

Cancer

Description

To Jesus:

Prevention & treatment of cancer- what I would do/have done/have researched

Use this as an aide to your research & share with your appropriate medical professional.

You can use drugs.com or other trusted health websites to look up the latest information on prescription drugs, herbs, foods or other treatments possible side & interaction effects.

Cancer testing

The Galleri test (blood draw) for 50 cancers at has over 67% accuracy for the cancers that cause the most deaths, an 89% accuracy in determining the starting point of the cancer (sometimes essential for treatment) with only a 0.5% false positive rate. Here's the Cleveland Clinic review health.clevelandclinic.org/the-galleri-test

The test is \$949, & might be eligible for FSA or HSA payment.

Galleri.com

What may help the most, in order:

Quitting smoking- you can feel a strong urge to study & try all stop smoking techniques & to keep using the ones that work best.

Cigarettes have over a dozen addictive & often toxic chemicals added.

Tabex appears to be the most effective in helping people stop using cigarettes.

Lobelia is a tobacco alternative that helps some people wean off.

Flavor alternatives include Fum, Honeyrose, & Khor.

Nicotine in patch & gum form appears to help Parkinsons syndrome & many other disorders, and people who switch to nicotine alternatives often see a near complete drop in cigarette smoking related diseases & addiction.

Alcohol & cancer

The sugars in alcohol increase cancer growth. The toxins in alcohol may reduce will power to stay on an anticancer regimen of diet, exercise & supplements.

Taking 50mg naltrexone an hour before (or 25mg under the tongue 30min before) a planned drinking session weekly for 3 to 4 months has been shown to help almost 80% of people to either not drink for the next ten years, or only drink occasionally (& only after taking a naltrexone). After taking the naltrexone for the first time in decades for some they are able to voluntarily stop at one or two drinks.

Tabex/DHM-Japanese raison tree leaf/kudzu use before drinking all appear to decrease the amount of alcohol drank.

Taking kava, chamomille, theanine, GABA, valerian, lemongrass in a mix appears to increase social fun & reduce anxiety without the addiction or motor & cognitive disruption of alcohol.

During alcohol withdrawal & abstinence- sustained release vitamin B100s, glutamine for cravings, MCT oil (1/8-1/4th teaspoon every 4 hours with food or under tongue/gums) for brain energy all may reduce alcohol cravings and reduce cancer growth from alcohol usage.

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Fasting

Stopping eating for three days (MCT oil, black coffee/unsweetened tea & celtic/sea/himalayan salt can help when hungry) may shrink even stage 4 metastaic cancer greatly, & make daily fasting (16-22 hours) & the ketogenic diet from then on seem easy. Coffee/tea & MCT oil can help the hunger & boost energy.

What would I eat & take in order of researched effectiveness?

C60- maybe the strongest studied anticancer, including topically for skin cancer, works like methylene blue to turn on mitochondria that cancer turns off because they kill cancer cells (because they divide too fast). People without cancer take C60 for much greater physical & mental energy, deeper sleep, & topical 2x faster healing of burns- when increased energy is felt, all mitochondria are turned on & cancer gone.

Best-

Sesres.com

Wizardsciences.com (also has methylene blue combo)

Dr Coimbra protocol (originated for autoimmune)- Getting vitamin D3 levels safely to 150ng/ml by taking vitamin D3 1.25mg/50K daily (under tongue best) or after a meal with fat & 1000mg organic spirulina with a vegetable & dark leafy organic greens (1 cup) like organic kale in a meal with fat. If no dark leafy greens then to avoid calcium rise 500mcg vitamin K2 daily (or organic soy natto, can also make with black or garbonzo beans using natto spores) & 500mg magnesium glycinate before bed. This combination should (& has) reverse all cancer. People without cancer take it to reverse all viral infections, osteoporosis & 95% of autoimmune disorders & greatly boost mood & concentration.

Lecithin liposomal vitamin C 500mg every eight hours- 5-10x more effective than other forms (must have lecithin). People without cancer take it because it helps most every known disorder greatly.

Alpha lipoic acid (600mg after every meal) or 1200mg twice a day/every 12 hours (also reduces migraines 80%, sciatica in a day, neuropathy in half a week, diabetic dementia in two weeks, diabetes 2 in a month, heart disease/HBP/congestive heart failure in 3 months, afib in 4 months), and can add berberine 500mg before or after breakfast & dinner, moringa, cinnamon, ginger, 500mg metformin before each meal

Organic flaxseed frozen or freshly ground, a teaspoon before each meal. Ingesting organic flaxseeds is a very effective cancer treatment and when taken before a meal also reduces blood sugar & overeating.

Eat organic & unprocessed to avoid massive toxins in nonorganic food like mercury, lead, Roundup/glyphosate, diquat, paraquat, MSG, FD&C food colorings (red#,blue#,yellow#,green#) that are banned in most countries

Only cook with organic coconut oil or grassfed organic ghee or butter, all other oils have polyunsaturated fat which becomes formaldehyde when heated/refined (cancer, diabetes, heart disease) OR add organic olives (not California black) or organic avocado after cooking & before serving (room temperature) or organic unrefined cold pressed black seed oil with every uncooked meal

Ketogenic diet (no processed all whole foods pressure cooked) 80% drop in cancer, diabetes, heart disease, depression, anxiety, bipolar, schizophrenia, autism

Time restricted eating- all food in 2-8 hours daily (16-22 hours fast), water/coffee/tea w/MCT oil helps hunger

Moringa especially is a heavy source of nutrients that cancer can deplete

Turmeric w/black pepper

Medicinal mushroom mix cooked in vegetables (flavor)

As many organic herbs as possible like Italian seasonings, garlic, leeks, onions

Probiotic mix (like Now Foods 10 different 50 billion count) with last food of the night (food has prebiotics that will feed it all night)

Avoid caloric beverages, drink water

Low carb veges (salad) w/vinegar & olives/avocados & fermented foods first, protein 2nd, fruit/carbs at end of meal & exercise/walk immediately after, vinegar reduces blood sugar

Full or half glass water then fruit (no fruit juices or caloric drinks) & 1/4 ts MCT oil under tongue if need energy for exercise

Ketogenic diet can reduce cancer by 80%

Only carbs with high fiber low sugar

2-8g organic spirulina after a meal with a vegetable (has enzymes to digest algae) for EPA & DHA omega3 fatty acids found in fish oil

30 mg zinc daily

12mg ivermectin daily

dichloroacetate 500mg 3x/day

1/2 baby aspirin before bed, 1/2 upon awakening

5mg or more slow release melatonin at night or red nightlights (flood the brain with melatonin)

compassion & gratitude meditation/contemplation every hour, yoga, EFT tapping
red light at bedtime to increase melatonin & reduce orexin & induce sleep, pink noise, binaural sleep
setting &/or magnesium glycinate 500mg, vitamin B8 inositol 500mg-18g, GABA 500mg, theanine
100mg to deepen sleep & increase next day productivity
For people having difficulty keeping on ketogenic eating, a continuous glucose monitor (CGM) to see
exactly what foods raise blood sugar higher than 120mg/dl or cause more than a 20 point rise in fasting
blood sugar (50-80mg/dl ideal).
A blood ketone meter to keep ketone levels above 2mmol/l will also give immediate feedback on what
foods keep us in ketosis & improves successful food choices & low blood sugar high blood ketones.
Organic unprocessed food with noncaloric drinks (only sweetened with allulose/stevia/monk fruit &/or
raw honey) as raw honey/stevia/monk fruit don't appear to cause weight gain or diabetes & allulose
appears to REDUCE blood sugar levels
Any other disorders especially brain fog- lecithin liposomal EDTA, humic & fulvic acids
<https://covid19criticalcare.com/wp-content/uploads/2023/06/Cancer-Care-2023-06-28.pdf>

Breast cancer aides- in order:

C60 1/4ts-1tb in the morning, sublingual/subbuccal (under tongue/gums) if possible, killed all tumors &
negated liver toxins & rats lived 90% longer
Organic only foods- nonorganic has Roundup/glyphosate- aggressive breast cancer
Liposomal versions of supplements preferred (with lecithin)
Liposomal turmeric w/black pepper &/or ginger
Mistletoe capsules (or iscadore injections)
Cooked fermented shittaki mushroom or organic mushroom mix
Alpha lipoic acid- people take 600mg 1-4x a day in between, before, or after a meal or snack
50000 IU vitamin D3 under the tongue or with a meal with fat
Liposomal vitamin C 500mg 3x a day
Probiotics after last food of night
Freshly ground (or immediately frozen) organic flax seed meal before every vegetable dish, or
glucomannon tablets 2nd best
Baking soda capsules 3x a day on empty stomach (at least 30 minutes before meals)
Modified fruit pectin 3x a day in hours between baking soda capsules
Low dose naltrexone (prescription)- also helps autoimmune disorders
Topical if tumor near skin surface-DMSO either quickly mixed with following in a glass bowl and applied
or applied first then the following right after- magnesium oil, alpha lipoic acid or boswellia, D-limonene,
nascent iodine, coconut oil, BEC (eggplant extract)
Spirulina- with a vegetable (also for mood, concentration, heart)
CBD oil (also helps anxiety, sleep, pain & inflammation, seizure)
Mangosteen fruit
½ a baby aspirin before bedtime & upon waking
Magnesium
Red wine vinegar (organic)
Red yeast rice
Green tea
Inositol vitamin B8
Dgl licorice
Fluorouracil- at night if prescribed
3-Bromopyruvate (3BP) liposomal at Dayspring Cancer Clinic in Scottsdale AZ

Prescription aides:
Zoldronic acid

Problematic for breast cancer treatment-

Nonorganic corn & soy has Roundup (glyphosate) used on it repeatedly, according to Purdue researchers it causes aggressive breast cancer. Seven other crops have Roundup (glyphosate) sprayed on them right before harvesting.

Chemotherapy appears to cause prostate, breast, and ovarian cells to produce a chemical called WNT16B that triggers cancer cell growth proliferation and makes cancer cells immune to chemotherapy. Brain damage.

Low dose targeted chemotherapy (like mixed with DMSO) & tested as the most successful against the person's cancer cells can be more effective without the severe side effects of traditional chemo deliver & dosage.

Dairy appears to increase hormonal cancers, has 33x more of an estrogen.

Caloric drinks- sugar feeds cancer, especially mixed in liquids.

Aspartame (Nutrasweet) in blue packets & sucralose (Splenda) in yellow packets both have new independent & more thorough studies showing they apparently cause cancer in test animals, including breast cancer (aspartame). CSPI (Nutrition Action Newsletter authors) downgraded them both to "Avoid".

Alcohol- as bad as liquid sugar for cancer, AND it increases binge eating of foods that increase cancer, AND alcohol anywhere near bedtime reduces quality/depth of sleep and melatonin reduces breast cancer.

BPA- avoid canned food, heating plastic containers, use glass & stainless steel instead

In men & especially after menopause in women iron levels that are low normal but not anemic prevent iron's cancerous & body & mind degenerative effects (as well as increased bacterial infections)

What may help against cancer:

Alpha lipoic acid/Astaxanthin/Turmeric/Ginger/Resveratrol/Boswellia/PEA/Bromelain/Papain/Noni juice/MSM anti-inflammatories

Vitamin D3

Medicinal mushrooms (cooked)

Liposomal Vitamin C

Probiotics

Baking Soda

Milk Thistle

Spirulina

Low dose naltrexone

Mistletoe

Topical- magnesium, DMSO, boswellia, D-limonine, nascent iodine, coconut oil, BEC

NAC

Noni juice

Graviola & paw paw

Cannabis & hemp

12-15hr diet

Ketogenic diet

Yeast and cancer

Modified fruit pectin

Dichloro Acetic Acid (DCA)

3-Bromopyruvate (3BP)

Organic diet

Vegan diet

Gerson diet

Dirt cheap protocol

Other alternative sites

thetruthaboutcancer.com/alternatives-to-chemo/

Slow growing cancer

Some cancers are so slow growing they don't need to be treated, just watched- breast cancer DCIS, papillary thyroid, and many prostate, cervical & bladder cancers. These may be called IDLE instead of cancer to reduce premature heavy intervention.

Cell phones

Cell phones, according to president of the EHT Devra Davis, have more than 90 studies showing they can damage DNA. A lot of studies appear to show links to cancer, especially where the cell phone is held (head) or kept when not talking into it (pocket or holder).

<http://bottomlineinc.com/can-cell-phone-cause-cancer/>

Vegetable oils

Polyunsaturated fats (PUFs) in vegetable oils (in especially large amounts in safflower, corn, & soy) produce aldehydes that are poisonous (think formaldehyde) and also neurodegenerative when cooked or heated during refining. This appears to increase heart disease & cancer. Refined oils have often not only been heated but the oil is often extracted with toxic chemicals like hexane.

Organic & unrefined oils appear safest. Oils with PUFs appear to be quite healthy if uncooked, unrefined & organic.

Medium chain triglycerides (MCT) and monounsaturated fat (MUF) holds up much better with cooking, but only if not deep fried, recooked, or heated past the smoking point.

Animal saturated fats (ASFs) holds up under cooking, but saturated fat in animal products slows thinking for a time after ingestion. ASFs like in butter, lard, & ghee appear to significantly increases cancer rates if the animals are not organically raised, and ASFs appear to increase heart disease deaths by at least 30%. Studies that don't show this effect may often use comparison groups that increase their sugar or hydrogenated fat consumption.

<http://www.dailymail.co.uk/health/article-3574810/The-toxic-truth-vegetable-oil-Cooking-healthy-fats-increases-risk-heart-disease-type-2-diabetes-cancer.html>

<http://nypost.com/2017/01/31/eating-vegetable-oils-could-lead-to-fatigue-migraines-and-dementia/>

AHA PRESIDENTIAL ADVISORY

Dietary Fats and Cardiovascular Disease: A Presidential Advisory From the American Heart Association

Frank M. Sacks, Alice H. Lichtenstein, Jason H.Y. Wu, Lawrence J. Appel, Mark A. Creager, Penny M. Kris-Etherton, Michael Miller, Eric B. Rimm, Lawrence L. Rudel, Jennifer G. Robinson, Neil J. Stone, Linda V. Van Horn, On behalf of the American Heart Association

<https://doi.org/10.1161/CIR.0000000000000510>

Oils composition

MCTs don't appear to increase weight gain like other fats. MCT oil increases energy & is used by

weightlifters & athletes because unlike all other fats it is easier to burn as energy than to store as fat. It is one of the best oils to prevent heart disease.

Organic coconut oil has a lot of MCTs (about half) and is the healthiest oil for preventing weight gain & heart disease. Like cocoa's stearic acid its saturated fats are good for the heart & prevent heart disease. Because it has very little PUFs (2%) it breaks down less & is the least toxic after cooking. It has 6% MUFs, and 92% SFs, with half being MCTs.

<https://examine.com/supplements/coconut-oil/>

Macademia nut oil (tastes like butter to me) has 2% PUFs, 78% MUFs, 14.5% SFs, making it perhaps as safe as organic coconut oil for cooking.

70% oleic sunflower oil has 4%, 10%, 86%, maybe next safest for cooking.

Hard margarine has 6%, 14%, 80% but increases cancer rates.

Extra virgin olive oil has 11%, 75, 14. Extra virgin olive oil has phenols that help prevent heart disease & inflammation. Olive oil has been traded internationally for millenia & tests find that 70% is partially or wholly faked. Research shows the most likely genuine types are extra virgin, organic, and coming from only one country & not a "blend".

Flaxseed oil has 66%, 20%, 9%. Flaxseed oil is by far the largest source of alpha-linolenic acid (ALA). Freshly ground organic flaxseeds (but not oil alone) appear to help fight prostate, colon, breast, & ovarian cancer.

Borage oil has 69%, 17%, 15%. Borage oil has 23% gamma-linolenic acid (GLA), a potent anticancer. Hemp oil has 79%, 12%, 9%. Hemp oil has 1.7% gamma-linolenic acid (GLA), a potent anticancer, and is the second largest source of alpha-linolenic acid (ALA). ALA appears to help fight cancer, especially breast cancer. Hemp oil may contain other beneficial compounds against cancer, and may be the best oil along with flaxseed oil to fight cancer, but only if it is uncooked.

black currant seed oil. Another good source is evening primrose oil
borage oil

<https://nutritiondata.self.com/facts/fats-and-oils/7554/2>

<https://ratical.org/renewables/TherapHoil.html>

Iron levels

Iron levels above low normal in men & in women after menopause can significantly increase cancer & body disease & degeneration exponentially.

<https://articles.mercola.com/sites/articles/archive/2019/01/09/iron-toxicity.aspx>

Anti-inflammatories (can be taken in combination)

Alpha lipoic acid (ALA)

ALA in one review as estimated to be more effective than chemotherapy. It has no known side effects except at very high doses (over 3000mg/day) suggested resolved by taking some vitamin B7 (biotin) in between ALA doses.

ALA is also effective against pain (including migraines, sciatica, nerve pain, & peripheral neuropathy) & inflammation, diabetes, heart disease & obesity.

Astaxanthin

Astaxanthin, as with other anti-inflammatories, appears to reduce cancer AND cancer pain AND the organ damage from the more toxic chemotherapies. Astaxanthin (taken with a meal or vegetable oil) has been used up to 75mg/day in studies. Astaxanthin stops inflammation, pain, kills cancer cells, stops sunburning, dry chapped skin in the winter, ulcers, macular degeneration, and cataracts. It may be most effective in protecting against skin cancer. The more you take the more pain & inflammation

goes away, and the greater its effects against cancer. As a COX-2 anti-inflammatory & painkiller it prevents a lot of the pain from chemotherapy & significantly speeds recovery from it.

Multiple Mechanisms of Anti-Cancer Effects Exerted by Astaxanthin

Li Zhang and Handong Wang

Orazio Tagliabatella-Scafati, Academic Editor

Mar Drugs. 2015 Jul; 13(7): 4310-4330.

2015 Jul 14. doi: 10.3390/md13074310

<https://www.cyanotech.com/pdfs/bioastin/batl08.pdf>

<http://www.sciencedirect.com/science/article/pii/S0024320502015229>

http://www.tandfonline.com/doi/abs/10.1207/S15327914NC3601_9#.VMW2fIWJOuY

<http://www.sciencedirect.com/science/article/pii/S0304383509002237>

Turmeric

Turmeric is the best studied anti-inflammatory. It works as a painkiller and kills cancer cells (including ovarian). It has to be taken with a little bit of black pepper (piperine), 0.3% at least to get at the curcumin in the turmeric. It mildly thins the blood so is often started after surgery. It appears to prevent Alzheimers. Turmeric boosts mood in a number of people who take it. The more taken the more pain & inflammation goes away, and the greater its effects against cancer. As a COX-2 anti-inflammatory & painkiller it prevents a lot of the pain from chemotherapy & significantly speeds recovery from it. Liposomal curcumin (with a little black pepper) may be by far the most effective. Curcumin appears to be effective against a type of brain cancer- glioblastoma.

BMJ Case Reports 2017; doi:10.1136/bcr-2016-218148

CASE REPORT

Long-term stabilisation of myeloma with curcumin

Open Access Press Release

Abbas Zaidi¹, Maggie Lai², Jamie Cavenagh¹

J Nutr Biochem. 2012 Jun;23(6):591-601. doi: 10.1016/j.jnutbio.2011.02.015. Epub 2011 Jul 19.

The curry spice curcumin selectively inhibits cancer cells growth in vitro and in preclinical model of glioblastoma.

Zanotto-Filho A¹, Braganhol E, Edelweiss MI, Behr GA, Zanin R, Schröder R, Simões-Pires A, Battastini AM, Moreira JC.

Efficacy of liposomal curcumin in a human pancreatic tumor xenograft model: inhibition of tumor growth and angiogenesis.

Ranjan AP, Mukerjee A, Helson L, Gupta R, Vishwanatha JK.

Anticancer Res. 2013 Sep;33(9):3603-9.

Liposomal curcumin with and without oxaliplatin: effects on cell growth, apoptosis, and angiogenesis in colorectal cancer

Lan Li, Bilal Ahmed, Kapil Mehta and Razelle Kurzrock

doi: 10.1158/1535-7163.MCT-06-0556

Mol Cancer Ther April 2007 6; 1276

Curcumin Induces Cell Death in Esophageal Cancer Cells through Modulating Notch Signaling

Dharmalingam Subramaniam et al.

DOI: 10.1371/journal.pone.0030590

J Oral Sci. 2010;52(2):251-6. PMID: 20587949

Cancer Lett. 2008 Dec 8;272(1):77-90. Epub 2008 Aug 12. PMID: 18701210

Curcumin inhibition of integrin (alpha6beta4)-dependent breast cancer cell motility and invasion.

Kim HI, Huang H, Cheepala S, Huang S, Chung J
Cancer Prev Res (Phila). 2008 Oct;1(5):385-91. doi: 10.1158/1940-6207.CAPR-08-0087.
Curcumin inhibits cancer stem cell phenotypes in ex vivo models of colorectal liver metastases, and is clinically safe and tolerable in combination with FOLFOX chemotherapy
Mark I. James et al.
Cancer Lett. 2015 Aug 10; 364(2): 135–141.
doi: 10.1016/j.canlet.2015.05.005
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<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1852522/>
<http://www.sciencedirect.com/science/article/pii/S1065699505002817>
<http://www.sciencedirect.com/science/article/pii/S0090825806008936>

Ginger

Ginger kills cancer cells, and is a major COX-2 anti-inflammatory & painkiller like turmeric. Ginger has the added benefit of stopping nausea as well as any prescription drugs, making it very useful to both stop the pain of chemotherapy, stop the nausea from chemotherapy, & speed up recovery from chemotherapy. It has even been shown more effective than chemotherapy against ovarian cancer. Ginger inhibits cell growth and modulates angiogenic factors in ovarian cancer cells

Jennifer Rhode et al.

BMC Complement Altern Med. 2007; 7: 44. doi: 10.1186/1472-6882-7-44

Benefits of whole ginger extract in prostate cancer

Prasanthi Karna et al.

Br J Nutr. 2012 Feb; 107(4): 473–484. doi: 10.1017/S0007114511003308

Chemopreventive efficacy of ginger, a naturally occurring anticarcinogen during the initiation, post-initiation stages of 1,2 dimethylhydrazine-induced colon cancer.

Manju V, Nalini N.

Clin Chim Acta. 2005 Aug;358(1-2):60-7.

Antioxidant activity of ginger extract as a daily supplement in cancer patients receiving adjuvant chemotherapy: a pilot study.

Danwilai K, Konmun J, Sripanidkulchai B, Subongkot S

Cancer Manag Res. 2017 Jan 31;9:11-18. doi: 10.2147/CMAR.S124016. eCollection 2017.

Ginger-derived phenolic substances with cancer preventive and therapeutic potential.

Kundu JK, Na HK, Surh YJ.

Forum Nutr. 2009;61:182-92. doi: 10.1159/000212750. Epub 2009 Apr 7.

Cancer preventive properties of ginger: a brief review.

Shukla Y, Singh M.

Food Chem Toxicol. 2007 May;45(5):683-90. Epub 2006 Nov 12.

[6]-gingerol as a cancer chemopreventive agent: a review of its activity on different steps of the metastatic process.

Poltronieri J, Becceneri AB, Fuzer AM, Filho JC, Martin AC, Vieira PC, Pouliot N, Cominetti MR.

Mini Rev Med Chem. 2014 Apr;14(4):313-21.

The Inhibitory Effect of Ginger Extract on Ovarian Cancer Cell Line; Application of Systems Biology.

Pashaei-Asl R et al.

Adv Pharm Bull. 2017 Jun;7(2):241-249. doi: 10.15171/apb.2017.029. Epub 2017 Jun 30.

Anti-tumor-promoting activities of selected pungent phenolic substances present in ginger.

Surh YJ, Park KK, Chun KS, Lee LJ, Lee E, Lee SS.

J Environ Pathol Toxicol Oncol. 1999;18(2):131-9.

Update on the chemopreventive effects of ginger and its phytochemicals.

Baliga MS, Haniadka R, Pereira MM, Dâ€™Souza JJ, Pallaty PL, Bhat HP, Popuri S.
Crit Rev Food Sci Nutr. 2011 Jul;51(6):499-523. doi: 10.1080/10408391003698669.

A review of the gastroprotective effects of ginger (*Zingiber officinale* Roscoe).

Haniadka R, Saldanha E, Sunita V, Palatty PL, Fayad R, Baliga MS.

Food Funct. 2013 Jun;4(6):845-55. doi: 10.1039/c3fo30337c. Epub 2013 Apr 24.

The Effectiveness of Ginger in the Prevention of Nausea and Vomiting during Pregnancy and Chemotherapy.

Lete I, AlluÃ© J.

Integr Med Insights. 2016 Mar 31;11:11-7. doi: 10.4137/IMI.S36273. eCollection 2016.

Some phytochemical, pharmacological and toxicological properties of ginger (*Zingiber officinale* Roscoe): a review of recent research.

Ali BH, Blunden G, Tanira MO, Nemmar A.

Food Chem Toxicol. 2008 Feb;46(2):409-20. Epub 2007 Sep 18.

<http://www.cancer.med.umich.edu/news/gingerovarian06.shtml>

Aspirin

Taking a daily aspirin is recommended for middle aged people with a family history of bowel cancer; for people with a past heart attack or stroke; for women who are 12 weeks pregnant- three days before & three days after a plane flight; for women who are pregnant and have a history of pre-eclampsia or multiple unexplained miscarriages to help blood flow to the fetus. Now new research suggests also taking a daily aspirin if a person has had any type of gastrointestinal cancer can reduce cancer recurrence by half.

Aspirin can cause excessive bleeding & ulcers, so what dosage is safest? Taking half of a baby aspirin (half of 75-80mg) before bedtime and half upon waking in the morning causes very low/little/or no side effects for most people, but reduces repeat heart attacks by 75%. Aspirin is more effective when taken at night than when taken exclusively during the daytime against heart attack.

So by taking half of a baby aspirin before bedtime & upon wakening protects against recurrent bowel cancer, protects against breast & other cancers, protects against heart attacks, and has little/low or no side effects.

ECCO-the European CanCer Organisation. â€œPost diagnosis aspirin improves survival in all gastrointestinal cancers, study suggests.â€• ScienceDaily. ScienceDaily, 27 September 2015.

<www.sciencedaily.com/releases/2015/09/150927214242.htm>.

Aspirin & liver cancer

Aspirin usage was associated with a 37% reduction in liver cancer for people with hepatitis B in one study.

American Association for the Study of Liver Diseases (AASLD). â€œCan an aspirin a day keep liver cancer away?.â€• ScienceDaily. ScienceDaily, 20 October 2017.

<www.sciencedaily.com/releases/2017/10/171020093040.htm>.

Other anti-inflammatories

Other anti-inflammatories like bromelain, MSM or boswellia (frankincense) should be equally as effective against cancer as the ones reported above, and boswellia is available in oil for for topical use as well against cancer, as is DMSO (liquid version of MSM).

MSM

MSM is derived from DMSO and can be used topically & internally (and doesnâ€™t cause a sulfur smell). It can be mixed with water & used on the skin without irritation. Not only does it appear to be a

great anti-inflammatory & anticancer on its own (it concentrates at cancer sites), but it is a solvent that may help to carry other anticancer supplements it is mixed with both topically & internally right to the cancer.

Taking supplements with MSM may significantly increase their effectiveness against cancer.

Resveratrol

Resveratrol may help against cancer, & lasts longer & in higher concentrations when taken with quercetin or with 100% dark grape juice or dark organic grapes. The most potent form may be liposomal resveratrol. The most potent food form is in red wine vinegar, in part because the vinegar as well as the resveratrol lowers blood sugar which feeds most cancers. It also has quercetin, which raises the blood levels of the resveratrol far greater than they would with just the resveratrol only.

Chemosensitization of tumors by resveratrol

Subash C. Gupta, Ramaswamy Kannappan, Simone Reuter, Ji Hye Kim and Bharat B. Aggarwal

DOI: 10.1111/j.1749-6632.2010.05852.x

Annals of the New York Academy of Sciences Volume 1215, Resveratrol and Health pages 150-160, January 2011

Resveratrol attenuates the anticancer efficacy of paclitaxel in human breast cancer cells in vitro and in vivo.

Fukui M, Yamabe N, Zhu BT.

Eur J Cancer. 2010 Jul;46(10):1882-91. doi: 10.1016/j.ejca.2010.02.004. Epub 2010 Mar 10.

Resveratrol ameliorates DNA damage, prooxidant and antioxidant imbalance in 1,2-dimethylhydrazine induced rat colon carcinogenesis.

Sengottuvelan M, Deeptha K, Nalini N.

Chem Biol Interact. 2009 Oct 7;181(2):193-201. doi: 10.1016/j.cbi.2009.06.004. Epub 2009 Jun 11.

Vitamin D3

Taking vitamin D3 (5000-10,000 IU per day) with a meal or vegetable oil (fat soluble) to get blood levels above 50ng/ml may reduce cancer risk by 70% vs people with vitamin D3 blood levels less than 20ng/ml as well as reduce viral infections by 90%. The blood test for vitamin D3 with insurance can be as low as \$20. People with cancer or on chemotherapy often have ultralow vitamin D3 levels as the body uses up its stores to fight the cancer & recover from the chemotherapy.

<http://www.sciencedirect.com/science/article/pii/S0090825811000679>

<https://clincancerres.aacrjournals.org/content/11/1/323.full>

<http://www.sciencedirect.com/science/article/pii/S0959804910004430>

http://link.springer.com/chapter/10.1007/978-3-642-55580-0_29#page-1

[http://www.cancerjournal.net/article.asp?issn=0973-](http://www.cancerjournal.net/article.asp?issn=0973-1482;year=2007;volume=3;issue=4;spage=225;epage=230;aulast=ali)

[1482;year=2007;volume=3;issue=4;spage=225;epage=230;aulast=ali](http://www.cancerjournal.net/article.asp?issn=0973-1482;year=2007;volume=3;issue=4;spage=225;epage=230;aulast=ali)

<http://link.springer.com/article/10.1007/s10585-005-8393-z#page-1>

Medicinal mushrooms

Reishi, maitake, shitake, coliolus (turkey tail), cordyceps and Agaricus blazei Murrill (ABM) all have a lot of studies showing they are very effective against cancer. Shitake by itself has two components that as extracts are the #2 (AHCC) and #3 (letinan) most common cancer treatments in the world, and can be bought inexpensively at fungusamongus.com in organic powder form. Shitake also has stimulates umami/savory taste buds & is a flavor enhancer in any food it is added to. ABM has worked against a large number of cancers. Coriolus (turkey tail) has a lot of studies all by itself. Agaricus bisporus in one study appeared to slow prostate cancer markers significantly. Buying a mix of these medicinal mushrooms may help fight cancer as well as any other treatment. A number of mushrooms contain a

mildly toxic chemical that is killed by cooking and the mushrooms may need to be cooked to fight cancer best.

The mushroom mix from fungiology at iherb.com (Organic MushRex Plus, Full-Spectrum Mushroom Complex) are ten organic medicinal mushrooms that boost the immune system & fight cancer, and is just one option for these mushrooms.

One study of over 2000 women in China found 89% lower breast cancer rates in women who ate mushrooms and drank green tea.

Int J Cancer. 2009 Mar 15;124(6):1404-8. doi: 10.1002/ijc.24047.

Dietary intakes of mushrooms and green tea combine to reduce the risk of breast cancer in Chinese women.

Zhang M1, Huang J, Xie X, Holman CD.

[http://onlinelibrary.wiley.com/doi/10.1111/j.1048-](http://onlinelibrary.wiley.com/doi/10.1111/j.1048-891X.2004.14403.x/abstract;jsessionid=26FCFBA0FACC0669B8D77C44821E534D.f03t02?deniedAccess)

[891X.2004.14403.x/abstract;jsessionid=26FCFBA0FACC0669B8D77C44821E534D.f03t02?deniedAccess](http://onlinelibrary.wiley.com/doi/10.1111/j.1048-891X.2004.14403.x/abstract;jsessionid=26FCFBA0FACC0669B8D77C44821E534D.f03t02?deniedAccess)

<http://muse.jhu.edu/journals/pbm/summary/v049/49.2sullivan.html>

<http://link.springer.com/article/10.1007/s00253-002-1076-7#page-1>

http:

Topical magnesium, DMSO, boswellia, D-limonine, nascent iodine, coconut oil//www.opengrey.eu/item/display/10068/593429

<http://link.springer.com/article/10.1023/A:1020994628109#page-1>

https://en.wikipedia.org/wiki/Agaricus_subrufescens

doi:10.1002/cncr.29421

Long-term effect of 5-fluorouracil enhanced by intermittent administration of polysaccharide K after curative resection of colon cancer

A randomized controlled trial for 7-year follow-up

Katsuki Ito , Hiroaki Nakazato, Akihiko Koike, Hiroshi Takagi, Shigetoyo Saji, Shozo Baba, Masayoshi Mai, Jun-ichi Sakamoto, Yasuo Ohashi

International Journal of Colorectal Disease March 2004, Volume 19, Issue 2, pp 157-164

Efficacy of adjuvant Immunotherapy with polysaccharide K for patients with curatively resected colorectal cancer: a meta-analysis of centrally randomized controlled clinical trials

Junichi Sakamoto , Satoshi Morita, Koji Oba, Takanori Matsui, Michiya Kobayashi, Hiroaki Nakazato, Yasuo Ohashi, Meta-Analysis Group of the Japanese Society for Cancer of the Colon Rectum

Cancer Immunology, Immunotherapy April 2006, Volume 55, Issue 4, pp 404-411

Biological mechanism and clinical effect of protein-bound polysaccharide K (KRESTIN®): review of development and future perspectives

Yoshihiko Maehara et al.

Surgery Today January 2012, Volume 42, Issue 1, pp 8-28

General review of polysaccharopeptides (PSP) from *C. versicolor*: Pharmacological and clinical studies
King-Fai Cheng, Ping-Chung Leung

Cancer Therapy Vol 6, 117-130, 2008

An Evidence-based Perspective of *Coriolus Versicolor* (Multicolored Polypore Mushroom) for Cancer Patients

Stanislava StoÅ¡iÄ-GruiÄ , Sanja MijatoviÄ, Danijela MaksimoviÄ-IvaniÄ

Evidence-based Anticancer Materia Medica

Part of the series Evidence-based Anticancer Complementary and Alternative Medicine pp 265-302

Mushrooms in Cancer Care Author: By Christopher Habib, ND and Mark Fontes, ND

<http://ihpmagazine.com/mushrooms-in-cancer-care/>

Coriolus versicolor

By Barrie R. Cassileth, MS, PhD

See more at: <http://www.obgyn.net/articles/coriolus-versicolor#sthash.9EvaShJn.dpuf>

Fujimiya Y, Suzuki Y, Oshiman K, Kobori H, Moriguchi K, Nakashima H, Matumoto Y, Takahara S, Ebina T, Katakura R. (May 1998). Selective tumoricidal effect of soluble proteoglycan extracted from the basidiomycete, *Agaricus blazei* Murill, mediated via natural killer cell activation and apoptosis. *Cancer Immunol Immunother*. Springer Verlag. 46 (3): 147-159.

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Probiotics

Probiotics help stop bacterial infection of the stomach, viral infection, lower heart disease, diabetes, obesity, IBS, IBD, Crohn's, gingivitis, tooth decay, yeast, UTIs, colitis, eczema, antibiotic diarrhea, and cancer. They push out bad bacteria. They should be taken daily an hour after a meal & 2 hours before the next. Some people take it overnight to give it the most time to flourish. Probiotics have to be taken with at least a half glass of water to have the greatest effect. Studies show a greater benefit when taken more frequently & with a larger mix of different probiotics. Since glyphosate (used in very large amounts on GMO plants) and its coingredients appears to kill the good bacteria of the stomach & increase cancer, diabetes, heart disease and obesity, anyone not eating organic can reduce its damaging effects by taking a probiotic daily. Because glyphosate is found throughout the water systems, even people who eat organic can get benefit from taking probiotics a few times a week.

<file:///home/chronos/u-38c166bfdb01341d4473fff8520b869c12cad7db/Downloads/ijms-09-00854.pdf>
<http://ajcn.nutrition.org/content/73/2/451s.short>
<http://europepmc.org/abstract/MED/9924288>

Milk thistle

Milk thistle appears to help heal & protect the liver, including against the toxic effects of chemotherapy. It also may help to moderate blood sugar, lowers LDL cholesterol, and kill cancer cells, including ovarian cancer in studies.

<http://www.sciencedirect.com/science/article/pii/S0959804903006245>
<http://online.liebertpub.com/doi/abs/10.1089/107628003322256878?journalCode=act>
<http://www.sciencedirect.com/science/article/pii/S0304383599002761>
<http://www.nature.com/ajg/journal/v93/n2/abs/ajg1998644a.html>
<http://online.liebertpub.com/doi/abs/10.1089/10755530376551633>

Liposomal vitamin C

Liposomal vitamin C is 25 times more effective than powdered vitamin C, and 7 times more effective

than injected vitamin C. It kills viral infections and speeds wound healing. In one study a weekly infusion of an average of 85grams (12grams liposomal equivalent) doubled the survival rates of people with ovarian, pancreatic, brain, nonHodgkins lymphoma, liver, colon, renal, and breast cancer. Vitamin C may be effective against lung cancer as well. Takng 12grams liposomal vitamin C daily may increase survival rates 10X or more, if the model holds for higher doses. Taking it multiple times a day before a meal may be most effective. You can make it yourself with \$30-\$90 ultrasound machine or buy it from mercola.com, liv-on labs or other online stores. Mercola labs capsules are only \$37 for 180 at his website. It is essential that any version used must have lecithin (and of course vitamin C).. Vitamin C has also been found to ameliorate the side effects of chemotherapy.

Dr. Julian Whitaker

<http://www.ncbi.nlm.nih.gov/pubmed/23381814>

<http://www.naturalnews.com>

http://www.naturalnews.com/034663_IV_vitamin_c_cancer_treatment.html

<http://www.ncbi.nlm.nih.gov/pubmed/17297243>

<http://www.ncbi.nlm.nih.gov/pubmed/22021693>

<http://www.ncbi.nlm.nih.gov/pubmed/18678913>

<http://www.ncbi.nlm.nih.gov/pubmed/19246295>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1405876/>

<http://www.ncbi.nlm.nih.gov/pubmed/22963460>

http://www.naturalnews.com/039126_vitamin_C_chemotherapy_pancreatic_cancer.html##ixzz3PtTSMIK2

<https://now.uiowa.edu/2017/03/high-dose-vitamin-c-proves-safe-and-well-tolerated-brain-and-lung-cancer-trials>

Rangarajan S, Sunil B, Curtis LM (2014) Ascorbic Acid in Cancer: A Renewed Hope? J Cancer Sci Ther 6:333-336. doi:10.4172/1948-5956.1000291

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Klimant E, Wright H, Rubin D, Seely D, Markman M. Intravenous vitamin C in the supportive care of cancer patients: a review and rational approach. Current Oncology. 2018;25(2):139-148.

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In Vivo. 2011 Nov-Dec;25(6):983-90.

Intravenous vitamin C administration improves quality of life in breast cancer patients during chemo-/radiotherapy and aftercare: results of a retrospective, multicentre, epidemiological cohort study in Germany.

Vollbracht C, Schneider B, Leendert V, Weiss G, Auerbach L, Beuth J.

Spirulina

Spirulina is an algae that contains the omega3 fatty acids EPA & DHA so prized in fish oil that is put into baby formula because it is essential to brain development & functions. Spirulina is to be taken with a meal with a vegetable, 2 pills 2X a day. Spirulina helps mood, anxiety, concentration, protects the liver and works against cancer.

<http://pubs.acs.org/doi/abs/10.1021/jf0479517>

www.chinaphar.com/1671-4083/22/1121.pdf

http://www.tandfonline.com/doi/abs/10.1080/01635589509514407#.VMo7i_ktjVM

<http://link.springer.com/article/10.1023/A:1006594318633>

http://www.tandfonline.com/doi/abs/10.1080/01635588809513979#.VMo7i_ktjVM

<http://www.ingentaconnect.com/content/ben/cpb/2005/00000006/00000005/art00002>

Low dose naltrexone

Low dose naltrexone has been shown to be effective against cancer & cancer treatment side effects, especially cancers of the bladder, breast, liver, lung, lymph nodes, colon, and rectum.

LDN combined with a chemotherapy drug, cisplatin, alleviated the toxicity associated with cisplatin. Exp Biol Med (Maywood). 2011 Sep;236(9):1036-50. doi: 10.1258/ebm.2011.011121. Epub 2011 Aug 1

Low-dose naltrexone targets the opioid growth factor-opioid growth factor receptor pathway to inhibit cell proliferation: mechanistic evidence from a tissue culture model.

Donahue RN, McLaughlin PJ, Zagon IS.

PUBLIC RELEASE: 2-SEP-2011

Low-dose naltrexone (LDN): Tricking the body to heal itself

SOCIETY FOR EXPERIMENTAL BIOLOGY AND MEDICINE

http://www.eurekalert.org/pub_releases/2011-09/sfeb-ldn090211.php

lowdosenaltrexone.org

Essiac tea

tea is a mixture that's been used for decades for cancer. It has the herbs sheep sorrel, burdock root, slippery elm bark, Turkish rhubarb root and also may contain red clover blossom, blessed/holy thistle (Cnicus), watercress, and kelp.

has been used for:

leukemia

tongue cancer

ovarian cancer

bowel cancer

small intestine cancer

Essiac: An Alternative Cancer Treatment by Eva Urbaniak, ND

Well Being Journal v25 #6 pp21-24

Mistletoe for cancer treatment

In Germany 50% of cancer patients get mistletoe as a licensed medicine partly covered by health care.

In one study of 35,000 patients, 5,000 developed cancer. A rigorous design with 300 pairs matched for tumor type, stage and conventional treatment received, demonstrated that those cancer patients who also had mistletoe showed 40% longer survival. Other studies confirmed low toxicity and favorable impact on the patients' quality of life.

It may be 70% effective vs breast cancer.

Research indicates that mistletoe extract is most effective when used in conjunction with standard medical cancer care for the treatment of solid tumors such as breast, liver, and colon cancers.

Mistletoe works alone & in combination with other cancer treatments.

As mistletoe is an immune stimulant, caution is indicated for people with autoimmune diseases.

In the USA, injectible mistletoe extract (Isador is the most studied, Helixor, Isorel) is available by prescription for \$200 a month.

[Mistletoe Therapy](#)

▪

bottomlinehealth.com/mistletoe-extract-helps-fight-cancer/

Mohsen Marvibaigi, Eko Supriyanto, Neda Amini, Fadzilah Adibah Abdul Majid, and Saravana Kumar

Jaganathan, "Preclinical and Clinical Effects of Mistletoe against Breast Cancer," BioMed Research International, vol. 2014, Article ID 785479, 15 pages, 2014.
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<https://medium.com/illumination/the-most-helpful-cancer-treatment-drug-youve-never-heard-of-bd7c6c0aee68>
<https://pubmed.ncbi.nlm.nih.gov/32211937/>

Altern Ther Health Med. 2001 May-Jun;7(3):57-66, 68-72, 74-6 passim.

Use of Iscador, an extract of European mistletoe (*Viscum album*), in cancer treatment: prospective nonrandomized and randomized matched-pair studies nested within a cohort study.

Grossarth-Maticek R1, Kiene H, Baumgartner SM, Ziegler R.

Selenium and cancer

Selenium supplementation from food or yeast may reduce by as much as 63 percent, and lung and colon cancer by approximately 50 percent.

What has selenium:

Brazil nuts (which average about 70 to 90 micrograms per nut)

Sardines

Wild-caught Alaskan salmon

Pastured organic eggs

Sunflower seeds

Pasture-raised organic chicken and turkey

Liver (lamb or beef)

Chia seeds

Mushrooms

How much per day?

200mcg in some studies

Where is selenium?

Nebraska & Dakotas have soil high in selenium.

China, Russia, New Zealand, Europe, Australia, the Pacific Northwest, parts of the Great Lakes region and east of it toward New England,

parts of the Atlantic Coast all may have low selenium levels.

[http://articles.mercola.com/sites/articles/archive/2017/01/15/selenium-](http://articles.mercola.com/sites/articles/archive/2017/01/15/selenium-role.aspx?utm_source=dnl&utm_medium=email&utm_content=mv1&utm_campaign=20170122Z1&et_cid=)

[role.aspx?utm_source=dnl&utm_medium=email&utm_content=mv1&utm_campaign=20170122Z1&et_cid="](http://articles.mercola.com/sites/articles/archive/2017/01/15/selenium-role.aspx?utm_source=dnl&utm_medium=email&utm_content=mv1&utm_campaign=20170122Z1&et_cid=)

Natural lipid therapy for cancer: Emanuael Revici's Discoveries gain attention by Eva Urbaniak, ND, WBJ vol23No5pp8-11

Magnesium

Tests often can't give an accurate read on magnesium deficiency. One study found more than half of people admitted to the hospital were deficient in magnesium. The safer forms to take may be citrate, taurate, malate, glycinate, chloride, carbonate.

www.naturalnews.com/046401_magnesium_dietary_supplements_nutrient_absorption.html#ixzz3THDO9

Magnesium is essential for using vitamins C & E, and along with zinc & vitamin K2 directs calcium away

from the arteries & to the bones where

its needed. Good magnesium levels are essential for cognitive function. Magnesium is very highly alkaline which helps to prevent & treat cancer taken both internally and used topically on skin cancer, breast cancer, & any cancers near the skin via magnesium chloride (magnesium oil). Magnesium also helps increase the quality & quantity of sleep, which helps to prevent cancer. Topical DMSO is sometimes used first to work against the cancer as an anti-inflammatory, and then the magnesium chloride/oil is applied because DMSO bonds with a lot of substances & takes them through the skin at a much higher rate than they would be absorbed otherwise, and because the DMSO then concentrates at cancer sites in the body. This combination is especially effective against pain.

The RDA is 310-420mg daily, and many people take 500-1000mg. Topical magnesium can be very effective for pain & cramps, especially headaches & migraines. Topical DMSO is often used first because it takes magnesium through the skin at very high levels. Magnesium reduces diabetes, migraines, muscle cramps, menstrual cramps, PMS symptoms, menopause symptoms, heart deaths, bone loss, anxiety, cognitive loss from Alzheimer's™s. Many diseases are associated with low magnesium like mitral valve prolapse, high blood pressure, cardiac arrhythmias, migraines, ADHD, autism, anxiety, asthma, allergies, chronic pain, fibromyalgia, chronic fatigue, muscle spasms, insomnia, twitching & tremors, swelling/edema, weak pulse, brain fog/confusion, osteoporosis
www.naturalnews.com/046864_magnesium_mineral_deficiency_detox.html#ixzz3THFORnEE.

N-acetylcysteine (NAC)

NAC helps to kill cancer cells and attack cancer via multiple mechanisms, including by increasing insulin sensitivity and reducing blood sugar. NAC also helps to reduce cocaine addiction and cravings, nicotine addiction, marijuana addiction, compulsive gambling, as well as bipolar depression/mania symptoms, schizophrenia, grooming disorders-hair pulling, skin picking, and nail biting, and may help against OCD and autism.

NAC helps to stop acetaminophen overdose induced liver failure; speeds recovery from exercise; reduces chronic obstructive pulmonary disease (COPD) and may help symptoms of idiopathic pulmonary fibrosis (IPF); reduces influenza by around 70% with 600mg 2x per day; inhibits the cytokine storm that can cause death in influenza & possibly other viral infections like Ebola; and fights the stomach infection Helicobacter pylori and its effects.

Most people take 300mg or 600mg 1 or 2x per day. Doses of up to 2,000 mg/day appear to be safe and effective, with a recent study showing safety when used for three months at 2,800 mg/day.

N-acetylcysteine in psychiatry: current therapeutic evidence and potential mechanisms of action

Olivia Dean et al.

J Psychiatry Neurosci. 2011 Mar; 36(2): 78-86. doi: 10.1503/jpn.100057 PMID: PMC3044191

<http://www.lifeextension.com/magazine/2010/5/n-acetyl-cysteine/page-01>

The Overlooked Compound That Saves Lives

By Julius Goepf, MD

May 2010

Noni juice

Noni for pain, inflammation, cancer

Noni is a fruit found in Tahiti. It reportedly has multiple medicinal benefits. It appears to be a COX-2 inhibitor anti-inflammatory, and work especially well to protect joints. As little as 2 oz may last several days and work especially fast & effectively against pain because of its™s effects as an anti-inflammatory and its inhibition of MU receptors in the spinal cord. It may be as effective a painkiller as tramadol (Ultram), but without the side effects or addiction. In one survey of several hundred people

using noni, 90% reported a significant decrease in chronic pain. Noni appears to relive constipation by increasing peristalsis, useful for people also taking opiates.

Noni also may help against cancer, gout, nausea, heartburn, ulcers, high blood pressure, stroke damage, high bad cholesterol, diabetes, obesity, bacterial/viral/fungal/parasitic infections, and difficulty hearing high frequencies. The freeze dried version may be the most potent, and if unsugared should have a bitter taste.

Noni & liver function

Noni has reportedly been consumed for several hundred years. It has high potassium, which may be contraindicated in people who have kidney problems or are on drugs that increase potassium levels.

While noni in multiple studies has been shown to protect against liver damage for most, noni has been reported to be suspected of inducing liver damage in a few case reports. In the case reports people who had no indication of lowered liver function before noni recovered after they stopped taking it. One person who had a damaged liver and repeated liver crises before taking noni required a transplant.

Noni very likely should not be used in anyone with lowered liver function. Using noni may be safest for people getting hospice care or temporary usage for people physically dependent on opiates if the noni helps relieve their increased pain sensitivity during withdrawal.

Noni may help to prevent cancer and reduce metastasis in people who start taking it when they have cancer.

Noni appears to lower uric acid, reducing gout.

Noni may reduce nausea & vomiting by 50% post-operation, and may reduce heartburn and H. pylori levels (ulcers).

Noni appears to lower blood pressure, perhaps in part by its high potassium levels.

Noni appears to reduce brain damage after a stroke.

Noni may lower LDL levels by 20% and increase HDL levels by 27%.

Noni appears to reduce diabetes & its symptoms.

Noni may lower overeating & aid weight loss.

Noni may improve immune response by increasing T & B cells by 35% and may be an effective antibacterial, antiviral, antifungal (including candida), and antiparasitic.

Noni usage over the long term may improve high frequency hearing.

Morinda citrifolia (Noni): A literature review and recent advances in Noni research

Wang MY et al. Acta Pharmacol Sin 2002 Dec; 23 (1 2): 1127 -1141 -1127-

A Safety Review of Noni Fruit Juice

B.J. West, C.J. Jensen, J. Westendorf and L.D. White

Journal of Food Science Volume 71, Issue 8, pages R100-R106, October 2006

DOI: 10.1111/j.1750-3841.2006.00164.x

World J Gastroenterol. 2006 June 14; 12(22): 3616-3619.

Published online 2006 June 14. doi: 10.3748/wjg.v12.i22.3616

Noni juice is not hepatotoxic

Brett J West, C Jarakae Jensen, and Johannes Westendorf

The Journal of Toxicological Sciences

Vol. 34 (2009) No. 5 October P 581-585

<http://doi.org/10.2131/jts.34.581>

Hepatotoxicity and subchronic toxicity tests of Morinda citrifolia (noni) fruit

West Brett J., Su Chen X., C. Jarakae Jensen

Dr. Richard Becker with Cindy Becker on "Your Health" 01/09/17, 01/30/17 #1459 Fruits of the World Update

Acute Hepatotoxicity After Ingestion of Morinda citrifolia (Noni Berry) Juice in a 14-year-old Boy
Yu, Elizabeth L; Sivagnanam, Mamata; Ellis, Linda; Huang, Jeannie S
Journal of Pediatric Gastroenterology & Nutrition: February 2011 " Volume 52 " Issue 2 " p
222"224

doi: 10.1097/MPG.0b013e3181eb69f0

Hepatitis Induced by Noni Juice from Morinda citrifolia: A Rare Cause of Hepatotoxicity or the Tip of the
Iceberg?

YÅ¼ce B., GÅ¼lberg V., Diebold J., Gerbes A.L.

Keywords: Herbal toxicityAcute hepatitisComplementary medicineDietary supplement

Digestion 2006;73:167"170

<https://doi.org/10.1159/000094524>

Herbal hepatotoxicity: acute hepatitis caused by a Noni preparation (Morinda citrifolia)

Millonig, Gundaa; Stadlmann, Sylviab; Vogel, Wolfganga

European Journal of Gastroenterology & Hepatology: April 2005 " Volume 17 " Issue 4 " pp 445-
447

Hepatotoxicity of NONI juice: Report of two cases

Vanessa Stadlbauer, Peter Fickert, Carolin Lackner, Jutta Schmerlaib, Peter Krisper, Michael Trauner,
Rudolf E Stauber

World J Gastroenterol 2005;11(30):4758-4760

Noni. Review of Natural Products. Facts & Comparisons [database online]. St. Louis, MO: Wolters
Kluwer Health Inc; May 2011.

<http://nccam.nih.gov/health/noni>

<http://livertox.nih.gov/Noni.htm>

<http://www.livestrong.com/article/230340-effects-of-nonij-juice-on-the-liver/>

<http://www.webmd.com/vitamins-supplements/ingredientmono-758-nonij-juice.aspx?activeingredientid=758>

Due to the fact that many cancer patients have liver damage, frequently due to chemotherapy, and
due to the fact that high doses of this product may, in rare cases, contribute to liver damage; doses of
this product should not exceed 3 or 4 ounces a day. Those who already have liver damage should
avoid this product.

Two Words of Warning: First, while no Noni Juice captures all of the cancer-fighting nutrients in the
Noni Tree, understand that there is a vast, vast difference in the quality and cancer-fighting abilities
between different brands of Noni Juice. It is a "let the buyer beware" market. If you don't get
satisfactory results within a reasonable amount of time, change brands. The "standard" is
Tahitian Noni Juice.

[Noni Juice Treatment](#)

Terminal cancer patients live 75% longer if they are given noni juice, improves quality of life, less pain,
improved immune response.

#1542 Cancer Support Customer Appreciation 03/17/17

What may help if chemo doesn't work/stops working?

Graviola (soursop)

Graviola is a fruit that has been used in traditional medicine for cancer for decades. It appears to

reduce ATP production & reduce the energy cancer cells need to grow. While test tube studies show efficacy against cancer cells (including chemo resistant cancer cells), there are few good studies in people. Graviola may work against lymphatic/liver/breast cancer cells.

Graviola has an ingredient that in large amounts may cause neuropathy or neurological symptoms that some people have reported are ameliorated in the short term by taking it with another sugary fruit.

Repeated use may cause liver or kidney damage.

Curr Opin Neurol. 1998 Oct;11(5):539-44.

Tropical myeloneuropathies revisited.

RomÃ¡n G1.

Graviola: A Systematic Review on Its Anticancer

Patrikios Ioannis, Stephanou Anastasis, Yiallouris Andreas

American Journal of Cancer Prevention, 2015, Vol. 3, No. 6, 128-131

<http://pubs.sciepub.com/ajcp/3/6/5>

DOI:10.12691/ajcp-3-6-5

<http://www.cancerresearchuk.org/about-cancer/cancers-in-general/cancer-questions/can-graviola-cure-cancer>

<http://www.jsscon.org/ejournal/pdf/cancer-cure.pdf>

<https://www.mskcc.org/cancer-care/integrative-medicine/herbs/graviola>

<http://beforeitsnews.com/alternative/2013/06/cancer-research-the-truth-about-soursop-fruit-2677568.html>

[Bad News and Possible Triumph; Finding The Evidence About Graviola and Paw Paw for Cancer](#)

▪
Persistence of tropical ataxic neuropathy in a Nigerian community

O S A Oluwole et al.

J Neurol Neurosurg Psychiatry 2000;69:96-101 doi:10.1136/jnnp.69.1.96

Paw Paw

Paw paw appears to reduce ATP production like graviola, but without the neurological or kidney/liver side effects. Paw paw has reportedly also had some efficacy against drug resistant cancer cells.

Because a lot of other alternative treatments work against cancer in ways that increase ATP production, it may be most efficacious to either only combine paw paw & graviola (especially if taking paw paw simultaneously prevents the neurological side effects of graviola) or to take them by themselves.

Since both graviola & paw paw appear to have shown some efficacy against chemotherapy resistant cancer cells, graviola & paw paw may have increased efficacy in people who have had chemotherapy & had it either not work or work for a while before the cancer mutated to become immune to it.

Paw paw may be safer for longer use.

[Graviola tree and paw paw treatments](#)

▪
Ashwagandha

Ashwagandha significantly reduces stress (like from cancer treatment) and appears to also be a potent

anticancer.

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Natural Substances that Fight Malignant Melanoma
Ali Le Vere

Cannabis, hemp and cancer

A lot of studies show that multiple cannabannoids in marijuana help fight cancer. As only THC is psychoactive, the other cannabannoids are available to buy legally across the US and many other countries, as long as they are derived from hemp & not marijuana. Cannabidiol (CBD), which may reduce the psychoactive effects of THC, appears to help turn off the overexpression of the protein ID-1, which is believed to help breast, lung, ovarian, brain, and leukemia cancers to spread. Because breast cancer can also be treated topically, using marijuana oil (that has THC) or hemp oil (no THC) with CBD & other cannabannoids topically as well as by ingestion may be most effective in treating breast cancer. Cannabis may help fight prostate, liver, colon, oral, and pancreatic cancer as well.

The Data Are Very Strong: Marijuana Plant Extract Stops Contagion Cancers

Marco Torres

Breast Cancer Res Treat. 2011 Aug;129(1):37-47. doi: 10.1007/s10549-010-1177-4. Epub 2010 Sep 22.

Pathways mediating the effects of cannabidiol on the reduction of breast cancer cell proliferation, invasion, and metastasis.

McAllister SD1, Murase R, Christian RT, Lau D, Zielinski AJ, Allison J, Almanza C, Pakdel A, Lee J, Limbad C, Liu Y, Debs RJ, Moore DH, Desprez PY

Breast Cancer Res Treat. 2012 May;133(1):401-4.

Anti-tumor activity of plant cannabinoids with emphasis on the effect of cannabidiol on human breast carcinoma

Alessia Ligresti, Aniello Schiano Moriello, Katarzyna Starowicz, Isabel Matias, Simona Pisanti, Luciano De Petrocellis, Chiara Laezza, Giuseppe Portella, Maurizio Bifulco and Vincenzo Di Marzo

Journal of Pharmacology and Experimental Therapeutics May 25, 2006, DOI:

<https://doi.org/10.1124/jpet.106.105247>

Indian J Urol. 2012 Jan-Mar; 28(1): 9-14.

doi: 10.4103/0970-1591.94942

PMCID: PMC3339795

The role of cannabinoids in : Basic science perspective and potential clinical applications

Juan A. Ramos and Fernando J. Bianco1

British Journal of Cancer (2006) 95, 197-203. doi:10.1038/sj.bjc.6603236 www.bjcancer.com

Published online 27 June 2006

A pilot clinical study of Δ^9 -tetrahydrocannabinol in patients with recurrent glioblastoma multiforme
M Guzmán, M J et al.

Cell Death Differ. 2011 Jul;18(7):1099-111. doi: 10.1038/cdd.2011.32. Epub 2011 Apr 8.

Anti-tumoral action of cannabinoids on hepatocellular carcinoma: role of AMPK-dependent activation of autophagy.

Vara D1, Salazar M, Olea-Herrero N, Guzmán M, Velasco G, Díaz-Laviada I.

Cannabinoids for Cancer Treatment: Progress and Promise

Sami Sarfaraz, Vaqar M. Adhami, Deeba N. Syed, Farrukh Afaq and Hasan Mukhtar

Cancer Research January 2008 Volume 68, Issue 2

DOI: 10.1158/0008-5472.CAN-07-2785 Published January 2008

Nat Med. 2000 Mar;6(3):313-9.

Anti-tumoral action of cannabinoids: involvement of sustained ceramide accumulation and extracellular signal-regulated kinase activation.

Galve-Roperh I, SÁnchez C, Cortés ML, Gómez del Pulgar T, Izquierdo M, Guzmán M.

Cannabinoid Receptor-Mediated Apoptosis Induced by R(+)-Methanandamide and Win55,212-2 Is Associated with Ceramide Accumulation and p38 Activation in Mantle Cell Lymphoma

Kristin Gustafsson, Birger Christensson, Birgitta Sander and Jenny Flygare

Molecular Pharmacology November 2006, 70 (5) 1612-1620; DOI:

<https://doi.org/10.1124/mol.106.025981>

Cancer Prev Res (Phila). 2011 Jan;4(1):65-75. doi: 10.1158/1940-6207.CAPR-10-0181. Epub 2010 Nov 19.

Cannabinoid receptors, CB1 and CB2, as novel targets for inhibition of non-small cell lung cancer growth and metastasis.

Preet A, Qamri Z, Nasser MW, Prasad A, Shilo K, Zou X, Groopman JE, Ganju RK.

Cannabinoids Induce Apoptosis of Pancreatic Tumor Cells via Endoplasmic Reticulum Stress-Related Genes

Arkaitz Carracedo, Meritxell Gironella, Mar Lorente, Stephane Garcia, Manuel Guzmán, Guillermo Velasco and Juan L. Iovanna

July 2006 Volume 66, Issue 13

DOI: 10.1158/0008-5472.CAN-06-0169 Published July 2006

María Salazar, Arkaitz Carracedo, Aigo J. Salanueva, Sonia HernándezTiedra,

Ainara Egia, Mar Lorente, Patricia Vázquez, Sofia Torres, Juan L. Iovanna, Manuel

Guzmán, Patricia Boya & Guillermo Velasco (2009) TRB3 links ER stress to autophagy in cannabinoid antitumoral action, Autophagy, 5:7, 1048-1049, DOI: 10.4161/auto.5.7.9508

<http://blogs.naturalnews.com/fight-9-types-cancer-using-cannabis/>

<http://www.dailymail.co.uk/health/article-2206056/Cannabis-compound-stop-breast-cancer-spreading.html>

<http://healthcanalinfo.net/sciencemedical/the-data-are-very-strong-marijuana-plant-extract-stops-contagion-cancers/>

EDTA

EDTA is a chelating agent which appears to bind with & remove chromium, iron, mercury, copper, and lead. It has reportedly been used to treat arteriosclerotic cardiovascular disease successfully, as well as scleroderma, rheumatoid arthritis, osteoporosis, fatigue, arterial stenosis, bone density, heart rate, blood pressure, pulmonary function, total cholesterol, & kidney function. In one study it reduced cancer in a high risk population by 90%.

Journal of Advancement in Medicine

Volume 2, Numbers 1/2, Spring/Summer 1989

Ninety Percent Reduction in Cancer Mortality after Chelation Therapy With EDTA

Walter Blumer, M.D. and Elmer Cranton, M.D.

Cutting-Edge Therapies for Autism

By Tony Lyons, Ken Siri

Chapter: Chelation: Removing Toxic Metals p.38

Cancer & yeast

Cancer & cancer treatment may cause yeast overgrowth (including candida). What may help with yeast overgrowth?

What seems to work long term?

liposomal vitamin C

Candex (especially stomach candida), a digestive mix

What seems to work in rotation?

oregano oil

olive leaf extract

garlic

coconut oil (caprylic acid)

colloidal Silver

tea tree oil

undecylenic Acid

neem oil

apple Cider Vinegar

megafood high active enzymes

candizyme

alka-vita drops 20-40/day

boulardii

nystatin

cayenne

pau d'arç

ginger

tumeric

spirulina

phellostatin

default watermark

How to prevent metastases after surgery

Cancer Surgery: What You Need to Know Ahead of Time

By Dr. Steven Nemeroff, Oncology Health Advisor

Life Extension Foundation

<http://cancerposts.com/PDF/surgery.pdf>

Dr. Nemeroff points out that cancer often only metastasizes because of surgery to excise the primary tumor. He's researched how to avoid this with taking modified citrus pectin and/or cimetidine (Tagamet). What may also help prevent metastases is baking soda, PSK (a coriolus mushroom extract), glutamine, mistletoe extract,

ginger/astaxanthin/boswellia/bromelain/curcumin/resveratrol/nigella sativa/PEA extract or tumeric with a little black pepper, low dose naltrexone, EGCG from tea, genistein from soy, silibinin from milk thistle, avoiding morphine (tramadol best), & laproscopic instead of regular surgery.

Cimetidine (Tagamet)

Cimetidine may strengthen the immune system against cancer (colon as well), and may prevent metastases into other organs, especially when taken before and after surgery.

Cimetidine is a level one (level three highest) anticholinergic, which may increase dementia symptoms & early death.

ACB list 2011

<https://www.uea.ac.uk/mac/comm/media/press/2011/June/Anticholinergics+study+drug+list>

Histamine type 2 receptor antagonists as adjuvant treatment for resected colorectal cancer

Sanjeev Deva, Michael Jameson

Published Online: 15 AUG 2012

DOI: 10.1002/14651858.CD007814.pub2

Kobayashi K, Matsumoto S, Morishima T, Kawabe T, Okamoto T. Cimetidine inhibits cancer cell adhesion to

endothelial cells and prevents metastasis by blocking E-selectin expression. *Cancer Res.* 2000 Jul 15;60(14):3978-84.

Matsumoto S, Imaeda Y, Umemoto S, et al. Cimetidine increases survival of colorectal cancer patients with high levels of

sialyl Lewis-X and sialyl Lewis-A epitope expression on tumour cells. *Brit J Can* 2002 (86) 161-167.

Adams WJ, Morris DL. Short-course cimetidine and survival with colorectal cancer. *Lancet.* 1994 Dec 24-31;344(8939-8940):1768-9

Modified citrus pectin (MCP)

MCP is the only thing known to block galectin-3. MCP works well against prostate cancer in some studies. MCP may also prevent cancer metastases into other organs, especially if taken right before and up to a month after surgery. MCP should be lowered (by at least half) or discontinued if it triggers irregular heartbeat. It may be contraindicated in people taking drugs that may cause the heart to skip a beat (prolong QT, Torsades De Pointes-TDP).

MCP also appears to help remove toxic heavy metals, reduce fibrotic scarring, & inflammation.

<https://www.crediblemeds.org/pdftemp/pdf/CompositeList.pdf>

Pienta KJ, Naik H, Akhtar A, Yamazaki K, Replogle TS, Lehr J, Donat TL, Tait L, Hogan V, Raz A.

Inhibition of spontaneous metastasis in a rat prostate cancer model by oral administration of modified citrus pectin. *J Natl Cancer Inst.*

1995 Mar 1;87(5):348-53.

Platt D, Raz A. Modulation of the lung colonization of B16-F1 melanoma cells by citrus pectin. *J Natl Cancer Inst.* 1992

Mar 18;84(6):438-42.

Pienta KJ, Naik H, Akhtar A, Yamazaki K, Replogle TS, Lehr J, Donat TL, Tait L, Hogan V, Raz A.

Inhibition of spontaneous metastasis in a rat prostate cancer model by oral administration of modified citrus pectin. *J Natl Cancer Inst.*

1995 Mar 1;87(5):348-53.

Yu CH, Kan SF, Shu CH, Lu TJ, Sun-Hwang L, Wang PS. (October 2008). "Inhibitory mechanisms of *Agaricus blazei* Murill on the growth of prostate cancer in vitro and in vivo". *J. Nutr. Biochem.* 20 (10): 753-64. doi:10.1016/j.jnutbio.2008.07.004. ISSN 0955-2863. PMID 18926679.

Guess BW, Scholz MC, Strum SB, Lam RY, Johnson HJ, Jenrich RI. Modified citrus pectin (MCP) increases the prostate-specific antigen doubling time in men with prostate cancer: a phase II pilot study. *Prostate Cancer Prostatic Dis.*

2003;6(4):301-4.

Azemar M, Hildenbrand B, Haering B, Heim ME, Unger C. Clinical benefit in patients with advanced solid tumors treated with modified citrus pectin: a prospective pilot study. *Clin Med Oncol.*

2007;1:73-80.

<http://cancerposts.com/PDF/surgery.pdf>

Baking soda

Baking soda is highly alkaline and easy to take and may have few side effects. Because most cancers need a lot of sugar and a highly acidic environment to flourish, taking baking soda in between meals with water or under the tongue may make tumors less acidic and make cancer harder to grow, reducing cancer metastases in multiple studies.

Yang M, Zhong X, Yuan Y. Does Baking Soda Function as a Magic Bullet for Patients With Cancer? A Mini Review. *Integr Cancer Ther.* 2020 Jan-Dec;19:1534735420922579. doi: 10.1177/1534735420922579. PMID: 32448009; PMCID: PMC7249593. ncbi.nlm.nih.gov/pmc/articles/PMC7249593

Robey IF, Baggett BK, Kirkpatrick ND, Roe DJ, Dosesco J, Sloane BF, Hashim AI, Morse DL, Raghunand N, Gatenby RA, Gillies RJ. Bicarbonate increases tumor pH and inhibits spontaneous metastases. *Cancer Res.* 2009 Mar 15;69(6):2260-8. doi: 10.1158/0008-5472.CAN-07-5575. Epub 2009 Mar 10. PMID: 19276390; PMCID: PMC2834485. ncbi.nlm.nih.gov/pmc/articles/PMC2834485/

Robey IF, Nesbit LA. Investigating mechanisms of alkalinization for reducing primary breast tumor invasion. *Biomed Res Int.* 2013;2013:485196. doi: 10.1155/2013/485196. Epub 2013 Jul 10. PMID: 23936808; PMCID: PMC3722989. pubmed.ncbi.nlm.nih.gov/23936808/

Zandra E. Walton, Chirag H. Patel, Rebekah C. Brooks, Yongjun Yu, Arig Ibrahim-Hashim, Malini Riddle, Alessandra Porcu, Tianying Jiang, Brett L. Ecker, Feven Tameire, Constantinos Koumenis, Ashani T. Weeraratna, David K. Welsh, Robert Gillies, James C. Alwine, Lin Zhang, Jonathan D. Powell, Chi V. Dang. Acid Suspends the Circadian Clock in Hypoxia through Inhibition of mTOR. *Cell*, 2018; DOI: 10.1016/j.cell.2018.05.009 Ludwig Institute for Cancer Research. "How might baking soda boost cancer therapy?" ScienceDaily. ScienceDaily, 1 June 2018. sciencedaily.com

At www.cancertutor.com there is a treatment that uses baking soda and maple syrup (or honey) to take the baking soda into the cancer cell at higher rates.

Baking soda may also help athletic endurance, canker sores, gout, damaged kidneys, & reduce one type of kidney stones, without increasing blood pressure.

Ione de Brito-Ashurst, Mira Varagunam, Martin J. Raftery, and Muhammad M. Yaqoob. Bicarbonate Supplementation Slows Progression of CKD and Improves Nutritional Status. *Journal of the American Society of Nephrology*, 2009; DOI: 10.1681/ASN.2008111205 American Society of Nephrology. "Baking Soda: For Cooking, Cleaning, And Kidney Health?" ScienceDaily. ScienceDaily, 17 July 2009. sciencedaily.com

sciencedaily.com/releases/2018/06/180601134720.htm

Sebastian Hultin, Chris Hood, Katrina L. Campbell, Nigel D. Toussaint, David W. Johnson, Sunil V. Badve,

A Systematic Review and Meta-Analysis on Effects of Bicarbonate Therapy on Kidney Outcomes, *Kidney International Reports*, Volume 6, Issue 3, 2021, Pages 695-705, ISSN 2468-0249, doi.org/10.1016/j.ekir.2020.12.019. sciencedirect.com/science/article/pii/S2468024920318520

Baking soda appears to reduce mortality after coronary angiography.

Brown JR, Pearlman DM, Marshall EJ, Alam SS, MacKenzie TA, Recio-Mayoral A, Gomes VO, Kim B, Jensen LO, Mueller C, Maioli M, Solomon RJ. Meta-Analysis of Individual Patient Data of Sodium Bicarbonate and Sodium Chloride for All-Cause Mortality After Coronary Angiography. *Am J Cardiol.* 2016 Nov 15;118(10):1473-1479. doi: 10.1016/j.amjcard.2016.08.008. Epub 2016 Aug 24. PMID:

27642111; PMCID: PMC6579735.

Baking soda may reduce the development of many types of eye diseases.
[sciencedaily.com/releases/2015/03/150317200007.htm](https://www.sciencedaily.com/releases/2015/03/150317200007.htm)

Baking soda may eliminate autoimmune disease inflammation & reduce osteoporosis.

Sarah C. Ray, Babak Baban, Matthew A. Tucker, Alec J. Seaton, Kyu Chul Chang, Elinor C. Mannon, Jingping Sun, Bansari Patel, Katie Wilson, Jacqueline B. Musall, Hiram Ocasio, Debra Irsik, Jessica A. Filosa, Jennifer C. Sullivan, Brendan Marshall, Ryan A. Harris, Paul M. O'Connell. Oral NaHCO₃ Activates a Splenic Anti-Inflammatory Pathway: Evidence That Cholinergic Signals Are Transmitted via Mesothelial Cells. *The Journal of Immunology*, 2018; ji1701605 DOI: 10.4049/jimmunol.1701605 Medical College of Georgia at Augusta University. "Drinking baking soda could be an inexpensive, safe way to combat autoimmune disease." ScienceDaily. ScienceDaily, 25 April 2018.
[sciencedaily.com](https://www.sciencedaily.com)

Dosage- On the box of Arm & Hammer baking soda it recommends 1/2ts every two hours with water for heartburn as needed. Most people start with 1/8th ts an hour after or a half hour before a meal or longer & work up to 1/4 teaspoon multiple times a day. Baking soda intake should be lowered if it triggers irregular heartbeat, especially in people taking drugs that may cause the heart to skip a beat (prolong QT, Torsades De Pointes-TDP).
[peoplespharmacy.com/articles/what-is-the-right-dose-of-baking-soda](https://www.peoplespharmacy.com/articles/what-is-the-right-dose-of-baking-soda)
[crediblemeds.org/pdftemp/pdf/CompositeList.pdf](https://www.crediblemeds.org/pdftemp/pdf/CompositeList.pdf)

Potassium bicarbonate

If people have any problems with sodium bicarbonate, potassium bicarbonate is often used for many of the same benefits including alkalinity.

Schwalfenberg GK. The alkaline diet: is there evidence that an alkaline pH diet benefits health? *J Environ Public Health*. 2012;2012:727630. doi: 10.1155/2012/727630. Epub 2011 Oct 12. PMID: 22013455; PMCID: PMC3195546. [ncbi.nlm.nih.gov/pmc/articles/PMC3195546/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3195546/)
[verywellhealth.com/potassium-bicarbonate-overview-4582174](https://www.verywellhealth.com/potassium-bicarbonate-overview-4582174)

Dichloro Acetic Acid (DCA)

DCA, a prescription drug that prevents sugar usage by the cell, may help people with brain or bile duct cancers.

[journalmc.org/index.php/JMC/article/view/2456/1816](https://www.journalmc.org/index.php/JMC/article/view/2456/1816)
[nature.com/articles/s41388-019-1035-8](https://www.nature.com/articles/s41388-019-1035-8)

Liang, Y., Hou, L., Li, L. et al. Dichloroacetate restores colorectal cancer chemosensitivity through the p53/miR-149-3p/PDK2-mediated glucose metabolic pathway. *Oncogene* 39, 469–485 (2020).
<https://doi.org/10.1038/s41388-019-1035-8>

3-Bromopyruvate (3BP)

3BP is a drug being investigated to help against cancer.

J Bioenerg Biomembr. 2012 Feb;44(1):1-6. doi: 10.1007/s10863-012-9425-4.

3-Bromopyruvate (3BP) a fast acting, promising, powerful, specific, and effective "small molecule" anti-cancer agent taken from labside to bedside: introduction to a special issue.

Pedersen PL.

Enhancing anticancer effects, decreasing risks and solving practical problems facing 3-bromopyruvate in clinical oncology: 10 years of research experience

EI Sayed SM

15 August 2018 Volume 2018:13 Pages 4699-4709

DOI <https://doi.org/10.2147/IJN.S170564>

Toxicol Res. 2016 Jul;32(3):177-93. doi: 10.5487/TR.2016.32.3.177. Epub 2016 Jul 30.

Targeting Cancer Metabolism – Revisiting the Warburg Effects.

Tran Q et al.

Journal of Bioenergetics and Biomembranes pp 1-14

The anticancer agent 3-bromopyruvate: a simple but powerful molecule taken from the lab to the bedside

J. Azevedo-Silva , O. QueirÃs, F. Baltazar, S. UÅ,aszewski, A. Goffeau, Y. H. Ko, P. L. Pedersen, A. Preto, M. Casal

Dirt cheap protocol

If looking to explore alternative treatments, it may be wisest to first try the ones that cost very little, as there may be little or no financial incentive behind them. The other benefit is that they are then affordable, and many of them can be tried together rather than relying on one or two expensive treatments.

<https://www.cancertutor.com/dirtcheapprotocol/>

Other alternative sites:

cancertutor.com

cancercompassalternateroute.com

self-helpcancer.org (has links to many other cancer sites)

Eating vegan

Vegans (who eat no animal products, including meat, fish, milk & eggs) appear to have 1/10 or less the colon, prostate, & breast cancer – the most common cancers (along with lung cancer), and less ovarian cancer. Lung cancer may be reduced, even with smokers, as well as most all cancers studied.

The overall cancer rate may be at least halved with vegans. Solid tumors like breast, lungs, stomach, pancreas, liver, colon, prostate, uterus, ovaries may respond best to a vegan diet.

Dairy appears to increase hormonal cancers.

Pasteurized factory farmed milk appears to have 33 times more of an estrogen & appears to increase ovarian, breast, testicular, & prostate cancer.

Lactase persistence and milk consumption as determinants of ovarian cancer risk.

Cramer DW.

Am J Epidemiol. 1989 Nov;130(5):904-10.

[Hormones in milk can be dangerous](#)

▪

Eating organic foods

Eating organic avoids the pesticides & herbicides which appear to contribute to many cancers.

Glyphosate, the #1 herbicide used on GMO plants, and Roundup™s other – inert ingredients appear to kill the good bacteria in the gut (via shikamate pathway) & causes diabetes, heart disease,

weight gain & cancer.

All organic vegetables may help kill cancer. Some may have more cancer killing properties (like cabbage, broccoli, califlower, bok choy, Brussel sprouts for their indole-3-carbinol), but all seem to have some benefits. The more vegetables eaten that make the body less acidic, the less cancer can use sugar as fuel.

One way to boost vegetables eaten is to add a bag of frozen mixed organic vegetables into any sauce being cooked. It adds texture & will taste like the sauce.

The Gerson Method consists of juicing massive amounts of organic vegetables for their cancer killing properties, as well as to make the body less acidic. A cheaper way to do this in some alternative treatment sites is to just eat more organic vegetables, and to take a 1/16th ts of baking soda before one to three meals a day (some suggest mixing it with maples syrup or honey so it gets to the cancer site better).

responsibletechnology.org

What type of cooking preserves vitamins the most? What increases digestibility?

Pressure cooking appears to retain more vitamins (90-95%) than steaming (75-90%), roasting (53-90%), or boiling (40-75%) because the higher pressure allows faster cooking, which is the most important factor in nutrient retention. The nutrients stay in the food or the liquid. Pressure cooking also appears to deactivate the phytic acid in beans & lentils & also lectins that interfere with nutrient absorbtion. And acrylomides and other carcinogens are almost nonexistent after cooking potatoes in a pressure cooker. Pressure cooking apparently increases the digestibility of foods like peas, beans, rice & meat more than any other cooking method, moreso if soaked. Pressure cooking in one study preserved sulforaphane from broccoli while boiling & steaming destroyed it.

[Is Pressure Cooking Healthy?](#)

▪
Srivastava, S. and Khokhar, S. (1996), Effects of Processing on the Reduction of Î²-ODAP (Î²-N-Oxalyl-L-2,3-diaminopropionic acid) and Anti-Nutrients of Khesari Dhal, Lathyrus sativus. J. Sci. Food Agric., 71: 50-58. doi:10.1002/(SICI)1097-0010(199605)71:1<50::AID-JSFA545>3.0.CO;2-J

Bishnoi, S., Khetarpaul, N. & Yadav, R.K. Plant Food Hum Nutr (1994) 45: 381.
doi:10.1007/BF01088088

Plant Foods Hum Nutr. 1995 Feb;47(2):125-31.

Effect of home processing on ascorbic acid and beta-carotene content of spinach (*Spinacia oleracia*) and amaranth (*Amaranthus tricolor*) leaves.

Yadav SK, Sehgal S.

Galgano, F., Favati, F., Caruso, M., Pietrafesa, A. and Natella, S. (2007), The Influence of Processing and Preservation on the Retention of Health-Promoting Compounds in Broccoli. Journal of Food Science, 72: S130-S135. doi:10.1111/j.1750-3841.2006.00258.x

Bishnoi, S. & Khetarpaul, N. Plant Food Hum Nutr (1994) 46: 71. doi:10.1007/BF01088463

Food Chemistry Volume 32, Issue 1, 1989, Pages 9-17

Antinutrients and protein digestibility (in vitro) of mungbean as affected by domestic processing and cooking

Anita Kataria, B.M. Chauhan, Darshan Punia

[https://doi.org/10.1016/0308-8146\(89\)90003-4](https://doi.org/10.1016/0308-8146(89)90003-4)

Food Chemistry Volume 70, Issue 1, July 2000, Pages 107-111

Effect of domestic processing methods on the starch, non-starch polysaccharides and in vitro starch and protein digestibility of three varieties of rice with varying levels of amylose

Rosario Sagum, Jayashree Arcot,

[http://doi.org/10.1016/S0308-8146\(00\)00041-8](http://doi.org/10.1016/S0308-8146(00)00041-8)

Meat Science Volume 37, Issue 1, 1994, Pages 103-113

Observations on some chemical and physical characteristics of buffalo meat†

K. Syed Ziauddin

[https://doi.org/10.1016/0309-1740\(94\)90148-1](https://doi.org/10.1016/0309-1740(94)90148-1)

[How To Eat Grains](#)

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http://www.klzh.ch/downloads/acrylamid_2.pdf

https://www.nestleprofessional.us/documents/nutripro/2808_nutripro_2_cooking_meth.pdf

12-15 hour diet

The 12 hour diet is simply not eating three hours before sleep & for 12 hours total, like between 7pm-7am, or 9pm-9am, or just not eating for 12 hours after dinner. Usually after doing this for a while people find it easy to go 15 or more hours in between eating. This diet appears to significantly enhance neural growth, and reduce blood sugar, inflammation to promote healing, obesity, cancer, & heart disease.

People don't have to change the food they eat or the amounts, but often find their appetite is lower & they eat less anyway.

The 12 hour diet appears to give the same benefits as fasting for days, or fasting for one day a week. It may be especially effective against cancer because almost all cancers are sugar sensitive. Cancer appears to rely on a blood sugar & insulin rise to feed. Lowering blood sugar & insulin & being in ketosis (explained below) may augment cancer treatment.

The 12 hour diet is the latest research on food restriction and appears to be the easiest. It may not only prevent hunger but cut the appetite so much people can lose 25% of their body weight if obese.

I've tried this & lost ten pounds in a couple weeks, without hunger. The key is if you stop eating at 7pm in the evening you can eat starting at 7am the next morning, and if you stop eating at 9pm at night you can start eating at 9am in the morning. The key is not to keep your eating to 12 hours a day, but to take 12 hours off of eating every day. Just save the snacks for in between the meals from breakfast until dinner.

I tried it & didn't experience any hunger in the morning as long as I drank enough water, even doing strenuous exercise. Another person I know has done this & lost ten pounds in a couple weeks & kept them off. People don't have to change any foods they eat- they eat whatever they normally eat (its still a good idea to eat healthy foods). In the research studies the mice on both normal or high fat & high sugar diets all got obese when they ate whenever they wanted but lost 25% of their body weight over 38 weeks when eating all they want after not eating for 12 hours overnight. They lost 25% of their body weight on exactly the same diet that got them fat when they could eat all they want but at all times of the day & night. The content of the food didn't matter for their weight, just whether they stopped eating for 12 hours every night.

The reason I & the mice lost weight without hunger may be because this diet lowers appetite. Almost all other diets cause hunger & require will power to keep going. When I wake up in the morning during this diet I'm not hungry, & when I can't eat for 14 or 15 hours I'm not bothered, nor when I have to do a lot of exercise before I can eat in the morning. It works best when I stop eating early in the

evening (8pm) vs late at night. This appears to be a diet that GIVES people energy & cuts their appetite- perhaps THE BEST DIET EVER ðŸ™, It is flexible for people because breaking it once or twice a week on nonconsecutive days doesnâ€™t appear to stop itâ€™s hunger lowering effects. I can say itâ€™s the easiest weight loss Iâ€™ve ever tried, & Iâ€™ve decided to do it permanently as I donâ€™t get any food (carb) cravings at all. Cell Metabolism Volume 20, Issue 6, p991â€“1005, 2 December 2014
Time-Restricted Feeding Is a Preventative and Therapeutic Intervention against Diverse Nutritional Challenges
Amandine Chaix, Amir Zarrinpar, Phuong Miu, Satchidananda Pandacorrespondenceemail
DOI: <http://dx.doi.org/10.1016/j.cmet.2014.11.001>
Cell Metabolism Volume 15, Issue 6, p848â€“860, 6 June 2012
Time-Restricted Feeding without Reducing Caloric Intake Prevents Metabolic Diseases in Mice Fed a High-Fat Diet
Megumi Hatori et al.
<http://fitness.mercola.com/sites/fitness/archive/2015/01/30/time-restricted-eating.aspx>

The other reason this helps weight loss may be because we are more likely to use the calories we eat from 8a-8p during exercise & activity, and more likely to store the calories we eat from 8p-8a, when our metabolism is low. We can experience a 250% increase in weight gain for the calories we eat between 8p-8a, vs 8a-8p.

Carbohydrate cravings

A big trick Iâ€™ve found to cut carb cravings is to eat the high carbohydrate part of the meal (grains) first, exercise, then the fattier parts last, followed by organic unroasted nuts. This kicks me into ketosis faster (where weâ€™re burning fat/oxyates for fuel) & as long as I drink water regularly I donâ€™t get carb cravings.

Ketogenic diet

The vast majority of cancer appears to feed on high blood sugar levels, especially brain cancer. Eating a low carb or low glycemic & high fat diet has been used to treat cancer. Adding coconut or MCT oil may help, eating only low glycemic carbs may help, as may eating carbs early in the meal, exercising (especially short term high intensity exercise), then eating the fattiest part of the meal last, and then organic unroasted nuts. I find that I can eat a lot of carbs in this manner but get into ketosis anyway very quickly. This also avoids the drawbacks of a low carb diet.

http://www.dana.org/Cerebrum/2013/Epilepsy%E2%80%99s_Big_Fat_Answer/

<http://www.epilepsy.com/learn/treating-seizures-and-epilepsy/dietary-therapies/ketogenic-diet>

Hormonal cancers

Breast, ovarian, testicular, prostate, endometrial

Piperine

Piperine in black pepper may help against prostate, colorectal, lung, cervical, liver, and stomach cancers. Piperine appears to slow angiogenesis- blood vessel growth. Black & fresh ground & after cooking appear to have the highest piperine levels.

Flaxseed

Organic freshly ground flaxseed taken with or before a meal appears to help stop the hormonal cancers & lung cancer.

(n-3) Fatty Acids and Cancer Therapy

W. Elaine Hardman

J. Nutr. December 1, 2004

vol. 134 no. 12 3427S-3430S

Wiggins A.K., Mason J.K., Thompson L.U. (2013) Beneficial Influence of Diets Enriched with Flaxseed and Flaxseed Oil on Cancer. In: Cho W. (eds) Cancer Chemoprevention and Treatment by Diet Therapy. Evidence-based Anticancer Complementary and Alternative Medicine, vol 5. Springer, Dordrecht

Red yeast rice

Red yeast rice may help against colon, breast, lung, & prostate cancers.

Fluorouracil

Taking a fluorouracil prescription at night may be best against breast & colon cancer as it appears to work better w/less side effects on the GI tract.

Indole 3 carbinol

Indole 3 carbinol may help against hormone based cancers like breast and prostate

Cannabidiol (CBD)

CBD is a cannabanoid in cannabis and help that appears to help turn off the overexpression of the protein ID-1, which is believed to help breast, lung, ovarian, brain, and leukemia cancers to spread.

The Data Are Very Strong: Marijuana Plant Extract Stops Contagion Cancers

Marco Torres

<http://www.dailymail.co.uk/health/article-2206056/Cannabis-compound-stop-breast-cancer-spreading.html>

<http://healthcanalinfo.net/sciencemedical/the-data-are-very-strong-marijuana-plant-extract-stops-contagion-cancers>

Inositol IP6

Inositol IP6 may help increases killer T cells by 50% & fight melanoma and cancers of the pancreas, colon, breast, lung, liver, & prostate.

Alternatives

GCmaf is a chemical suppressed by cancer that helps the imune system fight cancer.

<https://hope4cancer.com/alternative-cancer-treatments/sunivera-immunotherapy/>

<https://hope4cancer.com/alternative-cancer-treatments/sunivera-immunotherapy/>

Photodynamic therapy plus (laser light through intravenous tube)

<https://hope4cancer.com/alternative-cancer-treatments/pdt-plus/>

Sonodynamic therapy- high intensity focused ultrasound (HIFU) & sensitizer

Costley, David & Mcewan, Conor & Fowley, Colin & Mchale, Anthony & Atchison, Jordan & Nomikou, Nikolitsa & Callan, John. (2015). Treating cancer with sonodynamic therapy: A review. International Journal of Hyperthermia. 31. 10.3109/02656736.2014.992484.

https://www.researchgate.net/publication/270827937_Treating_cancer_with_sonodynamic_therapy_A_rev

Matthew Trendowski, "Using the Promise of Sonodynamic Therapy in the Clinical Setting against Disseminated Cancers," Chemotherapy Research and Practice, vol. 2015, Article ID 316015, 16

pages, 2015. <https://doi.org/10.1155/2015/316015>.

<https://www.hindawi.com/journals/cherp/2015/316015/cta/>

Sono-Photodynamic Combination Therapy: A Review on Sensitizers

KRISHNA CHAITANYA SADANALA¹, PANKAJ KUMAR CHATURVEDI¹, YOU MI SEO¹, JEUNG MO KIM¹, YONG SAM JO¹, YANG KOO LEE² and WOONG SHICK AHN¹†

Anticancer Research September 2014 vol. 34 no. 9 4657-4664

HIROTOMO SHIBAGUCHI¹†, HIROFUMI TSURU¹, MOTOMU KUROKI² and MASAhide KUROKI¹

Sonodynamic Cancer Therapy: A Non-invasive and Repeatable Approach Using Low-intensity Ultrasound with a Sonosensitizer

Anticancer Research July 2011 vol. 31 no. 7 2425-2429

Curr Pharm Des. 2019;25(4):401-412. doi: 10.2174/1381612825666190123114107.

Photo- and Sono-Dynamic Therapy: A Review of Mechanisms and Considerations for Pharmacological Agents Used in Therapy Incorporating Light and Sound.

Yang Y1, Tu J1, Yang D1, Raymond JL2,3, Roy RA1,2,3, Zhang D1.

<https://www.frontiersin.org/articles/10.3389/fphar.2019.00545/full>

Breast cancer

Mammograms

Mammograms don't increase survival of breast cancer, likely because they cause compression of the breast that can spread tumors, and expose the breast to a large dose of radiation (especially 3D) that makes cancer more likely. One analysis shows that after 10 mammograms the chances of a false positive & further radiation testing & unnecessary treatment are over 50%.

Thermography appears to be far safer & more effective. Taking 1/2 ts baking soda w water on an empty stomach 2x a day, 50k vitD3 2x a week with a meal with fat or under the tongue, 600mg alpha lipoic acid on wakeup & right before or after every meal (if 200lbs), taking C60/methylene blue/or cheapest 1/32 ts niacinamide 3x a day to turn mitochondria on (it kills cancer) & one tb freshly ground or frozen organic flaxseed before every vegetable meal (modified Budwig protocol) is a far easier way to prevent cancers.

media.mercola.com/ImageServer/Public/2024/July/PDF/mammograms-tragic-lie-pdf.pdf

budwigcenter.com/budwig-protocol/

Biophosphonates

Biophosphonates, specifically aldrionic acid can cause jaw disintegration & brittle bones. Vitamin K2 in supplements or made from vitK1 in dark leafys like kale, or in organic natto takes calcium away from arteries & builds bone & reduces breast cancer.

<https://www.ascopost.com/issues/august-10-2017/one-size-may-not-fit-all-thoughts-on-the-new-adjuvant-bisphosphonate-guideline-for-early-stage-breast-cancer/>

Mangosteen juice is a major anti-inflammatory that appears to help kill colorectal, prostate, skin, and leukemia cancer. It may be especially effective against some types of breast cancer as it has aromatase-inhibiting xanthenes that lower estrogen levels and are far safer and more effective than tamoxifen. It should be avoided in women who are breastfeeding, are or are possible to get pregnant.

Mangosteen- Cancer reversing fruit
Al Sears, MD
Well Being Journal Vol28, #1, pp 20-21

Chemotherapy?

50% of all breast cancers may be treated effectively (and with a lot less side effects) without chemotherapy.

70-Gene Signature as an Aid to Treatment Decisions in Early-Stage Breast Cancer

Fatima Cardoso et al.

N Engl J Med 2016; 375:717-729 August 25, 2016 DOI: 10.1056/NEJMoa1602253

<https://www.washingtonpost.com/news/to-your-health/wp/2016/08/24/gene-test-can-reduce-chemo-use-among-breast-cancer-patients-study-says/>

<http://www.sfgate.com/health/article/Some-women-with-early-stage-breast-cancer-may-9182810.php>

Bisphenol & breast cancer

Bisphenol A appears to increase breast cancer & make it more resistant, and increase weight gain.

Bisphenol S may be just as toxic.

Biomarkers of breast cancer

There may be an increased risk of invasive breast cancer after surgery if tissue tested positive for Cox-2 & Ki67. Prognosis may be worse with people with triple negative breast cancer and Ki67.

Oncol Lett. 2015 Jan; 9(1): 149-152. doi: 10.3892/ol.2014.2618

Ki67 as a predictor of poor prognosis in patients with triple-negative breast cancer

HAITAO LI, XINGHUA HAN, YINGXIN LIU, GUODONG LIU, and GUOMIN DONG

Shieldin & breast cancer

If breast tissue has low levels of Shieldin it may not respond to PARP inhibitors, and if tumors have low levels they may evolve resistance to PARP inhibitors. Resistance to PARP inhibitors can mean radiotherapy or platinum-based chemotherapy may be more effective.

Dev H. et al. The SHLD1/2 protein complex promotes non-homologous end-joining and counters homologous recombination in BRCA1-deficient cells. Nature Cell Biology; 18 July; DOI:

10.1038/s41556-018-0140-1

What works for younger (under 40) breast cancer patients?

One study found mastectomy, adjuvant radiation therapy, and achievement of pathologic complete response were best.

Outcomes Following Neoadjuvant Chemotherapy for Breast Cancer in Women Aged 40 Years and Younger: Impact of Pathologic Nodal Response

Margaret M. Kozak et al.

doi: 10.6004/jnccn.2018.7022J Natl Compr Canc Netw2018;16:845-850

Surgery

Cavity shaving during surgery may significantly reduce previously undetected cancerous tissue.

CT scan & Xray safety

Holding breath during radiation treatments may reduce heart radiation exposure up to 62%.

Alcohol

Alcohol use appears to increase the risk of cancer in women.

What may help against breast cancer

Flaxseeds and breast cancer

Eating freshly ground organic flaxseeds appears to reduce breast cancer by up to 70%, improve the effectiveness of some breast cancer drugs, and reduce all cause mortality by up to 50%.

Gillian Flower, Heidi Fritz, Lynda G Balneaves, Shailendra Verma, Becky Skidmore, Rochelle Fernandes, Deborah Kennedy, Kieran Cooley, Raimond Wong, Stephen Sagar, Dean Fergusson, Dugald Seely. Flax and Breast Cancer: A Systematic Review. *Integr Cancer Ther.* 2013 Sep 8. Epub 2013 Sep 8. PMID: 24013641

Dietary flaxseed enhances the inhibitory effect of tamoxifen on the growth of estrogen-dependent human breast cancer (mcf-7) in nude mice.

Acta Pharmacol Sin. 2001 Aug;22(8):756-60. PMID: 15570004

Jianmin Chen, Evon Hui, Terence Ip, Lilian U Thompson

Ward HA, et al. Breast, colorectal, and prostate cancer risk in the European Prospective Investigation into cancer and nutrition- Norfolk in relation to phytoestrogen intake derived from an improved database. *Am J Clin Nutr.* 2010;91:440-448.

Flaxseed and its lignans inhibit estradiol-induced growth, angiogenesis, and secretion of vascular endothelial growth factor in human breast cancer xenografts in vivo.

Clin Cancer Res. 2007 Feb 1;13(3):1061-7. PMID: 17289903

Malin Bergman Jungestr m, Lilian U Thompson, Charlotta Dabrosin

The inhibitory effect of flaxseed on the growth and metastasis of estrogen receptor negative human breast cancer xenografts is attributed to both its lignan and oil components

Linda Wang, Jianmin Chen, Lilian U. Thompson

International Journal of Cancer Volume 116, Issue 5 20 September 2005 Pages 793-798

Cannabanoids

Marijuana and its cannabinoids (THC & CBD among others) appear to help fight breast cancer. *Breast Cancer Res Treat.* 2011 Aug;129(1):37-47. doi: 10.1007/s10549-010-1177-4. Epub 2010 Sep 22.

Pathways mediating the effects of cannabidiol on the reduction of breast cancer cell proliferation, invasion, and metastasis.

McAllister SD1, Murase R, Christian RT, Lau D, Zielinski AJ, Allison J, Almanza C, Pakdel A, Lee J, Limbad C, Liu Y, Debs RJ, Moore DH, Desprez PY

Anti-tumor activity of plant cannabinoids with emphasis on the effect of cannabidiol on human breast carcinoma

Alessia Ligresti, Aniello Schiano Moriello, Katarzyna Starowicz, Isabel Matias, Simona Pisanti, Luciano De Petrocellis, Chiara Laezza, Giuseppe Portella, Maurizio Bifulco and Vincenzo Di Marzo

Journal of Pharmacology and Experimental Therapeutics May 25, 2006, DOI:

<https://doi.org/10.1124/jpet.106.105247>

Licorice

Licorice root may help fight breast cancer. DGL licorice avoids blood pressure issues.

<http://www.naturalhealth365.com/licorice-breast-cancer-2024.html>

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm277152.htm>

<http://umm.edu/health/medical/altmed/herb/licorice>
<https://www.cdc.gov/niosh/docs/81-123/pdfs/0029.pdf>
[http://www.cancerletters.info/article/S0304-3835\(05\)00013-3/abstract](http://www.cancerletters.info/article/S0304-3835(05)00013-3/abstract)
<http://www.lifeextension.com/protocols/female-reproductive/female-hormone-restoration/page-09>
<https://authoritynutrition.com/foods/licorice>
<https://www.ncbi.nlm.nih.gov/pubmed/19167497>
<https://www.ncbi.nlm.nih.gov/pubmed/27539316>
<http://onlinelibrary.wiley.com/doi/10.1002/jcb.25509/full>
<https://www.ncbi.nlm.nih.gov/pubmed/19325770>
<https://www.ncbi.nlm.nih.gov/pubmed/21737643>
<http://onlinelibrary.wiley.com/doi/10.1002/jcb.25509/full>
<https://www.ncbi.nlm.nih.gov/pubmed/11829627>
<http://www.ens-newswire.com/ens/dec2003/2003-12-23-03.html>
<https://www.ncbi.nlm.nih.gov/pubmed/23663094>
<https://www.ncbi.nlm.nih.gov/pubmed/21184804>

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Alpha-linolenic acid (ALA) in flaxseeds

Alpha-linolenic acid (ALA) is often low in people with breast cancer, and raising levels by using freshly ground organic flaxseeds may fight breast, ovarian, colon, & prostate cancer better than any other oil. One alternative treatment uses flaxseed oil & sulfur rich foods against all cancers.

Yang, Y.J., et al. Comparison of fatty acid profiles in the serum of patients with prostate cancer and benign prostatic hyperplasia.

Clinical Biochemistry, Vol. 32, August 1999, pp. 405-09

Gillian Flower, Heidi Fritz, Lynda G Balneaves, Shailendra Verma, Becky Skidmore, Rochelle Fernandes, Deborah Kennedy, Kieran Cooley, Raimond Wong, Stephen Sagar, Dean Fergusson, Dugald Seely. Flax and Breast Cancer: A Systematic Review. Integr Cancer Ther. 2013 Sep 8. Epub 2013 Sep 8. PMID: 24013641

Dietary flaxseed enhances the inhibitory effect of tamoxifen on the growth of estrogen-dependent human breast cancer (mcf-7) in nude mice.

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Flaxseed and its lignans inhibit estradiol-induced growth, angiogenesis, and secretion of vascular endothelial growth factor in human breast cancer xenografts in vivo.

Clin Cancer Res. 2007 Feb 1;13(3):1061-7. PMID: 17289903

Malin Bergman Jungeström, Lilian U Thompson, Charlotta Dabrosin

Kristine Ansenberger, Cassandra Richards, Yan Zhuge, Animesh Barua, Janice M Bahr, Judith L Luborsky, Dale Buchanan Hales. Decreased severity of ovarian cancer and increased survival in hens fed a flaxseed-enriched diet for 1 year. Gynecol Oncol. 2010 Feb 12. Epub 2010 Feb 12

Karen H Hales, Sheree C Speckman, Nawneet K Kurrey, Dale B Hales. Uncovering molecular events associated with the chemosuppressive effects of flaxseed: a microarray analysis of the laying hen

model of ovarian cancer. BMC Genomics. 2014 ;15(1):709. Epub 2014 Aug 24.

Denmark-Wahnefried W, et al. Flaxseed supplementation (not dietary fat restriction) reduces prostate cancer proliferation rates in men presurgery. Cancer Epidemiol Biomarkers Prev. 2008;17(12):3577-3587.

Azrad M, Vollmer RT, Madden J, Dewhirst M, Polascik TJ, Snyder DC, Ruffin MT, Moul JW, Brenner DE, Demark-Wahnefried W. Flaxseed-derived enterolactone is inversely associated with tumor cell proliferation in men with localized prostate cancer. J Med Food. 2013;16(4):357-60.

Travis RC, et al. Plasma phyto-estrogens and prostate cancer in the European Prospective Investigation into Cancer and Nutrition. British Journal of Cancer. 2009;100:1817-1823.

Ward HA, et al. Breast, colorectal, and prostate cancer risk in the European Prospective Investigation into cancer and nutrition- Norfolk in relation to phytoestrogen intake derived from an improved database. Am J Clin Nutr. 2010;91:440-448.

Ward HA, et al. Breast, colorectal, and prostate cancer risk in the European Prospective Investigation into cancer and nutrition- Norfolk in relation to phytoestrogen intake derived from an improved database. Am J Clin Nutr. 2010;91:440-448.

Saarinen NM, Tuominen J, Pylkkanen L, Santti R. Assessment of information to substantiate a health claim on the prevention of prostate cancer by lignans. Nutrients. 2010;2:99-115.

<https://www.oncologynutrition.org/erfc/healthy-nutrition-now/flaxseed-prostate-cancer-risk/>
Chemopreventive effects of dietary flaxseed on colon tumor development.

Nutr Cancer. 2006;54(2):216-22. PMID: 16898866

Ajay Bommareddy, Bhanu L Arasada, Duane P Mathees, Chandradhar Dwivedi

<http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.595.8275&rep=rep1&type=pdf>

Endometrial cancer

Taking oral contraceptives reduces endometrial cancer in women by 43%.

Endometrial cancer and oral contraceptives: an individual participant meta-analysis of 27 276 women with endometrial cancer from 36 epidemiological studies

Collaborative Group on Epidemiological Studies on Endometrial Cancer

The Lancet Oncology

Published Online: 04 August 2015

DOI: [http://dx.doi.org/10.1016/S1470-2045\(15\)00212-0](http://dx.doi.org/10.1016/S1470-2045(15)00212-0)

Prostate cancer therapy

People who have the AR-V7 protein may respond better to taxane-based chemotherapy, and people who don't may respond best to hormone-targeting therapy with androgen-receptor signaling (ARS) inhibitors.

Scher HI, Graf RP, Schreiber NA, et al. Assessment of the Validity of Nuclear-Localized Androgen Receptor Splice Variant 7 in Circulating Tumor Cells as a Predictive Biomarker for Castration-Resistant Prostate Cancer. JAMA Oncol. Published online June 28, 2018. doi:10.1001/jamaoncol.2018.1621

Aspirin

Aspirin may reduce cancer by 33%, and high dosages may reduce breast cancer risk by 67%.

A vitamin and mineral supplement reduces breast cancer deaths by 30%, omega3s from spirulina & flaxseed oil or hemp oil reduce deaths 30% in one study.

Piperine (black pepper)

Piperine in black pepper was best in a test of 55 compounds against triple negative breast cancer, and

good against HER2 breast cancer.

Green tea

Green tea may reduce breast cancer 33%.

Iodine

Supplementing with iodine when levels are low appears to help fight breast cancer (& extend remissions).

Prostate cancer

Surgery

High-intensity focused ultrasound (HIFU)

Unlike most other surgical type of interventions with prostate cancer, HIFU appears to have very low rates of incontinence, very high rates of erection ability, and very low rates of residual cancer.

Rischmann P, et al. "Hemiablation HIFU for unilateral localized prostate cancer: a prospective multicenter trial" AUA 2016; Abstract PL-LBA04.

<https://www.medpagetoday.com/meetingcoverage/aua/57896>

Supplements for prostate cancer

Flaxseeds and prostate cancer

Eating freshly ground organic flaxseeds appears to reduce the aggressiveness of prostate cancer.

Denmark-Wahnefried W, et al. Flaxseed supplementation (not dietary fat restriction) reduces prostate cancer proliferation rates in men presurgery. *Cancer Epidemiol Biomarkers Prev.* 2008;17(12):3577-3587.

Azrad M, Vollmer RT, Madden J, Dewhirst M, Polascik TJ, Snyder DC, Ruffin MT, Moul JW, Brenner DE, Demark-Wahnefried W. Flaxseed-derived enterolactone is inversely associated with tumor cell proliferation in men with localized prostate cancer. *J Med Food.* 2013;16(4):357-60.

Travis RC, et al. Plasma phyto-estrogens and prostate cancer in the European Prospective Investigation into Cancer and Nutrition. *British Journal of Cancer.* 2009;100:1817-1823.

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Ward HA, et al. Breast, colorectal, and prostate cancer risk in the European Prospective Investigation into cancer and nutrition- Norfolk in relation to phytoestrogen intake derived from an improved database. *Am J Clin Nutr.* 2010;91:440-448.

Saarinen NM, Tuominen J, Pylkkanen L, Santti R. Assessment of information to substantiate a health claim on the prevention of prostate cancer by lignans. *Nutrients.* 2010;2:99-115.

<https://www.oncologynutrition.org/erfc/healthy-nutrition-now/flaxseed-prostate-cancer-risk/>

Vitamin D3 & prostate cancer

Taking high doses of vitamin D3- 4000 IU with a meal or vegetable oil (fat soluble) may reduce prostate cancer by 60% and delay or eliminate the need for surgery for slow growing prostate cancer..

Vitamin K2 & prostate cancer

Vitamin K2 intake appears to help fight prostate cancer.

Am J Clin Nutr. 2008 Apr;87(4):985-92.

Dietary intake of vitamin K and risk of prostate cancer in the Heidelberg cohort of the European

Prospective Investigation into Cancer and Nutrition (EPIC-Heidelberg).
Nimptsch K, Rohrmann S, Linseisen J.

Medicinal mushrooms & prostate cancer

Medicinal mushrooms appear to help fight prostate cancer.

Yu CH, Kan SF, Shu CH, Lu TJ, Sun-Hwang L, Wang PS. (October 2008). Inhibitory mechanisms of *Agaricus blazei* Murill on the growth of prostate cancer in vitro and in vivo. *J. Nutr. Biochem.* 20 (10): 753-764. doi:10.1016/j.jnutbio.2008.07.004. ISSN 0955-2863. PMID 18926679.

Ginger & prostate cancer

Ginger appears to help fight prostate cancer.

Benefits of whole ginger extract in prostate cancer

Prasanthi Karna et al.

Br J Nutr. 2012 Feb; 107(4): 473-484. doi: 10.1017/S0007114511003308

Modified citrus pectin (MCP) & prostate cancer

Modified citrus pectin (MCP) may help fight prostate cancer, especially if taken right after surgery for a month.

Pienta KJ, Naik H, Akhtar A, Yamazaki K, Replogle TS, Lehr J, Donat TL, Tait L, Hogan V, Raz A.

Inhibition of

spontaneous metastasis in a rat prostate cancer model by oral administration of modified citrus pectin.

J Natl Cancer Inst.

1995 Mar 1;87(5):348-53.

Rauwolfia & Pao pereira & prostate cancer

Rauwolfia & Pao pereira appear to help fight prostate cancer.

Burchill M. Two herbal extracts for protecting prostate cell DNA. *Integr Med.* Apr/May 2010;9(2).

Bemis DL et al. Anti-prostate cancer activity of a B-carboline alkaloid enriched extract from *Rauwolfia vomitoria*. *Int J Oncol.* 2006;29:1065-1073.

Bemis DL, Capodice JL, Gorroochurn P, Katz AE, Buttyan R. Anti-prostate cancer activity of a B-carboline alkaloid enriched extract from *Rauwolfia vomitoria*. *Int J Oncol.* 2006;29:1065-1073.

Bemis DL, Capodice JL, Desai M, Katz AE, Buttyan R. B-carboline alkaloid-enriched extract from the Amazonian rain forest tree *Pao pereira* suppresses prostate cancer cells. *J Soc Integr Oncol.* Spring 2009;7:59-65.

Modified fruit pectin & prostate cancer

Modified fruit pectin appears to help stop prostate cancer.

Pienta KJ, Naik H, Akhtar A, Yamazaki K, Replogle TS, Lehr J, Donat TL, Tait L, Hogan V, Raz A.

Inhibition of spontaneous metastasis in a rat prostate cancer model by oral administration of modified citrus pectin. *J Natl Cancer Inst.*

1995 Mar 1;87(5):348-53.

Guess BW, Scholz MC, Strum SB, Lam RY, Johnson HJ, Jenrich RI. Modified citrus pectin (MCP)

increases the prostate-specific antigen doubling time in men with prostate cancer: a phase II pilot study.

Prostate Cancer Prostatic Dis.

2003;6(4):301-4.

Pomegranite juice & prostate cancer

Pomegranite juice (6oz) daily may reduce PSA increases by 50% in people with prostate cancer.

Cannabis & prostate cancer

Cannabis and its cannabanoids (THC, CBD) appear to help fight prostate cancer.

Alkalinity & prostate cancer

Prostate cancer may be reduced by eating an alkaline diet and taking baking soda & magnesium (highly alkaline).

Chemotherapy & prostate cancer

Traditional toxic chemotherapy may work temporarily but cause prostate cancer to come back more aggressive and immune to other therapies.

Treatment-induced damage to the tumor microenvironment promotes prostate cancer therapy resistance through WNT16B

Yu Sun et al.

Nature Medicine

18, 1359-1368 (2012) doi:10.1038/nm.2890

Ovarian cancer

Flaxseeds and ovarian cancer

Freshly ground organic flaxseeds appear to significantly reduce ovarian cancer.

Kristine Ansenberger, Cassandra Richards, Yan Zhuge, Animesh Barua, Janice M Bahr, Judith L Luborsky, Dale Buchanan Hales. Decreased severity of ovarian cancer and increased survival in hens fed a flaxseed-enriched diet for 1 year. Gynecol Oncol. 2010 Feb 12. Epub 2010 Feb 12

Karen H Hales, Sheree C Speckman, Nawneet K Kurrey, Dale B Hales. Uncovering molecular events associated with the chemosuppressive effects of flaxseed: a microarray analysis of the laying hen model of ovarian cancer. BMC Genomics. 2014 ;15(1):709. Epub 2014 Aug 24.

Prostaglandins, Leukotrienes and Essential Fatty Acids (PLEFA) Volume 89, Issue 4, September 2013, Pages 179-187

Flaxseed enriched diet-mediated reduction in ovarian cancer severity is correlated to the reduction of prostaglandin E2 in laying hen ovaries

Erfan Eilatia et al.

<https://doi.org/10.1016/j.plefa.2013.08.001>

Paoi pereira & ovarian cancer

Pao pereira appears to help fight the hormonal based cancers.

Pharm Biol. 2014 Jan;52(1):36-43. doi: 10.3109/13880209.2013.808232. Epub 2013 Sep 13.

The plant extract of Pao pereira potentiates carboplatin effects against ovarian cancer.

Yu J1, Chen Q.

Rauwolfia & ovarian cancer

https://docs.google.com/document/u/0/d/1_yV48qaicUDK7mgUQiZCZeTUiHgBJkgCkjKfjY4ag7M/mobile

Rauwolfia & ovarian cancer

Rauwolfia appears to help fight ovarian cancer.

Curr Ther Res Clin Exp. 2013 Dec;75:8-14. doi: 10.1016/j.curtheres.2013.04.001.

Antitumor Activities of Rauwolfia vomitoria Extract and Potentiation of Carboplatin Effects Against Ovarian Cancer.

Yu J1, Ma Y1, Drisko J2, Chen Q1.

Cervical cancer

Indole-3 carbinol & cervical cancer

200-400mg of indole-3-carbinol daily (found in cabbage, broccoli, califlower, bok choy, and Brussel sprouts-the brassica vegetables) appeared to induce a complete regression of cervical cancer in nearly half of women in one study.

USDMC Maria Bell, MD meeting ACAM in Dallas

reported by Jonathan Wright in Townsend Letters for Doctors and Patients, July 2000 p. 139

Ginger & cervical cancer

Ginger inhibits cell growth and modulates angiogenic factors in ovarian cancer cells

Jennifer Rhode et al.

BMC Complement Altern Med. 2007; 7: 44. doi: 10.1186/1472-6882-7-44

<http://www.cancer.med.umich.edu/news/gingerovarian06.shtml>

Dr. Richard Becker with Cindy Becker, Your Health, #1542, Cancer Support Customer Appreciation, 03/17/17

Brain cancers

Turmeric (curcumin)

Turmeric with a little black pepper (curcumin), may be more effective than chemotherapy, radiation, or surgery for brain cancer.

Sayer JI greenmedinfo.com

Nutr Cancer. 2016 Aug-Sep;68(6):943-8. doi: 10.1080/01635581.2016.1187281. Epub 2016 Jun 24.

Intratumoral Concentrations and Effects of Orally Administered Micellar Curcuminoids in Glioblastoma Patients.

DÃ¼tzmann S. et al.

Investigating the therapeutic role and molecular biology of curcumin as a treatment for glioblastoma

Gregor A. Rodriguez, Ashish H. Shah, Zachary C. Gersey, Sumedh S. Shah, Amade Bregy, Ricardo J. Komotar, Regina M. Graham

Ther Adv Med Oncol. 2016 Jul; 8(4): 248â€“260. Published online 2016 Apr 25. doi:

10.1177/1758834016643518

<http://www.greenmedinfo.com/blog/spice-beats-chemo-radiation-surgery-brain-cancer-studies-suggest>

Ketogenic diet

Brain cancer may be very sugar dependent & eating a ketogenic (low carb) diet may help fight the cancer.

Chlorella

Chlorella might be more effective than other treatments against brain cancer.

Phytotherapy research 1990;4:220-231 Randall E. Merchant et al.

DCA

DCA appears to kill brain cancer cells, not healthy cells.

<http://www.cancer.org/treatment/treatmentsandsideeffects/complementaryandalternativemedicine/pharma>

Pancreatic cancer

Vegan

People who eat vegan may have lower pancreatic cancer rates.

Inositol IP6

Inositol IP6 may help increase killer T cells by 50% & fight melanoma and cancers of the pancreas, colon, breast, lung, liver, & prostate.

Cannabis

Cannabis and its cannabinoids (like THC & CBD) appear to help fight pancreatic cancer.

Cannabinoids Induce Apoptosis of Pancreatic Tumor Cells via Endoplasmic Reticulum

Stress-Related Genes

Arkaitz Carracedo, Meritxell Gironella, Mar Lorente, Stephane Garcia, Manuel Guzmán, Guillermo Velasco and Juan L. Iovanna

July 2006 Volume 66, Issue 13

DOI: 10.1158/0008-5472.CAN-06-0169 Published July 2006

Vitamin C

Injected, IV drip, or liposomal vitamin C may help fight pancreatic cancer.

http://www.naturalnews.com/039126_vitamin_C_chemotherapy_pancreatic_cancer.html

Liposomal curcumin

Liposomal curcumin may help fight pancreatic cancer.

Efficacy of liposomal curcumin in a human pancreatic tumor xenograft model: inhibition of tumor growth and angiogenesis.

Ranjan AP, Mukerjee A, Helson L, Gupta R, Vishwanatha JK.

Anticancer Res. 2013 Sep;33(9):3603-9.

Tripterygium wilfordii Hook F (TwHF) EA & T2

TwHF is a plant that grows in China that both lowers inflammation and suppresses T & B cell immune activity to help against rheumatoid arthritis. It also appears to help against pancreatic cancer & possibly pancreatitis.

World J Gastroenterol. 2008 Mar 14; 14(10): 1504-1509.

2008 Mar 14. doi: 10.3748/wjg.14.1504

Apoptosis of human pancreatic cancer cells induced by Triptolide

Guo-Xiong Zhou, Xiao-Ling Ding, Jie-Fei Huang, Hong Zhang, Sheng-Bao Wu, Jian-Ping Cheng, and Qun Wei

Triptolide Induces Pancreatic Cancer Cell Death via Inhibition of Heat Shock Protein 70

Phoebe A. Phillips et al.

doi: 10.1158/0008-5472.CAN-07-1077

Cancer Res October 1, 2007 67; 9407

Triptolide Induces Apoptosis and Inhibits the Growth and Angiogenesis of Human Pancreatic Cancer Cells by Downregulating COX-2 and VEGF

Ma, Jian-Xia; Sun, Yun-Liang; Wang, Yi-Qian; Wu, Hong-Yu; Jin, Jing; Yu, Xiao-Feng

Oncology Research Featuring Preclinical and Clinical Cancer Therapeutics, Volume 20, Number 8, 2012, pp. 359-368(10)

Su-Wen Yang et al, Am. J. Chin. Med. 39, 121 (2011). DOI: 10.1142/S0192415X11008695

In Vitro Synergistic Cytotoxic Effect of Triptolide Combined with Hydroxycamptothecin on Pancreatic Cancer Cells

Gastroenterology

Volume 139, Issue 2, August 2010, Pages 598-608

Nameeta Mujumdar et al.

Triptolide-induced Cell Death in Pancreatic Cancer Is Mediated by O-GlcNAc Modification of Transcription Factor Sp1*

Sulagna Banerjee

10.1074/jbc.M113.500983

The Journal of Biological Chemistry, 288, 33927-33938.

Esophageal cancer

In one Chinese study, esophageal cancer was higher with possibly untreated water, high or low salt intake (not moderate), and was lower with vinegar, beans, & vegetable intake.

Asian Pac J Cancer Prev. 2003 Apr-Jun;4(2):119-24.

Risk factors for oesophageal cancer in Linzhou, China: a case-control study.

Xibib S, Meilan H, Moller H, Evans HS, Dixin D, Wenjie D, Jianbang L.

Skin cancer

Eating organic foods exclusively may prevent skin cancer deaths. Nearly 80% of GMO crops may be engineered to survive being saturated with the herbicide glyphosate. A study encompassing both South America and Europe found glyphosate exposure may increase the development of aggressive skin cancer, as well as exposure to the fungicides mancozeb and/or maneb.

Nonorganic imported food may contain residue of pesticides, herbicides, and fungicides that are banned for toxicity here in the USA.

Occupational Exposure to Pesticides With Occupational Sun Exposure Increases the Risk for Cutaneous Melanoma.

Fortes C, Mastroeni S, Segatto M M, Hohmann C, Miligi L, Bakos L, Bonamigo R.

J Occup Environ Med. 2016 Apr;58(4):370-5. doi: 10.1097/JOM.0000000000000665.

Melanoma

Moles appear to be the #1 predictor for later melanoma, and multicolored, irregular shape, larger than eraser, & raised moles may be the most dangerous.

Men only- daily aspirin associated 2x melanoma risk (still helps prevent heart attacks and other cancers)

BRAF mutated melanomas – vemurafenib, trametinib, & dabrafenib

Basal & squamous skin cancers

TNF blockers may increase nonmelanoma skin cancers

BCCs on ear at least 25% more aggressive

5-aminolevulinic acid photodynamic therapy for basal cell carcinomas (debulking & dms0 5min) 1st

Moh's may be the most effective surgery

Nicotinamide (NAA), also known as niacinamide showed a 23 reduction when taken orally 2x a day, likely far greater reduction using it as a cream as well as orally.

Starr P. Oral Nicotinamide Prevents Common Skin Cancers in High-Risk Patients, Reduces Costs.

American Health & Drug Benefits. 2015;8(Spec Issue):13-14.

BEC eggplant extract may help reduce skin cancer significantly.

DMSO & vit C may work topically for basal cell carcinoma.

All skin cancers

Chemical peels aft UV overexposure may impede tumor growth.

Astaxanthin taken with a meal (by mouth) appears to stop sunburns and help prevent skin cancer.

Inositol

Green tea

Spirulina with a vegetable
Vitamin D3 4000 IU with a meal (fat soluble)
Chaga & shitake mushroom
Grape seed extract
Milk thistle
PDT photodynamic therapy may be 14% better than cryotherapy

Topical cancer treatments

D-limonene appears to be a topical cancer treatment, as well as nascent iodine, coconut oil, DMSO, and boswellia. BEC, an eggplant extract, appears to treat most non melanoma skin cancers. DMSO mixes with half of all chemicals and takes them through the skin barrier readily. DMSO seems to concentrate at cancer sites in the body, as does MSM, its powder derivative, making it a good carrier.

Liver cancer

Causes

Triclosan, the antibacterial in a lot of soaps, appears to be toxic to the liver in mice and to increase cancer of the liver.

Yueh MF, Taniguchi K, Chen S, Evans RM, Hammock BD, Karin M, Tukey RH. "The commonly used antimicrobial additive triclosan is a liver tumor promoter." Proc Natl Acad Sci U S A. 2014 Dec 2;111(48):17200-5.

Coffee & liver cancer

Coffee has been associated with lower liver cancer levels in studies. A 2007 meta-analysis found an increase in consumption of two cups of coffee per day was associated with a 43 percent reduced risk of liver cancer. It also appears to slow down the progression of liver disease to cirrhosis, helps people with hepatitis C, and lowers the risk of death in people with cirrhosis.

Coffee Consumption and Risk of Liver Cancer: A Meta-Analysis

Susanna C. Larssoncorrespondenceemail, Alicja Wolk

Division of Nutritional Epidemiology, The National Institute of Environmental Medicine, Karolinska Institutet, Stockholm, Sweden

Received: January 26, 2007; Accepted: March 8, 2007; Published Online: March 04, 2014

Article has an altmetric score of 131

DOI: <http://dx.doi.org/10.1053/j.gastro.2007.03.044>

Impact of coffee on liver diseases: a systematic review

Sammy Saab et al.

DOI: 10.1111/liv.12304

Liver International Volume 34, Issue 4, pages 495-504, April 2014

Spirulina- DHA omega 3 fatty acid & the liver

Fatty liver disease is often associated with obesity, alcohol and sugar, especially high fructose corn syrup and can cause inflammation, oxidative stress, and fibrosis that can lead to liver damage and failure. Treatments are to avoid alcohol and sugar, especially high fructose corn syrup and to lose weight, all of which appear to halt/reduce/reverse fatty liver disease.

DHA is an omega3 fatty acid found in fish (as is EPA) that eat the algae spirulina. DHA appears to prevent liver damage/hepatic steatosis (1,5,7,8,9), increase insulin sensitivity (5,8), and to significantly reduce inflammation, oxidative stress, and fibrosis in mice who had fatty liver disease (2). DHA also appeared to prevented necroinflammatory liver injury in mice (3). In human studies (adults (4) and

children (6)) DHA & EPA appeared to reduce fatty liver (4,5), improve insulin sensitivity (6), and prevent liver damage (10) in patients with non-alcoholic fatty liver disease (NAFLD).

The importance of this is significant, as many treatments for fatty liver disease rely on weight loss to reduce or reverse the fatty liver disease. To find DHA stops the damage from fatty liver disease gives doctors a different way to help people protect themselves from further damage even if they can't immediately lose enough weight to reverse the fatty liver disease.

DHA & EPA fatty acids may also work as strong as prescription antidepressants in improving mood, increase concentration/memory/test scores, and reduce schizophrenic episodes twice as well as prescription antipsychotics, and also help ADHD, autism, and bipolar disorder. They may also lower LDL, blood pressure and high triglyceride levels in the blood and reduce inflammation in arthritis. Organic spirulina is inexpensive in both powder or wafer (tablet) form. I have found that it needs to be eaten in a meal with a vegetable in order to be fully usable. DHA is also available as a spirulina extract, and in fish oil (much more expensive).

Depner CM, Traber MG, Bobe G, Kensicki E, Bohren KM, Milne G, et al. (2013) A Metabolomic Analysis of Omega-3 Fatty Acid-Mediated Attenuation of Western Diet-Induced Nonalcoholic Steatohepatitis in LDLR^{-/-} Mice. PLoS ONE 8(12): e83756. doi:10.1371/journal.pone.0083756
J Nutr. 2013 Mar;143(3):315-23. doi: 10.3945/jn.112.171322. Epub 2013 Jan 9.

Docosahexaenoic acid attenuates hepatic inflammation, oxidative stress, and fibrosis without decreasing hepatosteatosis in a Ldlr^(-/-) mouse model of western diet-induced nonalcoholic steatohepatitis.

Depner CM, Philbrick KA, Jump DB

Docosahexaenoic acid (DHA) blunts liver injury by conversion to protective lipid mediators: protectin D1 and 17S-hydroxy-DHA

Ana González-Pérez et al.

The FASEB Journal December 2006 vol. 20 no. 14 2537-2539

doi: 10.1096/fj.06-6250fje

Hepatology. 2014 Oct;60(4):1211-21.

Effects of purified eicosapentaenoic and docosahexaenoic acids in nonalcoholic fatty liver disease: results from the Welcome* study.

Scorletti E, Bhatia L, McCormick KG, Clough GF, Nash K, Hodson L, Moyses HE, Calder PC, Byrne CD; WELCOME Study.

Obesity-induced insulin resistance and hepatic steatosis are alleviated by ω -3 fatty acids: a role for resolvins and protectins

Ana González-Pérez et al.

doi: 10.1096/fj.08-125674

The FASEB Journal June 2009 vol. 23 no. 6 1946-1957

Docosahexaenoic acid supplementation decreases liver fat content in children with non-alcoholic fatty liver disease: double-blind randomised controlled clinical trial

Valerio Nobili et al.

Arch Dis Child doi:10.1136/adc.2010.192401

ω -3 Fatty Acids Prevent Hepatic Steatosis, Independent of PPAR- δ Activity, in a Murine Model of Parenteral Nutrition-Associated Liver Disease

Esther Prince, MD et al.

doi: 10.1177/0148607113491436

JPEN J Parenter Enteral Nutr July 2014 vol. 38 no. 5 608-616

Polyunsaturated fatty acids ameliorate hepatic steatosis in obese mice by SREBP-1 suppression

Motohiro Sekiya et al.

Hepatology Volume 38, Issue 6 December 2003 Pages 1529-1539

Pediatric Research (2005) 57, 445-452; doi:10.1203/01.PDR.0000153672.43030.75

Omega-3 Fatty Acid Supplementation Prevents Hepatic Steatosis in a Murine Model of Nonalcoholic Fatty Liver Disease

Ian P J Alwayn et al.

P T. 2008 May; 33(5): 271-303.

PMCID: PMC2683599

Omega-3-acid Ethyl Esters (Lovaza) For Severe Hypertriglyceridemia

Renee R. Koski, PharmD, CACP

Prolonged n-3 polyunsaturated fatty acid supplementation ameliorates hepatic steatosis in patients with non-alcoholic fatty liver disease: a pilot study

M. CAPANNI et al.

Alimentary Pharmacology & Therapeutics

Volume 23, Issue 8, pages 1143-1151, April 2006

<http://onlinelibrary.wiley.com/doi/10.1002/mnfr.200700399/abstract>

http://journals.lww.com/jcge/Abstract/2008/04000/Highly_Purified_Eicosapentaenoic_Acid_Treatment.17.a

Aspirin & liver cancer

Aspirin usage was associated with a 37% reduction in liver cancer for people with hepatitis B in one study.

American Association for the Study of Liver Diseases (AASLD). "Can an aspirin a day keep liver cancer away?" ScienceDaily. ScienceDaily, 20 October 2017.

<www.sciencedaily.com/releases/2017/10/171020093040.htm>.

Colon cancer

Colon cancer tests

Cologuard may detect up to 90% of colon cancers vs up to 75% for FIT tests.

Early colon cancer?

Unexpected weight loss, abdominal pain, rectal bleeding, diarrhea and iron-deficiency anemia, appear to be early signs of often high sugar induced colon cancer.

Cassandra D L Fritz, MD, MPHS and others, Red-flag signs and symptoms for earlier diagnosis of early-onset colorectal cancer, JNCI: Journal of the National Cancer Institute, Volume 115, Issue 8, August 2023, Pages 909-916, <https://doi.org/10.1093/jnci/djad068> sciencenews.org/article/young-adults-50-colorectal-cancer-warning

Colon cancer risk, fiber, & laxatives

There may be a 50% less colorectal cancer risk if fiber is used as a laxative, & a 50% higher risk if a nonfiber laxative is used.

Coffee & colon cancer

Drinking four cups of coffee a day may reduce deaths from or recurrence of colon cancer by 50%.

Researchers think its the caffeine. Aspirin use was not controlled for but has not been associated with coffee drinking.

Aspirin and COX-2 inhibitor use in patients with stage III colon cancer.

Ng K et al.

J Natl Cancer Inst. 2014 Nov 27;107(1):345. doi: 10.1093/jnci/dju345. Print 2015 Jan.

Coffee Intake, Recurrence, and Mortality in Stage III Colon Cancer: Results From CALGB 89803 (Alliance)

Brendan J. Guercio

JCO August 17, 2015 JCO.2015.61.5062

doi: 10.1200/JCO.2015.61.5062

Nuts and colon cancer

One study found over a 50% drop in death from colon cancer from people who ate tree nuts like walnuts or almonds or cashews (not peanuts which are legumes) vs people who didn't who had stage three cancer and were treated by surgery & chemotherapy over the next 6.5 years..

Fadelu T, Niedzwiecki D, Zhang S, et al. Nut consumption and survival in stage III colon cancer patients: Results from CALGB 89803 (Alliance). J Clin Oncol 34, 2017 (suppl; abstr 3517).

[Can cashews keep colon cancer patients alive? Study says yes " but cautions abound](#)

▪
<http://www.reuters.com/article/us-health-cancer-nuts-idUSKCN18D2P8>

Medicinal mushrooms and colon cancer

Medicinal mushrooms (must be cooked) appear to reduce colon cancer.

Long-term effect of 5-fluorouracil enhanced by intermittent administration of polysaccharide K after curative resection of colon cancer

A randomized controlled trial for 7-year follow-up

Katsuki Ito , Hiroaki Nakazato, Akihiko Koike, Hiroshi Takagi, Shigetoyo Saji, Shozo Baba, Masayoshi Mai, Jun-ichi Sakamoto, Yasuo Ohashi

International Journal of Colorectal Disease March 2004, Volume 19, Issue 2, pp 157-164

Efficacy of adjuvant Immunochemotherapy with polysaccharide K for patients with curatively resected colorectal cancer: a meta-analysis of centrally randomized controlled clinical trials

Junichi Sakamoto , Satoshi Morita, Koji Oba, Takanori Matsui, Michiya Kobayashi, Hiroaki Nakazato, Yasuo Ohashi, Meta-Analysis Group of the Japanese Society for Cancer of the Colon Rectum Cancer Immunology, Immunotherapy April 2006, Volume 55, Issue 4, pp 404-411

Flaxseeds and colon cancer

Unheated freshly ground organic flaxseeds appear to reduce colon cancer. Heating turns the polyunsaturated fats to formaldehyde. Combining it with vegetables for the sulfur or MSM (sulfur) is part of the Budwig diet cancer treatment protocol.

cancertutor.com/budwig/

Chemopreventive effects of dietary flaxseed on colon tumor development.

Nutr Cancer. 2006;54(2):216-22. PMID: 16898866

Ajay Bommareddy, Bhanu L Arasada, Duane P Mathees, Chandradhar Dwivedi

Inhibition of cell proliferation and induction of apoptosis of human colon cancer Caco-2 cells by alpha-linolenic acid and lignans present in flaxseed

Ajay Bommareddy, Xiaoying Zhang, Dustin Schrader, Radhey Kaushik and Chandradhar Dwivedi
AACR May 2007 Volume 67, Issue 9

Mistletoe

Mistletoe extract may help stop colon cancer.

bmccancer.biomedcentral.com/articles/10.1186/1471-2407-9-451

Ostermann, T., Raak, C. & BÅ¼ssing, A. Survival of cancer patients treated with mistletoe extract (Iscador): a systematic literature review. BMC Cancer 9, 451 (2009). <https://doi.org/10.1186/1471-2407-9-451>

bottomlinehealth.com/mistletoe-extract-helps-fight-cancer/
hub.jhu.edu/magazine/2014/spring/mistletoe-therapy-cancer

Fluoropyrimidine medication & colon cancer

Taking fluorouracil at night is best against breast & colon cancer, it works better w/less SE on healthy GI tract

Oral flouropyrimidines increase survival in people with colon cancer.

Capecitabine and oxaliplatin better outcomes & less side effects than capecitabine and irinotecan.

Irinotecan or bevacizumab donâ€™t seem to improve outcomes in other combinations as well, sometimes makes outcomes worse, and irinotecan causes steatohepatitis. Oxaliplatin & FOLFOX/FOLFIRI are the most effective chemo agent. 5-FU +/- oxaliplatin are best.

Also, KRAS/NRAS/BRAF gene mutations cause antiepidermal growth factor receptor (EGFR) monoclonal

antibodies cetuximab and panitumumab to be ineffective or harmful.

Adjuvant chemotherapy for resected colorectal cancer metastases: literature review and meta-analysis

Giovanni Brandi, Stefania De Lorenzo, Margherita Nannini, Stefania Curti, Marta Ottone, Filippo Gustavo Dallâ€™Olio,

Maria Aurelia Barbera, Maria Abbondanza Pantaleo, Guido Biasco

World J Gastroenterol 2016 January 14; 22(2): 519-533

The 2009 Japanese guideline recommends oral uracil-tegafur (UFT) and capecitabine (best in studies), in addition to 5-fluorouracil (5-FU)/leucovorin (LV), as adjuvant therapy for colorectal cancer.

Ongoing Colorectal Cancer Adjuvant Trials in Japan

Toshiaki Watanabe

Current Colorectal Cancer Reports July 2010, Volume 6, Issue 3, pp 168-174

To widen the setting of cancer patients who could benefit from metronomic capecitabine

Margherita Nannini, Elisabetta Nobili, Roberto Di Cicilia, Giovanni Brandi, Alessandra Maleddu, Maria A. Pantaleo, Guido Biasco

Cancer Chemotherapy and Pharmacology June 2009, 64:189

Adjuvant Therapy with Oral Fluoropyrimidines as Main Chemotherapeutic Agents After Curative Resection for Colorectal Cancer: Individual Patient Data Meta-analysis of Randomized Trials

Junichi Sakamoto et al.

Jpn. J. Clin. Oncol. (1999) 29 (2): 78-86.

doi: 10.1093/jjco/29.2.78

Does anti-EGFR therapy improve outcome in advanced colorectal cancer? A systematic review and meta-analysis

Claire L. Valea et al.

Cancer Treatment Reviews Volume 38, Issue 6, October 2012, Pages 618â€“625

anti-EGFR monoclonal antibodies (MAb)

â€œFor aCRC patients with WT KRAS, there are clear benefits of anti-EGFR MAbs in the third line and

in the first and second line, when used alongside infusional 5FU-based regimens. However, there is no benefit for patients with KRAS mutations.â€

In one review these chemotherapies only increased survival if the cancer was 10-15cm from the anal verge.

Adjuvant chemotherapy after preoperative (chemo)radiotherapy and surgery for patients with rectal cancer: a systematic review and meta-analysis of individual patient data

Anne J Breugom et al.

The Lancet Oncology Volume 16, Issue 2, February 2015, Pages 200â€“207

Lung cancer

Quit smoking urge

People may feel a sudden urge to quit smoking six months before aggressive small cell cancer & three years before aggressive large cell cancer.

B vitamins & lung cancer

In one study, taking 20mg of B6 increased lung cancer 300% and 55mg of vitamin B12 by 400% in men only.

J Clin Oncol. 2017 Oct 20;35(30):3440-3448. doi: 10.1200/JCO.2017.72.7735. Epub 2017 Aug 22.

Long-Term, Supplemental, One-Carbon Metabolism-Related Vitamin B Use in Relation to Lung Cancer Risk in the Vitamins and Lifestyle (VITAL) Cohort.

Brasky TM, White E, Chen CL.

The Ohio State University Comprehensive Cancer Center. â€œClear link between heavy vitamin B intake and lung cancer: Long-term use of high-dose supplements more than triple risk in male smokers.â€ ScienceDaily. ScienceDaily, 22 August 2017.

<www.sciencedaily.com/releases/2017/08/170822175515.htm>.

Flaxseed & lung cancer

Organic freshly ground flaxseed taken with or before a meal appears to help stop lung cancer.

(n-3) Fatty Acids and Cancer Therapy

W. Elaine Hardman

J. Nutr. December 1, 2004

vol. 134 no. 12 3427S-3430S

EGFR mutation lung cancer resistance

For the 12% of lung cancer patients with an EGFR mutation, Tagrisso + Erbitux + Herceptin in combination may prevent relapse that happens with Tagrisso or Tagrisso + Erbitux alone.

A Combination Of Approved Antibodies Overcomes Resistance Of Lung Cancer To Osimertinib By Blocking Bypass Pathways

Donatella Romaniello, Luigi Mazzeo, Maicol Mancini, Ilaria Marrocco, Ashish Noronha, Matthew S Kreitman, Swati Srivastava, Soma Ghosh, Moshit Lindzen, Tomer M Salame, Amir Onn, Jair Bar and Yosef Yarden

Clin Cancer Res July 2 2018 DOI: 10.1158/1078-0432.CCR-18-0450

The effectiveness of chemotherapy

Chemotherapy appears to cause prostate, breast, and ovarian cells to produce a chemical called WNT16B that triggers cancer cell growth proliferation and makes cancer cells immune to

chemotherapy.

Treatment-induced damage to the tumor microenvironment promotes prostate cancer therapy resistance through WNT16B

Yu Sun et al.

Nature Medicine

18, 1359-1368 (2012) doi:10.1038/nm.2890

<https://www.fredhutch.org/en/news/releases/2012/08/researchers-discover-new-mechanism-behind-resistance-to-cancer-t.html>

Cancer cells typically grow very fast compared to most other cells in the body. Traditional chemotherapy is not specifically targeted biochemically for any individual cancer, but instead is a substance so toxic it kills all fast growing cells in the body. This often shrinks tumors but also kills fast growing healthy cells in many parts of the body, including the taste buds & cells in our organs. So the effectiveness of chemotherapy is determined by how much it reduces tumors vs how many cells it kills in our organs. Because chemotherapy has such toxic effects on the rest of the body, the chemotherapy may often reduce tumor size but kill the cancer patient. Chemotherapy appears to only increase longevity to five years survival with some types of leukemias, some types of Hodgkin's disease detected early enough, and testicular cancer. Overall chemotherapy may only increase five year survival in 2% of cancers. Cancer may frequently become immune to subsequent rounds of chemotherapy. Chemotherapy may too often damage the immune system as well. So the tumors shrink & the cancer goes into remission temporarily, but then if the immune system is damaged when the cancer comes back it may kill the patient very quickly, finding little resistance. With at least prostate, breast, and ovarian cancers chemotherapy appears to make our bodies secrete chemicals that makes tumors grow & become resistant to further treatment.

So the question to ask your doctor is- is the treatment the traditional chemotherapy that kills the fastest growing cells in the body (including the healthy ones), or is it a targeted drug treatment against your specific type of cancer that doesn't attack healthy fast growing cells? If it is traditional chemotherapy, it only works against some of the three cancers stated above. Ask your doctor what the five year survival improvement is in the drug s/he is suggesting for your specific type of cancer. If the doctor can't give evidence of an increased survival rate, ask the doctor what the negative side effects of the drug are & why if the drug doesn't increase your chances of living longer would the side effects be worth it?

Repeat studies appear to find that traditional toxic chemotherapy not only help increase survival significantly for only 2-3% of patients, but increase mortality for people with some types of cancer (like lung in one study).

The MD Emperor Has No Clothes by Peter Glidden, MD

The contribution of cytotoxic chemotherapy to 5-year survival in adult malignancies.

Morgan G, Ward R, Barton M.

Clin Oncol (R Coll Radiol). 2004 Dec;16(8):549-60.

Chemotherapy Use, Performance Status, and Quality of Life at the End of Life

Holly G. Prigerson et al.

JAMA Oncol. 2015;1(6):778-784. doi:10.1001/jamaoncol.2015.2378.

Blanke CD and Fromme EK. Chemotherapy near the end of life: First and third and fourth (line) do no harm. JAMA Oncol 2015 Jul 23; [e-pub]. (<http://dx.doi.org/10.1001/jamaoncol.2015.2379>)

<http://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2880%2991066-1/abstract>

[Study: Chemotherapy Increases Cancer Growth and Cancer Cell Resistance to Treatment](#)

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<http://www.thetruthseeker.co.uk/?p=111002>

http://www.naturalnews.com/048827_chemotherapy_cancer_treatment_patient_survival.html

Chemotherapy & quality of life (QOL)

People who got systemic chemotherapy reported a significantly lower QOL than people who got no systemic chemotherapy.

Quality of Life of Long-Term Survivors of Breast Cancer and Lymphoma Treated With Standard-Dose Chemotherapy or Local Therapy

Tim A. Ahles et al.

doi: 10.1200/JCO.2005.03.343

JCO July 1, 2005 vol. 23 no. 19 4399-4405

Chemotherapy & brain damage

Chemotherapy may also attack brain cells & can reduce cognitive function. A large number of patients & studies in multiple meta-analyses found consistent cognitive impairment in people after chemotherapy. Smaller grey matter in the brain, memory dysfunction, cognitive complaints, and oxidative DNA damage are common in people who've had chemotherapy. Cognition appears to be worst with longer duration of chemotherapy and chemotherapy for lymphomas.

The nature and severity of cognitive impairment associated with adjuvant chemotherapy in women with breast cancer: A meta-analysis of the current literature

Marina G. Falletia et al.

Brain and Cognition

Volume 59, Issue 1, October 2005, Pages 60-70

doi:10.1016/j.bandc.2005.05.001

Alterations in brain structure and function in breast cancer survivors: effect of post-chemotherapy interval and relation to oxidative DNA damage

Susan K. Conroy et al.

Breast Cancer Research and Treatment January 2013, Volume 137, Issue 2, pp 493-502

A meta-analysis of the effects of chemotherapy on cognition in patients with cancer

Kristy D. Hodgson et al.

Cancer Treatment Reviews Volume 39, Issue 3, May 2013, Pages 297-304

Meta-Analysis of Cognitive Functioning in Breast Cancer Survivors Previously Treated With Standard-Dose Chemotherapy

Heather S.L. Jim et al.

doi: 10.1200/JCO.2011.39.5640

JCO October 10, 2012 vol. 30 no. 29 3578-3587

Neuropsychological effects of treatments for adults with cancer: A meta-analysis and review of the literature

Cay Anderson-Hanley et al.

Journal of the International Neuropsychological Society Volume 9 Issue 07 November 2003, pp 967-982

DOI: <http://dx.doi.org/10.1017/S1355617703970019>

A Meta-Analysis of the Neuropsychological Effects of Adjuvant Chemotherapy Treatment in Women

Treated for Breast Cancer

Angela Stewarta, Catherine Bielajewa*, Barbara Collinsb, Matthew Parkinsona & Eva Tomiakc

The Clinical Neuropsychologist Volume 20, Issue 1, 2006 pages 76-89

DOI: 10.1080/138540491005875

A meta-analysis of the neuropsychological sequelae of chemotherapy-only treatment for pediatric acute lymphoblastic leukemia

Catherine C. Peterson et al.

DOI: 10.1002/pbc.21544

Pediatric Blood & Cancer Volume 51, Issue 1, pages 99-104, July 2008

Changes in Brain Structural Networks and Cognitive Functions in Testicular Cancer Patients Receiving Cisplatin-Based Chemotherapy™, Journal of the National Cancer Institute (2017), doi:

<https://doi.org/10.1093/jnci/djx085>

Cognitive-behavioral therapy (CBT)

CBT may help people recover from chemotherapy induced cognitive impairment.

Cognitive-behavioral management of chemotherapy-related cognitive change

Robert J. Ferguson et al.

DOI: 10.1002/pon.1133

Psycho-Oncology Volume 16, Issue 8, pages 772-777, August 2007

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Chemo-brain treatments

Anti-inflammatories like turmeric (curcumin), ginger, astaxanthin, bromelain, boswellia (frankincense) appear to reduce pain & speed up healing of the organs affected by chemotherapy, including the brain.

Turmeric also appears to improve mood in some people, and ginger may reduce nausea & sometimes stomach upset.

Spirulina is the source for EPA & DHA omega3 fatty acids found in fish & added to every almost baby formula because it improves concentration and mood.

Acetyl-L-Carnitine & L-Carnitine is an amino acid that appears to improve concentration, mood, and energy.

Huperzine is an herb that may increase choline in the brain, increasing concentration.

Taking vitamin B complex (methyl or coenzyme may work best) may increase concentration.

How well do the "new" cancer drugs work?

It appears not so well, when they are even tested to see if they improve survival. In a review of 71 drugs approved by the FDA between 2002-2014, only 42% showed clinically significant benefit, and the average for these often \$10,000 per month drugs (now often much more) was 2.3 months increased survival, and that meager benefit is often with studies rife with poor designs & controls. Since drug companies are beginning to ask for \$10,000 a month (or more) for many new drugs, this runs to \$60,000-\$100,000 for six months treatment.

Why do cancer drugs get such an easy ride?

Donald W Light, Joel Lexchin

BMJ 2015; 350 doi: <http://dx.doi.org/10.1136/bmj.h2068>

Asymmetric Thinking about Return on Investment

David A. Asch, M.D., Mark V. Pauly, Ph.D., and Ralph W. Muller, M.A.

N Engl J Med 2016; 374:606-608 February 18, 2016 DOI: 10.1056/NEJMp151229

Chemotherapy, yes or no?

The key with the chemotherapies or the new cancer drugs is to ask, what does the outcome research say for this specific drug for this specific cancer? What is the average lifespan extension? The question is not about whether the drugs shrink tumors. Lots of drugs including chemo drugs shrink tumors temporarily before the cancer becomes immune to them. Because the drugs may also often suppress or damage the immune system the cancer may come back very quickly & takes over with no resistance.

The decision, as always, should be based on side effects, cost, & how much longer people live extra from the treatment. Taking astaxanthin/organic turmeric/organic ginger/bromelain/boswellia anti-inflammatories, vitamin D3, organic medicinal mushrooms, probiotics, liposomal C, milk thistle, and spirulina are inexpensive, appear to have low/little/no side effects for most, and appear to have great outcome research against cancer.

How to make traditional chemotherapy far more effective & far less toxic

Test them first-

In Germany all cancer patients get their cancer cells biopsied and cultured and they test multiple chemotherapies & drugs to see which kill your specific cancer cells the best. Then they only use drugs found most successful against your specific cancer. This method was able in one study to predict with 100% accuracy which drugs would not work, and 88% accuracy which drugs would work against the cancer.

<https://www.icr.ac.uk/news-archive/growing-replica-tumours-in-the-lab-could-personalise-drug-treatment-for-each-patient>

Vlachogiannis, Georgios & Hedayat, Somaieh & Vatsiou, Alexandra & Jamin, Yann & Fernández-Mateos, Javier & Khan, Khurum & Lampis, Andrea & Eason, Katherine & Huntingford, Ian & Burke, Rosemary & Rata, Mihaela & Koh, Dow-Mu & Tunariu, Nina & Collins, David & Wilson, Sanna & Ragulan, Chanthirika & Spiteri, Inmaculada & Moorcraft, Sing Yu & Chau, Ian & Valeri, Nicola. (2018). Patient-derived organoids model treatment response of metastatic gastrointestinal cancers. *Science*. 359. 920-926. 10.1126/science.aao2774.

Use insulin to make cancer vulnerable-

Most cancers appear sugar dependent. Cancer may grow fastest when it has a lot of sugar for energy. Cancer protects itself against the immune system, only exposing itself when it senses sugar is available to feed on. Getting an insulin injection right before chemotherapy has been reported to make the cancers far more vulnerable to the drugs as the cancer opens itself up to what it thinks is a sugar surge, requiring far lower doses of chemo to get the same tumor killing effect, saving much of the healthy cells & organs from chemotherapy's damaging effects.

Mix with DMSO-

It has also been reported that the anti-inflammatory solvent DMSO has a high affinity for tumors & cancer cells, congregating there when injected and lowering cancer metastasis. Because as a solvent DMSO can mix with half of all chemicals, finding out which of the chemotherapies that worked best to kill your individual cancer that also can be mixed and injected with DMSO may increase the targeting of the chemotherapy to the cancer cells and tumors & reduce the exposure of healthy organs to the chemotherapy. So testing to see which chemotherapy agent kills your cancer cells the best, which of those will mix with DMSO, and injecting insulin right before the effective chemotherapy/DMSO mix should require far less of the toxic chemotherapy drug, should maximize its concentration at & effectiveness against the tumor & cancer cells, and minimize its concentration at & effects on your healthy organs.

Dimethyl sulfoxide activates tumor necrosis factor $\hat{\pm}$ -p53 mediated apoptosis and down regulates D-

fructose-6-phosphate-2-kinase and lactate dehydrogenase-5 in Dalton's lymphoma in vivo.
Koiri RK, Trigun SK.

Leuk Res. 2011 Jul;35(7):950-6. doi: 10.1016/j.leukres.2010.12.029. Epub 2011 Jan 26.

Methyl Sulfone Induces Loss of Metastatic Properties and Reemergence of Normal Phenotypes in a Metastatic Cloudman S-91 (M3) Murine Melanoma Cell Line

Joan McIntyre Caron, Marissa Bannon, Lindsay Rosshirt, Jessica Luis, Luke Monteagudo, John M. Caron, Gerson Marc Sternstein

PLoS ONE August 2010 | Volume 5 | Issue 8 | e11788

http://science.naturalnews.com/dimethyl_sulphoxide.htmlcancer.tutor.com/dmsol

http://www.naturalnews.com/046356_DMSO_cancer_treatment_cell_apoptosis.html

Use in the evening-

There's some evidence that giving chemotherapy in the evening works best.

Chemotherapy & kidney function

Cordyceps mushrooms may help to protect and preserve kidney function, essential when taking toxic chemotherapy drugs.

Baking soda may help kidney function if stressed or damaged. Baking soda is used to treat many poisonings or overdoses involving drugs that block voltage-gated sodium channels including benzotropines (valium), cyclic antidepressants (amitriptyline), organophosphates, methanol, diphenhydramine (Benedryl), beta blockers (propranolol), barbiturates, salicylates (Aspirin), cocaine, quinidine, procainamide, flecainide, mexiletine, and bupivacaine- helping to stop intraventricular conduction defects, myocardial depression, bradycardia, and ventricular arrhythmias. Oncology doctors use it to mitigate the effects of toxic chemotherapy drugs.

drsircus.com/sodium-bicarbonate-baking-soda/healing-the-kidneys-with-sodium-bicarbonate/

Anemia meds

Anemia meds often taken by kidney dialysis patients may increase death rate, cancer progression, deep vein bloodclots, & heart damage.

Chemotherapy & liver function

Because the liver also helps to get rid of some toxic chemotherapies, anything that helps liver function & recovery may help lower the damage from toxic chemotherapy. Coffee may lower liver cancer, help stop liver disease, help lower the damage from hepatitis C, and lowers deaths from cirrhosis. Milk thistle may help the liver get rid of toxins, protect the liver & help the liver recover from injury, and to kill cancer cells. Omega3 fatty acids (DHA & EPA) found in spirulina (taken with a vegetable) may protect the liver and help to kill cancer cells as well.

Chemotherapy and appetite

Because chemotherapy can kill taste buds and cells in the digestive tract, people going through chemotherapy often lose their appetite and can feel nauseous after treatment. Foods they used to love now can taste metallic. What may help are anti-nauseants like ginger, which as an anti-inflammatory may help protect & heal faster from chemotherapy as well as helping to kill the cancer. Turmeric (with a little black pepper) or curcumin extract is an anti-inflammatory that may help protect & heal the body while killing cancer cells and also boosts mood in many people. Astaxanthin is an algae extract (must be taken with food-fat soluble) that also is an anti-inflammatory and anticancer and doesn't appear to thin the blood (less worry during surgery) and may speed healing. Bromelain is a pineapple extract

that may protect against chemotherapy's effects as well as boswellia (frankincense).

Many people taking turmeric & ginger throughout their cancer treatment have far less or no pain & appetite loss from chemotherapy, depending on how much turmeric & ginger they take (and astaxanthin, bromelain, boswellia). Ironically & sadly, doctors often suggest their patients stop all treatments other than the chemotherapy or radiation. So the patient ends up in much greater pain & nausea and stops their chemotherapy or radiation treatments early. If the doctor had worked with the patient, oftentimes the side effects of chemotherapy or radiation therapy are reduced enough to get an extra round of treatment.

While taking chemotherapy it may be a good time to try new foods or foods people didn't like as much before, because the key to eating is finding foods that taste ok. They won't be permanent, and by not trying to keep eating the usual foods it prevents people associating nausea with the foods they like. Once chemotherapy is over and tastes start to change is a good time to reintroduce the previously favorite foods.

Antioxidant activity of ginger extract as a daily supplement in cancer patients receiving adjuvant chemotherapy: a pilot study.

Danwilai K, Konmun J, Sripanidkulchai B, Subongkot S

Cancer Manag Res. 2017 Jan 31;9:11-18. doi: 10.2147/CMAR.S124016. eCollection 2017.

A review of the gastroprotective effects of ginger (*Zingiber officinale* Roscoe).

Haniadka R, Saldanha E, Sunita V, Palatty PL, Fayad R, Baliga MS.

Food Funct. 2013 Jun;4(6):845-55. doi: 10.1039/c3fo30337c. Epub 2013 Apr 24.

The Effectiveness of Ginger in the Prevention of Nausea and Vomiting during Pregnancy and Chemotherapy.

Lete I, Allu J.

Integr Med Insights. 2016 Mar 31;11:11-7. doi: 10.4137/IMI.S36273. eCollection 2016.

Immunotherapy

Survival can be multiple times longer & side effects less when given in the morning, usually checkpoint inhibitors.

theepochtimes.com/health/when-is-the-best-time-to-fight-cancer_5118072.html

MGN-3 (BRM4, Biobran, Lentin Plus, Ribraxx)

MGN-3 is a product of rice bran treated with three mushroom extracts that appears to boost the immune system against viral infections, cancer, & reduce side effects from harsher cancer treatments.

Here is a good summary & medical journal study references from the Sloan Kettering Institute.

mskcc.org/cancer-care/integrative-medicine/herbs/mgn-3

Ooi SL, McMullen D, Golombick T, Nut D, Pak SC. Evidence-Based Review of BioBran/MGN-3

Arabinoxylan Compound as a Complementary Therapy for Conventional Cancer Treatment. Integr Cancer Ther. 2018 Jun;17(2):165-178. doi: 10.1177/1534735417735379. Epub 2017 Oct 17. PMID: 29037071; PMCID: PMC6041933. ncbi.nlm.nih.gov/pmc/articles/PMC6041933/

Elsaid AF, Agrawal S, Agrawal A, Ghoneum M. Dietary Supplementation with Biobran/MGN-3 Increases Innate Resistance and Reduces the Incidence of Influenza-like Illnesses in Elderly Subjects: A Randomized, Double-Blind, Placebo-Controlled Pilot Clinical Trial. Nutrients. 2021 Nov

19;13(11):4133. doi: 10.3390/nu13114133. PMID: 34836388; PMCID: PMC8618540.

ncbi.nlm.nih.gov/pmc/articles/PMC8618540/

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