea, diabetes, gastrointestinal problems, depression, impotence, and frigidity. Gerald Hall, D.C., of El Paso, Texas, uses monochromatic red light therapy to treat the acupoints of the ear as well as points elsewhere on the body.

Ray Fisch, Ph.D., C.H., of Los Angeles, uses monochromatic red light therapy for headaches (applying the light across the brow), arthritis, allergies, sore throats, sinus problems, stress reduction, and wound healing. The red light is also applied to acupressure points or to sites of localized pain. For localized pain such as tendinitis, two five-minute applications directly to the painful area are followed by ten to fifteen seconds to

the surrounding area. This is followed by a gentle massage of the area. Treatment is repeated two to three times a day for a week, then twice a day for a week followed by once a day for another week.

"There are virtually no side effects to this treatment, and it can be done at home."

says Dr. Fisch.

Further Reading

Let There Be Light by Darius Dinshah An in-depth study of color therapy and how and why it works as a treatment. This book also contains a list of diagnosed disorders with specific treatments for each.

Light: Medicine of the Future. Liberman, Jacob. Santa Fe, NM: Bear & Co. Publishing, 1993. The book discusses the use of light in the treatment of various cancers, depression, stress, visual problems, premenstrual syndrome, sexual dysfunction, learning disabilities, and the human immune system.

References

- Kravkov, S. V. "Color, Vision and the Autonomic Nervous System." Journal of the Optical Society of America 31 (Apr, 1944): 335-337.

Cytoluminescent Therapy/Photoluminescence

Cytoluminescent Therapy is an advanced form of Photodynamic Therapy (PDT). It is characterized by a photosensitizer (Photoflora), which is rapidly eliminated from normal tissue but selectively accumulated in neoplastic and dysplastic tissue. This is followed by whole body irradiation with light of the specific wave length that activates the photosensitizer. The result is selective damage or elimination of tumor cells while normal tissues are unharmed.

It is also variously called "Therapeutic Light Therapy" or "Photoluminescence". It has far reaching clinical implications in the treatment and/or prevention of infectious diseases. "Photo" refers to light, and "luminescence" refers to the emission of light. Over the last few decades it has been scientifically determined that UV light, of various frequencies, has been very effective in destroying blood borne pathogens while elevating the body's immune system.

In this therapy, a small amount of blood, from 60cc's to 250cc's is drawn from the body, passed through a chamber, "treated" with UV light and returned to the body.

In layman's terms, phototherapy causes a chemical reaction in which the cell walls are pierced, killing the bacteria and virus. The blood is then returned into the body stimulating the immune system. The body's now strengthened army will seek out and destroy the diseased "invaders". Biochemists explain:

"The body's blood cells emit light, but a diseased cell will emit more light than normal cells, thus rendering them more attracted and susceptible to light."

Two photosensitive amino acids are present in all cells in varying degrees. Bacterial and viral cells contain at least five times as much of these amino acids as healthy blood cells. Thus, bacterial and viral cells absorb five times as much photonic energy as their healthy counterparts. The healthy cells remain intact while the diseased cells are killed and marked.

The stimulated immune system continues its activity for hours and sometimes days after the treatment. The amount of treatments needed are determined by factors like the state of the patient's immune system, and the length and seriousness of the illness. The usual treatment is about 30 minutes, and is almost painless. This method, used intermittently, has produced no known serious and adverse side effects. PDT is a minimally invasive treatment with great promise in malignant disease. It can be applied before, or after, chemotherapy, ionizing radiation, or surgery, without compromising these treatments or being compromised itself. Unlike radiotherapy and surgery, it can be repeated many times at the same site. Response rates and the durability of response with PDT are as good as, or better than, those with standard locoregional treatments. Furthermore, there is less morbidity and better functional and cosmetic outcome.

PDT is reported valuable for premalignant conditions such as mucosal dysplasia and carcinoma-in-situ. The excellent cosmetic outcome makes it valuable for skin lesions and for lesions of the head, neck, and oral cavity, where another advantage is that it has negligible effects on underlying functional structures. With endoscopic delivery of light to hollow structures, PDT has been successful in the treatment of early gastrointestinal cancers, such as esophageal cancer and lung cancer.

The superficial effects of PDT can be exploited in the treatment of large areas such as the pleura and peritoneum, where curative radiation doses cannot be tolerated by underlying normal tissue. PDT is an ideal adjuvant therapy when surgical resection of solid tumors might leave behind residual microscopic disease. Interstitial light delivery, where light is fed directly into solid tumors, allows PDT to be used for large, buried tumors that would otherwise require extensive surgical resection.

Preclinical studies have shown that photodynamic therapy (PDT) of tumors augments the host antitumor immune response.

"We found that the PDT-generated tumor cell lysates were potent vaccines and that PDT-generated vaccines are more effective than other modes of creating whole tumor vaccines, i.e., UV or ionizing irradiation, and unlike other traditional vaccines, PDT vaccines do not require coadministration of an adjuvant to be effective. PDT vaccines are tumor specific and appear to induce a cytotoxic T-cell response.

Our results show that PDT effects on tumor cells alone are sufficient to generate an antitumor immune response, indicating that the direct tumor effects of PDT play an important role in enhancing that host antitumor immune response."

Sources

http://www.google.com/advanced_search?q=+%22Photodynamic+therapy%22&num=100&hl=en&lr=&as_qdrall

Further Reading

- Ralph W. Moss http://www.cancerdecisions.com/121904_page.html and http://www.cancerdecisions.com/122604_page.html
- Photodynamic therapy: a clinical reality in the treatment of cancer. Hopper C. Lancet Oncol. 2000 Dec;1:212-9. Related Articles, Links
- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11905638&dopt=Abstract

References

- Cancer Res., March 15, 2002; 62(6): 1604-8.
- <http://www.clttherapy.com/articles.html>

Dr. John Holt/Tronado machine

Dr. John Holt stated to millions on Australian television in August 2004 that he cures 25% of his cancer patients. Dr. John Holt's controversial treatment works, in layperson's terms, by giving the patient an injection of a glucose-blocking agent. He then shines "radio waves" into the body at a specific frequency. He does not guarantee success with every patient.

"A three week course of treatment is a total of \$6550 with a Medicare rebate (at 85% of the scheduled fee) of \$2206.50 (as at 1 November 2003). The difference of \$4343.50 must be paid during the first week of treatment."

Born in Bristol 80 years ago and a member of the Royal Colleges, Dr. Holt has 26 medical letters after his name. For more than a decade, he was in charge of Western Australia's main cancer institute, until the late 1970s, when he was blacklisted by his medical colleagues and politicians. While working as a radiotherapist at the Sir Charles Gairdner Hospital in Perth, with the help of the then Premier of Western Australia, John Tonkin, he bought Tronado machines for both the hospital and his private clinic. Dr. Holt treated more than seven thousand cancer patients with the Tronado—with remarkable results. At the same time, he continued to treat cancer patients at the hospital with normal radiotherapy.

In a published trial with head and neck cancers (for easy verification of results), a 34 % initial success rate was achieved with radiotherapy while after three years 17 % were still in remission. With the Tronado the initial success was 92 % and after three years 68 %.

"The doctors took up such an action initially, they said the treatment was fake and useless," said former WA Premier John Tonkin, but added, "There is no doubt whatsoever in my mind that this is the most advanced form of cancer treatment in the world today."

Dr. Holt explains his treatment using ultra high frequency waves:

"Cancer - Three features uniquely define cancer:

- 1 - It grows exponentially. That means every cell is dividing all the time. One cancer cell divides into two, then into four, then into eight, 16, 32 etc etc.
- 2 - It is irreversible.
- 3 - It passes on these traits from generation to generation. "

Glucose

This sugar is used for three purposes. Firstly, it provides energy from converting glucose into lactic acid for cancer cells to divide, without using oxygen. Secondly, glucose uses oxygen and provides all the energy for your brain to function. Thirdly, glucose with oxygen controls normal cell division. Cancer is a fault in this control which makes it cancerous.

434 MHz Ultra High Frequency Radiowaves

I discovered in 1973 that this frequency (used throughout the continent of Europe as the standard frequency for medical purposes) will temporarily activate cancer's burning of glucose without oxygen for between 20 and 30 minutes. Millions of patients throughout Europe have been treated since 1948 with this frequency for stimulating the repair of injuries, fractures, wound healing, etc –without any side effects being discovered. It stimulates normal cell division which is self limiting when repair is complete.

If the cancer cells' uptake of glucose from the blood can be blocked before applying UHF radiation, the cancer cell will die. This is selective killing because it ONLY acts on the Glucose to Lactic Acid system.

The Treatment Method

Intravenous injections of glucose blocking agents immediately before UHF are essential and have to be given quickly through a vein or an intravenous line. The blocking agents consist of cystine and oxidised glutathione and other similar forms of amino acids in their fully oxidised state. They carry a lot of oxygen with them and they look like glucose to the cancer cell, so are rapidly absorbed by them once the UHF radiation commences. The glucose is "burnt" by the blocking agent's oxygen and the cancer cell dies.

Large arm veins are the most suitable site for injection. The smaller veins of the hand are unsuitable. The injection is slightly irritant and is approximately 50 ml of fluid. Before treatment starts a PICC line (Per Intravenous Cutaneous Catheter) can be inserted if the patient has poor veins. The line is inserted by a radiologist using ultrasound placement into a deep vein in the upper arm. At the end of treatment the PICC line can be easily removed. The treatment can only be done in Perth, if the patient has private health insurance.

Results have come from 15 treatments over three weeks, Monday to Friday - 15 working days.

The infusion of the glucose blocking agent takes approximately fifteen minutes and is immediately followed by 20 to 25 minutes of UHF therapy using the Tronado machine on part or all of the body.

Complications of Treatment

434 MHz UHF creates resonance (it shakes cancer cells like a bell) and fluorescence (the cancer re-radiates different frequencies) and the energy does create some heat in the normal cells similar to sitting in front of a large electric fire. It must be emphasized that this is not heat treatment and MUST NOT be called hyperthermia where the body is deliberately raised to 41.8°C by non electrical methods. After treatment, half an hour's rest on a relaxing chair/bed under a fan allows the patient to drive their car away if they wish.

Side Effects

Every patient has their haematology, biochemistry and proof of cancer levels, etc. estimated before and after treatment. The only contraindication to treatment is a rare disease called thalassaemia because in this disease, the red blood corpuscles (there are a few lesser variants which also may cause trouble) are readily damaged by mild warming (body temperature never exceeds 39.5°C, upper limit of human tolerance is 41.8°C) and the patients become anaemic. This may need fairly urgent transfusion if it occurs.

In approximately 1% or 2% of patients, slight symptoms of the brain being starved of glucose may occur. The cancer obtains its glucose supply using the amino acid cysteine but the brain extracts its glucose using the amino acid methionine. This rare complication can be completely avoided by eating 100 to 200 grams of cooked red meat five times a week. If you are not willing to eat red meat during treatment there is 1 in 50 chance that you will experience these side effects and require admission to hospital. Patients must understand that if they do not eat red meat, treatment is at their own risk and they must bear all consequences thereof.

No patient will be treated who is taking any antioxidant other than that which is contained in a normal, simple diet. For example, large doses of Vitamin A, Vitamin C, Vitamin E, selenium and multiple other so-called anti-cancer antioxidants may result in ineffective treatment simply because these substances destroy the glucose blocking agents before they reach the cancer cell.

General Features for Successful Treatment

The smaller the individual lesions, the better the result, because as cancer masses become bigger, the blood supply to the center decreases and the drug cannot penetrate there.

The total mass of cancer is important. Any estimated load in excess of 100 grams will probably require more than one session of treatment.

The Practical Regime

I treat every patient whom I consider to have a chance of response with 15 days of treatment. Then wait six to eight weeks and reassess the situation. If there is significant improvement—decrease by 10-20% of the cancer mass—then retreatment should be carried out because cure is possible in such patients. The maximum number of treatment courses given was seven in a patient with mesothelioma, treated twelve years ago—who now is alive and well without evidence of the disease.

Specific Contraindications to Treatment

1. A major contraindication to UHF therapy is having had any form of chemotherapy (also called cytotoxics, or cytotoxic treatment). These drugs are non-specific cell poisons designed to act against the genetic material in the cell nucleus. They do not act specifically on the cause of cancer, which is damage in the cytoplasm or extra-nuclear part of the cell. Normal cells are designed and controlled to perfection using genetic information. Cancer is caused by irreparable damage to the system which interprets our genetic “blueprint”. It is pointless to destroy genes when their instructions are ignored by a defective system.

Some cytotoxic drugs may make normal cells more conductive to electricity so that there is little electrical difference between cancer cells and normal cells and then UHF no longer only acts on cancer cells.

2. Collections of fluid in the chest cavities, heart cavity or abdominal cavity must be drained and the cavities dry if satisfactory results are to be obtained in the underlying cancer. As examples—cancer of the lung and breast can cause outpourings of fluid in the left or right pleural space (cavity surrounding the lung) and more rarely in the pericardial (heart) space. UHF radiation will not penetrate collections of fluid. They may become hot enough to increase the damage in the cavities.

Fluid in the peritoneal cavity is called ascites. This is a common accompaniment of ovarian cancer and partial blockage to the lymphatics draining the abdominal cavity and occasionally due to obstruction in the liver from secondary cancer in that organ. Ascites may also get worse after UHF treatment and may prevent the underlying cancer receiving any effective UHF dosage. Ascites, pleural and/or pericardial collections of fluid are best treated by aspiration and installation of appropriate substances, so that the surfaces of the

space are inflamed and stick together, thus obliterating the space. The effusion must have been controlled completely by such measures before radiowave therapy is possible .

If patients arrive with collections of fluid and this minor operation has to be performed before or during treatment they will be referred for drainage by another doctor. Patients without private hospital insurance coverage with this complication will be referred to a public hospital, if so requested.

"Smoking is absolutely contraindicated to the treatment. Treatment must not be commenced until at least several weeks after smoking has ceased. The carbon monoxide in cigarette smoke may inactivate the oxygenating effect of the glucose blocking agent."

Sources

Dr.Holt, 31 Outram Street, West Perth 6005, Australia. Tel: +61 (8) 9322 3544 Fax: +61 (8) 9481 4184.

Doctor Holt's clinic in Perth is the only clinic that offers this treatment. There have been people trying to do similar treatments, however they are not the same.

Further Reading and References

- The Dr. John Holt Support Group is at <http://www.drholtsupport.com>. The Group provides further information, support and a monthly newsletter.

Dr. Royal R. Rife/Rife Frequency Generator

Dr. Royal R. Rife developed the Rife device in the 1930s. Dr. Rife's machine uses a variable frequency, pulsed radio transmitter to produce mechanical resonance within the cells of the physical body. The Rife machine was, in its time, a pioneering front-runner for what is today the basis of energetic medicine.

The Rife device utilizes the law of resonance. Its main mode of action is to destroy pathogenic microorganisms i.e. viruses, bacteria, fungi (eg Candida) and other pathogens without harming healthy tissue. This is done through the use of electro-magnetics.

Royal Rife discovered he could use a specific electro-magnetic frequency to kill a bacteria or virus, thus destroying the target diseased organism, causing no damage to the surrounding tissue. Though the first machines were used on diseases such as tuberculosis, arthritis, and ulcers, it is more commonly known for its use on cancer, as is described by many authors including Barry Lynes, in **The Cancer Cure that Worked**.

Rife machines work on the physics principle of sympathetic resonance. This principle states that if there are two similar objects, and one of them is vibrating, the other will begin to vibrate as well, even if they are not touching. In the same way that a sound wave can induce resonance in a crystal glass and ultra-sound can be used to destroy gall-stones, Dr. Rife's instrument uses sympathetic resonance to physically vibrate the cells of the cancer-related parasite, resulting in possible elimination.

Vibration between two objects can be seen in everyday life, from a tuning fork to a guitar string, or as in an opera singer's voice causing a glass to shatter. In this instance, the musical tone sets the glass into motion, and that motion builds until the glass shatters. Mechanical resonance is created when a small periodic stimulus (in Dr. Rife's case, a pulsed wave) of the same natural vibration period of a cell, tissue, or even a molecule, is used to produce a large amplitude vibration of the cell, tissue, or molecule. If the induced resonant vibration is intense enough, the cell, tissue, or molecule will be destroyed.

It is claimed that Rife was the first person in history to actually physically prove pleomorphism in micro organisms. Pleomorphism is the phenomenon of mutating into distinctly different life forms; similar to caterpillars turning into butterflies, and challenges modern biology theory. Pleomorphism has also been observed by other cancer researchers including Dr. Virginia Livingston and Gaston Naessens. All used powerful microscopes that examined living material (unlike current microscopes that examine non-live material). From Rife's 1953 article:

"We have classified the entire category of pathogenic bacteria into 10 individual groups. Any organism within its group can be readily changed to any other organism within the ten groups depending upon the media with which it is fed and grown.

For example, with a pure culture of bacillus coli, by altering the media as little as two parts per million by volume, we can change that micro organism in 36 hours to a bacillus typhosis showing every known laboratory test even to the Widal retraction.

Further controlled alterations on the media will end up with the virus of poliomyelitis or tuberculosis or cancer as desired, and then if you please, alter the media again and change the micro organisms back to a bacillus coli."

This free downloadable program is said to generate signals in accordance with the theories of Royal Rife for use as a Rife Device. It uses a standard sound card to generate frequencies 20Hz-22kHz <http://www.myzips.com/download/Rife-Generator.phtml>.

Sources

<http://www.bioelectric.ws/>

Further Reading

- The Cancer Cure that Worked by Barry Lynes
- Rife Newsgroup at <http://health.groups.yahoo.com/group/Rife/>
- Blast-It! – Rife Researchers Book from <http://www.keelynet.com/products.htm>

References

- <http://www.keelynet.com/biology/rifeway.htm>

Elanra

This unique device is reported to reduce pain, raise energy levels, and increase survival. Apparently, many physicians are recommending it to their patients.

The device increases the levels of negative ions of oxygen in the body's fluids and tissues, exactly as Nature produces. As two-time Nobel Prize winner Dr. Otto Warburg said "Cancer cannot survive in an oxygen-rich environment". Additionally, the device utilizes specific frequencies that may enhance your immune system and eradicate bacteria and viruses linked to your cancer.

The Elanra therapeutic ioniser is reported to be the only ioniser available today capable of generating the small negative ions of oxygen than can be inhaled to enter the bloodstream and produce biologically beneficial effects.

Furthermore, it has the ability to modulate frequencies down to as low as 10Hz for relaxation and the magical 7.83Hz, which is the Schumann Resonance - or the earth's own "brainwave". Dr. Robert Beck, the father of Electro medicine, wrote in the Archaeous Volume 4 1986:

"it has been speculated that frequencies in the 7.83Hz. range may be the universally permeating 'clock frequencies' or carriers on the which 'mind' or 'consciousness' states can be impressed and in which they may interact with other life forms in the nebulous realms of ESP, psychotronics, distant healing, radiesthesia and related paranormal phenomena".

Elanra can be programmed to modulate frequencies to: 4hz - 7.83hz - 8.0hz - 10.0hz - 16.0 hz - 25hz - 32hz - 40hz.

Sources, Further Reading and References

Elanra.com INC, 7832 Soaring Eagle Way, Scottsdale, AZ, USA, 85262

Toll Free Phone: **888-811-0056**

Toll Free Phone: 866-IONISER / 866-466-4737

Toll Free Phone: 866-NEG-IONS / 866-634-4667

Toll Free Fax: 888-801-0056

Email Address: elanrausa@usa.net

Website Address: <http://www.elanra.com/>

Far Infrared Therapy/Near Infrared Therapy/Nanoshells

Over the last 25 years, Japanese and Chinese researchers and clinicians have completed extensive research on infrared treatments and report many provocative findings. In Japan, there is an "infrared society" composed of medical doctors and physical therapists dedicated to further infrared research. Their findings support the health benefits of infrared therapy as a method of healing.

Infrared energy penetrates tissues to a depth of over one inch. Its energy output is tuned to correspond closely to the body's own radiant energy so that body tissues absorb close to 93% of the infrared waves that reach the skin.

There have been over 700,000 infrared thermal systems sold in the Orient for whole-body treatments. An additional 30 million people have received localized infrared treatment in the Orient, Europe, and Australia with lamps, which emit the same 2-25 micron wave bands as employed in a whole-body system. In Germany, physicians have used whole-body infrared therapy for over 80 years.

More recently, infrared heat has been used in cancer therapy. This is a new experimental procedure that shows great promise in some cases when used properly. American researchers favor careful monitoring of the tumor temperature; whereas, the successes reported in Japan make no mention of such precaution.

Experiments have also been conducted using 'nanoshells':

"Nanoshells are tiny golden balls have a bit of mica in their center and can be designed to absorb radiation at various frequencies.

A group of Texas researchers injected the nanoshells -- so small it would take 5,000 of them to reach the size of a poppy seed -- into tumors in mice. They then exposed the tumors to near infrared radiation, heating them enough to kill the cancer but without injuring nearby normal tissue."

Further Reading and References

- [Pain Free With Far Infrared Mineral Therapy: The Miracle Lamp by Kara Lee Schoonover](#)
- <http://www.cnn.com/2003/HEALTH/conditions/11/04/shells.cancer.ap/>

Hyperthermia/Heat Treatment

A beneficial effect is achieved with overheating a tumor. Cancer cells are damaged or weakened by temperatures of 42-43 degrees C, which are still harmless for normal cells. To overheat internal tumors, daily bath temperatures are gradually raised over a period of weeks or months up to 47 degrees C. Various precautions are required.

Blood sugar level especially needs to be kept artificially low during treatment, otherwise tumor growth may be stimulated if temperatures are not quite high enough.

The theory behind hyperthermia (heat therapy) is that raising the temperature of the body increases circulation and also increases the supply of oxygen to the cancer site. Cancer cells do not thrive in the presence of oxygen. Tumors and cells located near the surface of the body are more vulnerable to heat treatments than those protected deep inside.

Although the prolonged high temperatures can be uncomfortable to the patient, this treatment is reported by the Cancer Cure Foundation to have produced excellent results.

Hyperthermia is said to be one of the safest, most efficacious and economical way of removing heavy metals and toxic chemicals from the body, and there are many simple means to accomplish this - sauna / hot tub / jacuzzi / deep bath tub.

"Give me a chance to create a fever and I will cure any disease,"

said the great ancient physician Parmenides. Many modern giants of biological medicine in Europe, such as the Nobel Prize winner, Dr. A. Lwoff, famous German cancer specialist, Prof. Werner Zabel, and the director of the most successful cancer clinic in the world, the

Ringberg-Klinik, Dr. Josef Issels, used artificially induced fever in their battle against cancer.

Dr. A. Lwoff, famous French bacteriologist, has demonstrated in repeated scientific experiments that fever is indeed a "great medicine," and that it can help to cure many "incurable diseases". In biological clinics in Europe, artificially induced fever, mostly in the form of overheating baths, has been used successfully to treat such conditions as rheumatic diseases, skin disorders, insomnia, arthritis - and cancer.

Dr. Josef Issels has said:

"Artificially induced fever has the greatest potential in the treatment of many diseases, including cancer."

The usual method of inducing fever is the so-called Schlenzbath. The patient is totally immersed in a large bathtub filled with water between 100-102 degrees Fahrenheit. Only the nose and mouth are left free for breathing. In about half an hour, the body's temperature will gradually rise to match the temperature of the water.

Needless to say, treatment should be given well supervised. The temperature of the water and of the patient, and the patient's pulse, should be checked periodically.

Dr. Paavo Airola, Ph.D., N.D., states in his book **How to Get Well**.

Hyperthermia gives cancer a triple whammy:

1. Removing accumulations of stored toxic chemicals that cause cancer.
2. Improving circulation so that tissues are both nourished with oxygen and flushed of acidic metabolic wastes.
3. Weakening or even killing cancer cells that have a lower tolerance for heat than healthy cells.

This makes regular hyperthermia an excellent addition to a healthy cancer-preventing lifestyle and a useful part of a comprehensive program to remove cancer. Hyperthermia to detoxify the body is most effective if used together with exercise and enhanced nutrition.

"In the tissue culture the cancer cell will be damaged by a temperature of 39° C. and dies at 42° C.; the normal cell will be damaged by 43° C. and dies at 46-47° C."

Professor Lambert, quoted in Gerson, pg 45.

Cancer cells damaged by hyperthermia are much more easily killed by other means, so hyperthermia works well as a complementary therapy.

It is recommended if you are using hyperthermia for therapeutic purposes to find a knowledgeable doctor to work with. Also, if you are having a sauna frequently, to supplement your diet with calcium, magnesium and trace minerals to replace beneficial minerals lost in the perspiration.

"For many patients, battling cancer has also meant fighting constant pain, or relying on strong narcotics like demerol or morphine derivatives. Hyperthermia is an excellent alternative to the use of these addictive drugs."

"Not only it is an effective cancer treatment, but it often dramatically reduces pain which allows for better quality of life. Subsequently, this enables many people to devote more energy to their fight against cancer."

- Valley Cancer Institute

Sources

North American Hyperthermia Society, 630-571-2904, <http://www.thermalthrapy.org>. You can read more and approach the medical staff at <http://www.heatkillscancer.com> for further information. The site also contains testimonials.

Valley Cancer Institute, a non-profit Hyperthermic research and patient treatment center in Los Angeles. Telephone FAX (310) 398-0013 (310) 398-4470 Postal address 12099 W. Washington Blvd., #304 Los Angeles, CA 90066, USA. Email: info@vci.org

Further Reading and References

- Application of Hyperthermia in the Treatment of Cancer (Recent Results in Cancer Research, Vol 107) by R.D. Issels (available from Amazon)
- <http://www.heatkillscancer.com/>

Magnets/Magnetic Field Therapy

Dr. William Philpott of Choctaw, Oklahoma treated a 20-year-old patient with an inoperable glioblastoma – a form of brain cancer. He placed the northpole of a ceramic magnet on the back of the patient's head at the point where the tumor had initially started to grow. The magnet was left in this position for 24 hours a day.

At the beginning of the treatment at the American Biologics hospital in Tijuana, Mexico, this patient was incapable of making any response to his environment. After three days of continuous treatment, he was able to wiggle his fingers in response to questions. Three weeks later, he reportedly walked out of the hospital with the assistance of only a walker. The patient continued magnetic-field exposure of the brain five hours a day and was reported to be well six months later except for a residual imbalance problem.

Obviously an ordinary magnet is of no use for this kind of treatment as both north and south poles appear on the same side. What is needed is a flat bar magnet, magnetised so that opposite poles are on opposing flat sides. Note that biomagnetic south fields must be avoided. To check the north and south poles of a magnet a magnetometer is needed.

North pole reads negative, south positive. It is also possible to buy magnetic beds to sleep on. Japanese beds are based on normal magnets that have an alternating current force field. These can give temporary benefits but for long term benefits a direct current negative field bed is required. One developed by Dr. Bronlie, marketed by Magnetico, supposedly has a force field nearly ten times stronger than we currently experience emanating from the earth.

Bronlie's research produced evidence that the magnetic force of the earth is depleting at a rate of 5 per cent every century – and his bed therefore gives off a magnetic force equal to that prevalent on earth some 4,000 years ago. The flow of this magnetic energy through the body for eight hours a day has had, he claims, a remarkable effect on healing, particularly with arthritis, but more interestingly with regard to cancer, it has a demonstrable and powerful effect on the oxygen levels in the blood and the efficiency of the body's biochemical reactions.

Through numerous clinical experiments, it has been proven that magnetic therapy is safe, non-addictive, and there are no known harmful exposure levels. Clinical tests have proven that magnets reduce pain. Magnetic fields deeply penetrate the flesh with a field that energizes, alkalizes, and oxygenates the blood, improving the immune system performance and the body's healing abilities.

Dr. Albert Roy Davis, Ph.D., noted that positive and negative magnetic polarities have different effects upon biological systems of animals. He found that magnets could be used to arrest and kill cancer cells in animals, and could also be used in the treatment of arthritis, glaucoma, infertility, and diseases related to aging. He concluded that negative magnetic fields have a beneficial effect on living organisms, whereas positive magnetic fields have a harmful effect.

Dr. Philpott states:

"A negative magnetic field (north or negative side) can function like an antibiotic in helping to destroy bacterial, fungal, and viral infections by promoting oxygenation and lowering the body's acidity."

Both these factors are beneficial to normal bodily functions but harmful to pathogenic (disease-causing) microorganisms, which do not survive in a well oxygenated, alkaline environment. These two factors underlie why clinical studies have proven that magnets reduce pain.

Dr. Philpott theorizes that the biological value of oxygen is increased by the influence of a negative electromagnetic field, and that the field causes negatively charged DNA (deoxyribonucleic acid) to pull oxygen out of the bloodstream and into the cell. The

negative electromagnetic field keeps the cellular buffer system (pH or acid-based balance) intact so that the cells remain alkaline. The low acid balance also helps maintain the presence of oxygen in the body.

Dr. Philpott states:

"A negative magnetic field normalizes the disturbed metabolic functions that cause painful conditions such as cellular edema (swelling of the cells), cellular acidosis (excessive acidity of the cells), lack of oxygen to the cells, and function. A positive magnetic field, on the other hand, can increase pain due to its interference with normal metabolic function."

Sources

For further information about magnetic beds contact: Magnetico, No. 107, 5421 11th Street NE, Calgary, Alberta, Canada T2E 6M4 or fax: 1-403-730-0885 <http://www.magneticosleep.com/> Email: info@magneticosleep.com

Further Reading and References

- <http://www.fightingcancer.com/download/fcpdf/21%20A-Z%20of%20alternative%20options.pdf>

Multi-Wave Oscillator (MWO)/Dr. Lakhovsky

There has been a recent surge of interest in a Russian made electro-magnetic machine called the "Multi-Wave Oscillator." George Lakhovsky, a Russian doctor, apparently had a 98% success rate in treating fatal cancers over an 11-year period with his machine. Lakhovsky's device was used in the U.S. until 1942 and in Europe for about another 15 years. It was ordered removed from the US hospitals that were using it shortly after Lakhovsky was hit by a car and died in 1942. A non-profit company is researching the use of a newer version of the machine.

Further Reading

- Lakhovsky Multiple Wave Oscillator Handbook: Comprising the Borderland Sciences Research Foundation Lakhovsky Multiple Wave Oscillator & Radio-Cellular Oscillator Research Files by Thomas J. Brown, Tom Brown
- Secret of Life: Electricity Radiation & Your Body by Georges Lakhovsky
- <http://alternativehealingtools.com/Lakhovsky/>
- <http://educate-yourself.org/be/lakhovskyindex.shtml>

References

- http://www.rhinoed.com/mwo_research.htm

Orgone/Orgone Accumulators/Orgone Beam/Wilhelm Reich

One of the very few modern men to claim to have created life was the Austrian-born Wilhelm Reich, a conventionally trained scientist who studied medicine at Vienna University. His main theme was that sexual energy was of vital importance not only to the creation of life but to its complete fulfillment, and that sexuality was:

"the center around which revolves the whole of social life as well as the inner life of the individual."

Reich eventually concluded that almost all sickness—including psychological ailments such as schizophrenia and depression—was the result of failing to achieve "true orgasm", complete sexual satisfaction.

He was an important member of Freud's Psychoanalytic Society in Vienna, but later broke with Freud. In 1939, forced to leave Austria because of Nazi activity, he settled in New York. In 1935, he had announced that he had succeeded in producing what he called 'bions' from certain substances (such as coal), and that these were capable of developing into protozoa (single-cell organisms).

Biologists rejected this, but Reich worked on, and in 1939 announced that the radiation given out by 'bions' produced from sterilized sea sand was a hitherto unknown form of energy, which he called orgone, and described as "the basic life-stuff of the universe." In

1942, he founded the Orgone Institute, a center for development of his theory that the lack of repeated discharge of this energy through "true orgasm" led to both individual and social neuroses.

Reich claimed orgone was a radiating energy, blue in color, universally present that was emitted from organic materials and life forms and could be accumulated, observed, and measured. Reich also believed that in specified doses, orgone energy had positive healthful properties, and could help in the treatment of cancer, although not cure it.

Reich did a study between 1937 and 1939 on 178 healthy mice. He injected some with T-bacilli, some with PA-bions, some with T-bacilli and then PA-bions, and some with PA-bions and then T-bacilli. The T-bacilli injected group had many more deaths than the PA-injected group.

Also, his data suggested that the PA-bions had an innoculatory effect against the T-bacilli, although damage did not seem to be reversed when the T-bacilli was injected first. Of the 30 mice that died from T-bacilli injections alone, Reich claimed to find cancerous cells in 20. Reich theorized that the T-bacilli he injected acted as a cancer agent.

However, in the early 1940's Reich soon found that T-bacilli were present in people who were perfectly healthy as well. Reich observed T-bacilli in both the blood of healthy people and cancer patients, and he observed that in the blood of the cancer patients, the T-bacilli developed easily and rapidly. He also found that the red blood cells disintegrated much more rapidly in the cancer patients, and when it did it formed shrunken granules as opposed to the large uniform granules of healthy people.

Reich observed similar findings in the sputum, excrement and vaginal secretions of patients. He claimed he could identify patients at a high risk for cancer by the high levels of T-bacilli in their blood. Interestingly, at the time, no cancer researchers had observed or noted finding evidence of cancer in the blood or other bodily fluids of their patients. It wasn't until 1955 that classical cancer pathology discovered that cancer cells could be found in the sputum of cancer patients.

Reich had earlier observed the deteriorating effects of the PA-bions, which he believed to be charged with orgone energy, had on T-bacilli, which he now believed was an agent of cancer. He decided to see how orgone energy collected in his accumulator affected mice with cancer. He found that the average life span of the untreated cancer mice was four weeks, whereas the average life span of the mice that had been treated with the accumulator was eleven weeks.

"The very first tests revealed an astonishingly rapid effect; the mice recuperated rapidly, the fur became smooth and shiny, the eyes lost their dullness, the whole organism became vigorous instead of contracted and bent, and the tumors ceased to grow or even receded."

At this point, Reich and his colleagues began using the accumulator themselves, and claimed increased vitality and improved health. Reich claimed that the length of exposure that would be beneficial for each person varied and encouraged people to experiment with the duration. Too much orgone, he believed, was unhealthy.

Reich began experimenting with the use of orgone accumulators on cancer patients. In the fifteen cases he worked with between 1941 and 1943, all were in advanced stages of cancer. Three of them died in the time expected by their doctors, six of them lived five to twelve months longer than expected, and the rest were still alive when Reich published his paper on them in 1943. In all cases, he claimed that their pain was greatly alleviated and their use of morphine was lessened or eliminated altogether.

Reich claimed that orgone could be measured, collected in an "orgone box", and used for the treatment of serious diseases, including cancer. However, the United States Food and Drug Administration declared it a fraud and in 1956, he was sentenced to two years imprisonment for contempt of court and violation of the Food and Drug Act. He died in prison a year later.

Orgone accumulators are easy to build with alternating layers of metal and organic material. The Orgone beam works on the orgone principle of cell vibration. Every living cell

vibrates at a specific rate and when the body is low on orgone energy the cell is unable to vibrate at its natural rate. This disturbance in cell vibration enables disease to arise (Lakhovsky 1936).

Dr. Lakhovsky (See Multi-Wave Oscillator/ Dr. Lakhovsky) stated that if the body consumed an above average amount of orgone energy then the cellular vibration becomes less powerful. Orgone beam energy is supplied to depleted cells thereby restoring the natural cellular vibration. The theory of vibrational medicine is based on the same principles as homeopathy and bio-resonance therapy.

The Orgone beam has an open resonant circuit, and operated based on a bio-resonance principle. This means it provides energy and healing vibrations to living creatures. The physical and subtle energies of living beings decide whether they need this information and the energy (whether to accept it or not). So an overdose in the literal sense cannot occur.

Further Reading and References

- <http://www.orgone.org/>
- The Orgone Accumulator Handbook: Construction Plans Experimental Use and Protection Against Toxic Energy by James DeMeoadionics & Radiesthesia: A Guide to Working With Energy Patterns by Jane E. Hartman
- The Book of Secrets by Osho
- The Function of the Orgasm: Discovery of the Orgone (Discovery of the Orgone, Vol 1) by Wilhelm Reich, Vincent R. Carfagno
- Emotional Armoring : An Introduction to Psychiatric Orgone Therapy by Morton Herskowitz D.O.
- The Cancer Biopathy (His The discovery of the orgone, v.2) by Wilhelm Reich
- Emotional Armoring : An Introduction to Psychiatric Orgone Therapy by Morton Herskowitz D.O.
- <http://www.wilhelmreichmuseum.org/index.shtml>

PAP Ion Magnetic Induction (PAP-IMI) Device

"The PAP ion magnetic induction (PAP-IMI) device developed by Professor P.T. Pappas is an ultra fast, short duration, athermic bipolar magnetic and induced electric pulse generator. The PAP-IMI device uses pulsed electromagnetic fields to generate or induce electric pulses inside biological matter."

The PAM-IMI device appears to be used most commonly to treat pain. The website at <http://www.papimi.gr> lists case reports for a wide variety of advanced cancers.

New Scientist contains an article that may describe how the PAP-IMI works. On the PAP-IMI website, it is hinted that this is what PAP-IMI clinically does NOW:

"Nanopulses tweak the innards of cells: a method that would allow doctors to tweak the innards of cells without even touching a patient's body is being developed in the US. The technique is still in its infancy, and it is still not clear exactly what it does to cells. But initial experiments suggest it might one day be possible to use the technique to treat cancer, speed up healing or even tackle obesity."

The following is an interesting transcript of interview with Dr. Michael Cargile-Emeritus Chair of Research for the American Association for Acupuncture and Oriental Medicine:

"Our research group has been using the PAP-IMI with respective areas of dimensions of integrated healing because it seems to cross all lines of physiological, bio-chemical, and electro-chemical phenomena that pertain to the proper operation of a living cell. The National Library of Medicine, in a report that I generated for the healthcare task force in 1993, pursuant to declassifying acupuncture and electro-medicine out of investigational, experimental, and unscientific status into mainstream understanding with the respect of modern science. In that report the National Library of Medicine clearly states that several converging view points from these various disciplines of science have clearly shown and indicated that the body is far more than simply a collection of molecules and cells. That in fact the body is comprised of a set of standing stabilized electro magnetic

oscillations or oscillatory patterns and that these electro magnetic patterns, the changes in these patterns, occur before any morphogenesis or pathogenesis that is they precede the morphogenesis and pathogenesis."

An explanation at <http://www.papimi.dk> of how PAP-IMI exposures affect cancer cells is set out below.

"1. PAP IMI exposures, are assumed to stop cell proliferation by increasing energy directly in the form of increase of transmembrane potential and also by reestablishing cell metabolism to normal levels.

2. PAP IMI exposures are assumed to enhance or excite the immune system, that may extinguish cancer cells. Also, PAP IMI enhances other vital functions of the body, i.e., liver function, lung function, blood and lymph circulation, kidney function, etc, that may sustain or enhance in general metabolism

3. PAP IMI was found that it may erase the etheric archetype associated with the tumor to the point that in several treatments were found to cause tumor disorganization and necrosis, as well as to initiate tumor rejection as a "foreign body rejection", because of under the tumor healthy tissue growth, presumably associated by an extension of the underneath etheric archetype to the tumor area to the point to reject out the tumor off its location."

Two case reports are set out below (source: <http://www.papimi.gr/cw.htm>).

Case 3

Male, 63, Acute Prostate Cancer certified by Veterans Hospital of Los Angeles. Patient was gray in pallour when tx started, treated twice per week for ten weeks. In two weeks color was normal, clinical findings confirmed cancer was in regression, patient was on medication (fluridimide) like all other Veterans cases, but he was the only patient to recover from his advanced condition. Patient claims IMI saved his life.

Case 4

Female, 32 years old, breast cancer metas. to lungs. Gray pallour when tx started, normal color and lack of any pain in two weeks of 3x per weeks tx. Continued at 2x per week for two months, reported cancer in remission, lumps in breast greatly reduced, returned to normal activities."

Source

There are apparently 20 centers in the US, and many internationally. See <http://www.papimi.gr/applcntr.htm>

More on the PAP-IMI device and a coupon for a free treatment can be found at http://www.bioscienceproducts.com/page.aspx?page_id=52

Newsgroups

- <http://groups.yahoo.com/group/pap-imi/>
- <http://health.groups.yahoo.com/group/pap-imi2/>

Further Reading

- The PAP-IMI websites at <http://www.papimi.gr/> and <http://www.papimi.com/>

References

- <http://www.papimi.gr/>
- <http://www.papimi.dk>
- New Scientist <http://www.newscientist.com/news/news.jsp?id=ns99994635>
- http://www.bio-energy-services.com/bioenergy/DRCargile_transcript.htm

PDT - Photodynamic Therapy/Phototherapy

The momentum behind Photo-Dynamic Therapy as a cancer treatment has been growing rapidly. It is currently being used and studied in Russia and the USA. Basically, a substance is injected into the body and finds its way into the cancerous cells wherever they are. Then, light of a particular frequency is shone onto the location of the cancer and the original substance becomes active and kills the cell.

The reason for the high levels of interest is that to date, although drugs have been developed, more usually the 'substance' can be algae or a plant product making side effects unlikely.

Cancer Research UK, working with the Gray Cancer Institute in Middlesex, has reported highly promising results.

They found that a colorful combination of red light, blue dye and a plant hormone can be used to kill cancer cells. Their new study reported in the prestigious journal **Cancer Research** shows the treatment could be much more effective when combined with a plant hormone that in nature helps plants grow towards the sun.

Scientists at the Institute treated cancer cells with a special blue dye that becomes chemically energized in response to light. When they shone red light on to the cells and dye with the plant hormone, the hormone shattered to produce toxic chemicals called free radicals. These form poisonous by-products with the potential to kill cancer cells.

Sir Paul Nurse, Chief Executive of Cancer Research UK, says:

"This is fascinating work in that it combines using clever technology with something provided by nature - the plant chemicals. It is a further step in the direction of producing a therapy that directly targets the tumor."

Another study has shown:

"Photodynamic therapy, according to a research paper, increased the expected lifespan of many of the 16 pancreatic cancer patients who underwent it.

There are two stages to the treatment. Firstly, a drug is given which "sensitises" cells to the effects of light. If these cells are exposed to strong light, they die.

Then, a fibre-optic cable is placed near the target tumour, and light is precisely aimed through it. When the beam hits the tumour cells, it kills them, hopefully without damaging too many surrounding cells.

The research, carried out at University College London and detailed in the journal *Gut*, involved patients with inoperable advanced cancer, who were not expected to live long."

<http://news.bbc.co.uk/1/hi/health/1871474.stm>

Radiofrequency Ablation (RFA)

High-frequency electric current is used to heat tumors from within, a process referred to as "cooking the tumor to death" (McCullough 2001). In cardiology, high-frequency radio waves have been used for decades to ablate cardiac nerves in patients with dangerous heart rhythms that resisted drug therapy. The concept segued into oncology with radiofrequency ablation (RFA) initially used to provide palliative relief to inoperable, terminal patients, particularly those with liver cancer.

But momentum is growing for the technique, and the therapeutic focus is changing as well. So strong are the prospects for RFA that this pioneering treatment appears (according to researchers) to have the potential to replace both surgery and radiation therapy.

Because of its therapeutic value and cost effectiveness, along with its noninvasive, low-risk profile, RFA has the attention of both physicians and patients.

The National Institutes of Health consider RFA the most predictable, safest, and simplest method for thermal ablation in bone, liver, kidney, prostate, breast, and brain cancers.

Using open MRI, doctors gain access to the tumor through a needle puncture, a process requiring no surgery. Using specially designed titanium or stainless steel instruments, doctors are directed by the MRI image to the site of malignancy

A titanium electrode is guided to the tumor and enough heat is generated (just below the boiling point) to kill the cancerous cells. After 10-12 minutes of continuous contact with the tumor tissue, the radiofrequency energy "cooks" a sphere of 1-2 inches. By "cooking" adjacent spheres, larger tumors can be treated.

Dr. Jonathan Lewin, director of magnetic resonance imaging at University Hospitals of Cleveland, says that tumorous areas that earlier appeared white are now black, a black hole of dead tumor tissue. It is immediately possible to determine the amount of tumor destruction and to plan treatments (should additional treatment be necessary).

The dead cells are not removed, but become scar tissue and eventually shrink. The procedure is done under local anesthesia, with minimal discomfort to patients. There are no cumulative dose effects as with radiation therapy, so patients can be treated repeatedly if the cancer returns to other sites. Hospitalization is usually limited to several hours rather than days.

Dr. Patrick Sewell (University of Mississippi Medical Center) performed this procedure on nine lung cancer patients in China, ranging in age from 38-78 years.

Five had primary tumors, two had primary lung tumors with metastasis, and two had metastasized cancer that had spread to the lungs from other locations. When the PET scans came back (3 days following treatment), all tumors had been killed (Sewell 2000).

At the 85th Annual Meeting of the Radiological Society of North America (Chicago), Dr. Tito Livraghi of Vimercate Hospital, Italy, presented the results of a study designed to evaluate the efficacy of RFA in breast cancer-to-liver metastasis. The study consisted of 15 lesions in 10 patients (mean age 51 years). Eight of the patients had progressive metastatic disease following chemotherapy; two patients with hepatic metastasis had not undergone chemotherapy.

Following RFA, the value of the treatment was assessed by biphasic helical computed tomography (CT) performed at 4-month intervals. Complete necrosis was obtained in 14 out of 15 lesions (93%).

Follow-up imaging studies (at 4-30 months) were unable to detect a recurrence in any of the 14 lesions. Four patients have remained disease free; five (later) have developed new hepatic and/or extra-hepatic metastasis; and one has died with diffuse metastasis. RFA resulted in no treatment-induced complications (Pullen 1999).

Early results (from an NIH Clinical Center Study) look promising for the use of RF energy in patients with certain kidney and adrenal tumors. Of 18 kidney tumors treated, 13 (72%) showed no x-ray evidence of residual tumors immediately following treatment.

One patient remains cancer-free 2 years following treatment. In a related NIH study involving adrenal gland tumors, 7 of 11 tumors (64%) showed no active disease following RFA. Though the remaining 36% of patients had evidence of residual tumors on follow-up imaging, all patients treated had x-ray confirmation that most of the targeted tumor was killed by treatment (Healthlink 2000).

Dr. Steven Curley (University of Texas M.D. Anderson Cancer Center) says that within a 12-month timeframe, a great deal more data will be available to physicians and patients. But in the interim, Dr. Curley says that inoperable colorectal patients have enjoyed a 3-year survival using RFA.

Sources

M.D. Anderson Cancer Center, Houston, Texas Telephone: (713) 792-2121
University Hospitals of Cleveland Cleveland, Ohio Telephone: (216) 844-1000

Further Reading and References

- <http://cancer.lef.org/clinics-2.html#rfa>
- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10973388&dopt=Abstract
- Radiofrequency ablation of 40 lung neoplasms: preliminary results.(18 patients with inoperable lung cancer experienced a 94.4% success rate)
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15269026

Radionics

Radionic instruments are sometimes claimed to be successful with cancer.

Further Reading and References

- Radionics and the Subtle Anatomy of Man by David V. Tansley
- Radionics & Radiesthesia: A Guide to Working With Energy Patterns by Jane E. Hartman
- Chakras-Rays and Radionics by David V. Tansley
- Radionics Interface With the Ether Fields by David V. Tansley

SCENAR/ENAR

SCENAR stands for Self-Controlled Energy Neuro-Adaptive Regulator. It is a new generation of electrotherapeutic, biofeedback devices.

SCENAR technology was first invented in Russia in mid-1980s by A.Karasev. Originally, it was developed under the umbrella of the Russian space and military program. SCENAR Therapy was first introduced to the UK in 1995 and since spread across the world to the US, Europe, Canada, Australia, South Africa and Asia.

Electrical impulses from the device generate informational input in the body. The SCENAR, through the skin, communicates with the nervous system on three levels:

1. locally, where you touch
2. the zone or spinal segment related to where you touch
3. to the Central Nervous System, including the brain.

In response to a SCENAR impulse, regulative neuro-peptides and the body's own endorphins are released. Cancer patients are reportedly said to receive long lasting pain relief. SCENAR therapy would seem to be a useful supportive therapy throughout the course of chemo and radio-therapy. It helps to diminish side effects from therapy and releases energy in the body. The patients feel emotionally uplifted as well.

SCENAR therapy was given to 17 cancer patients suffering with chronic pain. All of them were registered as IV- stage cancer patients. The group consisted of 9 women and 8 men between the ages of 41 and 73. All patients had been suffering pain for at least 3-6 weeks; in 3 cases there had been pain for over 2 months. Before starting SCENAR therapy, all 17 patients had been receiving continuous medical treatment for pain (14 of them with non-narcotic medication, 3 with promedol injections). As a rule, SCENAR treatment consisted of 9-10 sessions.

Fourteen of the 17 patients (82%) felt pain relief with SCENAR therapy. Patients reduced the use of pain medication; some of them completely stopped taking medication. Patients also had better sleep with longer dream cycles, better appetite and improved motor activity.

Z. K. Milkevich concludes after observing SCENAR-applications in various cancer clinics:

“SCENAR-therapy can become an independent treatment method and can be effectively used at the different stages of the oncological patient's treatment, in combination with the universally accepted techniques. It is absolutely necessary for fourth-stage patients for the improvement of their life quality.”

Whilst the SCENAR is typically used in the professional setting, the ENAR (Energy-Neuro-Adaptive-Regulator) is a personal device version of the SCENAR.

Macquarie University in Sydney, Australia has completed a randomized control trial on chronic neck pain and dysfunction, that shows the ENAR not only gives swift relief from chronic pain and improved functionality but also, coincidentally, improves mental and

emotional health. Importantly, these improvements were shown to be sustained at the six months review, which is well after the end of the 6 week treatment period.

This research suggests the ENAR hand-held therapy device has been confirmed as a significant new tool for hands-on body-workers of all types and for use as a personal / family therapeutic device.

Sources, Further Reading and References

- Bogdanova E.R., Zaidiner B.M., SCENARTHERAPY IN ONCOLOGY
- <http://www.enlightenedtherapies.com>

UHF Pulsing to Increase Cell Energy of Cancer Cells

This is a new concept based on the energy resource deficiency that proponents think is central to the carcinogenic mechanism.

This hypothesis offers a new explanation, and suggests methods for the prevention and cure of cancer based on the direct application of high amplitude, plasma-generated pulses of UHF oscillations to cancer cells. It is supported by clinical observations of satisfactory results obtained from this application.

References to the relationship of cell energy level and cancer are found throughout the literature; however, it is believed that this may be the first definition and characterization of cancer cells as cells with low internal energy.

When a cell becomes cancerous, the following facts relating to the internal energy of the cell are:

1. The number of mitochondria is diminished, thus reducing the activity and energy level of the cell.
2. The ATP-producing function of oxidation-phosphorylation is diminished causing further reduction in available energy.
3. Anaerobic metabolism (glycolysis) increases, acquiring a smaller number of ATP molecules, resulting in limited energy production and reduced thermal energy.
4. The internal level of Na⁺ ions is increased relative to the K⁺ ions, with a twofold result:
 - (a) Na⁺ has a large tendency for hydration; one Na⁺ ion can bind at least one H₂O molecule, and water displaces internal thermal energy to the outside.
 - (b) High internal Na⁺ concentrations relative to external K⁺ concentration impairs the efficiency of the Na / K pump that exchanges three internal Na⁺ ions with two external K⁺ ions.

Tumor growths of nearly all types have been seen to reduce and even to calcify with UHF pulsing.

While the theory has appeared in scientific papers the world over, the entire cycle of human clinical trials is awaited.

Also see [PAP-IMI Device](#).

Further Reading and References

- <http://www.rife.org/otherresearch/oscillationsincancer.html>

Zappers

Many cancer patients now use electronic zappers and magnetic pulsers with apparently good success. The most commonly used varieties are the Hulda Clark zapper and the Beck zapper. These are other recommended to be used in combination with oxygen therapy and colloidal silver.

The Zapper is an electronic device that generates a positive offset frequency that kills bacteria, viruses and parasites simultaneously. It takes three treatments of 7 minutes each to kill everything with 20-30 minutes intermission. The Zapper is the size of a regular transistor radio. It operates on a 9-volt battery.

"Being able to kill your bacteria and other invaders with electricity becomes much more of a panacea when you can do it all in three 7-minute sessions. No need to single out specific frequencies or to sweep through a range of frequencies one KHz at a time. No matter what frequency it is set at (within reason), it kills large and small invaders: flukes, roundworms, mites, bacteria, viruses, and fungi."

Everything emits a characteristic range of frequencies (bandwidth). In general, the more primitive the organism, the lower its bandwidth. Advanced animals have higher frequencies and the range is wider. The human range is from 1520 KHz to 9460 KHz. Pathogens (molds, viruses, bacteria, worms, mites) range from 77 KHz to 900 KHz. Fortunately for us, we can work on zapping pathogens in the lower ranges without affecting humans in the upper range.

Applying an alternating electrical voltage within an organism's bandwidth injures it. Small organisms with narrow bandwidths are extinguished readily (three minutes at five volts). Positively offset frequencies can kill the entire range of small organisms.

It takes three treatments to kill everything because the first zapping kills viruses, bacteria, and parasites. But a few minutes later, bacteria and viruses (different ones) often recur. They had been infecting the parasites, and killing the parasites released them. The second zapping kills the released viruses and bacteria, but soon a few viruses appear again. They must have been infecting some of the last bacteria. After a third zapping no viruses, bacteria or parasites are found, even hours later.

This explains why a single treatment with a frequency generator or "Zapper" frequently gives you a cold (partial detoxification with re-infection) and can leave you fatigued. So plan a low stress day following your initial zapping.

The Dr. Clark Research Association asked Prof. Henry Lai from the University of Washington in Seattle to find out whether the zapper had any effect on cancer cells in the laboratory. The research work took six months but now it is confirmed that the zapper selectively kills cancer cells. Read Prof. Lai's summary here:

<http://www.drclark.net/news/lairesearch.htm>.

What does it mean that it selectively kills cancer cells? It means that healthy cells are not affected while cancer cells are killed. The research showed that in the lab culture, after 24 hours there were 42% less cancer cells than without the zapper.

"To be quite frank when I started the research project I expected that the zapper would do nothing"

said Prof. Lai.

But when he saw how effective the minimal zapper current was on the cancer cell cultures, he stated:

"Now we must find the mechanism how the cancer cells are killed. If we can do that then I think we can improve the treatment and make it more effective. If we can reduce cancer cells by 42%, we should be able to reduce them by 100%."

Prof. Lai also tested the effect of the zapper on bacteria cultures in vitro but could not yet show an effect. More tests will have to be done to find how the zapper effects pathogens in the human body. Another test was done using the Clark frequency from Dr. Clark's frequency table on cultured bacteria. The treated culture reduced significantly in number. However, the temperature could not be sufficiently controlled in this experiment, so it will have to be redone. But Dr. Lai said that:

"Despite the fact that the number of bacteria was the same in both cultures after two hours, the rate of apoptosis [programmed cell death] was four times higher in the bacteria culture that was zapped."

Sources

The most up-to-date and versatile zapper can be bought from <https://www.drclark.com/>

Identify other sources and best prices at Froogle. Just [click http://froogle.google.com/froogle_advanced_search](http://froogle.google.com/froogle_advanced_search)
Enter clark zapper. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading and References

- <http://www.drclark.net/news/lairresearch.htm>.

Mental, Emotional and Spiritual Approaches

Behavior Therapy/Psychotherapy

Behavior therapy and related therapies are methods proven in several randomized trials to prevent cancer (and coronary heart disease) and produce a significant reduction in mortality in those with these degenerative diseases.

According to this evidence, because of their learned behaviour/temperament, people either are susceptible to getting cancer (cancer prone) – sometimes called a Type C personality, or are susceptible to getting coronary heart disease (CHD prone) – sometimes called a Type A personality, or have emotional problems but don't get cancer or CHD, or are emotionally healthy and don't get cancer or CHD (the healthy 'autonomous' type).

Reviewing the evidence:

3235 people diagnosed with stress were given questionnaires to determine their personality profiles:

- 901 were categorized as cancer prone
- 818 as coronary CHD prone
- 570 as a mixture of psychological tendencies but not likely to develop either cancer or CHD
- 946 as the healthy autonomous type

Thirteen Years later the same group resulted in::

Of the 901 cancer prone, 39% had died of cancer - 7% of CHD, and 61% were still alive.

Of the 818 CHD prone, 25% had died of CHD (4% of cancer), 75% were still alive.

Of the 570 not likely to develop cancer or CHD, 19% had died, 81% were still alive.

Of the 946 healthy autonomous type, only 5% had died, 95% were still alive.

This strongly supports the hypothesis that degenerative diseases such as cancer and CHD have an emotional basis. How can this knowledge be applied for prevention and treatment?

Prevention

When the cancer prone type of person was treated with a particular type of individual behavior therapy results were dramatic. For example:

- Cancer incidence treated dropped from 42% to 26%
- Cancer mortality dropped from 32% to 0%
- Using group therapy results were still good but not as dramatic (incidence down from 56% to 32%, mortality down from 47% to 7.5%.

It is, therefore, clear that behavior therapy can be used to affect a person's learned behavior and significantly reduce their risk of getting cancer and other degenerative disease.

But what is its effect on people who have already got cancer? Let us look at the results of five well-run randomized trials:

1. Effect of behavior therapy on terminal cancer patients

This study involved 24 pairs of cancer patients with six different types of inoperable cancer, including scrotal, stomach, bronchiolar, corpus uteri, cervical, and colorectal.

Survival times of the treated group averaged 5.07 years (ranging from 1.7 yrs for bronchiolar to 9.5 yrs for colorectal). For the control group, survival averaged 3.09 years (ranging from 1.0 yrs for bronchiolar to 4.9 yrs for colorectal). This is an increase in survival of 64%.

2. Effect of adding behavior therapy to chemotherapy for metastasized breast cancer

50 women with metastasized breast cancer, for whom chemotherapy had been proposed, were divided into pairs matched for age, social background, extent of cancer and medical treatment. One of each pair was then randomized to receive psychotherapy in addition to chemotherapy. Thirty hours of psychotherapy were given to one group of 25 women. The other group of 25 received only chemotherapy.

Mean survival times for the 25 patients who received chemotherapy plus psychotherapy was 22.4 months compared with 14.08 months for the 25 who received chemotherapy alone, an increase of 59%.

3. Effect of adding psychotherapy to no treatment for women with metastasized breast cancer

Fifty of those who refused chemotherapy in the trial above were matched, then one of each pair was randomized to receive psychotherapy.

Mean survival for the 25 patients who received psychotherapy was 14.9 months compared with 11.28 months for the 25 who received no treatment, an increase in 32%.

It was also observed that the lymphocyte count of those receiving psychotherapy continued to rise over time, whereas in those not receiving psychotherapy it fell, suggesting that the psychotherapeutic intervention may have had its effect through the involvement of the immune system⁴.

4. Effect of structured psychotherapy on women with metastasized breast cancer

Randomized trials measured survival after structured psychotherapy for late stage breast cancer patients.

Eighty Six patients with metastatic breast cancer were randomized into two groups, a study group of 50 and a control group of 36. Both groups had routine oncological care, but the study group was offered a 1½ hr weekly supportive group therapy and self-hypnosis for pain for one year.

Average survival for the study group was 36.6 months compared with 18.9 months for the control group, a 94% increase in survival⁵.

5. Effect of structured psychotherapy on people with malignant melanoma

Twenty eight men and 33 women with melanoma were randomized into two groups, a study group of 35, and a control group of 26. The study group was given a structured psychotherapy group intervention which lasted about 1½ hours per week for 6 weeks.

After 6 years there were only 3 deaths out of 34 (9%) in the treated group compared with 10 out of 34 (29%) in the control group (corrected for smaller size) - a 69% reduction in mortality⁶.

So clearly, particular forms of structured psychotherapy such as behaviour therapy have a dramatic effect on survival or mortality, far greater than that observed with any orthodox therapy.

The mechanism of this connection between the mind/emotions and the body is now becoming more widely understood. For example, unexpressed or inappropriately expressed emotions give rise to circulating protein peptides. Cell receptors on the brain or

⁴ Eysenck, HJ & Grossarth-Maticek, R. Creative Novation Behaviour Therapy as a Prophylactic Treatment for Cancer and Coronary Heart Disease - Results. Behav Research and Therapy 1991; 29 (1): 17-31.

⁵ Spiegel, D. et al. Effect of psychosocial treatment on survival of patients with metastatic breast cancer, The Lancet, October 14, 1989.

⁶ Fawzy FI et al. Malignant melanoma. Effects of an early structured psychiatric intervention, coping, and affective state on recurrence and survival 6 years later. Arch gen Psychiatry Sep 1993; 50 (9): 681-9.

other organs respond to these peptides, and they enter the cells of the organ. Cell metabolism is disrupted, the immune system becomes weakened, and health deteriorates⁷.

So what is this personality profile that is claimed to lead to cancer? According to Eysenck, the essence of this type of temperament is the absence of autonomy, i.e. emotional dependence, which prevents such people from making independent decisions in the light of their own best interests.

So what is behavior therapy and how does it change a cancer prone person's behavior profile? The aim of behaviour therapy is to increase the person's autonomy, or independence and ability to make rational decisions that lead to long-term positive consequences, even though this might involve some short-term negative consequences. The goal is to teach the person to avoid behaviors that lead to long-term negative consequences, even where these may be associated with short-term positive consequences.

Evidence therefore supports the alternative paradigm that attributes most disease to emotional factors.

The conclusion indicated by all the above is that treatment should therefore be based on either behavior therapy or systemic therapies capable of reversing the metabolic changes brought about by the emotional factors.

References

- Eysenck, HJ & Grossarth-Maticek, R. Creative Novation Behaviour Therapy as a Prophylactic Treatment for Cancer and Coronary Heart Disease - Results. *Behav Research and Therapy* 1991; 29 (1): 17-31.
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- Candace Pert, PhD. *Molecules of Emotion*, Touchstone, NY, 1999.

Further Reading

- The causes and cures of neurosis: An introduction to modern behaviour therapy based on learning theory and the principles of conditioning by H. J Eysenck
- The Best of Behaviour Research and Therapy by S. Rachman, et al
- Molecules of Emotion by Candace Pert

Emotional Freedom Techniques (EFT)

EFT was designed and developed by Gary Craig, a Stanford engineer, based on Dr. Roger Callahan's Thought Field Therapy (TFT).

Gary Craig states:

"In simple terms, EFT is an emotional form of acupuncture except that we don't use needles. Instead, we tap with the fingertips to stimulate certain meridian points while the client is *tuned in* to the problem. We are still learning why EFT (and its many cousins) work so well. The existing theory is that the cause of all negative emotions is a disruption in the body's energy system."

"Western scientists have largely ignored the subtle energies that circulate throughout the body (until recently). As a result, our use of them for emotional and spiritual healing has been sparse at best. With EFT, however, we consider these subtle energies to be the front running cause of emotional upsets and issues. As a result, EFT professionals claim results that go far beyond those of conventional methods."

The simple, drug-free technique may help with dealing with the emotional aspects connected to cancer. It may also help with dealing with the trauma of having cancer, and even bring about physical improvements.

⁷ Candace Pert, PhD. *Molecules of Emotion*, Touchstone, NY, 1999.

Based on impressive new discoveries involving the body's subtle energies, [Emotional Freedom Techniques](#) (EFT) has been clinically effective in thousands of cases for [Trauma & Abuse](#), [Stress & Anxiety](#), [Fears & Phobias](#), [Depression](#), [Addictive Cravings](#), [Children's Issues](#) and hundreds of [physical symptoms](#) including headaches, body pains and breathing difficulties. Properly applied, over 80% achieve either noticeable improvement or complete cessation of the problem.

As can be seen from the home page of the [main EFTsite](#), many doctors are supportive of the use and benefits of these techniques.

Read the results of a small [cancer study](#).

Sources

Click [here](#) for Gary Craig's very informative and interesting website. A free 79 page manual may be downloaded. Alternately, a video set may also be purchased that depicts the whole procedure in detail.

Further Reading and References

- <http://www.emofree.com/>

Emotional Trauma and Stress Reduction/Psychooncology/ Psychoneuroimmunology (PNI)

The power of the mind is apparent from the fact that tumors frequently become evident about a year after an emotional trauma, such as the loss of a close relative. Before, the tumor may have been dormant or slow growing, but the temporary suppression of the immune system through excessive grief or mental depression allowed the tumor a growth spurt. Also see [New Medicine/ Dr. Hamer](#).

E.M.Reiche et al , state that:

"The links between the psychological and physiological features of cancer risk and progression have been studied through psychoneuroimmunology. The persistent activation of the hypothalamic-pituitary-adrenal (HPA) axis in the chronic stress response and in depression probably impairs the immune response and contributes to the development and progression of some types of cancer. ...In general, both stressors and depression are associated with the decreased cytotoxic T-cell and natural-killer-cell activities that affect processes such as immune surveillance of tumours, and with the events that modulate development and accumulation of somatic mutations and genomic instability."

Rene Mastrovito, in a chapter on behavioral techniques in the **Handbook of Psychooncology**, reports that:

"The last two decades have seen a dramatic rise in the use of behavioral therapies for control of symptoms. Especially in cancer, they are now extensively applied to control psychological distress and pain. The behavioral techniques, encompassing hypnosis, meditation, autogenic training, progressive relaxation, and biofeedback, are also called by some cognitive-behavioral, holistic, and alternative modes of therapy.

Such therapeutic interventions generally are characterized by two basic stages in which the patient is first guided through a primarily cognitive activity that creates the second stage, an altered state of consciousness. By far the most widely used technique in cancer is relaxation therapy, which promotes an altered state of awareness through reducing distressing emotions and producing a physiologically quiescent state in which there is selective awareness of specific sensory stimuli to the exclusion of others."

Behavioral interventions to diminish anticipatory nausea and vomiting represent one of the most rigorously documented and effective uses of these approaches. William Redd, Ph.D., a leading authority in this field, notes that 25% to 65% of patients in protracted chemotherapy report nausea in anticipation of treatment. Redd says:

"For some patients, any event or stimulus that is repeatedly associated with post-treatment side-effects becomes an elicitor of anticipatory reactions... clearly the most potent stimulus for the chemotherapy patient is the smell of the rubbing alcohol used to

clean the skin in preparation for an infusion. After four or five infusions, the nurse's perfume, the handsoap the doctor uses, and the odor of coffee may elicit it."

After reviewing the literature, T.G. Burish and colleagues report those behavioral relaxation techniques, including hypnosis, progressive muscle relaxation training, electromyogram (EMG) biofeedback, and systematic desensitization:

"alleviate some conditioned side effects of chemotherapy including nausea, vomiting, and negative emotions such as anxiety and depression. These behavioral techniques are generally inexpensive, easily learned, and have few if any negative side effects."

Redd reviews a series of studies by different investigators who used hypnosis with imagery, progressive relaxation with imagery, biofeedback with imagery, systematic desensitization, and cognitive or attentional distraction to relieve anticipatory nausea and vomiting:

The consistency of the positive results obtained in the group of studies is remarkable, because clinically significant reductions in ANV [anticipatory nausea and vomiting] were achieved. This is true despite wide variations in the type of cancer, stage of disease, and chemotherapy protocol, by separate groups of investigators using different research methods. Behavioral techniques clearly appear to have a place as an adjunctive treatment in the care of many cancer patients.

"Burish and colleagues consistently report reductions in post-treatment reactions when their patients use self-relaxation and distraction with protocols that do not incorporate cisplatin. Although post-treatment nausea is not eliminated, significant reductions are observed."

Cannici and colleagues found progressive muscle relaxation training reduced insomnia that is often found in people with cancer.

"Mean sleep onset latency was reduced from 124 to 29 min in 15 patients suffering from insomnia secondary to cancer; 15 subjects receiving routine care had means of 116 and 104 min in comparison. Muscle relaxation training was administered in individual sessions on three consecutive days."

The training had a lasting effect, with the differences between the two groups continuing 3 months later.

Mastrovito reviewed a series of studies on hypnosis, especially with pediatric patients whose "easy suggestibility and readiness to engage in imaginative ventures" made them especially good candidates. A number of studies showed that children undergoing bone marrow aspiration experienced less pain when prepared for the procedure with hypnotherapy or imagery.

"It is shocking that these simple procedures are not universally used for children undergoing these painful procedures. Mastrovito also states that progressive relaxation is particularly useful (for adults as well as children) in oncology units and clinics "in situations that provoke fear and apprehension, such as painful diagnostic and treatment procedures (e.g., bone marrow aspiration, lumbar puncture, and chemotherapy infusions)."

One of the best research summaries of the effects of stress on tumor growth is contained in an important book by Daniel P. Brown and Erika Fromm, **Hypnosis and Behavioral Medicine**. Brown is Director of Behavioral Medicine at the Cambridge Hospital and a member of the Harvard Medical School Faculty. Fromm is Professor of Psychology at the University of Chicago. According to Brown and Fromm:

"Numerous studies have shown that animals in which tumors have been induced (by means of chemicals, transplantations, or radiation) and were then exposed to acute stressors (electrical shock, bright lights, extreme temperatures, rapid rotation, immobilization, isolation, overcrowding, confrontation with other-feared-animals) suffered from immunosuppression. Rapid tumor growth was facilitated in the stressed animals. The accumulated data for humans, although not so extensively documented, are similar and suggest that acute stressors result in immunosuppression or tumor facilitation in humans."

This conclusion is supported by PNI research on the effects of stress in animals, summarized in a number of chapters in the bible of this field, **Psychoneuroimmunology**.

One of the authors in this text, Yehuda Shavit, writes:

"Reviewing the literature on stress and tumors in animal studies reveals a picture similar to that relating stress and infection. Stress can alter the incidence and development of experimental tumors in animals. In general, stress appears to enhance tumor induction and development, although stress-induced retardation of tumor growth has also been reported."

PNI research has found that the relationship between stress, tumor growth, and immunity is highly complex.

Shavit describes three major areas where stress, immunity, and tumor development have been explored:

- acute stress is generally more likely to depress immune function and enhance tumor growth than chronic stress;
- giving animals a capacity to control stress enhances immunity and diminishes tumor development in contrast to situations where stress is inescapable;
- housing conditions affect stress, with both loneliness and overcrowding having deleterious effects.

In humans, the most distinctive difference is that chronic psychological stress appears to continue over time to be immunosuppressive.

A second vital area of PNI research has focused on opiates (such as morphine) and "opioid peptides," or opiate-like peptides. Within the body, stress can induce analgesia or pain control by different biochemical mechanisms, one of which involves opioid peptides and the other a nonopioid system. This is important because, when a stressor induces pain control with an opioid peptide, the presence of that peptide more often than not may enhance tumor development, just as morphine may support tumor development.

Shavit writes:

"There is growing evidence-implicating opiates in the regulation of the immune system. Opiate addicts are known to be highly susceptible to bacterial, viral and fungal infections and, in fact, to have deficits in immune function. Acute and chronic morphine administration in experimental animals and humans usually produces immunosuppression."

Opiate agonists and antagonists [substances that, respectively, enhance or retard the effects of opiates] have also been implicated in tumor development. For example, morphine enhances the rate of pulmonary metastases in rats. On the other hand, opiates and opiate antagonists were shown to retard tumor growth."

PNI animal research has also identified critical immunosurveillance mechanisms against both viral infections and cancer that are differentially affected by stress. The two primary mechanisms considered in this research to date are cytotoxic T lymphocytes and NK [natural killer] cells. Acute stress in animal research often markedly reduces NK cell activity, and research that exposed animals to the specific kinds of stress that bring opioid peptides into play also suppressed NK cell activity. Morphine has also shown a dose-related capacity to suppress NK cell activity in animals.

Shavit states:

"Although there are obvious differences between rats and humans in response to narcotic drugs, our results nonetheless indicate that the effects of high-dose narcotic drugs on the immune system should be studied in humans. Surgical stress, including anesthesia, has been shown to increase tumor metastasis, perhaps owing to tumor embolus [tissue fragments] dissemination during the surgery. The impairment of NK cells at the time of surgery may contribute to tumor implantation, and our findings suggest that this NK suppression is attributable, at least in part, to narcotic agents."

In human studies, PNI researchers have found specifically that bereavement, divorce, depression, chronic stress, and academic stress (exams, etc.) may all depress immune function. Janice R. Kiecolt-Glaser and Ronald Glaser are two leading researchers in this field and summarized the research in **Psychoneuroimmunology**.

They cite a "large and relatively consistent literature" suggesting that stressful life events, specifically "major negative life changes," put people at greater risk for a variety of diseases. The effects are:

"remarkably consistent across populations and different kinds of events. In particular, events associated with the loss of important personal relationships appear to put individuals at greater risk."

Among the major life stressors, bereavement and divorce have been carefully studied. The Glasers cite studies showing that bereaved people have higher mortality in general and a higher incidence of cancer in particular than controls do. (Holland, in contrast, interprets the most recent studies to show higher mortality but not an elevated incidence of cancer.)

Divorce, the Glasers report, has even greater health risks associated with it than bereavement. But in general, while there is good evidence of an increase in morbidity and mortality associated with major negative life events, there is not a large body of robust evidence that these events result in a disproportionate increase in the incidence of cancer in particular.

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Group Support/Group Therapy

There is strong evidence that those who live within a network of strong social relationships live longer and healthier lives.

Rowland writes:

"One of the most important 'buffers' against the harmful effects of the stress of illness is the presence or availability of persons in the patient's environment with whom the experience can be shared. Research indicates that the presence of positive social support not only diminishes the psychic distress of cancer, but may be important in modulating survival as well."

This passage covers a point of vital importance to people who are considering some form of psychological work on themselves in hopes of extending their lives. Holland and Rowland explicitly endorse the view that the presence in a cancer patient's life of people

"with whom the experience of cancer can be shared"

not only softens the psychological impact of cancer but may 'modulate' survival as well.

Personality and social support probably interactively modulate the psychological and biological stressors that may be related to both the incidence and progression of some cancers. Evidence for this proposition now also comes from research in PNI. Sandra Levy and her colleagues (1985, 1987) examined psychological and biological variables in women with breast cancer.

The studies measured their psychosocial condition and immunological status at the time of their mastectomies and 3 months later. They found that NK cell status was a significant predictor of how many positive axillary nodes the women had. (The number of positive nodes is a significant predictor of the likelihood of recurrence of the disease and of survival.)

Three "distress indicators" accounted for 51% of the variance in NK cell activity:

- lack of adjustment,
- lack of social support, and
- fatigue and depressive symptoms.

In other words, if you had difficulty coping with cancer, had few social supports, and felt tired and depressed, the NK cell component of your immune system would be lower and you would be likely to have more positive nodes. This is an intriguing example of personality and social support apparently affecting the biological and psychological response to the stress of cancer with specific implications (the number of positive nodes) for survival.

Jimmie Holland comments:

"The Levy studies are of particular interest because of the findings from studies of Kiecolt-Glaser and colleagues that NK activity is negatively perturbed in physically healthy individuals under the stresses of examinations (1984), and loneliness (1986) in medical students. Their reports are also important in that NK-cell activity is important in response to tumors of viral origin, such as herpes virus and cervical cancer.

The affective state described as "helplessness-hopelessness" as an outcome predictor in human cancer has received considerable attention, in part because of animal studies (Sklar and Anisman, 1981). Animals that lacked control over environmental stress (such as inescapable shock) had shorter survival from tumors than animals that could control it.

Cox and Mackay (1982) have used these studies to hypothesize that helplessness is associated with depletion of catecholamines; in turn adrenocorticotrophic hormone (ACTH) release stimulates the release of corticosteroids, which suppress immune function. The intense need to regain control of events in patients with cancer has led to

extrapolation of these concepts to the clinical area. Regaining a sense of control has been seen as not only promoting coping but also enhancing host resistance to tumor growth."

In one study on the effect of group support for cancer patients, a randomized trial measured survival after structured psychotherapy for late stage breast cancer patients:

Eighty Six patients with metastatic breast cancer were randomized into two groups, a study group of 50 and a control group of 36. Both groups had routine oncological care, but the study group was offered a 1½ hr weekly supportive group therapy and self-hypnosis for pain for 1 year.

Average survival for the study group was 36.6 months compared with 18.9 months for the control group, a 94% increase in survival.

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Meditation

There is scientific evidence that the mind, in meditation, can effect physiological changes in the human body.

One study entitled **Suppressing tumor progression of in vitro prostate cancer cells by emitted psychosomatic power through Zen meditation** showed that when

"Human prostate cancer PC3 cells were treated in vitro with psychosomatic power emitted by a Buddhist-Zen Master. A significant decrease of growth rate was observed as determined by MTT assay after 48 hours. These cells also had two- to three-fold higher levels of prostatic acid phosphatase (PACP) activity, a prostate tissue-specific differentiation antigen. In addition, the treated cells formed fewer and smaller colonies in soft agar as compared with control cells, which displayed anchorage-independent growth. These observations provide insight into the suppressive effects of healing power through the practice of Buddhist-Zen meditation on tumor progression. The emitted bioenergy may be suggested as an alternative and feasible approach for cancer research and patient treatment."

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New Medicine/Dr. Hamer

Dr. Hamer reportedly achieved an exceptionally high success rate with his cancer therapy, by far the highest seen in any therapy. During one of several trials of the persecuted Dr. Hamer, the public prosecutor (Wiener-Neustadt in Austria) had to admit that after four to five years, 6,000 out of 6,500 of his patients - with mostly advanced cancer - were still alive.

That is over 90%, almost a reversal of the results to be expected after conventional treatment of advanced conditions.

Dr. Hamer started his cancer research when he developed testicle cancer after his son was shot dead. He wondered if his son's death was the cause of his cancer.

"Since I had never been seriously ill, I wondered if my (cancer) condition had anything to do with the death of my son. Three years later, as chief of internal medicine in a so-called gynecology-oncology clinic at Munich University, I had the opportunity to study female patients with cancer and to compare my findings to see if the mechanism was the same as mine; if they too had experienced such a terrible shock. I found that all of them, without exception, had experienced the same type of biological conflict as I had. They were able to recollect the shock, the resulting sleeplessness, weight loss, cold hands and the beginning of tumor growth. At the time, my point of view was very different from all the current medical concepts, and when I presented these discoveries to my colleagues, they gave me an ultimatum: either to deny my findings or leave the clinic immediately."

Subsequently he investigated and documented over 15,000 cases of cancer and always found the following characteristics to be present, which he termed the Iron Rules of Cancer:

1. Every cancer and related disease starts as a Dirk Hamer Syndrome (DHS), which is a serious, acute-dramatic and isolating conflict-shock-experience. It manifests simultaneously on three levels, psyche, brain and organ.
2. The theme of the psychic conflict determines the location of the focus or Hamer Herd in the brain, and the location of the cancer in the organ.
3. The course of the psychic conflict correlates with the development of the Hamer Herd in the brain, and the course of the cancer in the organ.

At the moment, of the conflict-shock a short circuit occurs in a pre-determined place of the brain. This can be photographed with computed-tomography (CT) and looks like concentric rings on a shooting target or like the surface of water after a stone has been dropped into it. Later on, if the conflict becomes resolved, the CT image changes, an edema develops, and finally scar tissue.

How specific and precisely located these brain lesions are may be seen from the following. After a professional lecture, a doctor handed Dr. Hamer the brain CT of a patient and asked him to explain it. From this, Dr. Hamer diagnosed the patient to have a fresh bleeding bladder carcinoma in the healing phase, an old prostate carcinoma, diabetes, an old lung carcinoma and sensory paralysis in a specific area, in addition to the corresponding emotional conflicts.

Amazingly, Dr. Hamer was able to show that at the same time, as the concentric brain lesion appears, also the target organ may show such a concentric lesion. According to Dr. Hamer, this happens instantly when the psychic shock hits the subconscious level - and this same second is the start of cancer. Other diseases can be caused by the same

mechanism. Also, the severity of a disease may depend on other psychological, energetic, and nutritional factors - but its nature and location are determined by the content of the conflict shock.

Hamer believes that the correlation between key emotional shock events, the target brain areas, and the related organs has developed as an adaptation of our human evolution from similar programs in the animal world. When we unexpectedly experience emotional distress, an emergency repair program is set in motion, a biological conflict program with the aim of returning the individual to normal. Such programs can even apply to families or other groups.

Hamer gives the following example: A mother sees her child in a bad accident. In evolutionary terms, small children recover faster when they receive extra milk. Therefore, the biological conflict program tries to stimulate milk production by increasing the number of breast cells. If the mother is right-handed, that will instantly cause the appearance of a Hamer Herd in a specific part of her right brain, which in turn relates to the left breast.

When the child is well again, conflict resolution begins and extra milk is no longer needed. The mother gets a benign form of tuberculosis in that breast which breaks up the excess breast cells. However, if the mycobacterium required for this are lacking, then the area may just calcify and remain as a dormant tumor.

The same process applies also to animals. A sheep that loses its lamb to a wolf is prone to develop teat cancer; the side depends on whether it is right or left footed. However, commonly the sheep resolves this conflict by bearing another lamb.

If instead a human gets a cancer diagnosis, even if the diagnosis is wrong, the same biological program is set in motion by the fear of death. The stress level jumps and the brain-lung connection is activated but there is nowhere to run. Until the conflict is resolved, which may take years, there will be constant stress as well as brain-induced stimulation of lung activity, which now takes the form of increasing lung capacity by the incessant division of cells.

Only switching off the trigger in the brain by defusing the original conflict shock can stop this process. This happens when the patient subsequently has surgery or natural therapy, which he or she fully believes will lead to a cure. However, the same procedure in a patient who has doubts about its effectiveness will leave the conflict unresolved and the disease to progress. Thanks to Dr. Hamer's work, this is no longer just an unsubstantiated assumption, but rather scientific fact that can be verified anytime with a CT brain scan.

The selection of the conflict focus occurs by subconscious association. For instance, biological conflicts involving water but also other fluids, such as milk or oil, lead to kidney cancer, fear of death to lung cancer and psychologically swallowing a bigger chunk than we can digest to stomach or intestinal cancer.

Other typical situations that may lead to biological conflicts are loss situations, loss of a loved one, of a job, a valued possession or a territory.

Dr. Hamer believes that the cancer-fear or death-fear resulting from the patient given the cancer diagnosis or a negative prognosis causes most metastases or secondary tumors.

However, the resulting conflict shock may not be fear of death but rather anger, resentment or a separation conflict from partner or children —then tumors would appear in different places. Also, a diagnosis of colon cancer commonly leads to liver cancer because of a subconscious fear of starvation.

Generally, hopelessness, despair, and meaninglessness create chronic stress, which prevents the healing from cancer and other diseases, but it is not the cause. According to Hamer, the real cause of cancer and other diseases is an unexpected traumatic shock for which we are emotionally unprepared.

The following list shows some of the relationships between conflict emotions and impact on different organs resulting in cancer.

- Adrenal cortex - Wrong direction, gone astray
- Bladder - Ugly conflict, dirty tricks

- Bone - Lack of self-worth, inferiority feeling
- Breast milk gland - Involving care or disharmony
- Breast milk duct - Separation conflict
- Breast, left (right-handed) - Conflict concerning child, home, mother
- Breast, right (right-handed) - Conflict with partner or others
- Bronchials - Territorial conflict
- Cervix - Severe frustration
- Colon - Ugly indigestible conflict
- Esophagus - Cannot have it or swallow it
- Gall Bladder - Rivalry conflict
- Heart - Perpetual conflict
- Intestines - Indigestible chunk of anger
- Kidneys - Not wanting to live, water or fluid conflict
- Larynx - Conflict of fear and fright
- Liver - Fear of starvation
- Lung - Fear of dying or suffocation, including fear for someone else
- Lymph glands - Loss of self-worth associated with the location
- Melanoma - feeling dirty, soiled, defiled
- Middle ear - Not being able to get some vital information
- Mouth - Cannot chew or hold it
- Pancreas - Anxiety-anger conflict with family members, inheritance
- Prostate - Ugly conflict with sexual connections or connotations
- Rectum - Fear of being useless
- Skin - Loss of integrity
- Spleen - Shock of being physically or emotionally wounded
- Stomach - Indigestible anger, swallowed too much
- Testes and Ovaries - Loss conflict
- Thyroid - Feeling powerless
- Uterus - Sexual conflict

The start of a DHS or conflict-shock experience is different from other conflicts that we experience in our daily lives. It causes a continuous stress resulting in a tendency to develop cold hands and feet, lack of appetite and weight loss, sleeplessness and dwelling all the time on the conflict content. If the conflict does not become resolved soon, the long-lasting stress will lead to specific symptoms and the development of cancer or another disease.

When the conflict resolves, the patient is no longer occupied with the conflict content, the appetite returns, hands are warm again and also normal sleep returns, but there may also be weakness, fatigue and a need to rest. These effects show that the parasympathetic nervous system is now in control. This is the beginning of the healing phase, which can be long and difficult.

During the first part of the healing phase, water retention and inflammations are seen but the tumor stops growing. This eventually leads to a healing crisis, which Hamer calls an

epileptic or epileptoid crisis because it is caused by an edema in the Hamer Herd brain lesion. It shows unique symptoms for each illness.

After this, the body starts to expel the accumulated water, the patient gradually regains strength, and body functions become normal. Now the connective tissue in the brain, the glia, starts repairing the Hamer Herd. This may be interpreted by conventional radiologists as a fast-growing brain tumor and treated accordingly. Hamer writes that real brain tumors do not exist, as nerve cells in the brain cannot divide.

Hamer estimates that 99% of brain events, such as strokes, bleeding into the brain, cysts and tumors are due to healing events and are temporary and self-limiting unless there is inappropriate medical intervention. The most important support in these situations is the reduction of any brain edema.

During the healing crisis, the patient may for a short time re-experience the original psychological conflict with cold hands and cold sweat. This serves to suppress and eliminate the edema in the brain lesion, which then allows other body conditions to normalize. The main danger point is just before the end of the healing crisis when it will become apparent if the body is strong enough to eliminate the disease.

In difficult cases with long or strong conflict duration, massive brain edema may develop for which Hamer uses cortisone injections.

Urea has strong diuretic properties and an excellent effect in cases of dangerously high fluid pressure in the brain. Generally, 20 g of urea are used 2 to 5 times daily. One life-threatening case has been described of a massive "brain tumor" re-growth that completely disappeared within 2 hours after receiving 256 ml of 30% urea (described in **Your Own Perfect Medicine** by Martha Christy).

This report clearly shows that the presumed brain tumor in fact was a massive edema as postulated in the **New Medicine**. What Hamer calls the epilepsy crisis may be experienced by the patient as a heart attack, lung embolism, hepatitis or a lung infection.

Generally, during the healing phase, the patient will have more discomfort than when the tumor was actively growing. In the first part of the healing phase, most problems are due to water retention, inflammations, and swelling of tissues that can cause a lot of pain. Hamer regards edema, whether found in the brain or in an organ, as positive, a sign of healing.

After the healing crisis, fungi and mycobacteria remove adeno-carcinomas while hepatitis virus may in addition help to regenerate the liver. At this stage, bacteria, viruses, and fungi that help to break down the tumors and repair damaged tissues also cause inflammation, pain, and fever.

If you find it odd that Hamer regards microbes as essential friends and helpers in the healing of cancer, he has made an even more surprising discovery. In his ontogenetic system of tumors and cancer equivalent diseases, he distinguishes between two opposite processes during the active conflict phase. Depending on the location of the Hamer Herd in the brain, there may be either cell proliferation or cell destruction.

The first group has cell proliferation and tumor growth during the conflict phase and then removes excess cells with the help of microbes during the healing phase. The other group causes cell destruction during the conflict phase resulting in ulcers, necroses, and tissue holes affecting bones (osteoporosis), kidneys, spleen, or ovaries.

During the healing phase, this second group tries to fill in the created holes through cell proliferation. Tissue necroses and osteolyses (dissolved bone) are now repaired by bacteria that first form abscesses, which are then filled in with scar tissue and later with granulating tissue to form osteosarcoma, lymphoma, fibroma, and healing cysts. Also leukemia commonly occurs during the healing phase, as after bone marrow damage from radiation, chemicals or bone cancer.

According to Hamer, these conditions are generally self-limiting and only get out of control when additional conflict shocks occur or the body is too old or weak, or through the methods of conventional medicine. In contrast, natural healing methods aim to support body and mind during this trying time. Most healings proceed without major problems, but

about 10% need the full support of an experienced therapist, especially at the time of the healing crisis.

The main task in every case of cancer is to find the original emotional shock experience and make sure that it has been healed or is being healed. In many cases it will have corrected itself and the patient suffers from an effect of the healing phase.

For instance, someone may have lost a farm or business but has now started another satisfying venture or hobby. As after-effect, there may now be a tumor that gradually becomes dormant or eventually disintegrates. About 40% of tumors discovered during routine medical investigations are said to be old and harmless, that is dormant and calcified. However, complications may still arise if medical intervention now instills a fear of death conflict shock that induces the same or another tumor to grow.

Nevertheless, in other cases, the original conflict may still be active, or there may be a second active conflict. As we do not know, we have to probe in every case to find the original and any other conflicts. We need to think back, especially one to two years before our problem started and analyze our emotional history during this time as well as before and after. Also, meditation and regression therapy may be useful to discover conflict shocks.

If we still have a strong emotional response when we discover the content of the conflict, then we can be sure that it is still unresolved. If possible, it is best to solve it in a natural way. For instance if it was caused by losing a partner, then find someone new; if you lost a child, become pregnant again or adopt a child or buy a pet. Cancer does not continue to grow after the third month as pregnancy has priority.

If a natural solution is not possible, then use guided imagery either on your own or with the help of a partner or a suitable therapist. In a relaxed and meditative state, re-create and re-experience the conflict as intensely as you can, but then substitute a desirable or acceptable outcome.

Create and experience this new outcome as vividly and detailed as possible, see it, feel it and possibly even hear and smell it. The original experience may also have imprinted you with the memories of unrelated details of your ordeal (tracks) to which you may now react with allergies. You may try to overcome these in the same way with guided imagery.

If neither of these methods is possible because you feel that you have to continue your present duties or ordeal for whatever reason, then only increased spiritual understanding and acceptance may be able to help. In either case, be aware of your vulnerabilities and avoid any further conflict shocks. If one does occur, get it out of your system as soon as possible.

In addition, Hamer believes that all active conflicts will be terminated and the healing phase begins when we are able to strongly feel love and forgiveness within ourselves and then radiate it to all others, especially to anyone who we feel might have wronged us. We can further ease the healing phase by expecting it to be short, mild, and lead to full recovery.

Hamer states:

"It is my perception that full recovery requires a two-step program to heal this conflict. The first step involves appropriately expressing the emotional shock experience. When losing a loved one, this means feeling and expressing the inner grief or sadness; when losing a job, asset, or business, this means feeling and expressing the anger, frustration, or disappointment felt at the time. The second step involves repairing the external damage, such as finding another partner, pet, job, business, or hobby."

According to Hamer, animals in the wild get cancer from the same shock programs as we do. However, 80 to 90% survive and do not notice much because the healing phase can take its natural course. Those that die are mainly old animals that cannot resolve a conflict, such as regaining their territory from a rival or replacing a lost cub.

It is different in our society, as the natural healing process is routinely interfered with. It starts with getting tranquilizers or antidepressants during the active conflict phase, which prevent us from fighting back and regaining our territory. This may then lead to a cancer

diagnosis that causes an additional active conflict and ends with morphine, which totally disables our healing responses.

While Hamer does not believe that health foods, remedies, cleansing or healthy living in general can cure cancer, these certainly can be important in order to survive the ordeals of the healing phase. Actually, Hamer regards all diseases as consisting of two phases, initially with active conflict, followed (if possible) by a healing phase that reverses the conflict program.

He does not call them diseases anymore but rather special biological programs. In all he is stated to have worked with over 31,000 patients and found his theories confirmed in every single case without exception. Hamer claims that overall the New Medicine has a 95% success rate with cancer.

But doctors and natural therapists in Europe who practice according to the principles of the New Medicine face persecution. In Austria, Belgium, France, Germany, and Spain authorities have initiated proceedings against such doctors to take away their right to practice.

Court cases have been going on for years. Only courts in Spain adopted the position that it was not their role to decide between conflicting medical theories and therapies. This vicious response of the establishment is understandable because widespread knowledge and application of the New Medicine would mean the end of the medical-pharmaceutical complex.

However, in 2001, a prominent neurologist, Dr. Therese von Schwarzenberg, openly defended Dr. Hamer by publishing a book about the New Medicine and demanding that his theories be officially tested. Because Dr. von Schwarzenberg also belongs to the high nobility, the mass media are in a bind on what position to take on this.

Sadly, in October 2004, Dr. Hamer was arrested in Spain and extradited to France to face a three year prison sentence. His crime is "inciting against traditional medicine and instigating for the New Medicine with the goal of practicing it". Furthermore, several anonymous persons claim that their health deteriorated after they read his book! Several universities have confirmed his theories, but these facts were ignored.

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Prayer

Studies show that religious people tend to live healthier lives.

"They're less likely to smoke, to drink, to drink and drive."

In fact, people who pray tend to get sick less often, as separate studies conducted at Duke, Dartmouth, and Yale universities show.

Prayer activates hope. Research by Greer on coping styles shows that those who react to a cancer diagnosis with hopelessness and helplessness have a much lower chance of survival than similar patients with a fighting spirit.

There have now been numerous studies on receiving prayer, perhaps one of the most well known being conducted by cardiologist Randolph Byrd and published in 1988. Byrd's work took place with coronary care unit patients and was scientifically rigorous using a randomized, double-blind protocol. Over ten months, 393 patients in the unit were, with

consent, admitted to a prayer group (192 patients) or a control group (201 patients). They were prayed for by Christians outside the hospital.

Neither the doctors nor the patients knew who was receiving prayer. Although when the study began the patients were all of a similar state of health, over time the patients receiving prayer showed much better recovery rates than the others. The prayed-for patients were five times less likely than control patients to require antibiotics and three times less likely to develop pulmonary oedema. While twelve of the control patients needed intubation to help with breathing, none of the prayed-for patients did.

Another impressive study was conducted more recently in 1998 by Dr. Elisabeth Targ at the California Pacific Medical Centre in San Francisco. Her study (again a double-blind experiment) was conducted with patients with advanced AIDS. Those patients receiving prayer had six times fewer hospitalizations, which were also of a significantly shorter duration than those people who received no prayer. Even Dr. Targ herself was surprised, "I was sort of shocked," she said in an interview with ABC News:

"In a way it's like witnessing a miracle. There is no way to understand this from my experience and from my basic understanding of science."

Yet another study was done by Dr. Mitchell Krucoff at Duke University Medical Center in North Carolina. He studied the effects of prayer on patients undergoing cardiac procedures such as catheterization and angioplasty. His findings show that patients receiving prayer have up to 100% fewer side effect from these procedures than people not prayed for.

A leading researcher and writer in this field is Dr. Larry Dossey, who has written extensively about the power of prayer. On his website, he cites examples from the plant and animal world. When bacteria are prayed for they grow faster; when seeds are prayed for, they germinate quicker; when wounded mice are prayed for they heal faster. He says:

"I like these studies because they can be done with great precision, and they eliminate all effects of suggestion and positive thinking, since we can be sure that the effects are not due to the placebo effect."

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Psychic Surgery

Various cancer patients claim to have been cured by psychic surgery, especially in the Philippines. Psychic surgery is a modern expression of traditional Filipino shamanism. Practiced also in North America by visiting Filipino shamans, psychic surgery involves the extraction of "tumors" from the body through a bloody but painless and invisible 'incision' in the patient's abdomen.

The main treatment appears to be the application of external Qi Gong energy through the fingers of the right-hand, in combination with Shiatsu Massage and a manual procedure resembling chiropractic manipulation. It is estimated that there are more than 400 psychic surgeons in the Philippines. There is one in every big hotel in Manila. Reverend Tony Agpaoa was the most famous. Now deceased, "he put faith healing on a multi-national footing with his own travel agency, Diplomat Tours, which organizes groups from Europe, North America, Japan, Australia, and New Zealand." He was unable to organize tours from

the U.S. where he was indicted for fraud in connection with psychic surgery in 1967. He forfeited a \$25,000 bond when he jumped bail and returned to the Philippines.

Psychic surgeons claim to be able to cure many diseases including diabetes and cancer. Agpaoa talked of imbalances in the body, biofeedback, and mental consciousness. "Our healing is secondary, we bring back the natural way of life to make people healthy again." He states:

"We guarantee that, physically and spiritually, people will leave here better, but we can't guarantee we will cure them. Becoming a psychic surgeon is not something that one can choose to do. It is something that comes upon one often during a period of illness."

A report on psychic surgery made by the Yukon Medical Association, notes that many individuals who had undergone psychic surgery showed marked subjective improvement. All of these cases had chronic, poorly defined, nonspecific disorders, such as headaches, abdominal pain, or back pain. Dr. Hirota, a psychic surgeon from Brazil, claims to treat 1,000 to 2,000 patients daily between 9 am and 12 noon.

After the surgical wounds were closed, gauze band-aids were applied. When the surface of the gauze facing the wound was examined, it showed strong (+) Qi Gong energy according to the Bi-Digital O-Ring Test.

The strongest opponent of faith healing is the Philippine Medical Association (PMA). The PMA claims that:

"they (the surgeons) take advantage of the gullibility of people. We know that they are fooling the people, but it is hard to do anything about it. Patients won't complain. Either they are ashamed that they have been made fools of, or they have died - so we usually have no proof against faith healers.

"The Canadian Embassy in Manila had signed three death certificates for people who would never return alive from their miracle tours (although not from Agpaoa's tours). Of more than 20 known cancer cases who went to Baguio from Vancouver three and four years ago, not one is still alive according to the BC Cancer Agency."

In 1974, Donald F. Wright and Carol Wright testified before a U.S. Federal Trade Commission hearing in Seattle investigating travel agents promoting tours to visit the Philippine healers. The Wrights, from Iowa, students and believers of ESP and magnetic healing, traveled to the Philippines in 1973 to study psychic surgery. Eventually they were convinced that what they saw was not surgery but trickery, and they learned the methods from their surgeon teacher. They were taught how to shop for animal parts used to make up a 'bullet'.

A bullet is actual animal tissue or a clot of animal blood and cotton, which is made to appear like tissue coming from inside the body. They were taught how to make the bullet, wrap it, prepare the tissue, how to hide the bullet and then how to transfer it onto the patient.

Donald Douglas, who had a healthy heart, claimed to have a "bad heart" on the list of ailments being prepared for psychic surgeons. The healer then purported to yank a "tumor" the size of a peach pit out of Douglas' heart. "I didn't get a good look at it because he threw it in the bucket". The "surgery" involved blood, but Douglas reports that he was sure that it was chicken blood and tissue, not human.

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Simonton Method/Guided Imagery

Imagery is one of the most powerful tools in use with cancer. It is practiced extensively by cancer patients and therapists who work with them.

O. Carl Simonton, M.D., and Stephanie Matthews Simonton were the pioneers who first

used imagery with the goal of physically reversing the development of cancer. Their best-selling book, written with James Creighton, **Getting Well Again**, was a major, though controversial, contribution to this area when it was first published in 1978. It remains one of the most useful and comprehensive psychological self-help books for people with cancer.

The Simontons recommended that a person first put himself into a deeply relaxed state.

Then, mentally picture the cancer in either realistic or symbolic terms.

"Think of the cancer as consisting of very weak, confused cells. Remember that our bodies destroy cancerous cells thousands of times during a normal lifetime. As you picture your cancer, realize that your recovery requires that your body's own defenses return to a natural, healthy state.

If you are now receiving treatment, picture your treatment coming into your body in a way that you understand. If you are receiving radiation treatment, picture it as a beam of millions of bullets of energy hitting any cell in its path. The normal cells are able to repair the damage that is done, but the cancer cells cannot because they are weak.

(This is one of the basic facts on which radiation therapy is built.)

If you are receiving chemotherapy, picture that drug coming into your body and entering the bloodstream. Picture the drug acting like a poison. The normal cells are intelligent and strong and don't take up the poison so readily. But the cancer cell is a weak cell so it takes very little to kill it. It absorbs the poison, dies, and is flushed out of your body.

Picture your body's own white cells coming into the area where the cancer is, recognizing the abnormal cells, and destroying them. There is a vast army of white blood cells. They are very strong and aggressive. They are also very smart. There is no contest between them and the cancer cells; they will win the battle.

Picture the cancer shrinking. See the dead cells being carried away by the white blood cells and being flushed from your body through the liver and kidneys and eliminated in the urine and stool. Continue to see the cancer shrinking, until it is all gone. See yourself having more energy and a better appetite and being able to feel comfortable and loved in your family as the cancer shrinks and finally disappears.

If you are experiencing pain anywhere in your body, picture the army of white blood cells flowing into that area and soothing the pain. Whatever the problem, give your body the command to heal itself. Visualize your body becoming well.

Imagine yourself well, free of disease, full of energy.

Picture yourself reaching your goals in life. See your purpose in life being fulfilled, the members of your family doing well, your relationships with people around you becoming more meaningful. Remember that having strong reasons for getting well will help you get well, so use this time to focus clearly on your priorities in life.

Give yourself a mental pat on the back for participating in your recovery. See yourself doing this mental imagery exercise three times a day, staying awake and alert as you do it."

The Simontons stressed that it was not necessary to see the imagery if you could sense, think, or feel it.

Among other benefits, relaxation and imagery can:

- Decrease fear
- Bring about attitudinal changes and enhance will to live
- Effect physical changes to enhance the immune system and alter the course of a malignancy
- Serve as a method to evaluate current beliefs and alter those beliefs, if desired
- Be used as a tool for communicating with the unconscious
- Serve as a way of decreasing tension and stress
- Help to confront and alter the stance of hopelessness and helplessness. Again and again, this underlying depression is a significant factor in the development of cancer.

In the Simontons' and some other imagery techniques, the immune system is considered to be the mechanism by which the body actively combats cancer. Some researchers believe that other host resilience factors may contribute to life extension. The immune system may or may not turn out to be the most important system by which psychological practices modulate cancer survival.

The story of how the Simontons reached their conclusions about what was important to outcomes when patients used imagery is revealing:

"We first began using mental imagery to motivate patients and provide them with a tool for influencing their immune systems; but we soon discovered that the activity revealed extremely important information about patients' belief systems."

In brief, what they discovered was that the content of the imagery appeared as critical to positive outcomes as the regular practice of imagery. People with negative imagery in which the cancer appeared more powerful than the treatment or the response of their bodies often did not do well. Together with the assistance of Dr. Jeanne Achterberg, a research psychologist, they developed a list of criteria that can be used to evaluate the content of one's mental imagery:

Representing cancer cells as ants, for instance, is generally a negative symbol. Have you ever been able to get rid of ants at a picnic? Crabs, the traditional symbol for cancer, and other crustaceans are also negative symbols. These beasts are tenacious, they hang on.

Interpreting mental imagery is similar to interpreting dreams: It involves a highly personal, symbolic language. The emotional meaning of a particular symbol may be very different for different individuals, so that a symbol that means strength and power to you may mean anger and hostility to someone else.

However, Achterberg and the Simontons believed there were certain qualities of successful imagery:

- The cancer cells are weakened and confused.
- The treatment is strong and powerful.
- The healthy cells have no difficulty repairing any slight damage the treatment might do.
- The army of white blood cells is vast and overwhelms the cancer cells.
- The white blood cells are aggressive, eager for battle, quick to seek out the cancer cells and destroy them.
- The dead cancer cells are flushed from the body normally and naturally.
- By the end of the imagery, you are healthy and free of cancer.
- You see yourself reaching your goals in life, fulfilling your life's purpose.

Of all of these imagery processes, the Simontons regarded the imagery of the white blood cells as "aggressive, eager for battle, [and] quick to seek out the cancer cells and destroy them" as "the most crucial imagery process because it represents your beliefs about the body's natural defenses." They felt that critical elements in this imagery included the strength and number of white blood cells relative to cancer cells and the vividness of the imagery.

The Simontons' and Achterberg's position that aggressive imagery - rather than gentle imagery - works better in support of physiological reversal of cancer, remains the subject of an ongoing debate among clinicians who use imagery. One group of clinician holds, with the Simontons, that aggressive imagery works better. Another group believes that, for some people, aggressive imagery is foreign to their personalities and to their sources of inner strength.

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Suggestion/Hypnosis/Autogenic Training

Visualization is to tell the mind what to think and therefore to tell the mind what to do in the body. The idea is to let thoughts and messages filter from the conscious to the subconscious zones of the mind.

Many athletes improve their performances through mental gymnastics, or mental tennis, and so on. **There is scientific study to back that the mind becomes its thoughts — and so too does the body.** By actively guiding the imagination, the body can be led to a state of health. If you want something enough, then simply imagine it over and over again while you are in a deeply relaxed frame of mind.

Some people may find this a difficult idea to accept. The story of psychiatrist Milton Erickson shows what can be achieved through thought alone. Erickson was paralyzed by polio as a young boy and forced to spend a lot of time on his front porch in a rocking chair watching the world go by. One day, left at home strapped to a rocking chair he found he was too far from the window to look out.

Suddenly he became aware that his obsession with getting to the window was causing his chair to rock. He started to concentrate his thoughts on getting to the window. The more he did so the more the rocking increased. He soon found that he could direct the movement of the chair by working on his thoughts. It took him all afternoon but he managed to reach the window.

This experience led him to the idea that he could influence other movements by concentrating his thoughts. He was eventually able to overcome the paralysis completely and began to walk again!

How can we use this visualization to help us stay healthy?

By letting ourselves **dwelling inwardly on a healthy positive image**. This is just an example of the kind of creative visualization that can, it is claimed, restore or maintain the body's health.

With eyes closed, imagine your very favorite place. Maybe this is near where you live or a place that you remember from your youth or a place that you have visited on your holidays, it may even be a totally imaginary place —wherever it is, it is a place where you are happy. Reflect on the happiness you feel being there. Feel the warmth of the sunlight.

Feel the glow of the sun on your body. How comfortable you feel with the warm living rays of the sun permeating your whole body. It is filling your body with health and happiness, energy and love. It suffuses through all the limbs and through the whole of your being. With each breath, the warmth and the light grow stronger and lighter. You release yourself into the heart of this feeling and you sit and feel this and let your mind sense these sensations. Then, when you're ready, you can return to normal consciousness.

Some people visualize the cancer and watch in their minds, as their body's immune defense system attacks it and slowly destroys it. Some people focus their visualization on the chemotherapy drug or the radiation they are receiving.

They imagine the drug eating up the tumor. They imagine the radiation rays like the healing rays of the sun dissolving the tumor. Or, as one patient did, as golden bullets.

This man had a nearly always fatal form of throat cancer at a late stage of development, his weight having dropped from 130 to 98lbs, and he was barely able to swallow.

He was given radiation treatment, but was not expected to benefit greatly from it - perhaps just some short-lived relief from a temporarily radiation-shrunk tumor. In addition to the radiation treatment, he was asked to visualize the radiation as millions of little bullets bombarding the cancer tumor. He also imagined the cancer cells as being weak and unable to repair themselves —while he imagined the normal cells as being strong and repairing themselves quickly.

He visualized the white blood cells swarming over the dead and dying cancer cells and carrying them out of the body through the liver and kidney. He did this three or four times a day. The result?

He not only recovered but suffered very little associated radiation damage.

His doctor, O. Carl Simonton, had similar success with a large number of patients who were considered incurable. Of a group of 156 people with 'incurable cancers', 63 were still alive four years later and in 43 of these the cancer had either disappeared, was regressing, or had stabilized.

Dr. David Sobel, co-author of **The Healing Brain**, recalled how he was plagued by warts on his hand when he was young, warts that resisted all standard medical treatments.

One day his mother passed him an article from the newspaper. The headline was **Warts Cured by Suggestion**. His curiosity aroused, he read on.

In the article, he was told that hypnosis and suggestion could get rid of warts. He decided to try it out but, as they didn't explain in the article how to go about it, he had to invent his own method.

"I decided ... that I must concentrate intensely on the warts while repeating ten times (it had to be exactly ten times) the phrase: 'Warts go away. Warts go away.' I did this

faithfully everyday for about four weeks, at the end of which time ...[they] had all vanished." (quoted in Ornstein & Sobel, 1987)

Dr. Bruno Bloch, known as the 'famous wart doctor of Zurich' built a machine that had a noisy motor and flashing lights. He told patients to put their hands in the machine until they were told the warts were dead. He would then add a pink vegetable dye to the wart and tell the patients not to wash or touch the wart until it was gone.

Roughly, 30% of his patients were cured after one session. The relevance of this to cancer is this: warts are very similar to tumors. They are benign growths caused, like some cancers, by a viral infection. Anything that can work for warts may have a good chance of working for cancer tumors.

Dr. Christina Lioffi of the University of Wales in Swansea:

"Hypnosis improves the quality of life for children and adults with cancer. It may also improve the length of life, though we are not yet sure on that. We need to put it into clinical practice.

We now have experimental evidence that hypnosis is an intervention, at least with children who undergo painful treatment procedures."

Her call came after the outcome of a study with 80 children in Greece, who clearly showed less reaction to pain when hypnosis techniques were used. Children who were not hypnotized, but simply engaged in comforting conversation, reported and showed more pain than hypnotized ones.

Hypnosis has also been shown to reduce hot flashes in breast cancer survivors.

"Hot flashes are a significant problem for many breast cancer survivors and can cause discomfort, insomnia, anxiety, and decreased quality of life. In the past, the standard treatment for hot flashes has been hormone replacement therapy. However, recent research has found an increased risk of breast cancer in women receiving hormone replacement therapy. As a result, many menopausal women and breast cancer survivors reject hormone replacement therapy and many women want non-pharmacological treatment. In this critical review we assess the potential use of hypnosis in reducing the frequency and intensity of hot flashes. We conclude that hypnosis is a mind-body intervention that may be of significant benefit in treatment of hot flashes and other benefits may include reduced anxiety and improved sleep. Further, hypnosis may be a preferred treatment because of the few side-effects and the preference of many women for a non-hormonal therapy."

Autogenic training has been shown to increase the immune response.

"Autogenic training (AT) is a type of meditation usually used for reducing stress. This pilot study describes how AT was used on a group of early stage cancer patients and the observed effect on stress-related behaviours and immune system responses. This was a randomized trial with 31 early stage breast cancer women, having received a lumpectomy and adjuvant radiotherapy. The women were randomized into two groups. Group 1 received a home visit only. Group 2 received a home visit and 2 months' weekly Autogenic training. At the beginning and end of the 2 monthly periods, the Hospital Anxiety and Depression Scale (HADS) and T and B cell markers were measured to give an indication of changes in immune system responses and measurement of anxiety and depression. At the end of the study, HADS scores and T and B cell markers remained similar in the women who did not receive AT. The women receiving AT showed a strong statistical difference for an improvement in their HADS scores and those women observed in a meditative state as opposed to a relaxed state were found to have an increase in their immune responses. This study suggests AT as a powerful self-help therapy."

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Exercise and Bodywork

Exercise

Frequent physical exercise has been found to decrease cancer risk. Exercise stimulates circulation, improves muscle tone, improves cardiac function, and boosts immunity. It is also a way to eliminate toxins from the body. Exercise is a critical component in the elimination of "poisons" - such as myriad toxins that build up due to regular bodily processes and exposure to man-made chemicals. This is true simply because when we exercise we breathe more deeply, more forcefully and more often. In doing so, we release toxic by-products through the lungs.

When we exercise we also perspire. Perspiration is another means of eliminating metabolic waste material from the body. And muscular activity is the only way to move waste material through the lymphatic vessels. If we don't sweat, don't breathe heavily and don't move our muscles, these toxins must find another way out. Unfortunately, they usually remain in the body, only to befoul the biochemical machinery that makes our immune system operate efficiently. The result: susceptibility to illness.

A man with a rare documented recovery from metastatic colon cancer from Memorial Sloan-Kettering Hospital in New York said that he attributed his recovery to his iron determination to keep playing tennis even when chemotherapy made him feel he could not take another step. Indeed, many cancer patients have intuitively made some regular form of exercise part of their recovery effort. And yet, as with every other major component of intensive health promotion, the available research data indicate that the benefits of exercise in recovering from cancer are not entirely straightforward.

Josef Issels, one of the great pioneering German alternative cancer therapists, regularly instructed the patients who came to his clinic in the Bavarian Alps to

"go climb a mountain."

However, Max Gerson, the pioneering German nutritional cancer therapist strongly opposed exercise for his cancer patients. He believed they needed deep rest and that exercise was counterproductive. Practitioners of yoga and meditation do not oppose exercise in health and healing but believe that aerobic activity brings the "heat" to the surface of the body, while yoga and meditation bring heat to the internal organs, which, they believe, is more important for healing than is aerobic activity.

In human studies, some of the most important work has been done by Rose E. Frisch of Harvard. Frisch and colleagues surveyed 5,398 women ages 21 to 82.3. According to a summary in **Oncology Times**, they found that:

"in every age group, the non-athletes had a higher life-time occurrence of cancers of the reproductive system, which covered cancers of the uterus, ovary, cervix, and vagina. The non-athletes had 2.5 times the risk of the athletes."

Frisch also found that exercise during the college years was far more protective against cancer than exercise initiated by nonathletes in later life, although exercise initiated later did have some effect. Of nonathletes who exercised later in life, 50% had a reduced risk of cancer.

Dr. Frisch postulates reasons for the lower risk in former athletes. First, the athletes may have made less estrogen because they were leaner and had less adipose tissue, which converts androgen to estrogen. A decrease in estrogen, which causes breast and reproductive tissue to divide, would result in less tumor cell division. Secondly, the estrogen athletes made may have been less potent. It has been previously shown that the leaner one is, the more one's estrogen metabolism produces a less potent estrogen, which does not let uterine and breast cells divide.

That vigorous exercise reduces body levels of the highly active form of estrogen was confirmed in a study by Rachel Snow, a graduate student working with Frisch, who

measured body fluids of athletes and nonathletes. She found that girls and women with anorexia and an irregular menstrual cycle develop an excess of the inactive form of estrogen.

Frisch also found that hard exercise is often associated with the delay of the onset of menstruation. She believes this may be protective against breast and reproductive system cancers. In fact, she postulates that the higher the total number of ovulatory periods in a woman's lifetime, the greater her susceptibility to cancer may be.

In another study, Frisch found that cancers of the digestive system, thyroid, lung, and other sites, as well as the hematopoietic cancers (lymphoma, leukemia, myeloma, and Hodgkin's disease), were also lower for the college athletes. The prevalence rates of malignant melanomas and skin cancers did not differ significantly between the two groups.

Another protective pathway by which exercise may modulate the development of cancer is through its effect on depression. In a number of studies, exercise has been shown to have an antidepressive effect, and depression is a common precursor and concomitant factor in cancer. Moderate exercise can have a powerful protective effect against depression, which in turn may work through complex mind-body pathways to help prevent or modulate the development of a cancer.

Some researchers have hypothesized that at high exercise levels the body may experience an increase in free radicals and peroxide production in the body, which might account for the increase in cancer in some animal studies and the increase in humans, particularly in smokers.

Still another interesting perspective on cancer and physical activity comes from Ron E. LaPorte, Associate Professor of Epidemiology at the School of Public Health at the University of Pittsburgh. LaPorte believes physical activity rather than exercise may be the important protective factor against cancer.

As Oncology Times reported, LaPorte believes:

"there is...some evidence...that increased physical activity alters bowel transit time. Decreased transit time might be related to reduced colon cancer risk, said Dr. LaPorte, because there is less time for carcinogens to be produced. He also cited evidence for decreased cancer risk related to physical activity via increased thermal effects, and increased concentrations of vitamin A."

Indirect evidence shows the benefits of physical activity for people with cancer. The line of reasoning is that enhanced functional status or performance status is a predictor of better outcomes in some cancers, and "functional status" is a synonym for capacity to be physically active. Similarly, most oncologists regard a person who is in good physical shape as potentially more resilient to treatment.

Also, a study has found that for breast cancer patients, a home-based moderate-intensity walking exercise program may effectively mitigate the high levels of fatigue prevalent during cancer treatment.

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Massage

In an alternative clinic in London, doctors found that:

"Long massages are among the most treasured forms of nurturance and relaxation that their program provides. Anxious participants receive the first massage appointments because the effect is often transformative. Participants whose skin color when they arrive is almost gray from chemotherapy often get pinker skin after one or two massage appointments. Areas of chronic pain and tension are often eased or fully relieved.

And for many, the only touch they have experienced from health professionals during their illness has been associated with painful or, at best, neutral diagnostic or treatment procedures.

Many participants have not shown their bodies and scars to anyone since they began cancer treatment. The experience of having a scarred body treated with love and compassion by a truly caring masseuse can be a profound one."

In the literature on massage for cancer patients, a number of nursing studies show that slow-stroke back massage enhances relaxation or the feeling of general well-being. For example, an article by K. Warren in *Nursing Times* recommends slow-stroke back massage, along with distraction, guided imagery, progressive muscle relaxation, systemic desensitization, hypnosis, and dietary adjustments, to help patients with chemotherapy-induced nausea and vomiting.

In the same journal, S. Sims reports a pilot study with six breast cancer patients undergoing radiotherapy for whom back massage resulted in fewer symptoms, more tranquility and vitality, and less tension and tiredness. L.A. Barbour, in a descriptive study in **Oncology Nursing Forum**, found that patients use an array of nonanalgesic methods to control pain that include heat, deep breathing, massage, and exercise.

B.Z. Dobbs in **Nursing Mirror** reports that reflexology was helpful to advanced cancer patients both in comforting them and controlling pain. Reflexology involves massage of the hands and feet based on the theory that pressure points there correspond to different parts of the body, including the internal organs.

In physical therapy, massage is frequently a necessary part of the management of lymphedema, in which the protein-rich fluids of the lymph system accumulate in tissue after breast surgery or radiotherapy. One key to the treatment of lymphedema is to spot it and treat it early, since prolonged presence of lymphedema in the tissue can break down the structure of the tissue so that it loses the elasticity necessary to squeeze out lymphatic accumulations.

At Sir Michael Sobell House in London, which specializes in the treatment of lymphedema, diuretics are no longer used (they reduced edema at the expense of dehydration). Instead, massage combined with a variety of sleeves and stockings is used to control the movement of lymphatic swelling.

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Therapeutic Touch

The implications of Therapeutic Touch for medicine and science are - if the scientific studies of its efficacy are valid - truly awesome. Something is happening in these studies, if they are correct, that medicine should attend to and science cannot yet account for.

Therapeutic Touch is a modern version of the ancient practice of laying on of hands. Many of our ancestors - in antiquity and throughout the Middle Ages - believed that touch had a magical quality for healing, particularly if it were administered by a holy man or healer. Today, the laying on of hands is being revived in much of its original method in many churches.

Therapeutic Touch, however, is a systematic protocol for healing with the hands, originated by Dora Kunz, a famous healer, and Dolores Krieger, Professor of Nursing at New York University.

According to Krieger, although it had its historical origins in the laying on of hands, Therapeutic Touch takes its theoretical basis from modern physics.

"Physics posits that energy fields are the basic units of all matter, that the human being extends beyond what we perceive as a physical boundary and is, through energy, interconnected with everything in the environment. This is further substantiated by the Eastern theories of qi and prana, the Chinese and Indian concepts of the life energy"

says Krieger.

Eastern literature states that a healthy person has an overabundance of "Prana" or "Qi", and that an ill person has a deficit. Indeed, having a deficit of Prana is the Eastern definition of illness. Prana or Qi can be channeled from a healthy person to an ill one if—and this is very important—the healer has the conscious intent to do so. This transfer of energy will help the ill person to buttress his own energy system in the service of self-healing.

Krieger believes that anyone can learn therapeutic touch:

"It's a natural potential in all human beings and this potential can be developed."

There are three major phases in the procedure:

- Centering - a short period in which the therapist enters a meditative state of awareness and washes away all the "busy-ness" of their own thoughts, becoming acutely open to any input from the client.
- The therapist then "listens passively" with the hands as they scan the client's body a few inches above the skin, and "tunes in" to any disturbances in the energy field around the body. In this phase, they search for temperature changes or other energy differences as clues to underlying energy imbalances. This is called assessing.
- In the third phase, with their hands still above the client's skin, the therapist "unruffles" or smoothes out the energy field surrounding the body and begins to concentrate on areas where they have sensed accumulated tension. She helps redirect the energy flow so that it is no longer congested and begins to move smoothly through the body. This is known as re-balancing.

Normally, the whole process takes no longer than 15 to 20 minutes.

"The basis of Therapeutic Touch," says Krieger, "lies in intelligently directing healing energy through the healer to the healee."

Therapeutic Touch is now widely used by nurses in many major medical centers, hospices, and in home care throughout this country and abroad, albeit not without resistance from conservative physicians.

In an innovative and well-designed study by Daniel Wirth, M.S., J.D., president of Healing Sciences International in Orinda, California, small experimental wounds were administered to the arms of college students, who then placed their arms through a special armhole in a wall and were randomized into a group that received Therapeutic Touch and a group that did not.

The group receiving Therapeutic Touch experienced significantly faster wound healing. Wirth and his colleagues obtained similar results in a subsequent replication of the original study.

Whatever the merits of its theory, Therapeutic Touch has been demonstrated in careful research to have efficacy in physical and psychological healing. What is different about Therapeutic Touch is that it is employed systematically by nurses and researchers in a nonsectarian manner and that a strong effort has been made to develop systematic research on its effectiveness. Recent studies have shown that Therapeutic Touch is effective in reducing pain, mood disturbance, and fatigue in patients receiving cancer chemotherapy and radiation therapy.

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Qigong and Tai Chi

The term Qigong (pronounced "chee gung" - sometimes spelled "chi kung") literally means "energy practice." It refers to a family of practices for health, fitness, energy development, and stress relief.

Qigong includes more than just movement exercises. It also includes standing and sitting meditations, massage, therapeutic healing techniques, and other health and energy-building practices. Qigong is also sometimes referred to as "Chinese yoga."

Tai Chi is actually just one form of Qigong. Tai Chi is an exercise that focuses on natural physical movement, breathing, and mental concentration. The exercises and practices of Tai Chi come directly from "kung fu" (Chinese martial arts). Tai Chi is graceful, slow, and relaxing, and these days, most people practice Tai Chi not for self-defense, but for the great health and stress relief benefits it provides.

Tai Chi has a number of exercises, but the basic practice of Tai Chi is "sets" or "forms." Sets are a series of movements done in a precise order to help facilitate energy flow, fitness, relaxation, and mental concentration. Some sets are short, taking just a few minutes to practice, while others are longer and require more time to practice. More important than the length of the set, though, is how well the set teaches you the principles of natural movement, body structure, and internal energy.

Tai Chi and Qigong are used in clinics in China and around the world to treat diseases ranging from cancer to hypertension. Doctors, hospitals, research studies, and participants in Tai Chi and Qigong say that it:

- lowers blood pressure
- builds greater aerobic capacity
- improves strength, mobility, and endurance
- relieves stress and improves nervous system function
- promotes deeper relaxation and better sleep
- produces a marked increase of immune response (blood t-cell) during and after practice
- benefits chronic illness
- improves posture and back and spine problems
- clears negative emotions and reduces anxiety
- lowers stress hormone (salivary cortisol) levels
- increases respiratory capacity
- increases joint flexibility
- is the most recommended aerobic exercise for coronary artery disease.

Dr. Feng Li-da, professor of immunology at Beijing College of Traditional Chinese Medicine, has done many experiments on external chi transmission and claims that a chi-gong expert can destroy uterine cancer cells, gastric cancer cells, flu virus, and colon and dysentery bacilli with varying degrees of success. In **The Scientific Basis of Chi-gong**, Professor Xie Huan-zhang of Beijing Industrial College states that chi effects detected with scientific instruments include magnetic fields, infrared radiation, infrasound, and ion streams of visible light and superfaint luminescence.

Dong stresses that external chi treatment should only be considered a temporary measure. But he also suggests that if a patient is too weak or otherwise unable to practice chi-gong regularly, external chi should be tried. Combinations of internal and external chi treatment can also be attempted.

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Yoga

Yoga means 'union'. Although many people think this term refers to union between body and mind or body, mind and spirit, the traditional acceptance is union between the Jivatman and Paramatman, that is between one's individual consciousness and the Universal Consciousness. Therefore, yoga refers to a certain state of consciousness as well as to methods that help one reach that goal or state of union with the divine.

Yoga increases strength and flexibility, improves circulation, promotes well-being, and provides relief for common postural and chronic pain problems.

Yoga is increasingly being used as a form of breast cancer therapy, and there are a growing number of instructors and yoga classes specifically dedicated to breast cancer survivors. Breast Cancer patients utilize yoga to improve their mind, body and spirit. Yoga helps to reduce stress as well as increase strength, flexibility, energy, balance and concentration. It helps to alleviate chronic pain and aides in the relief of back and neck pain.

Yoga offers cancer patients relief from the stress of treatment, while also assisting with the rehabilitation of their weakened bodies. In fact, at the country's most prestigious cancer centers, yoga mats and other yoga products are a common sight. Yoga has become an increasingly popular part of cancer wellness programs both in professional rehabilitation programs as well as in patients' homes.

U.S. researchers said the use of Tibetan yoga helps cancer patients to sleep. The researchers, at the University of Texas M. D. Anderson Cancer Center, said lymphoma patients who practiced Tibetan yoga for seven weeks went to sleep faster, slept longer, had better overall sleep quality, and used less sleep medication, compared with a "control" group of patients with lymphoma who did not use yoga, say the investigators.

There were, however, no differences between the groups in other "quality of life" measures, they said, including anxiety, depression and fatigue. The most likely reason for this is the study's brief time frame.

Two Tibetan practices in particular, "Tsa lung" and "Trul khor" incorporate controlled breathing and visualization, mindfulness techniques and postures, and little is known about this form of yoga and no research has examined its benefits, the researchers added.

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Drugs

Anticoagulants/Coumarin/Heparin/Warfarin

Anticoagulants are drugs that reduce the clotting ability of blood. Coumarin, heparin and warfarin are examples of such drugs.

It has been observed that stopping clotting also stops metastases.

When cancer cells break away from the original tumor and enter the bloodstream they attract platelets, which bind to sugarcoated molecules called mucins on the cancer cell surface, forming a cloak. This platelet cloak appears to protect the tumor cells from the body's natural defense systems, enabling them to establish new tumors in other parts of the body. Heparin interferes with formation of the platelet cloak, apparently leaving tumor cells exposed to attack by white blood cells.

In research at the UCSD Cancer Center, experimental mice received a single dose of heparin, which lasted for only a few hours, yet this early exposure resulted in markedly reduced cancer cell survival and metastasis when the mice were examined several weeks later.

Warfarin has been shown to prolong survival for patients undergoing conventional therapy – especially for lung cancer patients and for post-menopausal women with breast cancer. However, a side-effect is that immunity is suppressed, therefore anticoagulants work best together with drugs that enhance NK cell activity.

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Arginine/ L-arginine/Tumorex/Jimmy Keller

The terms L-arginine and arginine are frequently used interchangeably. Arginine is an amino acid that can both inhibit cancer and help it grow, depending on how it is converted. It is converted in two different ways: it can become L-ornithine, or it can become nitric oxide. Each has different actions with regard to cancer.

If it's converted to nitric oxide, it helps the type of immune cells that attack cancer. If it's converted to L-ornithine, it can help cancer grow.

In a Japanese study on rats implanted with sarcoma, 50% of the animals receiving arginine had metastases to the liver versus 100% for those not receiving it. Similarly, 75% had lung metastases versus 100%.

In 1992, University of Pennsylvania researchers reported that arginine has a beneficial effect on the immunity of cancer patients. People who underwent surgery for upper gastrointestinal malignancies would recover crucial aspects of their immunity only if given arginine, RNA and omega-3 fatty acids; otherwise, certain immune responses would stay depressed. They concluded that the three supplements "significantly improved immunologic, metabolic, and clinical outcomes in patients with upper gastrointestinal malignancies who were undergoing major elective surgery."

In a different study on patients with colorectal cancer, 30 grams of L-arginine a day for 3 days before surgery caused the tumors to have more antigens (for immune cells to home in on).

Breast cancer patients undergoing chemotherapy have also benefitted from arginine. In a study from the University of Aberdeen, women who took 30 grams/day for 3 days prior to each chemo treatment had stronger immunity.

In other studies, the growth of human breast cancer cells in vitro has been slowed with supplemental arginine. Arginine can also block the growth of mammary tumors in rodents.

Arginine can have the opposite effect on some cancers – for example, at least one pancreatic cancer cell line is arginine-dependent.

An arginine preparation called Tumorex was used by the healer, Jimmy Keller, who claimed it healed his melanoma. He treated many people successfully but was eventually imprisoned. The defense kept copies of more than 350 letters and affidavits sent to the U.S. District Court in Brownsville in support of Jimmy Keller and his clinic. Many of the letters can be read at http://www.karlloren.com/Jimmy_Keller/page6.htm.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search. Enter arginine. Select "100 Results". Select "Sort by Price: Low to High".

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Azelaic Acid

Azelaic Acid is a dicarboxylic acid occurring in whole grains and animal products; it has a cytotoxic effect on malignant or hyperactive melanocytes, that is, it kills melanoma cells in the test tube, apparently affecting the energy centers

(mitochondria) of the melanoma cells. It is applied topically in the treatment of acne vulgaris.

B.J. Ward et al found that carnitine increased the transport of azelaic acid into the mitochondria thereby increasing the drug's tumor cell killing effect.

The research team who produced this book wonder if using azelaic acid and carnitine together with Dr. Robert Jones' protocol may be very effective for melanoma – to give a 'double whammy' to the mitochondria within the melanoma cells.

Source

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search. Enter azelaic acid. Select "100 Results". Select "Sort by Price: Low to High". Perform a similar search for carnitine.

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Benzaldehyde/BG/Zilascorb

Benzaldehyde, the essential oil of bitter almond, and is naturally found in peach and apricot kernels as a byproduct of amygdalin. Its presence is obvious by the bitter almond taste.

Benzaldehyde has a history of being investigated as an anti-cancer agent. In the 1960's and 70's, it was often combined with chemotherapy. Using a modified form of benzaldehyde, Dr. M. Kochi treated 65 patients who had inoperable cancers. "The overall objective response rate was 55%" Japanese doctors said. "7 patients achieved complete response, 29 achieved partial response, 24 remain stable, and 5 showed progressive disease." A derivative of benzaldehyde called BG has also been shown effective in stopping cancer. Like benzaldehyde, it was also non-toxic. Toyama scientists show that in 24 patients with advanced cancer there was an overall response rate of 58%. An ascorbic acid form of benzaldehyde called zilascorb has been shown to be more effective than pure benzaldehyde or other derivatives. Its effects were shown to be reversible – even after protracted therapy, including destruction of more than 99% of the cancer cells. The few surviving cells appear to be undamaged after removal of the drug, showing how basically safe this drug is.

Additionally, benzaldehyde seems to be able to transform malignant cells back to normal, according to a Norwegian report. It had been postulated in the early 1980's that benzaldehyde, as well as betacarotene, interferon and antineoplastins, could be considered a new type of therapy which stops cell growth and transforms cancer cells back to normal without harming the patient.

Dr. Hans Nieper, an unconventional German physician, utilized benzaldehyde for its "paralytic effect" on tumor growth. Dr. Nieper found that benzaldehyde "is one of the most valuable anti-cancer substances which is currently and practically available" but he also went on to claim that "acetaldehyde, a related substance, is clearly "superior for melanoma".

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Clodronate

This treatment apparently stops breast cancer from spreading to the bones. It is not available in America.

"The Food and Drug Administration's suppression of clodronate may have caused the premature or needless death of about 30,000 American women each year, based on the Aug. 6, 1998, New England Journal of Medicine study. Since clodronate could have been made available 15 years ago, about 517,000 American breast cancer victims were forced to suffer agonizing bone metastasis, and a total of 450,000 women probably died prematurely because the FDA aggressively denied this drug to cancer patients."

"In 1998, the New England Journal of Medicine published impressive data indicating that clodronate reduced the incidence and number of metastasis in bone and viscera (organs enclosed in the abdominal, thoracic, or pelvic cavity) in high-risk breast cancer patients by 50%"

Recent British and Finnish studies have reported confusing results. See http://www.breastcancer.org/research_recurrence_bisphosphonates.html

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search. Enter clodronate. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- Current Obstetric & Gynecological Diagnosis & Treatment by Alan H. DeCherney, Lauren Nathan. Excerpt from page 1115 "... al: Reduction in new metastases in breast cancer with adjuvant clodronate treatment. N Engl J Med 1998;339:357. Erickson VS et al: ..."

References

- <http://www.mnwelldir.org/docs/cancer1/altthrp.htm>
- Diel et al. 1998; also see Journal Club on the Web

DHEA (Dehydroepiandrosterone)

"DHEA is a natural sterone produced by the adrenal gland. DHEA is the most common sterone in human blood, but amounts decline rapidly with age. Secretions are highest during the early twenties and begin to decline at around age 25, by the time we reach 70 years of age, DHEA production is only a small fraction of what it was 50 years earlier. Research has shown a correlation between low DHEA levels and a declining immune system, and DHEA is being used in the fight against HIV, cancer and senile dementia. It is also been clinically shown that DHEA helps brain neurons establish contact. Further, it is known that Alzheimer patients have low DHEA levels, when compared to their healthy counterparts. It is also known that a small amount of sulphate DHEA and micronized DHEA can convert into testosterone [which is a treatment for prostate cancer]."

An interesting article has been published in Steroids 2003 Jan;68(1):73-83 that correlates endogenous DHEA to anti-proliferative action on human cancer cell lines under the title "Anti-proliferative action of endogenous dehydroepiandrosterone metabolites on human cancer cell lines." by S. Yoshida et al. at Department of Gastroenterology and Hepatology, Institute of Clinical Medicine, University of Tsukuba, 1-1-1 Tennodai, Tsukuba, 305-8575, Ibaraki, Japan.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search. Enter dhea. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- There's a Flying Squirrel in My Coffee: Overcoming Cancer with the Help of My Pet by Bill Goss. Excerpt from page 65 "... compared to the cancerous mice that had not received the DHEA. At the same time, the cancerous, non-DHEA supplemented mice began to die off at the rate you would expect any animal whose body had begun to manifest the ravages of cancer."

References

- <http://newagecities.com/neighborhoods/mindworks/content/DHEA.asp>
- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=12475725&dopt=Abstract

Diethylstilbestrol (DES)

This drug is a synthetic hormone that was found to be in an alternative treatment for prostate cancer manufactured in China called PC-SPES. This drug was not supposed to be in the formula (along with two other manufactured drugs found in the formula). DES can cause blood clots. Some doctors think the DES was the element of PC-SPES that made it work so well on advanced prostate cancer patients. One of the other manufactured drugs found in PC-SPES was a blood thinner. While PC-SPES was removed from the market, doctors are now looking at DES as a treatment for advanced prostate cancer.

While comparing PC-SPES to DES, Glenn Bubley, MD, director of genitourinary oncology at Harvard Medical School and Beth Israel Deaconess Medical Center, stated:

"DES was the first drug prescribed for prostate cancer in 1950. We got rid of it because it caused blood clots. We need to know that PC-SPES is not just garden-variety DES."

References

- http://www.geocities.com/icurie_2000/pc-spes-7.htm

Dimethyl Sulfoxide (DMSO)

Related to MSM, DMSO is different enough to put in its own category. "One of the most well known and exotic properties of this solvent is its ability to penetrate living tissue and transport other medicines in their integral state deep into the body." "We've barely scratched the surface [of DMSO's capabilities], for this is a new principle in medicine. We've only had three new principles in our century — the antibiotic principle, the cortisone principle, and now the DMSO principle —and the DMSO principle is the only one of our generation. Despite all the controversy, my guess is that history will record it this way."

"At Mount Sinai Hospital in New York City, Charlotte Friend, MD, has turned cancerous cells into harmless, normal ones in the test tube by putting them in touch with the DMSO solutions. DMSO is routinely used by alternative cancer clinics in Mexico to transport laetrile intravenously into the body. Because of extremely promising clinical results, research is still ongoing on a privately funded basis into DMSO's potential role in the breaking up of tumors and the killing of metastatic cancer cells in its own right. Yet the United States Food & Drug Administration and the UK Medicines Control Agency continue to forbid the advertising and retailing of DMSO for any medicinal purposes save one: for the treatment of the rare urinary bladder condition, interstitial cystitis."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search. Enter dmsol. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- Treating Cancer with Insulin Potentiation Therapy by Ross A. Hauser. Excerpt from page 29 "... modality available to help target the various therapies to the cancer site. This person's particular cancer involved the brain, and besides insulin, he needed DMSO (dimethyl sulfoxide) to help transport substances across the blood-brain barrier. ..."

References

- <http://www.credence.org/resources/DMSO.rtf>

Doxycycline

Research conducted by scientists at the Stanford University School of Medicine, suggests that turning off just one cancer-causing gene is enough to eliminate aggressive, incurable liver tumors in mice in just four weeks.

The researchers led by Dan Felsher studied mice whose liver cells he had altered to carry a modified Myc gene. Myc protein acts as a cellular conductor, orchestrating messages that tell a cell to divide. The Myc gene churns out the Myc protein until it is turned off by feeding mice the antibiotic doxycycline, a form of tetracycline.

The mice remained cancer-free as long as they maintained their diet of the antibiotic. But as soon as doxycycline was withheld, the gene was back on; Myc protein accumulated in the liver cells, and the animals developed aggressive liver cancer within an average of 12 weeks.

The doxycycline diet again turned off the production of Myc protein and eliminated the cancer in mice that was confirmed by the appearance of normal liver cells. The researchers found that turning the Myc gene on and off acted like a tap, releasing the cancerous cells to divide uncontrollably then shutting off their cancerous progression.

Felsher said:

"The exciting thing is that you can turn cancer cells into something that appears to be normal."

In previous mice studies, doxycycline was shown to reduce— by 70% in mice—the spread of some types of human tumors to the bone.

"Doxycycline not only shrunk breast and prostate tumors that had metastasized (or travelled) to the bone, but it also showed an ability to prevent the spread of cancer in the first place",

says Dr. Gurmit Singh, Director of Research at Hamilton Regional Cancer Centre and a Professor at McMaster University.

The research team had an additional surprise: doxycycline not only reduced bone tumors and stopped bone loss, but it actually promoted the growth of new bone tissue. "This might be very useful for breast cancer patients because they get a lot of fractures when the disease goes to the bone," said Dr. Singh. For unknown reasons, between 70% and 80% of breast cancer metastases and 70% of prostate cancer metastases go to the bone. It is these secondary tumors that often cause pain and death. "People give up hope and the will to live when they are in so much pain," said Dr. Singh. "I think there is something to be said for the will to live, and this drug may actually provide pain relief, which in turn might even increase the survival of individuals."

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search. Enter doxycycline. Select "100 Results". Select "Sort by Price: Low to High".

References

- New Scientist <http://www.newscientist.com/news/news.jsp?id=ns99996511> Journal reference: Nature (DOI: 10.1038/nature03043)
- Doxycycline decreases tumor burden in a bone metastasis model of human breast cancer. Duivenvoorden WC, Popovic SV, Lhotak S, Seidlitz E, Hirte HW, Tozer RG, Singh G. Hamilton Regional Cancer Centre and McMaster University, Hamilton, Ontario, L8V 5C2 Canada. http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&dopt=Abstract&list_uids=11912125
- Effects of doxycycline on human prostate cancer cells in vitro. RS Fife, GW Sledge Jr, BJ Roth, and C Proctor Cancer Lett 1998;127(1-2): 37-41 UI:98281155 <http://incicancerspectrum.oupjournals.org/cgi/cancerlit/9619856>
- Cancer Care Spring/Summer 2002 [http://www.cancercare.on.ca/pdf/cc02springsummer\(ENG\).pdf](http://www.cancercare.on.ca/pdf/cc02springsummer(ENG).pdf)

Gossypol

Gossypol is a pigment isolated from cotton seed in 1937. It has been found to stop rapidly dividing cells. It has been shown to cause a 60% decline in blood flow to pancreatic cancers in mice. It has also been observed to actually punch holes in the surface of mouse leukemia cells, after only two days of treatment.

Gossypol has also been studied as a tumor fighting agent for breast cancer, and was shown to have a strong inhibitory effect on the growth of breast cancer cells.

NIH scientists gave the drug to a patient with adrenal cortex cancer who had multiple metastases to the liver and lungs. After three weeks, scans showed a complete resolution of lung metastases and more than 50% decrease in the size of liver metastases.

Its toxicity in animal studies has shown to be formidable, and a narrow effectiveness range needs to be established in humans. Observed side effects in the above patient consisted mainly of fatigue, dryness of the mouth and tremors.

References

- <http://psa-rising.com/med/chemo/gossypol1004.htm>

Insulin-induced Hypoglycemic Therapy (IHT)

The BioPulse clinic in Mexico began using IHT in June, 1999.

“The exact mechanism is unsure but cancer cells die and the tumors shrink, that much we know. When glucose (sugar) levels are lowered by insulin, the body's metabolic state slows; oxygen accumulates in the blood and carbon dioxide decreases. The reason for this is thought to be a decrease on oxidation of carbohydrates and thus an increase of available oxygen. This in turn increases the pH of the blood and tissue. These things we know about cancer cells:

“They don't live well in highly oxygenated environments. They carry out anaerobic glycolysis of glucose and thus if increase of oxygen they don't survive.

They die if the pH gets high enough.

If the sugar gets low enough, cancer cells die.”

The FTC subsequently obtained a \$4.3 million judgment against BioPulse International Inc, and the results of this treatment are obscure.

References

- http://www.edelsoncenter.com/Diseases_Treatment/hypoglycemic_insulin.htm

Megace

Megace is a synthetic form of the hormone progesterone. It was used as a palliative drug to treat metastatic breast cancer. It was noticed that the drug seemed to produce weight gain in some of the patients. Various studies have shown how the drug combats cachexia which is the severe malnutrition and wasting seen in many cancer patients.

In a University of Maryland Cancer Center study, a quarter of woman with advanced breast cancer gained weight with conventional doses of the drug and almost all gained weight with high doses (480mg to 1600mg per day). Almost all also had subjective improvement in appetite and all those on high doses reported an increased sense of well being. NIH scientists conducted a study in 1990 and found that megace “can stimulate appetite and food intake in patients with anorexia and cachexia associated with cancer, leading to significant weight gain in a proportion of such patients”.

In 1990, German doctors giving fairly high doses of megace to 26 cancer patients for eight weeks, found that half gained weight and those receiving higher doses responded more

frequently with greater weight gain. Only in the high dose group was there an increase in both fat and lean body mass.

References

- Cancer Therapy: The Independent Consumer's Guide to Non-Toxic Treatment and Prevention by Ralph W. Moss

Methylene Blue

Methylene blue is a synthetic dye that inhibits rather than kills bacteria. Scientists at the Begine Lung Tumor Research Institute, China found that methylene blue inhibited the growth of three kinds of animal cancer. The average lifespan of the treated animals was obviously longer than that of the controls.

When the conventional drug adriamycin was given to the mice at the same time as methylene blue, its acute toxicity was decreased and survival time was prolonged. Methylene blue has been shown to make phototherapy effective faster. Six kinds of cancer cells were studied in a test tube. Phototherapy worked within sixty minutes but the time was halved if the cells were first stained with methylene blue.

Furthermore, methylene blue has been found to effectively inhibit free radical activity.

References

- Cancer Therapy: The Independent Consumer's Guide to Non-Toxic Treatment and Prevention by Ralph W. Moss

Nafazatron

Nafazatron is a drug produced by Miles Laboratories of West Haven, CT. It prevents blood clots and has also been shown to be a potent inhibitor of metastasis. Mice with tumors treated with nafazatron showed a remarkable six fold reduction in secondary metastases in their lungs compared to controls.

The drug halted a process of cellular breakdown that leads to metastases.

References

- Cancer Therapy: The Independent Consumer's Guide to Non-Toxic Treatment and Prevention by Ralph W. Moss

Sulindac

Sulindac, a nonsteroidal anti-inflammatory drug (NSAID), has been shown to cause the regression of benign colon polyps, thereby helping to prevent development of colon cancer. The drug inhibits the growth of laboratory-grown cancer cells that do not express cyclooxygenase, which synthesizes inflammatory mediators known as prostaglandins.

Dr. Richard Gaynor, director of the Harold C. Simmons Comprehensive Cancer Center and colleagues believe sulindac and its breakdown products inhibit cell growth by promoting programmed cell death – a mechanism by which potentially cancerous cells commit suicide. They found that sulindac prevented the activation of the cellular regulatory protein NF-kB. It is known that NF-kB is critical in regulating cellular growth and stimulating the inflammatory response. High levels of NF-kB have been found in the nucleus of some types of tumor cells, implicating a role for NF-kB in the stimulation of cancer-cell growth.

"We found that sulindac inhibits a kinase (an enzyme that adds phosphate onto its target), which in turn prevents the activation of NF-kB," Gaynor said. "This kinase should be an excellent target not only for the development of novel anti-inflammatory agents but also for the development of agents to inhibit the growth of cancer cells."

Sulindac derivatives also can cause growth inhibition and induce apoptosis in human prostate cancer cells by a COX-1 and -2 independent mechanism, and this occurs

irrespective of androgen sensitivity or increased expression of bcl-2. These compounds may be useful in the prevention and treatment of human prostate cancer.

References

- Journal of Biological Chemistry , Sept. 17 1999
- Lim JT, Piazza GA, Han EK et al. Sulindac derivatives inhibit growth and induce apoptosis in human prostate cancer cell lines. *Biochem Pharmacol* 1999;58:1097–107.

Onconase®/Ranpirnase

Onconase is a purified anti-tumor protein derived from early stage embryos of the common North American Leopard frog. It shows anti-tumor activity in mouse tumor models and is effective on several tumor lines. It is currently in phase III clinical trials.

In animal tests and clinical trials, Onconase shows lesser toxicity and fewer side effects compared to most chemotherapeutic drugs.

"Onconase may act as a 'Trojan Horse' inside tumor cells," states research scientist, Dr. Darzynkiewicz.

Onconase slows down cancer cell growth by decaying RNA. Without certain RNA strands, cancer cells cannot make certain critical proteins and therefore cannot replicate. This slows down the growth of the tumor. Normally, high doses of chemotherapy are needed to affect cancer cells. However, Onconase is able to make cancer cells more susceptible to lower doses of chemotherapy, and therefore reduce side effects.

References

- <http://www.mesotheliomaweb.org/trojanhorse.htm>
- <http://www.mesotheliomaoptions.com/onconase.htm>

Clomipramine

"Tumors of the brain: Existing anti-cancer drugs are unable to cross the blood-brain barrier, and some brain tumors are usually difficult to treat. Experience indicates that for these patients clomipramine (Anafranil) is more effective than Phenergan. Clomipramine is a prescription drug; treatment therefore requires a participating doctor. At the time of writing details of the treatment have not been published, but its use is expected to be described shortly. Meanwhile readers are referred to the website www.sdrf.co.uk for more information. Alternatively enquiries may be addressed to the Samantha Dickson Research Trust, Chatter Alley, Dogmersfield, Hampshire RG27 8SS, United Kingdom; E-mail, sdrt1996@aol.com; Telephone +44 (0)1252 727 433 for patient support."

"Clomipramine is a major breakthrough in cancer treatment and 350 patients have already been treated and providing "anecdotal evidence" that the drug crosses the blood brain barrier and attacks the tumor. The majority of patients have shown an improvement in their condition, and a promising amount have seen a reduction in tumor mass on their latest MRI scan. Sadly, some patients have died for a variety of reasons, some of whom had either not been given the right dosage, or others whose illness had progressed too far for any real effect. We have many patients doing really well and a TV station is interested in doing a documentary."

From the Samantha Dickson Research Trust.

References

- <http://users.mrbean.net.au/~wlast/phenergan.html>
- Excerpt from Samantha Dickson Research Trust May 21, 2004 'Finding a Cure for Brain Tumors for Children and Adults' <http://www.sdrf.co.uk/>

Tetracycline/COL-3 /CMT-3

A cancer treatment is being developed that is safe, cheap, and almost completely effective. It has been around for decades but no one ever thought about using it to fight the cancer.

The treatment is tetracycline, a family of inexpensive acne antibiotics. The drug is being researched for its ability to prevent metastases, the migration of cancerous tumor cells that migrate throughout the body, creating secondary tumors.

Dr. Gurmit Singh of the Hamilton Regional Cancer Centre is leading research on the drug. Singh learned over the past four years that tetracycline is not only effective at preventing metastases from forming in bones, it also has the ability to kill tumor cells in the bone. A man whose Doberman suffered bone cancer, Osteosarcoma, worked with his vet using this protocol — in this dog's case, 250mg. tablets, 3 capsules 4 times a day. Time passed and an x-ray eventually showed that the mass in the bone was almost gone.

In tests on mice, his team found the drug cut the spread of certain cancers to the bone by 70%.

"This was very exciting to us so we continued on with our experiments and what we found was that it actually improved the bone itself. In some ways, it healed the bone,"

says Dr. Singh.

Tetracycline has been used to treat acne and periodontal disease. The drug is absorbed by teeth and bones, and blocks a group of enzymes called matrix metalloproteinases, a cause of gum degradation. But its efficacy at inhibiting the growth of cancerous osteoclasts in bone has not been fully researched.

The problem may be the drug's price - its low price. Because the medication is generic and cheap, there is not much incentive for drug companies to fund research.

"Pharmaceutical companies, understandably, may not be willing to invest resources in developing research that won't result in a profit for their companies," says Dr. Robert Bell of the Princess Margaret Hospital.

"There is no financial gain for industry," says Dr. Singh. "This is a generic drug. If this were a patented drug, then the industry would support it."

The drug has caught the eye of the Canadian Breast Cancer Research Initiative, which is funding a small human study of 60 patients. Dr. Singh is the lead investigator of the project. A woman, who wants to be known as Joyce, told CTV's Avis Favaro she heard about the research and decided to try it. Her breast cancer had migrated to her bones. And she is feeling much improved. "I started taking it and noticed differences. I didn't have pain in my back. I got out of the wheelchair. I started walking ... every day I walk at least six blocks. It has given me a chance and I think others should be given that opportunity."

There is no proof that the tetracycline had stopped the spread of her cancer. And doctors don't recommend that patients start experimenting on their own, until studies are completed. But it is a fascinating new avenue.

"If this drug is able to protect and prevent those types of metastases, then it is a major relief," says Dr. Singh.

Claudia Huettner can switch off deadly leukemia in mice simply by putting tetracycline in their drinking water. Her system even causes regression of advanced stages of the cancer. When the antibiotic-spiked water is withdrawn, the cancer returns. "I have reversed leukemia as much as three times in some animals" she says.

A study at the University of Iowa suggests tetracycline may help prevent cancer recurrence. Interestingly, a form of tetracycline has recently been used in prevention of cancer recurrence. Chemically modified tetracyclines such as COL-3 are derived from antibiotic tetracyclines, but because of their modifications, do not act as antibiotics. Instead, they inhibit certain enzymes and processes that normally encourage cancer growth. By

making cancer cells less aggressive, these drugs may show potential for long-term management of some cancers.

Investigators at the University of Miami School of Medicine have shown that tetracycline compounds traditionally used as antibiotics, have been shown to inhibit many tumor cell functions such as growth and invasion. Additionally, tetracycline compounds are known to accumulate in the bone, a tissue also adversely affected by metastatic prostate cancer. Miami researchers have found CMT-3, a synthetic tetracycline, to be toxic to prostate cancer cells, to inhibit their growth, and to block enzymes that are needed to clear a path for cell invasion.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search. Enter tetracycline. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

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- <http://www.parkpub.com/oncology/discourse-fall02-pg6.html>
- http://www.prostatecancer.on.ca/WNew/may2001_04.html
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References

- <http://www.ctv.ca/servlet/ArticleNews/story/CTVNews/20030119/tetracycline030119/>
- http://www.manpros.org/2003/February/page_7.htm
- <http://www.news.harvard.edu/gazette/2000/02.10/leukemia.html>
- <http://www.uiowa.edu/~ournews/2002/november/1114tetracycline.html>

Theophylline

It has been noted that asthma patients who received theophylline have a lower rate of lung cancer than expected.

"... a report out of England in The Lancet in 1974 ii p. 1475 by Michael Alderson on cancer among asthma patients. Alderson had demonstrated that cancer deaths from all cancer except from lung cancer was only about 65% that of the general population among patients with asthma. ...Theophylline is often used in treating asthma. It is an inducer of cyclic AMP. Reference was made to the work of T.T. Puck of the Eleanor Roosevelt Institute for Cancer Research published in the Proceedings of the National Academy of Science USA, October, 1977 pp. 4491-95. Puck said that cyclic AMP converts cancer cells back to normal cells or at the very least, restores contact inhibition to cancer cells thus making them non-invasive and hence harmless."

References

- Townsend Letter for Doctors and Patients
http://www.findarticles.com/p/articles/mi_m0ISW/is_2002_June/ai_86387594

Thioprolin

"Transformed cells in culture can be normalised (made to undergo reverse transformation) by exposure to cyclic AMP, prostaglandin (PG) E1 and certain drugs. One of these drugs, thioprolin, has been successfully used in treating human cancer.... Since this approach is completely non-toxic, it is here seriously suggested that it might be used as a first step in treatment of those cancers where current evidence suggests that delay in the administration of orthodox treatment is unlikely to affect prognosis."

References

- The reversibility of cancer: the relevance of cyclic AMP, calcium, essential fatty acids and prostaglandin E1 Med Hypotheses 1980; 6(5): 469-86.Horrobin, D.F.

Detoxification and Clean-Ups

Anti-Fungals

There is a body of thought that some fungal infections are misdiagnosed as leukemia. In 1997, Mark Bielski linked leukaemia with the yeast candida albicans and in 1999 Dr. Meinolf Karthaus detailed how three of his young patients with leukaemia went into remission after being treated with a cocktail of three anti-fungal drugs.

Doug Kaufmann in his book **The Germ that Causes Cancer** asserts that not only fungi, but grain, sugar and peanuts also contain cancer-causing fungal poisons. He explains how even antibiotics may play a role in the disease process. Antibiotics destroy the normal, protective gut bacteria, allowing intestinal yeast and fungi to grow unchecked. These internal, gut yeast make toxins, too. This can lead to immune suppression, symptoms of autoimmune disease, or even cancer.

"If the onset of any symptom or disease- cancer included- was preceded by a course of antibiotics," he maintains, "then look for a fungus to be at the root of your problem."

Autopsies show that fungal infections are found in about 10% of cancer patients and 25% of acute leukemia and bone marrow therapy patients.

Also see [Candida Eradication](#).

Further Reading and References

- Karthaus, M. Treatment of fungal infections led to leukemia remissions. Sept. 28, 1999
- http://www.mercola.com/2003/may/24/cancer_contagious.htm

Candida Eradication/ThreeLac/Oxygen Elements Plus/Coconut Oil

There are several associations between cancer and Candida organisms. Candida infection compromises immune and systemic body systems thus, it is thought, allowing cancer to gain a foothold. Chemotherapy also suppresses the immune system allowing Candida to gain a foothold.

Candidemia can severely complicate the care of cancer patients:

"Candidemia is a serious infection that can severely complicate the care of children with cancer. ...Death attributed to the fungal infection occurred in 21% of episodes, with nearly all the deaths occurring in patients with *C. albicans* and *C. tropicalis*."

Candida appears notoriously difficult to eradicate. Out of all the methods 'guaranteed' to eradicate Candida, numerous testimonials attest to the ability of ThreeLac and Oxygen Elements Plus to eradicate Candida infections.

"ThreeLac was introduced to the U.S. from Japan in 2001 where it has been on the market for 6 years as an intestinal pH balancer. Over \$50 million dollars worth a year is sold in Japan.

Unlike other dietary supplements, which are unregulated in the U.S., ThreeLac was formulated by scientists in Japan and is manufactured at a pharmaceutical company under strict government regulations. This particular combination of strains will not be found in any other product.

The company bringing it into the US, Global Health Trax, is an FDA approved, GMP manufacturing facility in Vista, California."

ThreeLac is a proprietary formula containing three strains of live lactic acid bacteria that love to eat yeast. ThreeLac is designed to get the candida yeast fighting live bacteria safely past the acidic environment of the stomach so once in the intestinal tract, these

friendly bacteria go to work "dining" on candida yeast. ThreeLac also makes body Ph more alkaline which makes it hard for candida yeast to thrive in the first place.

Ingredients are spore forming lactic acid bacteria (*Lactobacillus sporogenes*), spore forming bacteria (*Bacillus subtilis*), lactic acid bacteria (*Streptococcus faecalis*), lemon juice powder, refined yeast powder, castor oil. Yeast is included in ThreeLac packages in order to feed and sustain the live lactic acid bacteria.

Lactobacillus Sporogens is the main lactic acid bacterium in Threelac. It is naturally occurring in the intestinal tract and constitutes a major part of the intestinal flora. *Lactobacillus Sporogens* is responsible for the synthesis of B-complex factors, Vitamin K, and digestive enzymes. It also produces lactic acid, prevents the out of control growth of putrefactive bacteria and creates an environment for the normal conditioning of the gastrointestinal tract.

Lactobacillus Spores: These spores provide protection from pathogenic invasions into the intestinal tract and help to restore the normal balance of intestinal flora after antimicrobial drugs treatment, and can limit the activity of harmful pathogenic bacteria such as *E. coli*, and *Salmonella*.

Oxygen Elements Plus is recommended to be taken alongside Threelac.

"The USP challenge test conducted by Bioscreen Testing Services showed that Oxygen Elements Plus (formerly Hydroxygen Plus) completely destroyed *Candida albicans* yeast and four other pathogens. *A. niger*, *E. coli*, *P. aeruginosa*, *S. aureus*. And that they did not return during the entire 28 day testing period."

Virgin coconut oil and other coconut products are also effective in fighting *Candida*. Caprylic acid is one of the fatty acids found in coconut oil that has been effective in fighting *Candida* yeast infections. Besides caprylic acid, two other medium chain fatty acids in coconut oil have also been found to kill *Candida albicans*. People generally work up to taking a tablespoon of oil three times a day.

A study done at the University of Iceland showed:

"capric acid, a 10-carbon saturated fatty acid, causes the fastest and most effective killing of all three strains of *Candida albicans* tested, leaving the cytoplasm disorganized and shrunken because of a disrupted or disintegrated plasma membrane. Lauric acid, a 12-carbon saturated fatty acid, was the most active at lower concentrations and after a longer incubation time."

The "die-off effect" or Herxheimer Reaction would be expected from undertaking the above treatments. It refers to the symptoms generated by the body dealing with the dead yeast microbes. Eventually these symptoms recede as *Candida* is eliminated.

Sources

Threelac, Oxygen Elements Plus, a supporting protocol and numerous testimonials that can be read online are obtainable through Mark Cobb at <http://www.candidafree.net/pages/1/index.htm>.

Identify sources and best prices of coconut oil at Froogle. Just click

http://froogle.google.com/froogle_advanced_search. Enter virgin coconut oil. Select "100 Results". Select "Sort by Price: Low to High".

Further Reading

- Back to the bio-basics: A collection of recipes, menus, and diet information to aid alternative treatment of cancer/candida as recommended by cancer/candida treatment centers in Mexico by Joy D King
- Oxygen Healing Therapies: For Optimum Health & Vitality Bio-Oxidative Therapies for Treating Immune Disorders : *Candida*, Cancer, Heart, Skin, Circul by Nathaniel Altman
- The Yeast Connection by William G. Crook, M.D.

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- <http://www.candidafree.net/pages/1/index.htm>.

- Gudmundur Bergsson, et. al., In Vitro Killing of *Candida albicans* by Fatty Acids and Monoglycerides, Antimicrobial Agents and Chemotherapy, November 2001, p. 3209-3212, Vol. 45, No. 11

Chelation

Chelation therapy is a medical treatment performed in a doctor's office that improves metabolic function and blood flow through blocked arteries throughout the body. This is accomplished by administering an amino acid, ethylene-diamine-tetra-acetic acid (EDTA), by an intravenous infusion using a small 25-gauge needle. This protocol for administering EDTA was developed and refined by Elmer M. Cranton, MD, author of **Bypassing Bypass Surgery** and editor of **A Textbook on EDTA Chelation Therapy**.

The human body needs regular cleaning of toxic material such as heavy metals, excess calcification, and arterial plaque build up. Chelation (pronounced key-lation) therapy is a form of detoxification. It also stimulates the immune system, sharpens the appetite (digestion), and generally helps to eliminate the by-products of metabolism. Because of all this, many consider it an excellent treatment for cancer. It can be done orally or intravenously.

Designed for heart patients, chelation is a method by which unwanted metals are purged from a system by putting another substance through the system, which binds to the metals and flushes them out.

The need for such a chelating substance was strongly felt before the war by industry: Paint, rubber, petroleum, and electro-plating industries all needed substances that would bind and eliminate corrupting substances. Research in pre-war Germany came up with an extremely good substance: Ethylene-diamine-tetra-acetate, known since then as EDTA for short.

Its first use for medical purposes was in 1947 to clear the bloodstream of a cancer patient suffering toxic side effects of chemotherapy. It worked. In the early 1950s, EDTA was used in a number of circumstances where workers were suffering in large numbers from heavy metal poisoning. According to Harold and Arline Brecher who have written a number of books on chelation therapy, it worked marvelously in every case.

Since then, hundreds of studies have consistently shown the benefits of chelation therapy particularly for atherosclerosis - a problem for which the heart bypass operation was designed.

Additionally, it appears that chelation therapy has a possible cancer preventative action.

A Swiss study, led by Dr. W. Blumer and Dr. T. Reich, investigated the link between lead-based gas fumes and cancer incidence based on the health records of 231 Swiss citizens living next to a heavily used highway. It showed that cancer mortality among this group was indeed significantly higher than among persons living in a traffic-free section of the same town. In both groups, the subjects studied were life-long inhabitants of their respective areas.

However, there was a curious exception. One group of the fume-exposed population had developed such severe symptoms of lead poisoning that they had been detoxified with the usual treatment for lead poisoning: EDTA. As a result, Blumer and Reich were in a position to compare long-term death rates in a matched population of chelated and non-chelated patients. They found a significant mortality difference between the two groups. Of the 231 people in the study, 59 adults had chelation; 172 matched controls did not.

Only one (1.7% of the chelated persons) died of cancer, as compared with thirty (17%) of the non-treated. After exploring all possible explanations for this statistical disparity in cancer mortality, the authors concluded that chelation was the sole reason for the 90% decrease in cancer deaths.

This supports the experience of doctors who use chelation in their practices. Dr E.W. McDonagh, founder member of the International Academy of Preventive Medicine, found that of 25,000 patients that he had treated with chelation only one of those who had not previously had cancer was later diagnosed as having cancer. Taking this as an interesting

indication of chelation's merits, he looked for cases of Vietnam veterans who had been severely poisoned by Agent Orange.

This group is known to suffer very high incidences of cancer. He found 63 cases that had later had EDTA. Not one of them subsequently developed cancer.

Not all doctors are convinced of this anti-cancer effect. Chelation may not be so effective if cancer has already started to develop before the chelation treatment started.

"I have personally seen cancer develop in three people who were undergoing chelation therapy. In these cases the cancer was present at the start of the chelation but unrecognized at that time."

according to Dr Harold Steenblock.

How does chelation work against cancer? By removing toxic metals, it removes a source of free radicals. It is therefore a preventive measure. For patients who already have cancer, it improves blood circulation by clearing arterial obstructions and so allows greater supplies of oxygen to reach the cancer site. Cancer tumors do not like high oxygen environments, as Nobel Prize winner, Otto Warburg discovered.

Also, it is believed that EDTA strips away the protein coat that surrounds tumor cells -this protein shield is what protects the cancer cells from T-lymphocytes, the white blood cells whose job is to kill invaders. Because of the protein layer, T-lymphocytes do not identify the tumor as an enemy to be overcome.

Once the protein layer has been stripped away, the T-lymphocytes can start to do the job. During chelation, the patient is hooked up for 2-3 hours per session to an intravenous drip, which contains not only EDTA but also mega doses of vitamins. Increasing numbers of people are undergoing chelation treatments as a general preventive health measure.

One caution is that chelation needs to be carefully administered. There can be kidney complications from the extraction of too much toxic metal in a short time. A careful graduation of chelation treatments is therefore required. A standard treatment will include 20 sessions. Also high supplementation of zinc and selenium is needed as good metals are taken out with the bad.

Some infrequent effects of chelation may include: low blood calcium, cardiac arrhythmia, fever, headaches and inflammation of the vein. However, these side effects are not common. Chelation is contraindicated in the cases of damaged kidneys, liver disease, TB, brain tumors and pregnancy.

Dr. Cranton, in defending chelation therapy, writes a rebuttal of a criticism of chelation:

"I will answer below, point by point, a critical article on the Quackwatch website by Dr. Saul Green entitled "[CHELATION THERAPY: UNPROVEN CLAIMS AND UNSOUND THEORIES](#)," in which Dr. Green attempts to discredit EDTA chelation using half-truths, speculation, and false statements."

Click [here](#) for Dr. Cranton's rebuttal.

Sources

The chelation protocol as well as many chelation articles can be read at Dr. Cranton's website at <http://drcranton.com/chelation.htm>

Further Reading and References

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- Bypassing Bypass Surgery: Chelation Therapy: A Non-Surgical Treatment for Reversing Arteriosclerosis, Improving Blocked Circulation, and Slowing the Aging Process by Elmer M. Cranton, Elmer, M.D.
- Questions from the Heart: Answers to 100 Questions About Chelation Therapy, a Safe Alternative to Bypass Surgery by Terry Chappell, Julian Whitaker
- A Textbook on Edta Chelation Therapy by Elmer M. Cranton, Elmer M., M.D.
<http://www.fightingcancer.com/download/fcpdf/21%20A-Z%20of%20alternative%20options.pdf>
- [If EDTA Chelation Therapy is so Good, Why Is It Not More Widely Accepted?](#) by Dr. James P. Carter, MD, DrPH
- [A Professor of Cardiology Critiques Bypass Surgery.](#)

- [Chelation Critics Deceive the Public](#) by Elmer M. Cranton, MD
- The Chelation Answer: How to Prevent Hardening of the Arteries and Rejuvenate Your Cardiovascular System by Morton Walker, D.P.M., and Garry Gordon, M.D.
- Chelation Therapy: The Key to Unclogging Your Arteries by John Parks Trowbridge, M.D. and Morton Walker D.P.M.
- Bypassing Bypass: The New Technique of Chelation Therapy by Elmer Cranton, M.D., and Arline Brecher
- Chemistry of chelation in cancer (American lectures in living chemistry) by Arthur Furst

Clay Treatment

Clays have been used both internally and externally for detoxification purposes.

Dr. Janet Starr Hull writes:

"French Green Clay is virtually unknown in America as an internal detoxification supplement, yet Europeans have used it internally for thousands of years to remove the causes of disease symptoms. In 1986 after the meltdown of the Soviet nuclear power plant, Chernobyl, the Soviet Union put French Green Clay in chocolate bars and dispensed them freely to the masses to remove radiation they may have been exposed to. Found only in France and India, the ancient sea beds that provide the green clays have healing qualities that not only attach themselves to and remove toxic foreign substances within the body, but activate the body's own immune system through its chemical constitution. Green clays contain magnesium, calcium, potassium, manganese, phosphorous, zinc aluminum, silicon, copper, selenium, cobalt, micro-algae, kelp, and phyto-nutrients. French green clay has the ability to remove toxic metals and chemical residues, bacteria, and blood toxins with virtually no side effects of constipation, diarrhea, or stomach cramping. It is known to remove radiation, arsenic, lead, mercury, and aluminum amid other toxic metals in less than six weeks. The more you use, the quicker you detox."

Specially formulated clay baths have been reported to be able to literally pull pollutants out like a magnet, getting rid of years of toxic accumulation in just one bath.

Detoxification symptoms are reportedly less than from internal chelation methods, and results can happen much more quickly. Clay baths have been scientifically proven to release toxic metals and chemicals from the body, and they are inexpensive.

"A few years ago, I was diagnosed with heavy metal and chemical poisoning. Among the many toxic substances in my body, mercury from the fillings in my teeth was a major culprit. Having neither health insurance nor the money to pay for these expensive treatments, I began searching for alternative ways to eliminate these poisons—a major cause of immune system breakdown—and thus, the source of various diseases. Eventually, my search led me to a book, **Using Energy to Heal**, by Wendell Hoffman. Through his own research, Hoffman found that a special bentonite (a very fine volcanic clay) used in a bath can actually **draw out toxic chemicals through the pores of the skin**. After many experiments, he concluded that optimum results are obtained by immersing oneself in a tub of very warm water mixed with a special bentonite clay for exactly 20 minutes!"

Clay is sometimes applied as a poultice, as in the research experiment described at <http://www.silvermedicine.org/clay-cansema-silver1.html> that treated a skin cancer with healing clay, Cansema and colloidal silver. Graphic photographs track the healing process.

Sources

Identify sources and best prices at Froogle. Just click http://froogle.google.com/froogle_advanced_search Enter french green clay, healing clay, bentonite.

Further Reading and References

- Using Energy to Heal by Wendell Hoffman
- The Healing Clay: The Centuries Old Health and Beauty Elixir/Amazing Cures from the Earth Itself by Michel Abehsera

- <http://www.shirleys-wellness-cafe.com/clay.htm>

Coffee Enemas

Coffee enemas are widely used in the alternative treatment of cancer to detoxify the body.

Dr. William D. Kelley, DDS, MS stated:

"A coffee enema should be given every morning for one month; then twice a week for eight months. The coffee enema is very stimulating to the liver, and is the greatest aid in eliminating its toxic poisons."

From the book **Alternatives in Cancer Therapy: The Complete Guide to Non-Traditional Treatments**:

"Recent research shows that certain chemicals in coffee called palmitates stimulate an important liver enzyme called glutathione-S-transferase, which is capable of removing a variety of free radicals from the bloodstream. A coffee enema increases the glutathione-S-transferase enzyme activity in the liver from 600 percent to 700 percent above normal. During the time that the coffee enema is being held in, all the blood in the body passes through the liver at least five times, since all the blood in the body goes through the liver every three minutes.

"Other chemicals in coffee, including caffeine, theobromine, and theophylline, cause blood vessels and bile ducts to dilate, increasing the elimination of toxic bile. Additionally, some of the water absorbed through the intestinal wall goes directly to the liver, diluting the bile and increasing bile flow.

"A choleric is any substance that increases bile flow. The coffee enema is the only pharmaceutically effective choleric noted in the medical literature that can be safely used many times daily without toxic effects."

How to prepare and undertake a coffee enema, using only organic coffee and pure water, is described at [CureZone.com](http://www.curezone.com)

<http://www.curezone.com/art/read.asp?ID=28&db=5&C0=818>

Sources, Further Reading and References

- Alternatives in Cancer Therapy: The Complete Guide to Non-Traditional Treatments by Ross Pelton with Lee Overholzer
- What Your Doctor Won't Tell You: Today's Alternative Medical Treatments Explained by Jane Heimlich. Excerpt from page 31 "... The key detoxification measure is the coffee enema, which the patient self-administers several times a day. Caffeine taken ..."

Dr. Clark Clean-Ups

See also [Dr. Hulda Clark/ Dr. Clark's Treatment](#) for how to eliminate the cancer.

After cancer is stopped, one can get well if the toxins that invited parasites, bacterial, and viral invaders are removed. Removing toxins from the affected organs lets them heal. For example, lung lesions will not heal unless cigarette smoking, freon, asbestos, and fiberglass exposure is stopped. Carcinogens draw the cancer to the organ: nickel draws cancer to the prostate, barium draws cancer to the breast. Dr. Clark considers the most serious threats to be: freon (CFCs or refrigerant), copper from water pipes, fiberglass or asbestos, mercury from amalgam tooth fillings, lead from joints in copper plumbing, formaldehyde in foam bedding and new clothing, and nickel, usually from dental metal.

Dental, diet, body, and home clean-ups aim to remove parasites and pollutants at their source. The body constantly fights to remove pollutants, but if you are being 're-supplied' with them, the body cannot heal.

The dental clean up has been found crucial in shrinking tumors and restoring health. Dr. Clark advises:

1. Removing all metals and large plastic fillings from the mouth,

2. Removing all infected teeth and cleaning cavitations.

Silver or amalgam fillings contain 48-55% mercury, 33-35% silver, and various amounts of copper, tin, zinc, and other metals that corrode and seep into the body. Mercury is continually released from mercury fillings in the form of mercury vapor and abraded particles, which can be increased 15-fold by chewing, brushing, and hot liquids. Research has shown that mercury, even in small amounts, damages the brain, heart, lungs, liver, kidneys, thyroid, pituitary and adrenal glands, blood cells, enzymes, and hormones, and suppresses the body's immune system.

At the beginning of the 20th century, Dr. Weston Price, head of the American Dental Association, found that root canal therapy, used to save a tooth that has become infected or dead, had serious side effects. He showed thousands of instances of disease created from devitalized teeth, from head and neck pain to rheumatism and cancer. Most patients with devitalized teeth had thyroid dysfunction. The International Academy of Oral Medicine and Toxicology reports that because it was not what the dental establishment wanted to hear, the results were ignored. Safe treatment requires extracting the dead tooth rather than filling the root, and removing any infected tissue from around the tooth. Later the space can be filled with a bridge or partial denture.

The materials which have entered our food chain and body, care products—particularly petroleum products, alcohol, asbestos, colorings, dyes, formaldehyde, and perfume—should not be there and were not there fifty years ago. The tested ingredients in 99% of perfumes are labeled as toxic hazards and not allowed in the agriculture industry. So, apart from avoidance of processed foods, Dr. Clark warns us against commercial salves, ointments, lotions, colognes, perfumes, deodorants, toothpaste, soaps, washing powders etc. and gives recipes for homemade substitutes, e.g. borax powder for cleaning.

Cleaning up the home environment to make it safe includes:

- moving paints, varnishes, thinners, cleaners, and chemicals from the house.
- sealing cracks around pipes.
- changing your refrigerator for a non CFC one (Dr. Clark found freon concentrated in cancerous organs, where it facilitates the accumulation of other toxins).
- checking air conditioners for leaks.
- sealing or removing uncovered fiberglass.
- removing clothes dryers, hair dryers containing asbestos and radiators and electric heaters which give off asbestos if their paint is old.
- Changing copper plumbing to PVC plastic.

She suggests if you have been quite ill to move house to a warm climate where you can avoid heating and cooling, and sit outside in the shade all day.

Syncrometer testing makes it possible to know exactly which toxins and parasites cause the patient's cancer. The Syncrometer can be used for diagnosing and monitoring progress until cured. It consists of an audio oscillator circuit, which includes the body as part of the circuit. Dr Clark discovered that every living and non-living entity produced certain specific frequencies which can be heard with the audio oscillator. Every living creature broadcasts its presence like a radio station. The Syncrometer tests for parasites or pollutants in any product or body tissue, by using samples of those parasites or pollutants. Cancerous tumors grow in the body for at least three years before they are big enough to be detected by medical imaging techniques, but the Syncrometer can detect them long before that.

For detoxifying the body, Dr. Clark recommends vitamins, minerals, and herbs from safe sources. Apart from the parasites and dental cleanses, she gives detailed instructions for liver, kidney, and bowel cleanses. She recommends that the liver cleanse should not be done if the liver contains living parasites, and is best carried out after a parasite cleanse and then a kidney cleanse. The liver cleanse is reported as the single most important thing you can do for your health. Medical herbalists, naturopaths and other natural healers speak highly of her cleanses.

Further Reading

- The Prevention of All Cancers by Dr. Hulda Clark

Liver-Gallbladder Flush

Dr. William D. Kelley, DDS, MS states:

"The importance of cleansing the debris from the liver and gall bladder, thus keeping the bile free flowing, cannot be overemphasized. This can be effectively accomplished by doing the Liver-Gall Bladder Flush (a form of which at one time was widely used at the world famous Lahey Clinic in Boston, MA), which is necessary even if one has had their gall bladder removed."

The four basic active principles in this procedure are:

- Apple juice (high in malic acid) or ortho-phosphoric acid, which acts as a solvent in the bile to weaken adhesions between solid globules.
- Epsom salt (magnesium sulfate), taken by mouth and enema, which allows magnesium to be absorbed into the bloodstream, relaxing smooth muscles. Large solid particles which otherwise might create spasms are able to pass through a relaxed bile duct.
- Olive oil, unrefined, which stimulates the gall bladder and bile duct to contract powerfully, thus expelling solid particles kept in storage for years.
- Coffee enemas, which consist of a coffee solution retained in the colon. They activate the liver to secrete its waste into the bile, enhancing bile flow and further relaxing the bile duct muscle.

Dr Kelley continues:

"The Liver-Gall Bladder Flush is one of the most important procedures for persons over 15 years of age. If one is above 15 years of age and his or her physician gives approval, he or she should do this the first week of Metabolic Medicine's Cancer Cure Program, and should, with his or her physician's approval, repeat it every 2 months. The steps in doing this are not difficult and are as follows:"

For the do-it-yourself steps, see about a third down the page of Dr. Kelleys website at <http://educate-yourself.org/cancer/kellysmetabolictherapy.shtml>

"The liver / gall bladder cleanse is necessary even if one has had their gall bladder removed. Also, anyone who has already had their gallbladder removed should be taking a product called Cholacol which replaces the bile salts that your gallbladder would normally be producing. This is needed for the rest of your life so that your body can properly digest fats."

Sources, Further Reading and References

- <http://educate-yourself.org/cancer/kellysmetabolictherapy.shtml>
- http://home.bluegrass.net/~jclark/liver_cleanse.htm

Stress Alleviation

There is a recognised association between between the strength of the immune system and the cancer process.

"In general, both stressors and depression are associated with the decreased cytotoxic T-cell and natural-killer-cell activities that affect processes such as immune surveillance of tumours, and with the events that modulate development and accumulation of somatic mutations and genomic instability."

Chronic stress seems to trigger the premature aging of immune system cells, a study reported in 2004 suggests. Although people who are under stress for long periods often

look haggard, scientists didn't understand how chronic stress causes damage at the cellular level.

Telomeres are the focus of a new study on stress and aging. Cells divide till it's time to retire. The new research focused on one sign of biological aging – caps of DNA and protein at the end of chromosomes called telomeres, which shorten as cells reproduce over time. Young people have an enzyme that regenerates the ends, but this process stops late in life.

Researchers studied 39 healthy, premenopausal women who cared for a child with a chronic illness, compared to 19 mothers of the same age who had healthy children. Among women caring for a sick child, the telomeres shortened the equivalent of 10 years of premature aging compared to the control group, according to the study published in the Proceedings of the National Academy of Sciences.

Lead researcher Elissa Epel, a professor of psychiatry at the University of California at San Francisco, and her team evaluated stress using a standardized questionnaire, and measured the length of telomeres from blood samples.

Epel stated:

"Chronic stress appears to have the potential to shorten the life of cells, at least immune cells."

Previous studies have shown a link between chronological stress and heart disease and weaker immune function. The new findings point to a cellular mechanism behind the link.

"The goal now is to determine how to reduce the effects of stress at the physical level, "

wrote Robert Sapolsky of Stanford University in a commentary accompanying the study.

Epel's team is now conducting a long-term study on telomere length. They also want to do clinical trials to see if stress reduction techniques like meditation slow the rate of telomere shortening.

An additional study in 2004 showed that written emotional disclosure buffers the effects of social constraints on stress among cancer patients.

"The aims of the present study were to examine whether written emotional disclosure would reduce distress among cancer patients and whether it would buffer the effects of high levels of social constraint (negative social responses to patients' expressions of emotion regarding their cancer) on distress. Results showed that written disclosure buffered the effects of social constraints on stress at the 6-month follow-up and that avoidance partly mediated these effects."

Meditation and prayer have been shown to relieve stress. Also see [Meditation](#) and [Prayer](#).

Further Reading

- Mindbody Cancer Wellness: A Self-Help Stress Management Manual by Morry D., Ph.D. Edwards
- Fighting Cancer From Within: How to Use the Power of Your Mind For Healing by Martin L., Md. Rossman
- Stress Management Intervention for Women With Breast Cancer by Michael H. Antoni, Roselyn Smith
- Success From Stress: Is It a Cause of Cancer? by Ralph Wilkerson

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- Zakowski SG, Ramati A, Morton C, Johnson P, Flanigan R. Rosalind Franklin University of Medicine and Science, Department of Psychology, North Chicago, IL, US. sandra.zakowski@rosalindfranklin.edu. http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15546223

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