

# **Leonard Rosenbaum's Pocket Book for the Cancer Patient**

By Leonard Rosenbaum

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# Chapter 1

## HERBS FOR CANCER

By Leonard Rosenbaum

(For more information on herbs, DonnieYance.com; [www.herbs-info.com/anticancer-herbs.html](http://www.herbs-info.com/anticancer-herbs.html))

**ARTEMISININ** (*Artemisia annua* L./artemisinin annua/ART/arte)— Artemisinin may be the single most cancer-healing herb.

**MECHANISMS OF ACTION:** Artemisinin is antiangiogenic and triggers apoptosis.

**EFFICACY:** "It can be quite miraculous... I've never seen anything work like it in all my years of working with cancer" (DonnieYance.com, at <http://bbsradio.com/podcast/temple-health-radio-show-november-28-2015>). "With the exception of patients very near death, taking artemisinin or derivatives have stabilized, improved, or remitted every cancer patient I have followed" (DocRowen.com, 2007, [www.springboard4health.com/notebook/nutrients\\_artemisinin.html](http://www.springboard4health.com/notebook/nutrients_artemisinin.html) [I know people who've taken it without benefit]). "using dietary and lifestyle changes and artemisinin...50 to 60 percent long-term remission rate" (www.mnwelldir.org/docs/cancer1/altthrp.htm). "researcher at the Brewer Science Library... wrote an article on...artemisinin for cancer [[www.mwt.net/~drbrewer/canart1.htm](http://www.mwt.net/~drbrewer/canart1.htm)]....closest thing to a magic."

**HOANG RESEARCH:** "Dr. Hoang has told me he gets a 70% response rate with Super Artemisinin and other herbs" (8/09). "Dr. Hoang...whose family of physicians has been using artemisinin for about 10 years to treat cancer. He reports that 50 to 60 percent of 400 cancer patients have achieved long-term remission utilizing artemisinin together with a comprehensive integrative cancer strategy...Dr. Singh...says all patients are responding and have at least stabilized. He has found no type of cancer unresponsive to Artemisia derivatives" ([www.springboard4health.com/notebook/nutrients\\_artemisinin.html](http://www.springboard4health.com/notebook/nutrients_artemisinin.html)).

**EFFICACY WITH SPECIFIC TYPES OF CANCER:** Artemisinin is highly effective w/lymphoma. Also effective w/sarcoma, melanoma, prostate (but PSA may not drop at 1st), ovarian, brain (including GBM), and renal cancer. "people with HPV tumors/nodes in their throats and vocal chords are doing great with it, avoiding the multiple surgeries they used to find necessary to keep the tumors at bay" (<https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/45844>).

**AGGRESSIVE AND RESISTANT CANCERS:** "aggressive cancers grow faster and need more iron, therefore they have more iron receptors and are more susceptible to artemisinin. Conversely, slower cancers, such as nonaggressive prostate cancers, do not respond as well, as they have less iron receptors." "More aggressive cancers such as pancreatic and acute leukemia, which are characterized by more rapid cell division and thus higher iron

concentrations, respond even better, [Henry] Lai says.” Artemisinin’s reportedly especially effective w/hormonally-refracted cancers and w/leukemia (“drug-resistant leukemia cell lines did NOT show cross-resistance to arte”). Effective w/drug-resistant cancers.

BREAST CANCER: "In laboratory studies of radiation, resistant breast cancer cells that has high propensity for accumulating iron revealed that artemisinin has 75 percent cancer cell killing properties in a 8 hours and almost 100 percent...within 24 hours when these cancer cells are `pre-loaded' with iron after incubation with holotransferrin....normal cells remained virtually unharmed" (Michael Lam, M.D.).

FORMS: I would take **Artemix** (a blend of artemisinin, artemether, & artensuate) and/or <http://naturahealthproducts.com/artemis-plus.html> (by DonnieYance.com). “Artemether should be better than artemisinin for brain cancer...enters the brain more readily” (Dr. Lai).

#### BRANDS:

[www.hepalin.com/artemix.htm](http://www.hepalin.com/artemix.htm) (“Dr. Singh and Lai have licensed Hepalin to manufacture for them...Dr. Hoang [3rd-generation herbalist] formulated [Hepalin’s] Super Artemisinin”).

<http://naturahealthproducts.com/artemis-plus.html> (by DonnieYance.com)--“artemisinin combined with Artemisia whole plant [and burdock seed, red clover, celandine, and bioperine]... The whole plant, just the sesquiterpene lactone artemisinin, has nine active sesquiterpene lactones that all work together, and...flavonoids that synergize”

(<http://mercola.fileburst.com/PDF/ExpertInterviewTranscripts/InterviewDonnieYance.pdf>).

Other good brands of simple artemisinin:

[www.Holleypharma.com](http://www.Holleypharma.com) (866-8holley) is 1 of the best-quality brands of artemisinin.

[www.nutricology.com/super-artemisinin-60-vegetarian-caps](http://www.nutricology.com/super-artemisinin-60-vegetarian-caps) is good and **economical**.

#### ADMINISTRATION:

LENGTH OF USE: “Dr. Hoang recommends treatment for two years” (2007).

TIMING OF ADMINISTRATION: “Bodies secrete growth hormones between 12a.m. and 1a.m....the time cancer cells divide and grow the most.....take the artemisinin at night, on an empty stomach to disrupt the cancer cell growth cycle when iron uptake is at its greatest.”

#### PULSING/CYCLING:

“Artemisinin products **must be cycled**.” “...**taken on an on/off schedule**. Perhaps 5 days on and 5 days off” (Mike Golden, D.C., 8/3/09,

<https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/40624>) "after a 5-day respite the extra [artemisinin] receptors have dropped off [thereby increasing artemisinin’s efficacy]. Some people do well pulsing 7 [days] on 7 [days] off...but 5 is optimum" (Susan J. Fidler, MCPP, (RH) AHG, 10/31/11).

DOSAGE: “around 400mg [per day]” (Golden, 11/26/08). “Singh [recommends a combination of] artemisinin and artemether to provide a dose of 0.5–2 mg/kg of each form once daily before bed” ([www.springboard4health.com/notebook/nutrients\\_artemisinin.html](http://www.springboard4health.com/notebook/nutrients_artemisinin.html)).

TOXICITY & ADVERSE EFFECTS: DonnieYance.com (2012) orders iron tests to help assess whether artemisinin’s will be effective. Monitor iron levels (check for anemia) and hemoglobin (levels may drop, and patient MAY thus need to take iron [Carolyn Bormann, 4/02]), which I would take in the form of herbs--dandelion, yellow dock, beet root, seaweed (kelp, dulse). “when it is working, it will cause pain and a little swelling....in [your] tumors” (Golden, 9/29/08). “Hoang [treated] 400 cancer patients utilizing artemisinin...no...toxicity” (Ralph Moss, 9/5/03).

FOODS TO TAKE (AND NOT TAKE) WITH ARTEMISININ: “take...on an empty stomach with some natural fat [such as] cottage cheese or yogurt [mixed w/flax oil and] cod liver oil and...CLA” (DocRowen.com, 2007, [www.springboard4health.com/notebook/nutrients\\_artemisinin.html](http://www.springboard4health.com/notebook/nutrients_artemisinin.html)). “best fat may be coconut oil, or [coconut] milk” (Golden, 11/26/08), but avoid eating any other food with it or afterward (particularly protein). “No iron-containing foods should be in the gut at the time of dosing” (Golden, 11/26/08). “Drink lots...of...water...electrolytes [potassium]” (Bormann, 4/02).

#### INTERACTIONS W/OTHER TREATMENTS AND SUPPLEMENTS

SYNERGISMS: Some practitioners think **iron** supplementation enhances artemisinin’s efficacy. Lee Cowden, M.D. (6/15/17) mentioned a doctor who gives a reduced form of (oral) **vit. C, then 18mg iron, then artesunate**, w/amazing results. Keeping the body alkaline greatly increases artemisinin’s efficacy. “artesunate...may increase the sensitivity of SOME [cancer] cell lines to SOME chemo agents to which they might otherwise be resistant [MDR]....artesunate was in the 3 most effective compounds tested.”

"combine Artemisinin with curcumin and turmeric [based] on this article...

<http://jeffreydachmd.com/2016/02/artemisinin-our-ultimate-cancer-weapon-a-gift-from-china>; 'Additional anti-cancer supplements [that] work synergistically with artemisinin...include Vitamin D, [Lugol’s] Iodine...Berberine, Curcumin...Resveratrol, Pterostilbene, Allicin, Melatonin, Sulphoraphane, Butyrate and high dose vitamin C, fresh [carrot & beet juice]...Colostrum" (6/1/16).

Artemisinin’s synergistic w/green tea, allicin (in raw/freeze-dried garlic), ginsenosides, and oxygen therapies ([www.laboratoryequipment.com/news-high-dose-of-oxygen-enhances-cancer-treatment-040411.aspx?xmlmenuid=51](http://www.laboratoryequipment.com/news-high-dose-of-oxygen-enhances-cancer-treatment-040411.aspx?xmlmenuid=51)).

"take [artemix] with [palmitic acid or] butyrate (about 6 capsules) [and] a couple of lactoferrin capsules...to get a synergistic effect" (Golden, 9/29/08). “Use [high doses of] butyrate with it, especially for colon cancers” (Golden, 7/29/08).

“Consider mixing ART with a little DMSO and applying it to the skin. This will get you past the absorption problem” (Golden, 7/29/08, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/33928>).

## INTERFERENCES:

“[Take artemisinin and vit. C as far apart as possible” (Golden).

"glutathione...reduces the efficacy of artemisinin."

"ART has a short half-life. It's fairly easy to keep it separate from antioxidants, especially the water soluble ones....[**Don't take** tocopherol (**Vitamin E**) while using ART (DocRowen.com, 2002)]...Resume [vitamin] E when you're resting from the ART” (Golden, 7/29/08, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/33928>).

Don't take artemisinin within 6 months of tobacco use.

## FOR MORE INFORMATION ON ARTEMISININ:

<http://jeffreydachmd.com/2016/02/artemisinin-our-ultimate-cancer-weapon-a-gift-from-china>

[www.townsendletter.com/Dec2002/artemisinin1202.htm](http://www.townsendletter.com/Dec2002/artemisinin1202.htm) (DocRowen.com)

[www.mwt.net/~drbrewer/canart1.htm](http://www.mwt.net/~drbrewer/canart1.htm) (discusses Lai and Singh's research)

<http://artemisinin.pbworks.com/w/page/13759315/FrontPage>

[www.drlam.com/blog/artemisinin-wormwood-from-malaria-to-cancer/405](http://www.drlam.com/blog/artemisinin-wormwood-from-malaria-to-cancer/405) (2004)

## PAU D'ARCO:

ACTIVE INGREDIENTS--“Beta lapachone is so powerful...in phase II clinical trial” (2010). “**lapachol** [a quinone]...9 patients with various cancers...reduce pain and shrink tumors in all patients, with complete remissions occurring in 3 patients” (Santana et al., 1980/81).

GENERAL EFFICACY AND PRACTITIONERS USING PAU D'ARCO--“Major US cancer centers are also looking seriously at pau d'arco: [www.ncbi.nlm.nih.gov/pubmed/12188909](http://www.ncbi.nlm.nih.gov/pubmed/12188909)”

(<https://groups.yahoo.com/neo/groups/brain-research/conversations/topics/8615>).

DonnieYance.com (4/29/13) gives pau d'arco to almost all cancer patients.

“[10 yrs ago] we started using pau d'arco...we found ourselves reaching for it more and more. It often seemed to work as a stand alone; it seemed to help most other therapies and hindered none” (Vincent Gammill, ScD, [www.natural-oncology.org](http://www.natural-oncology.org), 8/8/08). "pau d'arco...I am always recommending it" (Gammill, 11/4/09). “have seen it perform miracles, and I have seen it do nothing" (Gammill, 12/29/11).

TESTIMONIALS: "[pau d'arco] 4 c/day...stage 4 stomach cancer...strict diet....now...'cancer free" (<https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/45047>). “Stage IV metastatic breast cancer...spread to...spine and her pleural cavity...one quarter of a pound [pau d'arco] a day...was virtually cancer-free after the ten days” ([www.beating-cancer-gently.com/newsletters](http://www.beating-cancer-gently.com/newsletters), 4/25/05). "82 y/o...with a large sarcoma...Breuss-type diet, gave him

some pau d'arco tea...two months later I had a visit from an immunologist...demanded to know exactly what I did to cure him" (Gammill, 2/4/12,

<https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/54643>).

**MECHANISMS OF ACTION:** Enhances immunity; Gap-2 inhibitor, G-2 cell cycle arrest; “alterative, antibiotic, anti-fungal...anti-viral...anodyne, analgesic, astringent, parasiticide”; “stops mitosis” (Gammill); "lapachol...shown to be effective at killing cancer cells in the presence of a detoxification enzyme called NQO1, which is over-expressed in GBM...Lapachol has been shown to radiosensitize and chemosensitize cancer cells that over-express NQO1" (<https://groups.yahoo.com/neo/groups/brain-research/conversations/topics/8615>).

**EFFICACY WITH SPECIFIC CANCERS:** effective w/most cancers, particularly leukemia and breast cancer; “inhibited Yoshida sarcoma 82%”; “[www.ncbi.nlm.nih.gov/pubmed/9398050](http://www.ncbi.nlm.nih.gov/pubmed/9398050) ... beta-lapachone is more cytotoxic to glioma cells than camptothecin...beta-lapachone uses p53 independent pathways to cause apoptosis in glioma cells: [www.ncbi.nlm.nih.gov/pubmed/15837761](http://www.ncbi.nlm.nih.gov/pubmed/15837761)”

(<https://groups.yahoo.com/neo/groups/brain-research/conversations/topics/8615>).

#### **SYNERGISM:**

“does not...adversely affect any other cancer treatment that I use [Gammill, 2/10/10]...I always use it with those patients who are using taxol/[taxol derivatives/]yew...synergism” (Gammill, 9/21/04 [& 5/30/11]). "One of the better adjuvants for taxotere is pau d'arco. The former stops the cancer cell cycle at G1->S and the latter at G2" (Gammill, 9/8/11). "take...high doses prior to any chemo that targets mitosis. The pau d'arco is discontinued the day before chemo and then resumed approximately a week after chemo" (Gammill, 6/2/13). Helpful to mix *gymnema sylvestre* w/pau d'arco (Gammill, 2012).

**OTHER INTERACTIONS:** “Pau D'arco...should...be taken several hours away from [Poly-MVA]" (3/17/12); otherwise, “I know of no interference of pau d'arco with the usual conventional and alternative cancer treatments” (Gammill, 2/22/13).

**DOSAGE AND ADMINISTRATION:** Use decoction (or tincture), not capsules. Boil 3 tablespoons in water “in glass or stainless steel" (Gammill, 2012) for 15min. “I cook the tea at a very low simmer” (Roger DeLong, 1/14/13). Sip it throughout the day (Gammill, 1/27/14). "keep increasing [dosage] till you see side effects, and then back off a bit" (Gammill, 1/4/12). “Some... have used as much as 100 grams per day...I have not seen [any serious] side effects” (Gammill, 2/23/13). If you don't like the taste, add lemon juice. Best to take it w/food.

**BRANDS AND ORDERING:** “purchase...in bulk powdered form (not shredded, capsules or tea bags)” (Gammill, 5/29/10). Good brands include

[www.pacificbotanicals.com/store/Pau-d'Arco.html](http://www.pacificbotanicals.com/store/Pau-d'Arco.html) (“5 times cheaper than everyone else's" 8/25/10). "good source for bulk pau d'arco bark...organic... [[www.mountainroseherbs.com/products/pau-d-arco-bark/profile](http://www.mountainroseherbs.com/products/pau-d-arco-bark/profile)] (also [www.mountainroseherbs.com/products/pau-d-arco-powder/profile](http://www.mountainroseherbs.com/products/pau-d-arco-powder/profile))" (2011)

FOR MORE INFORMATION, [www.curezone.org/diseases/cancer/lapacho.asp](http://www.curezone.org/diseases/cancer/lapacho.asp) (Ross Pelton)

**MISTLETOE** (often sold as **Isador**):

GENERAL EFFICACY: I think mistletoe's 1 of the best herbs for cancer patients.

EFFICACY WITH SPECIFIC CANCERS: Most effective for solid cancers of bladder, skin & genital organs; very effective w/glioma; also effective w/melanoma, breast, colorectal, cervical, ovarian cancer. "[mistletoe]...prolonged disease-free survival (DFS)...more than 12 months in four of our five osteosarcoma patients....median DFS is currently 3 months for Etoposide and 8.5 months for Viscum [mistletoe]" (<https://kundoc.com/pdf-a-randomized-study-with-adjuvant-mistletoe-versus-oral-etoposide-on-post-relapse.html>; <http://weeksmd.com/2010/04/mistletoe-an-ancient-cancer-remedy-earns-respect>).

MECHANISMS OF ACTION: cytotoxic, immunomodulator, antimetastatic, promotes apoptosis & differentiation; produces heat and inflammation (don't suppress it)

SYNERGISM AND INTERACTIONS W/OTHER THERAPIES:

Mistletoe reduces pain and alleviates adverse effects of (and doesn't interfere with) radiation & chemo (Ralph Moss; Burkhart et al., 2010). Synergistic w/hyperthermia.

NEGATIVE INTERACTIONS AND CONTRAINDICATIONS:

According to Nasha Winters, ND (3/1/18), there are few contraindications to mistletoe. I would use caution w/mistletoe if I had brain cancer or brain mets. Don't take mistletoe w/MAO inhibitors. Minimize sugar intake while using mistletoe. It's reportedly fine to take mistletoe before surgery, but wait 2 wks after surgery before resuming it.

ADMINISTRATION:

It's usually injected subcutaneously (sc) 2-3 times a week. If you get a welt, stop for 1 week, then resume a lower dose. If you get a bad rash, stop treatment for 1 wk. Almost all patients reportedly tolerate it well, but use it only under medical supervision.

DOSAGE: "Weleda [says to] `desensitize' yourself a bit [i.e., start w/small dosage] before progressing to stronger doses" (2011). Higher dosages aren't necessarily more effective.

BRANDS/PRODUCTS: Weleda (<https://www.iscador.com/en>) is a good brand.

RESEARCH:

There are over 150 studies as of 2011. "mistletoe has been found to be reasonably effective in extending survival, according to...meta-analysis [[www.ncbi.nlm.nih.gov/pmc/articles/PMC2804713](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2804713), 2009]....The majority of studies showed positive effects" (Ralph Moss). For more information,

<http://www.mistel-therapie.de/de/wissenschaftliche.informationen> (research summary)



[www.ncbi.nlm.nih.gov/pubmed/23299509](http://www.ncbi.nlm.nih.gov/pubmed/23299509) (2013 review)

[www.ncbi.nlm.nih.gov/pmc/articles/PMC2711058](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2711058) (2009 review)

[www.ncbi.nlm.nih.gov/pubmed/18425885](http://www.ncbi.nlm.nih.gov/pubmed/18425885) (2008 review of RCTs)

[www.ncbi.nlm.nih.gov/pubmed/17507307](http://www.ncbi.nlm.nih.gov/pubmed/17507307) (2007 review of clinical trials)

[www.ncbi.nlm.nih.gov/pubmed/12949804](http://www.ncbi.nlm.nih.gov/pubmed/12949804) (2003 review of RCTs)

FOR MORE INFO ON MISTLETOE,

<http://www.mistel-therapie.de/de/wissenschaftliche.informationen> (research summary)

[www.denvernaturopathic.com/news/mistletoe.html](http://www.denvernaturopathic.com/news/mistletoe.html) (2006)

<https://steinerhealth.org/wp-content/uploads/2019/02/Mistletoe.pdf>

<https://www.botanical-medicine.org/Mistletoe-Therapy-for-Immune-Modulation-in-Cancer>

**Nasha Winters, ND** (<http://optimalterrainconsulting.com>; doctor trainings and **patient consults** on mistletoe)

**CURCUMIN (and TURMERIC)**—one of the most cancer-healing herbs. Caution: Curcumin **can interfere w/opiates.**

**EFFICACY W/SPECIFIC CANCERS:** Curcumin's especially effective w/myeloma, melanoma, breast (including ER+), pancreatic, colon and perhaps also (particularly in high doses) prostate ([www.herbalfields.com/c7.html](http://www.herbalfields.com/c7.html)) cancer, and (in dose-dependent manner) chronic myeloid leukemia (CML). Also effective w/brain and esophageal

([www.medicalnewstoday.com/articles/168987.php](http://www.medicalnewstoday.com/articles/168987.php);

[www.news24.com/Content/SciTech/News/1132/23a16a18d89646c9b7379ea0b3d43eb6/28-10-2009-08-13/Scientists\\_Curry\\_kills\\_cancer](http://www.news24.com/Content/SciTech/News/1132/23a16a18d89646c9b7379ea0b3d43eb6/28-10-2009-08-13/Scientists_Curry_kills_cancer)) cancer. "Bharat Aggarwal [from] M.D.

Anderson...reporting that curcumin blocks most of the mechanisms by which prostate cancer cells survive and grow...clinical studies [on] curcumin in treating **colorectal** cancer...**myeloma**"

[www.alternet.org/healthwellness/79774/?page=entire](http://www.alternet.org/healthwellness/79774/?page=entire)

"medulloblastoma...curcumin enhances the killing efficiency of nontoxic doses of cisplatin and gamma-rays" (M. H. Elamin et al., "Curcumin inhibits the Sonic Hedgehog signaling pathway and triggers apoptosis in medulloblastoma cells" *\_Mol Carcinog\_* 2009).

For information on curcumin and turmeric for breast cancer,

<http://foodforbreastcancer.com/foods/turmeric>

<http://foodforbreastcancer.com/tags/curcumin>

[www.sciencedirect.com/science/article/pii/S0944711309001184](http://www.sciencedirect.com/science/article/pii/S0944711309001184) (breast cancer)



DOSAGE: I would start with 1g/day and gradually increase the dose to about 3.6g (Aggarwal, 2014). "Aggarwal notes that clinical studies have found that a daily dose of up to 12 grams (about a tablespoon) a day for three months is safe"

([www.alternet.org/healthwellness/79774/?page=entire](http://www.alternet.org/healthwellness/79774/?page=entire)).

#### BRANDS AND ADMINISTRATION:

**Eat it w/fat** (ideally a little **yogurt or kefir** [Aggarwal, 2014]) to improve absorption. My 1st choice of brands: [www.thorne.com/products/dp/meriva-sf](http://www.thorne.com/products/dp/meriva-sf)

and Curcumin C3 ([www.curcuminoids.com](http://www.curcuminoids.com)); by [www.afisupplements.com/products/products\\_details.aspx?product\\_code=208](http://www.afisupplements.com/products/products_details.aspx?product_code=208)

or [www.sabinsa.com/products/standardized-phytoextracts/c3](http://www.sabinsa.com/products/standardized-phytoextracts/c3))

<https://supplements.relentlessimprovement.com/curcumin-curcuwin-p380.aspx?widget=mp> (**liposomal**; 1 pill is reportedly equivalent of 13g of curcumin)

<http://naturahealthproducts.com/botanical-treasures.html> (by [DonnieYance.com](http://DonnieYance.com)); "featured compound is curcumin 3C...curcumin is only one of four active curcuminoids"

(<http://mercola.fileburst.com/PDF/ExpertInterviewTranscripts/InterviewDonnieYance.pdf>)

The best **herbal combination products** I know containing curcumin are:

[www.econugenics.com/breastdefend](http://www.econugenics.com/breastdefend) (great combination of cancer-healing ingredients)

[www.biopure.eu/nahrungsergaenzungen/antioxidantien-mineralien-vitamine/36/curcusyn](http://www.biopure.eu/nahrungsergaenzungen/antioxidantien-mineralien-vitamine/36/curcusyn) (turmeric oil, ginger, Oregon grape)

Curamin.com is the best curcumin product I know of **for relief of inflammatory PAIN**; contains "DLPA [powerful pain-reliever]....Boswellia....BCM-95...Nattokinase".

#### INDICATIONS:

I would particularly take it in almost all cancer situations (unless I was receiving 1 of the few chemo drugs that it can interfere with [see below]), and particularly at the time of surgery (and for at least a month afterward), since it's antimetastatic.

#### INTERACTION W/OTHER NATURAL SUPPLEMENTS:

Curcumin's **synergistic w/genistein** (in fermented soy), **green tea**, & bromelain.

#### SYNERGISM W/CHEMO:

"While curcumin is a SAPK inhibitor, it does...things...beneficial during chemo...lowers NF-kappaB [**NF-kB**]...an important factor in **drug resistance [MDR]** [see also [www.denvernaturopathic.com/news/multidrugresistance.html](http://www.denvernaturopathic.com/news/multidrugresistance.html)] ...At least...with doxorubicin, 5-FU, cisplatin and Paclitaxel....curcumin [made] myeloma...more sensitive to...Vincristine and melphalan....reduced drug resistance to Vincristine [in other types of cancer]....increased the

effect doxorubicin, 5-FU and Paclitaxel in a dose dependent manner [in] prostate cancer....reduced...resistance to cisplatin [for] fibrosarcoma...elevated liver enzymes normalized....drug resistance in ovarian cancer...reduced....reduce[s] IL-6....cancer cells resistant to doxorubicin were sensitized...after treatment with curcumin...[May enhance the effects of] Cisplatin, 5-FU, Vincristine and Paclitaxel....may be best used to sensitize cancer cells before chemo is begun" ([www.denvernaturopathic.com/news/curcuminandchemo.html](http://www.denvernaturopathic.com/news/curcuminandchemo.html)).

INTERFERENCE W/CHEMO: Curcumin can diminish the efficacy of cyclophosphamide, irinotecan, and CPT-11 [irinotecan], and "Curcumin **inhibited** camptothecin-, mechlorethamine-, and doxorubicin-induced apoptosis of...breast cancer" ([www.ncbi.nlm.nih.gov/pubmed/12097302](http://www.ncbi.nlm.nih.gov/pubmed/12097302)).

FOR MORE INFORMATION, [www.turmeric-curcumin.com](http://www.turmeric-curcumin.com)

[www.lifeextension.com/magazine/2002/7/report\\_curcumin/Page-01](http://www.lifeextension.com/magazine/2002/7/report_curcumin/Page-01)

**GREEN TEA -- EGCG** (epigallocatechin gallate) is primary active ingredient.

MECHANISMS OF ACTION: collagenase, COX-2, tNOX, 5-LO, & LOX inhibition; polyphenol, blood thinning (antimetastatic), antiviral, anti-angiogenic, antioxidant; enhances immunity; **prevents and reduces MDR**

([www.denvernaturopathic.com/news/multidrugresistance.html](http://www.denvernaturopathic.com/news/multidrugresistance.html)).

"Green Tea and Curcumin are activators of the nrf2 pathway" (DrPerlmutter.com, 3/29/11).

#### EFFICACY WITH SPECIFIC CANCERS

Especially effective with breast, bladder (Rao in Clinical Cancer Research, 2/15/05; [www.herbalremedies.com/marchcures.html](http://www.herbalremedies.com/marchcures.html);

[www.world-science.net/othernews/050216\\_greenteafrm.htm](http://www.world-science.net/othernews/050216_greenteafrm.htm)), and brain cancer

(<http://denvernaturopathic.com/BrainTumor2010.htm>) and CLL leukemia

([www.lifeextension.com/newsletter/2010/6/Green-Tea-Compound-Shows-Promise-in-Chronic-Lymphocytic-Leukemia/page-01](http://www.lifeextension.com/newsletter/2010/6/Green-Tea-Compound-Shows-Promise-in-Chronic-Lymphocytic-Leukemia/page-01)

[www.lifeextension.com/newsletter/2009/5/Mayo-Clinic-Trials-Find-Green-Tea-Extract-Fights-Leukemia/page-01](http://www.lifeextension.com/newsletter/2009/5/Mayo-Clinic-Trials-Find-Green-Tea-Extract-Fights-Leukemia/page-01); [www.lifeextension.com/WhatsHot/2005/12/Increased-magnesium-linked-with-stronger-bones/Page-01](http://www.lifeextension.com/WhatsHot/2005/12/Increased-magnesium-linked-with-stronger-bones/Page-01); [www.naturalnews.com/029055\\_leukemia\\_green\\_tea.html](http://www.naturalnews.com/029055_leukemia_green_tea.html)).

#### INTERACTIONS W/OTHER SUPPLEMENTS:

Synergistic w/bromelain, fermented soy, reishi, d-limonene, curcumin ([www.ncbi.nlm.nih.gov/pubmed/21199169](http://www.ncbi.nlm.nih.gov/pubmed/21199169)), & other COX-2 inhibitors.

Avoid green tea/EGCG if taking Velcade ([www.usc.edu/uscnews/stories/16226.html](http://www.usc.edu/uscnews/stories/16226.html)).

DOSAGE: 2-4g

(<http://mercola.fileburst.com/PDF/ExpertInterviewTranscripts/InterviewDonnieYance.pdf>);

“725 mg three times daily” for NHL (S.A. Laurie et al., 2005; K.M. Pisters et al., 2001). **Monitor liver function** if taking more than 500mg.

#### ADMINISTRATION:

“can be hard on the digestive tract...irritating to the gut, so...go for bowel tolerance” (Gammill, 6/23/10). Best absorbed through capsules or tincture; if making tea, use organic caffeinated **matcha** green tea (**matcha** provides **100 times more EGCG**), squeeze the tea bag. "80% of the catechins in green tea are never absorbed. The solution...is...flavoring your tea with...lemon [or taking it with] vitamin C...a 50-50 mix had the greatest catechin-preserving effect" (RealAge.com); "adding vitamin C...increased recovered levels of...catechins...13-fold... Adding...lemon juice caused...four-fold boost...in order, the next most effective juice additions were orange, lime and grapefruit...while adding 10 percent juice was helpful, the best catechin preservation happened at levels of 20 to 50 percent juice"

([www.drweil.com/diet-nutrition/nutrition/how-to-boost-green-tea-benefits](http://www.drweil.com/diet-nutrition/nutrition/how-to-boost-green-tea-benefits)).

**BRANDS:** [www.rishi-tea.com/category/matcha-japanese-tea-powder](http://www.rishi-tea.com/category/matcha-japanese-tea-powder);

[www.lifeextension.com/Vitamins-Supplements/Item00953/Mega-Green-Tea-Extract-lightly-caffeinated.html](http://www.lifeextension.com/Vitamins-Supplements/Item00953/Mega-Green-Tea-Extract-lightly-caffeinated.html)

FOR MORE INFORMATION:

<http://foodforbreastcancer.com/foods/green-tea>

[www.greenwoodhealth.net/np/green\\_tea.htm](http://www.greenwoodhealth.net/np/green_tea.htm)

<http://margaret.healthblogs.org/other-alternative-treatments/curcumin-and-egcg-resveratrol-and-egcg> (research review)

<https://peoplebeatingcancer.org/?s=green+tea&submit=>

**GINGER ROOT** (*Zingiber officinalis*)—“anti-inflammatory...ginger [inhibits] cell growth and angiogenesis in ovarian cancer cells (Rhode et al., 2007)” (David Winston, RH [[www.herbaltherapeutics.net](http://www.herbaltherapeutics.net)], *Cancer Strategies Journal*, Summer 2013, p. 27).

**Ginger kills cancer stem cells:**

<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0137614>;

<https://foodrevolution.org/blog/ginger-cancer-treatment>;

[www.greenmedinfo.com/blog/ginger-10000x-stronger-chemo-taxol-cancer-research-model-1](http://www.greenmedinfo.com/blog/ginger-10000x-stronger-chemo-taxol-cancer-research-model-1)

**DOSAGE:** “tea – 1/2 tsp. ground Ginger, 8 oz., hot water, steep covered 10-15 minutes, take 4 oz. [three times a day]. Tincture (1:5) – 1-2 ml. (20-40 gtt) [three times a day]. Capsule – 1-2 [twice a day]” (Winston, 2013, p. 27).

**EFFICACY W/SPECIFIC CANCERS:** Effective with lymphoma (O. Betz et al., 2005) and stomach cancer (Gammill). “6-gingerol... (as well as other gingerols) had potent cytotoxic effects against a wide range of tumor cells... cell growth arrest and apoptosis in colorectal and pancreatic

cancer cells and inhibited metastasis of breast cancer cells...6-shogaol, inhibited...stomach, colorectal, and hepatic cancer cells...whole ginger extracts [inhibits] cell growth and angiogenesis in ovarian cancer cells (Rhode et al., 2007)” (Winston, 2013, p. 27).

PROSTATE: “University of Virginia research...if the 5-LO enzyme is inhibited...prostate cancer cells experience...apoptosis...ginger is...the...most comprehensive herbal inhibitor of 5-LO.” For more information on ginger and prostate cancer, [www.ncbi.nlm.nih.gov/pubmed/21849094](http://www.ncbi.nlm.nih.gov/pubmed/21849094)

[www.wakingtimes.com/2013/10/31/ginger-root-kills-ovarian-prostate-cancer-cells-better-chemo](http://www.wakingtimes.com/2013/10/31/ginger-root-kills-ovarian-prostate-cancer-cells-better-chemo)

BREAST: <http://foodforbreastcancer.com/foods/ginger>

<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0137614> (discussed at <https://foodrevolution.org/blog/ginger-cancer-treatment>)

OVARIAN: “Gingerol [triggered] apoptosis...and autophagic cell death...in all **ovarian** cancer cell lines tested.” See [www.wakingtimes.com/2013/10/31/ginger-root-kills-ovarian-prostate-cancer-cells-better-chemo](http://www.wakingtimes.com/2013/10/31/ginger-root-kills-ovarian-prostate-cancer-cells-better-chemo)

**HONOKIAL**--*Magnolia officinalis* bark (active ingredients **honokiol** [HNK] & magnolol)—Isaac Eliaz M.D. (AnnieAppleseedProject.org conference 2/26/16) reportedly has found it more effective w/cancer than curcumin. DonnieYance.com (2016) spoke highly of magnolia and honokial.

MECHANISMS OF ACTION: Honokiol is antithrombotic, "pro-apoptotic...[inhibits] NF-κB...vascular endothelial growth factor (VEGF)...COX-2...[anti]-angiogenic...[synergistic with] doxorubicin and other etoposides...overcomes [and prevents MDR] ...antioxidant...antiviral" (<https://en.wikipedia.org/wiki/Honokiol>, 6/6/15). “Honokiol effectively crosses the blood-brain barrier” (DonnieYance.com, 2016).

EFFICACY WITH SPECIFIC CANCERS: "Honokiol has shown pro-apoptotic effects in melanoma, sarcoma, myeloma, [CLL] leukemia, bladder, lung, prostate, oral squamous cell carcinoma [SCC]...glioblastome multiforme [GBM]...colon cancer...overcomes even notoriously drug resistant [MDR] neoplasms such as multiple myeloma and chronic B-cell leukemia [B-CLL]" (<https://en.wikipedia.org/wiki/Honokiol>, 6/6/15).

DOSAGE: at least 250mg of honokiol 3 times/day (and also some magnolia)

BRANDS: A good brand of honokiol is [www.econugenics.com/honopure](http://www.econugenics.com/honopure)

The best magnolia combination product I know of is

<http://naturahealthproducts.com/inflamaway.html> (by DonnieYance.com)

FOR MORE INFORMATION, [www.lifeextension.com/Protocols/Cancer/Lung-Cancer/Page-09](http://www.lifeextension.com/Protocols/Cancer/Lung-Cancer/Page-09)

**MILK THISTLE**— ACTIVE INGREDIENTS: **silymarin** (also in artichokes) and **silibinin**

**MECHANISMS OF ACTION:** Milk thistle protects the liver. “Silymarin [**inhibits**] **NF-kB**... COX-2...angiogenesis...telomerase...mTOR [and] STAT-3” (DonnieYance.com in Cancer Strategies Journal, Summer 2013, p. 60). “Milk thistle has shown great anticancer activity, at least seven different pathways”

(<http://mercola.fileburst.com/PDF/ExpertInterviewTranscripts/InterviewDonnieYance.pdf>).

"**Silibinin**...pleiotropic mechanisms against a variety of cancers...in clinical trials...strong efficacy...to target cancer cell's migratory and invasive characteristics as well as their ability to metastasize....silibinin targets signaling molecules involved in the regulation of epithelial-to-mesenchymal transition, proteases activation, adhesion, motility, invasiveness...supportive tumor-microenvironment components, thereby inhibiting metastasis....remarkable nontoxicity"

([www.ncbi.nlm.nih.gov/pubmed/20714788](http://www.ncbi.nlm.nih.gov/pubmed/20714788)).

"extensive studies with silibinin/silymarin and PCA [prostate cancer] cells have shown the pleiotropic anticancer effects...alteration in cell cycle progression, and inhibition of mitogenic and cell survival signaling, such as epidermal growth factor receptor, insulin-like growth factor receptor type I and nuclear factor kappa B [**NF-kB**] signaling...Silibinin/silymarin also inhibits the secretion of pro-angiogenic factors from tumor cells, and causes growth inhibition and apoptotic death of endothelial cells accompanied by disruption of capillary tube formation on Matrigel" ([www.ncbi.nlm.nih.gov/pubmed/14965263](http://www.ncbi.nlm.nih.gov/pubmed/14965263))

**SYNERGISM:** “milk thistle...shows up in the conventional literature as a potentiator of chemo” (Rick Linchitz, M.D., 1/1/13); synergistic with a large range of chemo drugs.

**DOSAGE:** “200 mg, three times a day with meals” (Vincent Gammill, ScD, [www.natural-oncology.org](http://www.natural-oncology.org)). If you take large doses, also take a glutathione or NAC (Cowden, 10/12/12) IF you're not doing any therapy that glutathione or NAC interferes with.

**BRANDS AND FORMS:** Use **high-quality tincture**, not tablets. DonnieYance.com uses [www.Euromed.es](http://www.Euromed.es) as of 4/29/13.

“milk thistle...We use it often and even use an IV form from Germany called Legalon” (Rick Linchitz, M.D., 1/1/13).

**RESEARCH:**

“Silybin appears to have direct anticancer effects against prostate, breast, and ectocervical tumor cells. Silybin may also affect the cell cycle in cancer cells by slowing down cell growth, as demonstrated with prostate cancer”

([www.cancer.gov/about-cancer/treatment/cam/hp/milk-thistle-pdq](http://www.cancer.gov/about-cancer/treatment/cam/hp/milk-thistle-pdq)).

FOR MORE INFORMATION ON MILK THISTLE,

<https://instituteornaturalhealing.com/2013/01/natures-chemo-for-lung-cancer>

[www.integrativepractitioner.com/resources/white-papers-reports/important-botanicals-for-the-prevention-and-co-management-of-cancer-free](http://www.integrativepractitioner.com/resources/white-papers-reports/important-botanicals-for-the-prevention-and-co-management-of-cancer-free) (by Lise Alschuler, ND)

**CAT'S CLAW** (*una de gato/Uncaria tomentosa*)-- **NF-kB inhibitor**; antioxidant, antiparasitic, antifungal; immune-boosting; helpful during chemo & radiation. It's reportedly most effective w/leukemia & melanoma. I would take 2-6 g.

BRANDS: Use an excellent TOA-free brand. The best brand I know of is [www.nutramedix.com/samento-2oz-microbial-defense](http://www.nutramedix.com/samento-2oz-microbial-defense).

[www.nutricology.com/prima-u%C3%B1a-de-gato-ii-liquid-1-fl.-oz.-30-ml](http://www.nutricology.com/prima-u%C3%B1a-de-gato-ii-liquid-1-fl.-oz.-30-ml) is also good.

For more information, [www.Samento.com.ec](http://www.Samento.com.ec).

**DANDELION ROOT**—affordable; especially helpful to take during chemo and radiation. “there are probably no two more simple and powerful anticancer herbs on the planet than dandelion [root] and burdock...After prescribing [dandelion & burdock] in strong dose clinically for years with great results...slowing or even complete remission...useful for...breast cancer...a few clients...experienced remission from pancreatic and liver cancer that have included dandelion root as part of their protocol...effective against drug-resistant...chronic monocytic myeloid leukemia [CML], causing...apoptosis...a number of cancer patients who had been drinking dandelion tea seemed to be getting better” (Michael Tierra, <https://planetherbs.com/blogs/michaels-blogs/dandelion-burdock-and-cancer>).

For more information,

[www.naturalnews.com/035418\\_dandelion\\_cancer\\_therapy\\_herbs.html](http://www.naturalnews.com/035418_dandelion_cancer_therapy_herbs.html)

[www.cbc.ca/news/canada/windsor/dandelion-tea-touted-as-possible-cancer-killer-1.1129321](http://www.cbc.ca/news/canada/windsor/dandelion-tea-touted-as-possible-cancer-killer-1.1129321)

[www.cbc.ca/news/canada/windsor/cancer-killing-dandelion-tea-gets-157k-research-grant-1.1248382](http://www.cbc.ca/news/canada/windsor/cancer-killing-dandelion-tea-gets-157k-research-grant-1.1248382)

[www.quantumbalancing.com/news/dandelion.htm](http://www.quantumbalancing.com/news/dandelion.htm)

**SKULLCAP**--*Scutellaria barbata* (barbed **skullcap**/Ban Zhi Lian):

MECHANISMS OF ACTION: PARP inhibitor, apoptosis

EFFICACY IN SPECIFIC CANCERS:

"**BZL101**...extract [of] *Scutellaria barbata*....[Of 14] metastatic breast cancer...patients...three [had] stable disease for >120 days" (<https://www.ncbi.nlm.nih.gov/pubmed/20054647>). "BZL101 extract [*Scutellaria barbata*] induced strong growth inhibition and apoptosis of breast cancers... [3 of 16 patients] had [stable disease] SD for >180 days....Five...had objective tumor regression" (<https://www.ncbi.nlm.nih.gov/pubmed/17111207>)

“[for] lung, liver, and GI tract cancers....

in vitro studies, Ban Zhi Lian showed selective cytotoxicity towards breast and liver cancer cells, induced apoptosis on human lung cancer and leukemia cells, and inhibited cell growth and proliferation in colon and uterine cancer lines. An extract...reversed P-glycoprotein-mediated multi-drug resistance [MDR] in liver cancer cells” (David Winston, RH, 2013, [www.botanical-medicine.org/Herbal-and-Nutritional-Approaches-to-Cancer-Treatment-A-Wor](http://www.botanical-medicine.org/Herbal-and-Nutritional-Approaches-to-Cancer-Treatment-A-Wor)). “*S. barbata* has been used against cancer in general and specifically against cervical, digestive, esophageal and stomach cancer” (Ralph Moss, 8/15/04). “*Scutellaria barbata*...is probably the single most effective herb for most **ovarian** cancers” (Gammill, 4/10/11).

See also <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3040855/> (breast & prostate).

DOSAGE: “ tincture (1:5) - 2-3 mL (40-60 gtt) TID Tea - 2 tsp. herb, 8 oz. hot water, steep 40 minutes, take 4 oz. [three times a day]” (David Winston, RH, 2013, [www.botanical-medicine.org/Herbal-and-Nutritional-Approaches-to-Cancer-Treatment-A-Wor](http://www.botanical-medicine.org/Herbal-and-Nutritional-Approaches-to-Cancer-Treatment-A-Wor)).

**CHINESE SKULLCAP--*Scutellaria baicalensis*** (SB/baikal skullcap/**Chinese skullcap**)-- anti-inflammatory; COX-2 inhibitor; contains baicalin (which induces apoptosis);

“*Scutellaria baicalensis*...major component in...PC SPES [and Zyflamend]” (Ralph Moss, 8/15/04); “SB was...the major herb by volume... used in PC-SPES”

“consider switching to the extract baicalin and avoiding baicalein (which inhibits apoptosis) rather than using *Scutellaria* (which was a good choice). The effectiveness of baicalin is enhanced by adding piperlongumine” (Gammill, 9/6/15). DonnieYance.com (4/29/13, 2016) thinks it’s 1 of the best herbs for healing cancer.

ACTIVE INGREDIENTS: baicalein and baicalin (Ralph Moss, 8/15/04)

MECHANISMS OF ACTION: “*S. baicalensis*...antibacterial...antiviral” (Ralph Moss, 8/15/04).

EFFICACY WITH SPECIFIC CANCERS:

“*S. baicalensis* has been used traditionally against cervical, glandular, lymphatic, nasal, pharyngeal, stomach and thyroid cancer” (Ralph Moss, 8/15/04).

"*Scutellaria barbatae*, was cytotoxic to...11 of 11...ovarian...and...2 of 4...breast cell lines" (<https://www.ncbi.nlm.nih.gov/pubmed/14599863>).

“apoptotic benefits against PCa [prostate cancer]....several references for *Scutellaria baicalensis* (SB) and PCa”

([https://groups.yahoo.com/neo/groups/natural\\_prostate\\_treatments/conversations/topics/33034](https://groups.yahoo.com/neo/groups/natural_prostate_treatments/conversations/topics/33034), 8/30/15).



**ASTRAGALUS**—“Astragalus...is [in] such common use with Chinese protocols...I know of no reason not to use it” (Gammill, 5/29/10, who uses it a lot).

**MECHANISMS OF ACTION:** antimetastatic; anti-inflammatory; antioxidant; increases LAK cells; stimulates bone marrow; high dose (6-12g) greatly boosts NK cell activity; stimulates telomerase activity. Protects liver from chemo and minimizes chemo adverse effects (e.g., nausea).

**EFFICACY WITH SPECIFIC CANCERS:** especially effective for breast cancer and melanoma (Cancer Research 1988, 48:1410-5); also liver cancer.

“School of Public Health at the University of California, Berkeley, analyzed 34 studies involving 2,815 patients with non-small-cell **lung cancer [NSCLC]** treated with chemotherapy alone or... chemotherapy and astragalus. The patients taking astragalus had a 33% lower risk for death after 12 months and a 24%-to-46% better tumor response”

(<https://bottomlineinc.com/health/cancer-treatment/natural-cancer-treatments-that-really-work>, 2011).

FOR MORE INFORMATION, [www.canceractive.com/cancer-active-page-link.aspx?n=536](http://www.canceractive.com/cancer-active-page-link.aspx?n=536)

**GINSENG**—“**Panax** ginseng should be administered to any cancer patient undergoing surgery to promote healing and inhibit...metastasis. [I prescribe it to] all my patients...together with other primary adaptogens. I use both the fluid extract [and] a super concentrated form containing 80% ginsenosides” ([DonnieYance.com](http://DonnieYance.com), 2009). “Everyone I work with gets a form of ginseng as well as eleuthero” (DonnieYance.com in CancerStrategiesJournal.com, Fall 2013, p. 31). Ginseng’s effective w/breast ([www.mc.vanderbilt.edu/reporter/index.html?ID=4580](http://www.mc.vanderbilt.edu/reporter/index.html?ID=4580)), hepatocellular, and ovarian cancers, sarcoma, and melanoma. It supports immunity, **prevents MDR** ([www.denvernaturopathic.com/news/multidrugresistance.html](http://www.denvernaturopathic.com/news/multidrugresistance.html)), and is antimetastatic. Use a top brand such as [www.herb-pharm.com/products/product-detail/ginseng-asian](http://www.herb-pharm.com/products/product-detail/ginseng-asian).

**INTERACTIONS WITH OTHER THERAPIES:** Ginseng’s synergistic with astragalus, radiation, and mutomycin/mitomycin-C (MMC). Stop taking it at least 1 week before surgery. “**SHOULD NOT BE USED BY THOSE WITH HYPOGLYCEMIA, HIGH BLOOD PRESSURE, OR HEART DISORDERS.**” AVOID caffeine while using it; also, “NAC [N-acetyl-1-cysteine (and glutathione?) blocks ginseng’s] action against cancer” (<http://denvernaturopathic.com/NAC2011.htm>).

**ANDROGRAPHIS**--*Andrographis paniculata*--“**Andrographis** [is] anti-inflammatory, anti-viral, immune-modulating, liver protective, anti-oxidative, analgesic...[effective with colon, gastric, liver, lung] and breast cancer...induce[s] apoptosis...inhibit[s] the cell cycle....Immune-enhancing with chemo-radiation....Andrographis...with...hyperthermia...enhance[d] WBC count in cyclophosphamide (CTX)- and radiation-treated animals...Suppresses cancer-inducing VEGF, down-regulates Bcl-2 in **prostate cancer**....apoptosis of prostate cancer (PC-3) cells (the most

sensitive cell line...)....Induces apoptosis in lymphoma...Inhibits oral squamous cell carcinogenesis through NF-kappaB inactivation....inhibition of...metastasis and angiogenesis....For the full [andrographis] monograph...contact... [www.mederifoundation.org](http://www.mederifoundation.org)" (DonnieYance.com, in *Cancer Strategies Journal*, Winter 2013, p. 55).

## HERBAL COMBINATION FORMULAS

**HOXSEY FORMULA**—A former Hoxsey clinic doctor told me he found the Hoxsey formula most effective for melanoma, leukemia, lymphoma, glioma, & astrocytoma, and that it doesn't interfere w/other treatments. I was told that "[at <http://cancercontrolandprevention.org/patients2.htm>] 2 of the 6 [pancreatic cancer survivors] used Hoxsey" and that 6 other pancreatic cancer patients from CancerControlSociety.com went to the Hoxsey clinic, and 4 of them reportedly recovered; a 5th one lived a year longer than expected. Hoxsey's not nearly this effective w/most cancers, but I think it's usually still well worth using.

"15-30 drops 3x daily" (between meals); for premenopausal women, "starting 7 days after period begins and continuing until the next period" (Sat Dharam Kaur, ND, 2004, p. 84; <http://mammalive.net/product/complete-natural-medicine-guide-breast-cancer>). Poke root, cascara, and potassium iodide may be the most important ingredients. Other standard ingredients are red clover, burdock, prickly ash, licorice, Oregon grape, stillingia, and buckthorn.

I would use the Hoxsey brands [www.herbalist-alchemist.com/item/David-Winstons-Alternative-Compound-844](http://www.herbalist-alchemist.com/item/David-Winstons-Alternative-Compound-844), [www.herb-pharm.com/products/product-detail/herbal-detox](http://www.herb-pharm.com/products/product-detail/herbal-detox), Red-Clover-Burdock ([Eclecticherb.com](http://Eclecticherb.com)) and the following variation of it:

[www.baselinenutritionals.com/products/blood-support.php](http://www.baselinenutritionals.com/products/blood-support.php)

The Bio-Medical Center ("Hoxsey clinic") (which incidentally isn't a clinic I would choose), has shown a 20 to 25% recovery rate using the Hoxsey formula as their primary treatment; "six of sixteen patients remained alive and claimed to be disease-free after five years...one with advanced lung cancer and [another] with advanced melanoma" (Austin et al., 1994, *J. of Naturopathic Medicine*, 5:1, 74-76; cited at

[www.medherb.com/Therapeutics/Immune\\_-\\_Treatment\\_Outcomes\\_at\\_Mexican\\_Cancer\\_Clinics.htm](http://www.medherb.com/Therapeutics/Immune_-_Treatment_Outcomes_at_Mexican_Cancer_Clinics.htm))

See also [www.brave-souls.com/speak-with-survivors/HoxseyLivingston.htm](http://www.brave-souls.com/speak-with-survivors/HoxseyLivingston.htm)

Richardson, Mary Ann et al. (2001). Assessment of Outcomes at Alternative Medicine Cancer Clinics. *Journal of Alternative and Complementary Medicine*, 7(1), 19-32.

**Rotate herbs:** "I would give an alterative [e.g., Hoxsey] and Fu Zheng...and for a year...dramatic improvement...[Then it] would lose efficacy (MDR [multidrug resistance] efflux pumps/p-

glycoprotein?)...I...start[ed] **rotating** the Alterative [**Hoxsey**] and **Fu Zheng** formulas...[every **4-6 weeks**]. While the percentage of people who respond to this therapy ["maybe 70%"] has not changed, the length of time they respond has gone from 1-2 years to...10-12 years" (David Winston, RH [[www.herbaltherapeutics.net](http://www.herbaltherapeutics.net)], *Cancer Strategies Journal*, Summer 2013, pp. 24-25).

**FU ZHENG/FU ZHEN** (Chinese herbs/TCM)-- Boosts immunity. Don't take excessive dose.

INGREDIENTS: most often contains **astragalus**, **ligustrum**, **panax ginseng**, eleuthero, **codonopsis**, **reishi**, **atractylodis**, **schizandra**, and **actinidia**; may also contain **cordyceps**, maitake, shiitake, chaga, licorice, lychee berry, jujube, hoelen, salvia, ho shou wu, *Poria cocos*/*Wolfiporia extensa*, turmeric, milletia. (This is very similar to TianXian below.)

STUDIES: "Studies...demonstrated its value in treating...cancer, leukemia" (Karon Beattie, 2004b?).

"of 76 patients with second-stage primary **liver cancer**, there were no 5-year survivors in the groups treated with chemotherapy or radiation alone...10% survival in the group treated with a combination of Fu Zheng herbs and radiation, and a 16.7% survival in those treated with both herbs and chemotherapy" ("Fu-zhen herbs in the treatment of cancer." *Oriental Healing Arts Int Bul.*, 11, January 1986. 1-8; [www.acupuncture.com/newsletters/m\\_jan08/tcm\\_cancer5.htm](http://www.acupuncture.com/newsletters/m_jan08/tcm_cancer5.htm) or <http://chinesemedicineworks.com/wp-content/uploads/2014/06/cancercmbeinfieldkorngold.pdf>).

"seventy-six patients with second-stage liver cancer...At the end of one year, six of the thirty patients [given] only conventional treatment were still alive, but twenty-nine of the forty-six who had received Fu Zhen in addition to conventional treatment were still alive" (Kenneth Bock, M.D. & Nellie Sabin, *The Road to Immunity* SimonAndSchuster.com, 1997, p. 220).

"Five-year survival rates in another study of patients with **liver cancer** who received chemotherapy alone were **6%**, whereas when combined with the herb formula Si Jun Zi Tang (Panax ginseng, *Atractylodes macrocephala*, *Poria cocos* [*Wolfiporia extensa*], *Glycyrrhiza uralensis* [Chinese liquorice]), 5-year survival rose to **43%**" ("Prevention and cure by traditional Chinese medicine, of the side effects caused by radio-chemotherapy of cancer patients." *[Chinese J. of Modern Developments in Traditional Medicine]*. 1988 Feb;8:114-6; [www.acupuncture.com/newsletters/m\\_jan08/tcm\\_cancer5.htm](http://www.acupuncture.com/newsletters/m_jan08/tcm_cancer5.htm) or <http://chinesemedicineworks.com/wp-content/uploads/2014/06/cancercmbeinfieldkorngold.pdf>).

"91.5 percent of patients...who received both chemotherapy and fu-zheng [had] tumor shrinkage, compared to 46.9 percent [for] chemotherapy alone...as an adjuvant to radiation therapy to treat **pharyngeal cancer**, the five-year survival rate was...53 percent [vs.] 24 percent [for radiation alone]" (DonnieYance.com, 1999, p. 84).

BRANDS I have confidence in:

[www.herbalist-chemist.com/item/David-Winstons-Immune-Adapt-a-Fu-Zheng-Formula-1403](http://www.herbalist-chemist.com/item/David-Winstons-Immune-Adapt-a-Fu-Zheng-Formula-1403)

<http://naturahealthproducts.com/immucare-i.html> (by DonnieYance.com)

FOR MORE INFORMATION on Fu Zheng,

Mingji, Pan (1992). Cancer Treatment with Fu Zheng Pei Ben Principle.\_ Fujian Science and Technology Publishing House, Fujian PRC.

Compiled by Leonard S. Rosenbaum ([leonardleonard1@earthlink.net](mailto:leonardleonard1@earthlink.net)), holistic health consultant; Dir., Alternative Pathways for Healing Cancer; Vice President, [CancerVictors.net](http://CancerVictors.net); and Advisory Board Member, [BestAnswerForCancer.org](http://BestAnswerForCancer.org). Contact me for further information, resources, consultations, and coaching.

Disclaimer by Leonard Rosenbaum: I am not a licensed health professional, and nothing written here constitutes medical advice. Please consult a licensed physician before following anything below.

## Chapter 2

### MINERALS for Cancer

By Leonard Rosenbaum

**SELENIUM—EFFICACY:** “Dr. Richard Donaldson...selenium in treating [140] terminally ill cancer patients....some with only weeks to live were alive and well after four years, and with no signs of symptoms of cancer...all patients...had reduction in tumor size and pain....[Some] required as much as 2,000 micrograms per day to normalize the blood selenium levels....no signs of toxicity....Donaldson administered selenium as a nutritional adjunct to Conventional therapy to over 100 patients...did much better than expected...of eight patients with inoperable lung cancer, four were alive and well one year later...Normally, all eight would have been expected to have died...He would adjust the selenium supplementation to produce normal blood selenium levels which often did not occur until 900 to 2000 micrograms per day were given” (Passwater, 1996, pp. 29-30; also reported in Passwater [1983] Cancer and Its Nutritional Therapies).

**INTERACTION W/OTHER THERAPIES:** Synergistic w/vit. E (so take them together) and indoles (cruciferous vegetables). “Do not take at the same time as vitamin C, as vitamin C interferes with the absorption of selenium” (Chamberlain, 2012, [www.fightingcancer.com](http://www.fightingcancer.com)).

“[Selenium] **prevents drug resistance [MDR]**”

([www.denvernaturopathic.com/news/seleniumovarian.html](http://www.denvernaturopathic.com/news/seleniumovarian.html), 8/16/04); “can partially **reverse MDR**” ([www.denvernaturopathic.com/news/multidrugresistance.html](http://www.denvernaturopathic.com/news/multidrugresistance.html))

**DOSAGE:** I would take at least 1000mcg, but would get medical supervision if taking more than 800mcg. “Some populations average about 600 micrograms and more....Organic forms of selenium are toxic at levels...of 3,500 micrograms” (Passwater, 1996, p. 47).

#### **FORMS:**

"**Se-methylselenocysteine [SeMSC]**...Produce[s] 33% better reduction of cancerous lesions than selenite...50% decrease in tumor development...apoptosis...Inhibit cancer-cell growth (proliferation). Reduce density and development of tumor blood vessels. Down-regulate VEGF...(Ip et al. 1992; Sinha et al. 1997; Sinha et al. 1999; Ip et al. 2000a, b; Dong et al. 2001)...SeMSC...10 times less toxic than any other known form of selenium"

([www.lifeextension.com/Protocols/Cancer/Breast-Cancer/Page-13](http://www.lifeextension.com/Protocols/Cancer/Breast-Cancer/Page-13)). For more information, [www.ncbi.nlm.nih.gov/pmc/articles/PMC2902275](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2902275)

**sodium selenite**—“Inorganic forms...such as sodium selenite have proven more effective at fighting cancer than... selenomethionine....sodium selenite is more frequently metabolized to the toxic metabolite hydrogen selenide (H<sub>2</sub>Se). Hydrogen selenide [causes] necrosis [of cancer cells]” ([www.advance-health.com/selenium.html](http://www.advance-health.com/selenium.html)).

[<https://academic.oup.com/carcin/article/29/11/2175/2476374>]

‘...Se [sodium selenite] can restore the expression of the hypermethylation-silenced genes GSTP1, APC and CSR1 in human prostate cancer cells by downregulation of DNMT and inhibition of HDAC activity. These genes are known to have anticancer activity by protection against oxidative damage, detoxification of carcinogenetic chemicals or tumor suppression.’”

(Patrick OShea, 4/11/11,

[https://groups.yahoo.com/neo/groups/natural\\_prostate\\_treatments/conversations/topics/21829](https://groups.yahoo.com/neo/groups/natural_prostate_treatments/conversations/topics/21829)).

"if you DO have cancer, then selenium selenite will address the important reversals desired in the hijacked gene expressions...Bio-availability is not as crucial...as...mechanism of action....Stephen Martin[’s] reading of the disparate literature [was] that it [is best to take] this form IF you have cancer" (Steve Evans, 4/12/11,

[https://groups.yahoo.com/neo/groups/living\\_with\\_prostatecancer/conversations/topics/4916](https://groups.yahoo.com/neo/groups/living_with_prostatecancer/conversations/topics/4916)).

For information on selenium selenite, [www.ncbi.nlm.nih.gov/pmc/articles/PMC2821820](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2821820)

#### FOR MORE INFORMATION:

<http://lpi.oregonstate.edu/mic/minerals/selenium>

<http://foodforbreastcancer.com/tags/selenium>

<http://breastcancerchoices.org/selenium.html>

**ZINC**— anti-angiogenic. Almost all cancer patients have excessive copper and are deficient in zinc (DwightMcKee.com, M.D., 11/7/14; DonnieYance.com). Zinc’s a selenium antagonist (so be sure to also supplement w/**selenium**).

**CAUTIONS AND CONTRAINDICATIONS:** Do not take zinc while you are taking cisplatin or carboplatin ([www.amazon.com/Antioxidants-Against-Cancer-Ralph-Moss/dp/1881025284](http://www.amazon.com/Antioxidants-Against-Cancer-Ralph-Moss/dp/1881025284), 2000, p. 103). Don’t take it if you have mercury toxicity.

**PROSTATE CANCER (PCa):** "High dietary zinc intake was associated with a reduced risk of prostate cancer-specific mortality [36% reduced risk]" ([www.ncbi.nlm.nih.gov/pubmed/21228268](http://www.ncbi.nlm.nih.gov/pubmed/21228268)).

**FORMS and DOSAGE:** I would take 30-60mg of zinc citrate,

[www.megafood.com/vitamins-supplements/mineral-supplements/zinc-W1068.html](http://www.megafood.com/vitamins-supplements/mineral-supplements/zinc-W1068.html)

or <http://naturahealthproducts.com/zinc.html>

**FOR MORE INFO ON ZINC AND CANCER,**

<http://foodforbreastcancer.com/tags/zinc>

[www.donnieyance.com/why-zinc-is-so-important-and-why-you-might-be-deficient](http://www.donnieyance.com/why-zinc-is-so-important-and-why-you-might-be-deficient)

**IODINE--INDICATIONS AND EFFICACY W/SPECIFIC CANCERS:** "For breast patients, iodine...desensitizes the estrogen receptors, alters the chemical pathways, as well effects on the genes, resulting in less cell growth, and causing anti-tumor effect by causing apoptosis (programmed cell death) of malignant cells" ([www.breastcancerchoices.org/iodine.html](http://www.breastcancerchoices.org/iodine.html)).

“if a person is slow to sweat when it is hot and has a low Barnes Basal Body Temperature, it is a good bet that the body is low on iodine” (Vincent Gammill, ScD, [www.natural-oncology.org](http://www.natural-oncology.org), 3/11/11).

**DOSAGE, ADMINISTRATION, FORMS, AND BRANDS:** **Lugol’s solution** is the best form and consists of iodine & potassium iodide. I would take about 100mg, dose must be individualized, so consult physician. Cowden (2011) advises applying it **topically** and applying it on a different spot each time you use it.

For more information, [www.breastcancerchoices.org/iprotocol](http://www.breastcancerchoices.org/iprotocol)

#### CAUTIONS AND ADVERSE EFFECTS:

In some people, iodine triggers their body to release (detox) bromide, causing symptoms such as canker sores; in that case, eat sea salt to help body eliminate the bromide (for more information, [www.breastcancerchoices.org/iodine](http://www.breastcancerchoices.org/iodine)). If taking high-dose iodine, get medical supervision (because of need to remove the bromide) (MBSchachter.com). “Iodine...retards healing and can cause wounds to dehisce" (Gammill, 11/4/09). Check w/doctor before taking it if you have heart problems.

**FOR MORE INFORMATION:** [www.breastcancerchoices.org/iodine](http://www.breastcancerchoices.org/iodine)

[www.DrBrownstein.com](http://www.DrBrownstein.com) (David Brownstein)

<http://breasthealthproject.com/PreventBreastCancerwithIodineDrHaskell.html>

[www.sott.net/article/305942-iodine-treats-breast-cancer-and-more-overwhelming-evidence](http://www.sott.net/article/305942-iodine-treats-breast-cancer-and-more-overwhelming-evidence) (Dach)

[www.breastcancerchoices.org/files/Schachter\\_PDF\\_File\\_from\\_ICIM\\_Journal.pdf](http://www.breastcancerchoices.org/files/Schachter_PDF_File_from_ICIM_Journal.pdf)

[www.ncbi.nlm.nih.gov/pubmed/19500378](http://www.ncbi.nlm.nih.gov/pubmed/19500378) (“Antineoplastic effect of iodine in mammary cancer: participation of 6-iodolactone (6-IL) and peroxisome proliferator-activated receptors (PPAR)”)

<https://groups.yahoo.com/neo/groups/iodine/info>

Compiled by Leonard S. Rosenbaum ([leonardleonard1@earthlink.net](mailto:leonardleonard1@earthlink.net)), holistic health consultant; Dir., Alternative Pathways for Healing Cancer; Vice President, [CancerVictors.net](http://CancerVictors.net); and Advisory Board Member, [BestAnswerForCancer.org](http://BestAnswerForCancer.org). Contact me for further information, resources, consultations, and coaching.

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## Chapter 3

### VITAMINS for Cancer

By Leonard Rosenbaum

**VITAMIN C**—In most cancer situations, I would take vitamin K3 (menadione; [www.life-enhancement.com/shop/product/pst-ProsStay](http://www.life-enhancement.com/shop/product/pst-ProsStay)) and either (1) get IV vit. C (IVC) and take oral vit. C to bowel tolerance or (2) take liposomal vit. C. However, "Ascorbate [vit. C] is considerably less desirable for squamous cell cancer [SCC]" (Vincent Gammill, ScD, [www.natural-oncology.org](http://www.natural-oncology.org), 12/28/13). "For the past 15 years, I have used it [IVC] with menadione....I have never seen convincing evidence that it undermines any particular chemotherapy or radiation. It can increase the effectiveness and lower toxicity of some other therapies" (Gammill, 5/29/10, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/44945>).

For more information on synergism of vit. C w/other treatments,

[www.naturalnews.com/033588\\_intravenous\\_vitamin\\_C\\_cancer.html](http://www.naturalnews.com/033588_intravenous_vitamin_C_cancer.html)

Also, vit. C can reverse MDR ([www.denvernaturopathic.com/news/multidrugresistance.html](http://www.denvernaturopathic.com/news/multidrugresistance.html)).

For more information on IVC & K3,

[www.ncbi.nlm.nih.gov/pubmed/21194250](http://www.ncbi.nlm.nih.gov/pubmed/21194250) (lit. review by Lamson et al)

For more information on IVC,

<http://intravenousvitaminc.blogspot.com/2008/03/doctors-clinics-researchers.html>

[www.orthomolecular.org/resources/omns/v04n19.shtml](http://www.orthomolecular.org/resources/omns/v04n19.shtml)

[www.orthomolecular.org/library/ivccancerpt.shtml](http://www.orthomolecular.org/library/ivccancerpt.shtml) (Ron Hunninghake, M.D.)

[www.orthomolecular.org/library/jom/2000/pdf/2000-v15n04-p201.pdf](http://www.orthomolecular.org/library/jom/2000/pdf/2000-v15n04-p201.pdf) (Riordans)

[www.riordanclinic.org/research/journal-articles/](http://www.riordanclinic.org/research/journal-articles/)

[www.doctoryourself.com/riordan1.html](http://www.doctoryourself.com/riordan1.html) (Riordan; reference list at bottom)

[www.tomlevymd.com/news/VitaminC\\_Cancer\\_w\\_Comments.pdf](http://www.tomlevymd.com/news/VitaminC_Cancer_w_Comments.pdf) (Hickey & Roberts)

[www.oasisofhope.com/cancer-treatments-therapies/vitamin-c](http://www.oasisofhope.com/cancer-treatments-therapies/vitamin-c)

**VITAMIN D3**—For cancer PREVENTION: 1000 IU (w/calcium) reduced cancer rates 77% in 4 yrs (<https://academic.oup.com/ajcn/article/85/6/1586/4633053>; see also [www.thevitamindcure.com/blog/?p=34](http://www.thevitamindcure.com/blog/?p=34)). I would take 5000 for prevention and about 10,000 IU if I had cancer. Blood level of vit. D reportedly should be at least 60. For more information,

[www.breastcancerchoices.org/vitd3](http://www.breastcancerchoices.org/vitd3); [www.naturalnews.com/025495.html](http://www.naturalnews.com/025495.html);  
[www.naturalnews.com/027637\\_cancer\\_vitamin\\_D.html](http://www.naturalnews.com/027637_cancer_vitamin_D.html)

[www.naturalnews.com/027534\\_vitamin\\_D\\_prostate\\_cancer.html](http://www.naturalnews.com/027534_vitamin_D_prostate_cancer.html)

[www.vitaminD3world.com](http://www.vitaminD3world.com); [www.doctoryourself.com/holick.html](http://www.doctoryourself.com/holick.html)

[www.orthomolecular.org/resources/omns/v03n10.shtml](http://www.orthomolecular.org/resources/omns/v03n10.shtml)

<http://articles.mercola.com/sites/articles/archive/2010/06/22/findings-could-alter-breast-cancer-care.aspx>

**VITAMINS K2** (aka “Activator X”/“Price Factor”) and K1—“liver, colon, lung, stomach, nasopharynx, breast, oral [cancers] and leukemia....I...advise using...the plant-based vitamin K1 (phyloquinone) and bacterially produced vitamin K2 (menaquinone)....vitamins K1 and K2 are also effective against cancer [of lung ([www.ncbi.nlm.nih.gov/pubmed/12888897](http://www.ncbi.nlm.nih.gov/pubmed/12888897)) and] leukemia....30 patients with hepatocellular carcinoma who took oral vitamin K1, the disease stabilized in six patients [[www.ncbi.nlm.nih.gov/pubmed/12946240](http://www.ncbi.nlm.nih.gov/pubmed/12946240)] ....[take] vitamin K1 [& K2] supplement...with...fat" (<http://articles.mercola.com/sites/articles/archive/2003/10/8/cancer-vitamin-k.aspx>).

"Vitamin K2 induces differentiation and apoptosis in a wide array of human cancer[s]...apoptosis...in leukemia....

liver cancer patients...13% of the group that received K2 experienced recurrence...compared with 55% of the group who did not receive K2. Three-year survival in the vitamin K2-supplemented group was 87% compared with 64% in the group not receiving the vitamin K2....

#### **[NF-kB] inhibition"**

[www.lifeextension.com/magazine/2009/1/Vitamin-K-Protection-Against-Arterial-Calcification-Bone-Loss-Cancer-Aging/Page-01](http://www.lifeextension.com/magazine/2009/1/Vitamin-K-Protection-Against-Arterial-Calcification-Bone-Loss-Cancer-Aging/Page-01)

“two-year study which involved 21 women with viral liver cirrhosis found that women in the [K1] supplement group were 90 percent less likely to develop liver cancer”

([www.nutraingredients.com/Article/2004/07/21/Vitamin-K-found-to-protect-against-liver-cancer](http://www.nutraingredients.com/Article/2004/07/21/Vitamin-K-found-to-protect-against-liver-cancer); <https://link.springer.com/article/10.1023%2FA%3A1009624111275>)

DOSAGE AND FORMS: If not on anticoagulants, I would take either (1) at least 200mcg of the MK-7 form of K2 or preferably (2) Thorne.com or CarlsonLabs.com brand of “**MK-4...15 mgs 3 X/day**” (Rick Linchitz, M.D., 12/5/12).

For more information:

[www.westonaprice.org/health-topics/abcs-of-nutrition/on-the-trail-of-the-elusive-x-factor-a-sixty-two-year-old-mystery-finally-solved](http://www.westonaprice.org/health-topics/abcs-of-nutrition/on-the-trail-of-the-elusive-x-factor-a-sixty-two-year-old-mystery-finally-solved)

[www.lifeextension.com/magazine/2009/1/Vitamin-K-Protection-Against-Arterial-Calcification-Bone-Loss-Cancer-Aging/Page-01](http://www.lifeextension.com/magazine/2009/1/Vitamin-K-Protection-Against-Arterial-Calcification-Bone-Loss-Cancer-Aging/Page-01)

**VITAMIN E:** Vit. E's synergistic w/selenium, so I would take them together.

COMPONENTS AND FORMS OF VIT. E:

**Alpha and gamma tocopherol succinate and delta & gamma tocotrienols** are the most cancer-healing components of vit. E complex.

“Tocotrienols and tocopherols compete for absorption. The best source of tocotrienols with no tocopherols is annatto” (Patrick OShea, 2/22/11). “You can't go wrong if you look for annatto tocotrienol” (Gammill, 9/7/11). “tocopherols & tocotrienols compete for transport agents, so it may be best to use a high gamma tocopherol product, without added tocotrienols, in the morning & a pure tocotrienol product at night” (Patrick OShea, 3/15/11).

MECHANISMS OF ACTION: Vit. E's anti-inflammatory, antioxidant, thins blood (thus preventing metastasis); and anti-angiogenic. Gamma tocopherol's a COX-2 inhibitor. "Gamma-tocotrienol as an effective agent in targeting prostate cancer **stem cell**-like population" ([www.ncbi.nlm.nih.gov/pubmed/20617516](http://www.ncbi.nlm.nih.gov/pubmed/20617516)).

EFFICACY WITH SPECIFIC CANCERS: Tocotrienols are effective w/ER+ & ER- breast cancer ([www.ncbi.nlm.nih.gov/pubmed/20157774](http://www.ncbi.nlm.nih.gov/pubmed/20157774)).

PROSTATE CANCER (PC): "Gamma-Tocotrienol...kill[s] prostate cancer (PCa) cells" ([www.ncbi.nlm.nih.gov/pubmed/20375535](http://www.ncbi.nlm.nih.gov/pubmed/20375535)). "[Vit. E] interferes with the ability of prostate cancer cells to make...(PSA) and the androgen receptor....in prostate cancer cells exposed to vitamin E...PSA...drops...as much as...90 percent.....25 to [90] percent decrease in...cancer cells....alpha-tocopheryl succinate was most effective" ([www.urmc.rochester.edu/news/story/288/vitamin-e-makes-prostate-cancer-cells-vulnerable.aspx](http://www.urmc.rochester.edu/news/story/288/vitamin-e-makes-prostate-cancer-cells-vulnerable.aspx)).

For more info on vit. E and prostate cancer:

[https://groups.yahoo.com/neo/groups/natural\\_prostate\\_treatments/conversations/topics/18601](https://groups.yahoo.com/neo/groups/natural_prostate_treatments/conversations/topics/18601)

(Patrick OShea, 2010 literature review)

[https://groups.yahoo.com/neo/groups/natural\\_prostate\\_treatments/conversations/topics/29457](https://groups.yahoo.com/neo/groups/natural_prostate_treatments/conversations/topics/29457)

(Patrick OShea literature review on alpha vs. gamma tocopherol 9/17/13)

CONTRAINDICATIONS: Vit. E “[can] cause brain bleeds while on IL2.”

AVOID alpha-tocopherol while receiving mitomycin-C (Tina Kaczor, ND, 11/11/17)

BRANDS: I would use a brand that contains <http://americanrivernutrition.com/deltagold> (scroll down for brands)--"delta-gamma tocotrienol (derived from annatto" (Gammill). “Most brands use Delta-Gold. It is 10% gamma- & 90% delta- (the study gives a nod to the delta- form...)” (Patrick OShea, 2/22/11)

FOR MORE INFO ON VIT. E AND CANCER,

<http://denvernaturopathic.com/BrainTumor2010.htm> (glioblastoma [GBM])

<http://foodforbreastcancer.com/tags/vitaminE>

Compiled by Leonard S. Rosenbaum ([leonardleonard1@earthlink.net](mailto:leonardleonard1@earthlink.net)), holistic health consultant; Dir., Alternative Pathways for Healing Cancer; Vice President, [CancerVictors.net](http://CancerVictors.net); and Advisory Board Member, [BestAnswerForCancer.org](http://BestAnswerForCancer.org). Contact me for further information, resources, consultations, and coaching.

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## Chapter 4

### MISCELLANEOUS SUPPLEMENTS for Cancer

By Leonard Rosenbaum

**BERBERINE SULFATE**—in Oregon grape, barberry, coptis/goldenthrad, and goldenseal

**MECHANISMS OF ACTION:** COX-2 and **NF-kB inhibitor**; antioxidant; antiangiogenic; antibacterial, antiparasitic, antifungal; supports macrophages; liver tonic. “cytotoxicity ... is attributable to apoptosis mainly through induced G2/M-arrested cells, in an ER-dependent manner, via a mitochondria-dependent caspase pathway regulated by Bax and Bcl-2.'...inhibition of NF KappaB and reduction of...survivin” (<http://denvernaturopathic.com/BrainTumor2010.htm>). “Berberine...activation of AMPK...inhibition of...stromal cell-derived factor 1 (SDF-1)... berberine” ([www.denvernaturopathic.com/berberine-stemcell-transplant.htm](http://www.denvernaturopathic.com/berberine-stemcell-transplant.htm)).

**INTERACTION WITH OTHER TREATMENTS:** Berberine’s synergistic w/radiation & chemo. “berberine...inhibits MDR (multidrug resistance...)” (DonnieYance.com, 2013). “NAC [and glutathione?] interferes w/berberine’s cancer-killing effect (<http://denvernaturopathic.com/NAC2011.htm>). AVOID berberine while receiving taxanes (e.g., Taxol).

**EFFICACY WITH SPECIFIC CANCERS:** "glioma [in] rodents...Berberine used alone produced a 91% kill rate...43% for BCNU [Carmustine]. Combining berberine with BCNU yielded a kill rate of 97%....Berberine increases the benefit of radiation treatment [in GBM and] lung cancer...inhibits nasopharyngeal carcinoma...inhibits gene expression and enzyme activity necessary for glioblastoma [GBM] and astrocytoma growth...berberine triggers apoptosis in [GBM]...kills glioma cells through several mechanisms....**several hundred published papers** suggest that berberine is effective against a range of cancers...Berberine prevents cell growth and induces apoptosis in breast cancer cells....cytotoxic to cervical cancer...inhibits cell growth in pancreatic cancer cells by inducing DNA damage...[apoptosis] in tongue cancer....

enhances the anticancer effect of radiation therapy against liver cancer cells"

(<http://denvernaturopathic.com/BrainTumor2010.htm>). Also effective w/prostate cancer.

**DOSAGE:** “500mg 3 times a day....is what [Jonathan] Wright [M.D.] recommends” (2010). "300 mg several times a day" (<http://denvernaturopathic.com/BrainTumor2010.htm>).

**GOOD BRAND:** Whitaker’s Clinical Grade Berberine (<https://www.amazon.com/Dr-Whitakers-Supplement-Cholesterol-Sensitivity/dp/B0083V8UB4>).

**RESVERATROL**—It’s very effective for some people, ineffective for others.

MECHANISMS OF ACTION: polyphenolic antioxidant at low dose; pro-oxidant at high dose; differentiation & apoptosis; antimetastatic (inhibits hyaluronidase); inhibits platelet aggregation, anti-inflammatory; Gap-1 inhibitor (Gammill); **kills cancer stem cells** ([www.ncbi.nlm.nih.gov/pubmed/21188630](http://www.ncbi.nlm.nih.gov/pubmed/21188630); [www.ncbi.nlm.nih.gov/pubmed/21188630](http://www.ncbi.nlm.nih.gov/pubmed/21188630)); **prevents MDR** ([www.ncbi.nlm.nih.gov/pubmed/22426504](http://www.ncbi.nlm.nih.gov/pubmed/22426504)). "Resveratrol [**inhibits**] COX-1, COX-2, [**NF-kB**], estrogen biosynthesis, TNF-alpha, matrix metalloproteinase 9 (MMP-9), VEGF, and cancer cell glucose metabolism (Sun et al., 2008; Kundu & Surh, 2008)" (David Winston, RH, *Cancer Strategies Journal*, Summer 2013, pp. 28).

EFFICACY W/PARTICULAR CANCERS: effective w/CLL, AML, & other leukemias; NHL (Walle et al 2004), myeloma, melanoma, pancreatic (*Advances in Experimental Medicine and Biology*, March 2008), esophageal, breast (including triple-negative [Mangum et al 2008]), lung, colon, & liver cancer. "Resveratrol...induce[d] apoptosis of...leukemia, colorectal...medulloblastoma, head and neck squamous cell...breast...gliomas, and prostate cancer" (David Winston, RH, *Cancer Strategies Journal*, Summer 2013, pp. 28).

"Resveratrol also strongly inhibits brain tumor cells. Quercetin and resveratrol when taken together, stop the tumor cells from growing...`...resveratrol and quercetin...synergism in inducing senescence-like growth arrest...for glioma"  
(<http://denvernaturopathic.com/BrainTumor2010.htm>).

Probably not very effective w/low-grade cancers (Gammill, 2010).

PROSTATE CANCER (PC): "Charles Myers [ProstateTeam.com]...resveratrol...remarkable results with some...advanced stage prostate cancer...has seen PSA drop from 5,000 to 1,000 within relatively short time on resveratrol only...Myers insists that the patient uses [[www.longevinex.com/supplementfacts.php](http://www.longevinex.com/supplementfacts.php)] brand of resveratrol and also instructed the patients to take] vitamin[s] D3 and E, selenium and fucoidan (U-Fn)" ([gubisara@zahav.net.il](mailto:gubisara@zahav.net.il), 3/22/08,

<https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/37387>).

SYNERGISM & INTERFERENCE:

Highly synergistic w/quercetin (which improves the absorption of resveratrol, DonnieYance.com, 2009); also synergistic w/genistein, and green tea/EGCG (<http://denvernaturopathic.com/quercetinsynergy.html>). "**Sulforaphane** activates...`multiple molecular mechanisms for apoptosis in glioblastoma...`...brain tumor...`...resveratrol and sulforaphane inhibits cell proliferation and migration, reduces cell viability"  
(<http://denvernaturopathic.com/BrainTumor2010.htm>).

Resveratrol interferes w/some drugs (Jeanne Wallace, [www.nutritional-solutions.net](http://www.nutritional-solutions.net), 4/28/13).

FORMS: "**trans-resveratrol** is the active [& superior] form" (Patrick OShea, 3/5/13; also [DocRowen.com](http://DocRowen.com); DonnieYance.com; [www.ncbi.nlm.nih.gov/pubmed/22185600](http://www.ncbi.nlm.nih.gov/pubmed/22185600)).

DOSAGE, ADMINISTRATION, AND BRANDS:

Resveratrol's poorly absorbed. "high doses are required. Most brands of resveratrol are useless" (Patrick OShea, 4/10/14). I would take **at least 500mg**.

[www.letstalkhealth.com/Symplex-C](http://www.letstalkhealth.com/Symplex-C) is a great liposomal combo that contains resveratrol.. "Myers now recommends **revgenetics.com** [as of 2012]...1,000 mg...

previously recommended [**Longevinex.com**]." "At very high doses it is selectively toxic to cancer cells. If I use anything over 1000 mg/day, I screen for weak heart first. Also, I would not [take more than] 1000 mg...for an extended period of time" ([gubisara@zahav.net.il](mailto:gubisara@zahav.net.il), 1/19/12).  
"Consider getting a micronized product for better availability, e.g....

[[www.revgenetics.com/store/p-32-nitro250-micronized-super-resveratrol-retails-3795.aspx](http://www.revgenetics.com/store/p-32-nitro250-micronized-super-resveratrol-retails-3795.aspx)]

or... [www.longevinex.com/supplementfacts.php](http://www.longevinex.com/supplementfacts.php)

bulk powder...[[www.revgenetics.com/store/p-31-m98-bulk-micronized-resveratrol-retails-75.aspx](http://www.revgenetics.com/store/p-31-m98-bulk-micronized-resveratrol-retails-75.aspx)]” (Patrick OShea, 3/5/11,

<https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/21481>).

For more information on resveratrol,

[www.denvernaturopathic.com/resveratrol.html](http://www.denvernaturopathic.com/resveratrol.html)

[www.lifeextension.com/Protocols/Cancer/Cancer-Adjuvant-Therapy/Page-04](http://www.lifeextension.com/Protocols/Cancer/Cancer-Adjuvant-Therapy/Page-04)

[www.lifeextension.com/magazine/2004/4/report\\_resver/Page-01](http://www.lifeextension.com/magazine/2004/4/report_resver/Page-01) (prostate cancer)

**QUERCETIN**--"Quercetin has also long been a favorite of mine" (Gammill, 9/18/11).

MECHANISMS OF ACTION: "Quercetin...induces apoptosis...[suppression of PI-3-kinase-Akt pathway]...antimitotic effects through modulating protein kinase and lipid kinase pathways....at lower doses quercetin acts as an antioxidant, while at higher doses, it becomes a prooxidant" ([DrDarvish.com](http://DrDarvish.com) in [www.townsendletter.com/AugSept2016/glioblastoma0816.html](http://www.townsendletter.com/AugSept2016/glioblastoma0816.html)).

"immune stimulant...tumor cell cycle arrest, anti-angiogenic"; polyphenolic antioxidant; induces apoptosis, antimetastatic; **may prevent drug resistance (MDR).**"

CONTRAINDICATIONS: AVOID quercetin while receiving cyclophosphamide and taxanes (Tina Kaczor, ND, 11/11/17)

SYNERGISM: Quercetin's (being an lactate export blocker) is highly synergistic w/radiation, some chemo drugs (cisplatin, doxorubicin, tamoxifen), resveratrol (<http://denvernaturopathic.com/BrainTumor2010.htm>), ellagic acid, genistein, vit. C, **hyperthermia** ("HSP 27 [...heat shock proatein] can be inhibited by quercetin" (Rick Linchitz, M.D., 1/22/12; see also Gammill, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/58086>), and perhaps green tea (EGCG) and fish oil

(<http://denvernaturopathic.com/quercetinsynergy.html>). "quercetin reduces heat shock protein 27, one of the inhibitors of response to hyperthermia, and reduces LRP resistance to platinum drugs"



(Rick Linchitz, M.D., 9/18/11). **Bromelain** increases quercetin absorption from about 5% to 20%.

EFFICACY W/SPECIFIC CANCERS:

Especially effective w/prostate cancer ([www.ncbi.nlm.nih.gov/pubmed/21308698](http://www.ncbi.nlm.nih.gov/pubmed/21308698); [www.ncbi.nlm.nih.gov/pubmed/14715546](http://www.ncbi.nlm.nih.gov/pubmed/14715546)).

GBM: "Quercetin...induces apoptosis in glioblastoma cells...sensitizing them to temozolomide and radiotherapy....quercetin [increases] the efficacy of...temozolomide...by at least 65%" (Darvish in [www.townsendletter.com/AugSept2016/glioblastoma0816.html](http://www.townsendletter.com/AugSept2016/glioblastoma0816.html)).

DOSAGE: Shari Lieberman (2001) recommended 5g 3x/day; Rick Linchitz, M.D. (8/11/12) recommended "1000 mgs 3X/day."

BRANDS: The best quercetin products I know of are

<http://naturahealthproducts.com/all-res-q.html> (sublingual; by DonnieYance.com) and (for prostate and pancreatic cancer) [www.healthyitems.com/quercetin-plus-p/4860.htm](http://www.healthyitems.com/quercetin-plus-p/4860.htm) or [www.letstalkhealth.com/Prosta-Plex-Plus](http://www.letstalkhealth.com/Prosta-Plex-Plus).

FOR MORE INFORMATION, [www.altmedrev.com/archive/publications/5/3/196.pdf](http://www.altmedrev.com/archive/publications/5/3/196.pdf)

<http://foodforbreastcancer.com/tags/quercetin>

**MELATONIN**— MECHANISMS OF ACTION: Promotes differentiation; antimetastatic; "antiproliferative[, enhances] immunity, modulation of oncogene expression, and anti-inflammatory, anti-oxidant and anti-angiogenic....anticachectic, anti-asthenic and thrombopoietic" ([www.ncbi.nlm.nih.gov/pubmed/11862501](http://www.ncbi.nlm.nih.gov/pubmed/11862501)). "apoptotic, or direct cytotoxic...effects" (<http://allnutritional.com/natural-products/melatonin.php>).

INTERACTION WITH CONVENTIONAL TREATMENT: **Reduces MDR**

([www.denvernaturopathic.com/news/multidrugresistance.html](http://www.denvernaturopathic.com/news/multidrugresistance.html)). Highly synergistic w/chemo, including doxorubicin and cisplatin. Enhances effectiveness and reduces toxicity of IL-2 but also can be dangerously synergistic w/IL-2. "20 mg...Melatonin significantly improved...remission (16.5 vs. 32.6%; RR = 1.95 ...) as well as 1-year survival rate (28.4 vs. 52.2%...), and dramatically decreased radiochemotherapy-related side effects...Effects were consistent across different types of cancer. No severe adverse events" ([www.ncbi.nlm.nih.gov/pubmed/22271210](http://www.ncbi.nlm.nih.gov/pubmed/22271210), "The efficacy and safety of melatonin in concurrent chemotherapy or radiotherapy for solid tumors: a **meta-analysis** of randomized controlled trials," 2012).

EFFICACY WITH SPECIFIC CANCERS: "human trials of melatonin in...advanced...brain, breast, colorectal, gastric, liver, lung [SCLC & NSCLC], pancreatic, and testicular cancer...lymphoma, melanoma, renal cell carcinoma...sarcoma...some patients stabilizing"

(<http://allnutritionals.com/natural-products/melatonin.php>). “inhibited [MCF-7 breast cancer] cells by 78 percent” (Ralph Moss, 1997). “14 patients with **hepatocellular carcinoma**, melatonin (**50 mg...**) [and] IL-2, complete regression occurred in 1 (7%), partial regression occurred in 4 (25%) and 6 patients (43%) stabilized. Toxicity was low...Aldeghi et al, 1994” (Boik, 1995, p. 76).

**DOSAGE AND ADMINISTRATION:** Start w/low dose and build up to at least 20-50mg; less than 15mg may be ineffective. Take only at night, ideally at bedtime.

**BRANDS:** Use good brand. The best brands I know of are Melatonin Sleep by Nutramedix.com (low-dose) and [www.scientifichealthsolutions.com/product/melatonin-max](http://www.scientifichealthsolutions.com/product/melatonin-max) (60 mg).

FOR MORE INFORMATION,

<http://breastcancerchoices.org/melatonin>

<http://foodforbreastcancer.com/tags/melatonin>

<http://allnutritionals.com/natural-products/melatonin.php>

## **COENZYME Q10 (CoQ10)** (ubiquinol/ubiquinone)

**MECHANISMS OF ACTION:** immune stimulant; “Mayo Clinic...website...CoQ10, a Krebs [cycle] facilitator, an antioxidant that become pro-oxidant as it enters the [cancer] cell” (Bret Peirce, AmericanCancerAdvocates.com, 5/27/11).

**EFFICACY WITH SPECIFIC CANCERS:** Especially effective w/breast and prostate cancer; also effective w/lung, liver, colon, and other cancers; apparently ineffective for lymphoma. "CoQ10...600 mg/day...PSAs dropped 75% in 14 out of 20 volunteers, and the prostate mass was decreased by almost 64%. Prostate biopsies in six patients...indicated no active cancer...be prepared to wait for more than 120 days before one starts seeing the PSA and tumor size go down" ([www.drpasswater.com/nutrition\\_library/coenzyme\\_q3.htm](http://www.drpasswater.com/nutrition_library/coenzyme_q3.htm)).

**GUIDELINES FOR USE:** I would take 400-600mg of CoQ10 (ideally in the form of ubiquinol), with fat (e.g., flax or fish oil). Especially good to take during radiation & chemo. Caution: CoQ10 “[can] cause brain bleeds while on IL2 [interleukin 2].” Avoid CoQ10 while taking graviola or paw paw.

**BRANDS:** There are many good brands, including

[www.douglaslabs.com/products/heart-metabolic/ultra-coenzyme-q-10.html](http://www.douglaslabs.com/products/heart-metabolic/ultra-coenzyme-q-10.html)

[www.lifeextension.com/vitamins-supplements/item01929/super-ubiquinol-coq10](http://www.lifeextension.com/vitamins-supplements/item01929/super-ubiquinol-coq10)

CoQmax CF ([www.xymogen.com/formulas/products/188](http://www.xymogen.com/formulas/products/188))

FOR MORE INFORMATION:

[www.meb.uni-bonn.de/cancer.gov/CDR0000062979.html](http://www.meb.uni-bonn.de/cancer.gov/CDR0000062979.html) (NCI research review)

[www.cancer.gov/about-cancer/treatment/cam/hp/coenzyme-q10-pdq](http://www.cancer.gov/about-cancer/treatment/cam/hp/coenzyme-q10-pdq) (NCI; “36 pubmed abstracts....2,3,6,7,16,19 and 28 all refer to early experiments in cancer treatment” [2011])

[www.cancernet.nci.nih.gov/cam/Q10.htm](http://www.cancernet.nci.nih.gov/cam/Q10.htm)

<http://articles.mercola.com/sites/articles/archive/2000/09/10/coq10-cancer.aspx>

[www.newswithviews.com/Howenstine/james2.htm](http://www.newswithviews.com/Howenstine/james2.htm)

**POLY-MVA** (Palladium Lipoic Complex/"Poly"):

**GENERAL EFFICACY:** effective in about 25-50% of cancer patients; also relieves pain.

**EFFICACY W/SPECIFIC CANCERS:** Most effective w/brain cancer (particularly GBM), NSCLC lung (consistently very effective; many recoveries of NSCLC from using nothing but Poly), and pancreatic cancer. Also very effective w/breast and prostate cancer, leukemia (including ALL), and lymphoma.

**BOTTOM LINE:** I would use Poly for the above-listed cancers (only) if money was not an issue.

**SYNERGISM:** "Poly-MVA works as an antioxidant and a pro-oxidant depending on circumstances. It is actually more effective when there is oxidative stress present as it uses free radicals that are present to drive the reaction" (Mike Golden, D.C., 3/12/09). Take 600mg CoQ10 w/Poly, as this attenuates the electron transport chain (Al Sanchez, Jr., 3/1/33). Vit. D3, hyperthermia, hyperbaric oxygen (HBO), and IPT (and in general therapies that increase metabolism and upregulate oxygen) are also synergistic w/Poly. Poly reduces adverse effects of and potentiates some radiation and chemotherapy treatments (Tony Jimenez, M.D., Hope4Cancer.com, 2004).

**THINGS THAT CONFLICT WITH POLY-MVA:** Don't take zeolite w/Poly, because zeolite chelates palladium. "Poly-MVA is one of the most powerful antioxidants... We allow you to take up to 1000mg of vitamin C or its equivalent in any other antioxidant [It's ok to take antioxidants in moderation]...Smoking forbidden. Hydrazine sulfate, graviola, pau d'arco, the acetogenins blocks the electron transfer; therefore blocks Poly-MVA...Flaxseed oil has to be taken [1-2 hrs] apart...Chelation...is contraindicated" (Gary L. Matson, 1/06). "Pau D'arco...should...be taken several hours away from [Poly]" (3/17/12). Don't take lipoic acid while using Poly, and don't give IV vit. C within 4-5 hrs of Poly. "Avenar, Protocol (Cantron) and paw paw...None of them should be taken with Poly-MVA" (Golden, 3/12/09); take these at least 2 days apart from Poly (Al Sanchez Jr., 2012).

**DOSAGE AND COST:** 1-5 bottles/month is usual dosage, about \$200/bottle.

**FOR MORE INFORMATION:** [www.polymva.com](http://www.polymva.com)

[www.cancertutor.com/polymva](http://www.cancertutor.com/polymva)

[www.firstpulseprojects.com/Publications.html](http://www.firstpulseprojects.com/Publications.html) (\_First Pulse\_ by Merrill Garnett)

Compiled by Leonard S. Rosenbaum ([leonardleonard1@earthlink.net](mailto:leonardleonard1@earthlink.net)), holistic health consultant; Dir., Alternative Pathways for Healing Cancer; Vice President, [CancerVictors.net](http://CancerVictors.net); and Advisory Board Member, [BestAnswerForCancer.org](http://BestAnswerForCancer.org). Contact me for further information, resources, consultations, and coaching.

Disclaimer from Leonard Rosenbaum: I am not a licensed health professional, and nothing written here constitutes medical advice. Please consult a licensed physician before following anything below.

## Chapter 5

### Diet and Supplement Guidelines For Cancer

By Leonard Rosenbaum

**BEVERAGES:** unsweetened cranberry, pomegranate, goji, noni; **fresh-squeezed** carrot, **cruciferous**, **BEET**, **ASPARAGUS**, **wheatgrass** & green juices; (**matcha green**) tea

**FOODS:** organic, **raw/steamed**, **local-grown vegetables** (**ASPARAGUS**, seaweed, kelp, leafy **greens**, scallion/leek, rhubarb, avocado, **artichoke**, **BEET**; **cabbage**, **broccoli**, **CRUCIFEROUS** & **lactofermented** vegetables); grapes w/seeds, **berries**, kiwi, lemon; brown rice, buckwheat; tempeh/miso; mung bean & **onion/garlic/broccoli sprouts**; **garlic**, **hot pepper**, **almond**; **walnut**, flax; **FLAX OIL** w/**COTTAGE CHEESE**

Herbs: **HOXSEY**, **FU ZHENG**, **MISTLETOE**, **pau d'arco**, **ARTEMIX**, **astragalus**, **green tea/EGCG**, chaga, **CURCUMIN/turmeric**, **MAGNOLIA/HONOKIOL**, **GINSENG**, **eleuthero**, **garlic**, **milk thistle**, **dandelion**, licorice; feverfew/parthenolide, berberine

Misc: propolis; pancreatin, bromelain, serrapeptase, lumbrokinase; CoQ10; fermented soy; sulforaphane, green powder, green foods; probiotics, pectin; GLA; fish/cod & shark liver oils; **SELENIUM**, zinc, iodine; melatonin; ellagic acid, resveratrol & **QUERCETIN**; vits. C, D3, E, K; I3C/DIM; arabinogalactin or **AHCC**; frankincense & sandalwood oils; theanine; metformin, LDN; colon, liver, lymph, fungal, viral, parasite & mercury cleanses; zeolite; chelation; **SAUNA**, exercise; [EFTuniverse.com](http://EFTuniverse.com), Family Constellations

**AVOID:** non-grass-fed meat, pasteurized dairy & juice, **SUGAR**, refined grains, wheat; high carbs on empty stomach; cottonseed/sunflower/soy/corn/safflower oils

### Diet and Supplement Guidelines--Detailed Version

**Beverages (unsweetened):** tea (especially **matcha green tea**), coffee, **goji**, aloe, mangosteen, noni, cranberry, purified water. **JUICES fresh-squeezed** from masticating juicer: apple, **green leaf**, org. **carrot**, **wheatgrass**, **lemon**, (if not on any drugs) red grapefruit, **ASPARAGUS**, **BEET**, **celery**, **garlic**; (if no thyroid problems) **broccoli**, **cauliflower**, & **cabbage**

**VEGETABLES** (raw/steamed, organic, lactofermented): **ASPARAGUS**, grape leaf, **CRUCIFEROUS** (**Brussels sprouts**, **broccoli** florets, **cauliflower**, **cabbage**, collards, radish, **watercress**, kale), **spinach**, dandelion, **leafy greens**, **kelp**, **seaweed**; **avocado**, rhubarb, chard, olive, burdock; **BEET**, **celery**, **artichoke**, squash, parsnip, okra, chives, **hot pepper**, **garlic**, **onion/shallot/scallion/leek**, **garlic**, **onion**, **broccoli**, & **clover SPROUTS**; shiitake, maitake

Fruit (low-glycemic, organic; **LOCAL-GROWN** [farmers markets:

[www.ams.usda.gov/services/local-regional/food-directories-listings](http://www.ams.usda.gov/services/local-regional/food-directories-listings) or [www.localharvest.org](http://www.localharvest.org)]): dark **grape** & apple/pear w/their seeds; **pomegranate**, peach/nectarine, apricots; bilberries, **raspberries**, blackberries, cherries, strawberries, blueberries, cranberries, **goji**, lychee; cantaloupe, kiwi, red grapefruit, **lemon** and (if not using Hoxsey) tomato

Presoaked or SPROUTED grains & beans: (short-grain) brown rice, millet, buckwheat; lentil, broad/fava, **mung bean**, peas; **tempeh**, **miso**

Nuts & Seeds (chew thoroughly): **almonds** (20/day) & pine nuts; **sprouts**

Fat/Oil: **FLAX OIL mixed w/low-fat COTTAGE CHEESE (FSO/CC)**; hemp, coconut (for cooking), fish & **shark liver oils/alkylglycerols**; GLA

Herbs: **HOXSEY** w/bloodroot?, **FU ZHENG**, Flor-Essence, poke, **pau d'arco**, **ARTEMIX**, **red clover**, burdock, licorice, **astragalus**, **ginsengs**, **CURCUMIN/turmeric**, **green tea**, garlic, **cat's claw**, milk thistle, **beet root**; **dandelion**, **honokiol**, **paw paw** or graviola; **MISTLETOE** (injection); mushrooms (chaga/reishi/maitake/shiitake/**cordyceps/Agaricus blazei/coriolus versicolor**)

Misc. Supplements: **sandalwood**, **frankincense** & lavender oils; **pancreatin** (w/chymotrypsin), **bromelain**, **serrapeptase**, **FERMENTED SOY & other foods**; **ASPARAGUS**; lemongrass, salmon & sardines, liver, thymus; aloe; **goji**, mangosteen, noni; "greens" (alfalfa, **chlorella/spirulina**, **wheat- & barleygrass**), whey; apricot kernels; lysine & proline; **SELENIUM**, **iodine**, **MELATONIN**, vitamins **C (LIPOSOMAL)**, **D3**, **E**, **K2**, **CoQ10**; beta glucan, arabinogalactins; IP6; fucoidan; **QUERCETIN** & **resveratrol**, ellagic acid; **EDTA chelation**, **zeolite**, **pectin**; **indole-3-carbinol (I3C)**; **probiotics**, betaine HCl; oxygen products; DMSO, MSM, low-dose **naltrexone**, metformin

Detox-- **liver**, kidney; **colon**, gallbladder, **parasite**, **fungal**, **viral & lymph cleanses**; coffee enemas; **FAR infrared SAUNA/HOT TUB**

**mind-body--** [EFTuniverse.com](http://EFTuniverse.com), mild **EXERCISE**, **Family Constellations**

**AVOID: non-grass-fed animal products**, pasteurized dairy; table salt; nonfermented soy; **cottonseed/sunflower/soy/corn/safflower oils**, **refined/processed**, microwaved & overcooked food; **bottled juice**, **SUGAR/sweets** (except stevia, blackstrap molasses & raw honey)/**high carbs on empty stomach**, corn, nonsprouted **bread & wheat**, white rice, peanuts

## **COST-EFFICIENT ITEMS (what I would take if I was on limited budget)**

Beverages (unsweetened): cranberry, **BEET**, celery, & broccoli juices; **matcha green tea**  
**VEGETABLES** (low-glycemic, **fresh**, raw/steamed, organic, **LOCAL-GROWN**,  
lactofermented)--**ASPARAGUS**, **CRUCIFEROUS** (broccoli, cauliflower), squash, avocado,  
artichoke, **watercress**, collards, kale, dandelion, **leafy greens**, seaweed, kelp; **BEET**, **cabbage**,  
licorice, **hot pepper**, garlic, leek/**sprouted ONION**, **GARLIC**, & broccoli

fruit (low-glycemic, organic)--dark grape (eat the seeds), peach/nectarine, apple/pear,  
cantaloupe; **LEMON**, red grapefruit, and (if not using Hoxsey) tomatoes

Presoaked or **SPROUTED** grains & beans--millet, short-grain brown rice; lentil,  
broad/fava, & mung beans; tempeh, miso, natto

fat/oil-- **FLAX OIL MIXED** w/low-fat **COTTAGE CHEESE** (Budwig); fish  
oil, & shark liver oil/alkylglycerols

herbs: **HOXSEY** ([www.herbsfirst.com/p/121-Blood-Stream-Formula-syrup-4-oz.aspx](http://www.herbsfirst.com/p/121-Blood-Stream-Formula-syrup-4-oz.aspx)), **FU**  
**ZHENG**, **ARTEMIX**, astragalus, **CURCUMIN/turmeric**, garlic, cat's claw, milk thistle, beet  
root; *Agaricus blazei*, coriolus versicolor, & maitake mushrooms; **green tea**

misc: raw **ALMONDS**, **fermented soy** ([www.jivasupplements.org/fer-soy\\_supplement.php](http://www.jivasupplements.org/fer-soy_supplement.php)),  
rejuvelac, macrobiotic diet; bromelain; ellagic acid, **resveratrol**, **quercetin**; liver & thymus;  
spirulina/chlorella; **selenium**, iodine; vits. C, **D3 & K2**; **MELATONIN**, Protocol; lemon,  
lemongrass, & clove oils; probiotics; oxygenation; **DMSO**, **MSM**, low-dose **NALTREXONE**,  
homeopathy; sauna/hot tub; mild **EXERCISE**; **Guo Lin qi gong**, **meditation**, emotional release,  
[EFTuniverse.com](http://EFTuniverse.com); **visualization/imagery**; Cancer Support Series  
([www.monroeinstitute.org/node/1333](http://www.monroeinstitute.org/node/1333))

For more information, [www.cancertutor.com/DirtCheapProtocol](http://www.cancertutor.com/DirtCheapProtocol)

[www.cancertutor.com/faq\\_inexpensive](http://www.cancertutor.com/faq_inexpensive)

Compiled by Leonard S. Rosenbaum (leonardleonard1@earthlink.net), holistic health consultant;  
Dir., Alternative Pathways for Healing Cancer; Vice President, CancerVictors.net; and Advisory  
Board Member, BestAnswerForCancer.org. Contact me for further information, resources,  
consultations, and coaching.

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here constitutes medical advice. Please consult a licensed physician before following this  
information.

## Chapter 6

### FOODS, FOOD CONCENTRATES, AND FOOD-DERIVED SUPPLEMENTS FOR CANCER

By Leonard Rosenbaum

**ellagic acid**-- induces apoptosis; "can have great benefit...take[s] higher doses than most people realize" (Gammill, 7/9/00); "Activate[s] powerful detoxifying enzymes in the liver...cleansing...protection and regeneration of...liver....Stimulates the immune system" ([www.myfreenewsletter.com/ellagic.html](http://www.myfreenewsletter.com/ellagic.html)).

A good ellagic acid combination product is Ellagic Insurance Formula ([http://greenwoodhealth.net/np/1\\_eif.htm](http://greenwoodhealth.net/np/1_eif.htm); MLM).

For more information on ellagic acid:

[www.denvernaturopathic.com/news/ellagicacid05.html](http://www.denvernaturopathic.com/news/ellagicacid05.html)

<http://clincancerres.aacrjournals.org/content/12/13/4018.long> ("Pantuck's 2006 [ellagic acid] Phase II intervention study...8 oz pomegranate juice")

[www.greenwoodhealth.net/np/ellagic.htm](http://www.greenwoodhealth.net/np/ellagic.htm)

<http://peoplebeatingcancer.org/blog/ellagic-acid-cancer-therapy-pancreatic-prostate-leukemia-etc>

**modified citrus pectin (MCP)/fractionated citrus pectin**--highly effective for preventing & suppressing metastases; immune stimulant; laxative; absorbs heavy metals (including mercury).

Pour powder into warm water and take on empty stomach (away from food and vitamins). "Suggested dose based on animal and human trials is 15 grams per day....use...before and after biopsy, excisions and surgery....also...when a known primary tumor exists with the potential of metastasis" ([www.denvernaturopathic.com](http://www.denvernaturopathic.com), 10/5/03).

BRANDS: The best pectin products I know of are

[www.econugenics.com/pectasol-c-modified-citrus-pectin-main](http://www.econugenics.com/pectasol-c-modified-citrus-pectin-main)

(or [www.thorne.com/products/oncology-support/dp/fractionated-pectin-powder](http://www.thorne.com/products/oncology-support/dp/fractionated-pectin-powder)).

FOR MORE INFORMATION ON PECTIN AND CANCER,

[www.nutritionreview.org/library/citrus.pectin.php](http://www.nutritionreview.org/library/citrus.pectin.php)

[www.lifeextension.com/magazine/2004/3/report\\_citrus/Page-01](http://www.lifeextension.com/magazine/2004/3/report_citrus/Page-01)

[www.altmedrev.com/archive/publications/5/6/573.pdf](http://www.altmedrev.com/archive/publications/5/6/573.pdf) (2000 review article)



<http://themosreports.wordpress.com/2010/05/14/modified-citrus-pectin-advances> (prostate)

<https://academic.oup.com/glycob/article/17/8/805/612035> (Pectasol for prostate cancer)

[www.ncbi.nlm.nih.gov/pubmed/14663471](http://www.ncbi.nlm.nih.gov/pubmed/14663471) (prostate)

**Avemar**/fermented wheat-germ extract (FWGE)--

MECHANISMS OF ACTION: apoptotic, antiangiogenic, and antimetastatic; COX-2 inhibitor.

RESEARCH & EFFICACY w/SPECIFIC CANCERS: "Avemar beat...Tamoxifen 'hands down'...Arimidex (25% inhibition) and Aromasin (26% inhibition). Avemar inhibited the growth of [ER-] breast cancer...52%....Aromasin and Avemar together inhibited cancer growth 60.4%....in colon cancer with use of Avemar a 82% reduction in cancer recurrence, a 67% decrease in metastasis and a 62% reduction in deaths. With oral cancer only 1 of the 23 patients using Avemar had a recurrence, whereas 12 out of the 22 patients in the control group did" (see [www.avemaresearch.com/pdf/A-HSIAvemarArticle12-05.pdf](http://www.avemaresearch.com/pdf/A-HSIAvemarArticle12-05.pdf)).

Particularly effective for melanoma, colorectal, and oral-cavity squamous cell carcinoma (SCC); also effective w/ovarian?, pancreatic, NSCLC lung, and breast cancer (ER+ and ER-); effective w/myeloid (but not nonmyeloid) leukemia.

INTERACTIONS & SYNERGISM: Synergistic w/Tamoxifen. Helpful to take during chemo ([www.ncbi.nlm.nih.gov/pubmed/15454833](http://www.ncbi.nlm.nih.gov/pubmed/15454833)).

DOSAGE & ADMINISTRATION: Dissolve Avemar in water and take 2 hrs apart from all other supplements and 1 hr away from food. It's not dose-dependent; not helpful to exceed recommended dosage.

BRANDS: Metatrol.com (gluten-free, by AmericanBiosciences.com) is my 1<sup>st</sup> choice brand; its predecessor (Avemar) won best new product of the year at ExpoEast.com 2007; \$150/month. If I couldn't afford Metatrol, I'd use **rejuvelac**.

FOR MORE INFORMATION,

<http://fwgeresearch.org/third-party-articles> (full-text articles)

[www.denvernaturopathic.com/news/Avemar.html](http://www.denvernaturopathic.com/news/Avemar.html) (2007)

[www.denvernaturopathic.com/poolishwheatgermbread.htm](http://www.denvernaturopathic.com/poolishwheatgermbread.htm) (2007)

**capsaicin** (active ingredient in hot pepper):

EFFICACY AND MECHANISMS OF ACTION

"Capsaicin induced approximately 80 percent of prostate cancer cells growing in mice to...apoptosis. Prostate cancer tumors treated with capsaicin were about one-fifth the size of tumors in non-treated mice....inhibited...NF-kappa Beta [**NF-kB inhibitor**]....curbed the growth of prostate cancer cells through regulation of androgen receptors....dose-dependent" (Russell Vanderboom, [AACR.org](http://AACR.org)).

EFFICACY W/SPECIFIC CANCERS: "Capsaicin...induce apoptosis in...colon adenocarcinoma, pancreatic cancer, hepatocellular carcinoma, prostate cancer, breast cancer" ([www.ncbi.nlm.nih.gov/pubmed/24941670](http://www.ncbi.nlm.nih.gov/pubmed/24941670)).

SYNERGISM: "Cayenne (capsaicin)...is best used with green tea extract (EGCG), as both are tNOX inhibitors. This can be further kicked up with broccoli, broccoli sprouts, etc. to suppress cNOX" (Vincent Gammill, ScD, [www.natural-oncology.org](http://www.natural-oncology.org), 9/17/09).

FORMS, DOSAGE, AND ADMINISTRATION: "plain old everyday cayenne pepper will do... can be hard on the digestive tract...irritating to the gut, so...go for bowel tolerance" (Gammill, 6/23/10). [DocRowen.com](http://DocRowen.com) uses "dried extract [of the capsaicin] in capsules (40,000 heat units each)...seven capsules three times a day, but only for three days a week" ([www.beating-cancer-gently.com/newsletters](http://www.beating-cancer-gently.com/newsletters)).

"Richard Schulze...author of the Curing with Cayenne suggests taking cayenne pepper orally or mixing in some juice instead of capsules...`If you take cayenne pepper in capsules, you may be...never getting the cures I got...I had thousands of patients who did the same and who did not get well--until they took my cayenne orally...much of cayenne's healing action occurs right in your mouth. As cayenne touches your tongue, the cayenne absorbs in seconds and nerve endings send signals throughout the body--sending waves of fresh blood to wherever you are sick... do[es] not occur when you bypass the mouth by taking capsules" (2011). "[Schulze] sells really hot cayenne drops [[www.herbdoc.com/cayenne](http://www.herbdoc.com/cayenne)]" (2011).

For more info, <http://foodforbreastcancer.com/tags/capsaicin>;  
<http://foodforbreastcancer.com/foods/hot-peppers>

**sulforaphane**—in **broccoli sprouts** (and broccoli & other cruciferous vegetables)

EFFICACY WITH SPECIFIC CANCERS:

[www.news-medical.net/news/2008/07/21/40120.aspx](http://www.news-medical.net/news/2008/07/21/40120.aspx) (bladder cancer)

[www.ncbi.nlm.nih.gov/pubmed/22005276](http://www.ncbi.nlm.nih.gov/pubmed/22005276) (prostate cancer)

BRAIN CANCER--"Sulforaphane activates, `multiple molecular mechanisms for apoptosis in glioblastoma cells following treatment ...' Resveratrol and sulforaphane act synergistically against brain tumor cells" (<http://denvernaturopathic.com/BrainTumor2010.htm>).

“combination treatment with resveratrol and sulforaphane inhibits cell proliferation and migration, reduces cell viability.... resveratrol and sulforaphane may be a viable approach for the treatment of glioma” ([www.ncbi.nlm.nih.gov/pmc/articles/PMC2821708](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2821708)).

BREAST--“Sulforaphane induces cell type-specific apoptosis in [ER+ & ER-] human breast cancer cell lines” (Molecular Cancer Therapeutics, 2007).

"Sulforaphane downregulated the Wnt/beta-catenin self-renewal pathway in breast cancer **stem cells** [www.ncbi.nlm.nih.gov/pmc/articles/PMC2862133; <http://clincancerres.aacrjournals.org/content/16/9/2580>]; [see also [www.ncbi.nlm.nih.gov/pubmed/20388854](http://www.ncbi.nlm.nih.gov/pubmed/20388854)].”

For more information, <http://foodforbreastcancer.com/tags/sulforaphane>

[www.sciencedaily.com/releases/2008/12/081203092435.htm](http://www.sciencedaily.com/releases/2008/12/081203092435.htm) (broccoli and "rapidly advancing breast cancer")

DOSAGE: I would take at least 60mg.

BRANDS:

Oncoplex ([www.xymogen.com/formulas/products/218](http://www.xymogen.com/formulas/products/218)).

[www.sourcenaturals.com/products/GP1044](http://www.sourcenaturals.com/products/GP1044) (Broccoli Sprouts Extract)

FOR MORE INFORMATION ON SULFORAPHANE

[www.eurekalert.org/pub\\_releases/2004-08/uoia-aci083104.php](http://www.eurekalert.org/pub_releases/2004-08/uoia-aci083104.php)

<http://articles.mercola.com/sites/articles/archive/2013/09/09/broccoli-based-medicine.aspx>

### **indole-3-carbinol (I3C) and 3,3'-diindolylmethane (DIM)—**

I3C and DIM each have their advantages. I would **take both** (200mg of each?).

“PubMed...search on <"prostate cancer" DIM> (25 studies)...<"prostate cancer" I3C> too (21 studies)" (Patrick OShea, 10/5/09)."

MECHANISMS OF ACTION: “[I3C] changes the way estrogen is metabolized, favoring the 2-hydroxy (safer pathway) over the 16-hydroxy (more likely to proliferate breast tissue) pathway” (Rick Linchitz, M.D., 11/1/11). “DIM pushes E2 down a benign...pathway...I view E2 to be our major enemy” (Patrick OShea, 10/5/09). "I3C also creates ICZ, NI3C and IAN...I3C...actions against all types of cancer [include] modulation of the growth and invasion of cancer cells...apoptosis...bone marrow protection during chemotherapy...modulation of the estrogen receptor...[I3C] Enhances Effects of Tamoxifen...Stops the Growth of Prostate Cancer Cells...Upregulates BRCA1 Tumor Suppressor Gene..."

([www.lifeextension.com/magazine/2002/1/report\\_i3c/page-01](http://www.lifeextension.com/magazine/2002/1/report_i3c/page-01)). For more info, [www.jbc.org/content/280/10/8756.full](http://www.jbc.org/content/280/10/8756.full)

EFFICACY IN SPECIFIC CANCERS: effective w/cervical, endometrial, prostate, ovarian, and ER+ and ER- breast (<http://foodforbreastcancer.com/tags/DIM>, <http://foodforbreastcancer.com/tags/I3C>) cancers; "study...in Germany...post-breast cancer patients... DIM...40% decrease in recurrence of breast cancer " (2012)

BRANDS: Use a good brand (that hasn't been sitting on the shelf too long), such as [www.naturesway.com/Product-Catalog/DIM-plus-120-Caps](http://www.naturesway.com/Product-Catalog/DIM-plus-120-Caps)

The best combination product I know of is

<http://naturahealthproducts.com/cell-guardian.html> (contains food-based DIM; by DonnieYance.com; 6-9 capsules/day).

DOSAGE: "200 mg to 400 mg [of DIM] is clearly sufficient to induce the desired shift in metabolic pathways (from 16a-hydroxylation to 2 hydroxylation) in most people" (Michael Zeligs, M.D., [www.rpf.org/therapies/I3C\\_DIM.html](http://www.rpf.org/therapies/I3C_DIM.html)).

"effective range for I3C [is] above 300 mg/day but > **400 mg**...showed no increased benefit. See [[www.ncbi.nlm.nih.gov/pubmed/10668495](http://www.ncbi.nlm.nih.gov/pubmed/10668495)]"

SYNERGISMS: I would take betaine HCl to improve absorption of I3C. If taking a lot of I3C, I would also take Lugol's iodine (under medical guidance). "I3C potentiates tamoxifen."

**Calcium d-glucarate (CDG)** is synergistic with I3C/DIM for breast & prostate cancer. CDG is effective w/ER+ (breast & prostate), colon, liver, and perhaps some skin cancers ([www.altmedrev.com/archive/publications/7/4/336.pdf](http://www.altmedrev.com/archive/publications/7/4/336.pdf)). CDG's somewhat similar to tamoxifen. High-dose CDG (4-10g) may be needed.

## FOODS

**Cruciferous vegetables**-- "Shanghai Breast Cancer Survival Study....Across increasing quartiles of cruciferous vegetable consumption...mortality decreased by 27 percent to 62 percent; risk for breast cancer-specific mortality decreased by 22 percent to 62 percent, and risk for recurrence decreased by 21 percent to 35 percent...[AACR.org], April 2012."

For information on **broccoli** and cancer healing,

[www.theguardian.com/science/2008/jul/22/cancer.medicalresearch](http://www.theguardian.com/science/2008/jul/22/cancer.medicalresearch)

[www.sciencedaily.com/releases/2005/03/050326114810.htm](http://www.sciencedaily.com/releases/2005/03/050326114810.htm)

<http://articles.mercola.com/sites/articles/archive/2013/09/09/broccoli-based-medicine.aspx>

[www.wdty.com/news/2010/06/broccoli-helps-new-wonder-drug-beat-cancer.html](http://www.wdty.com/news/2010/06/broccoli-helps-new-wonder-drug-beat-cancer.html) (sorafenib)

**ASPARAGUS**-- may be the most powerfully cancer-healing food; "research shows...asparagus...improves...bladder...breast...lung...colon cancer, leukemia, prostate cancer" (Kurt Donsbach, May 2000); "There are reports of cancer recoveries from eating asparagus daily" ([www.royalrife.com/cancer.html](http://www.royalrife.com/cancer.html)). Many recoveries have been reported from both raw and cooked asparagus; "raw juice [from juicer or blender] may be the most effective form" (Robert Houston cited in Hess, 1999, p. 138); however, I wouldn't consume too much raw asparagus (or juice) at 1 time. "cancer on the ears...asparagus...In 3 weeks all of it was gone" (Hanna Kroeger [1997]. Free Your Body of Tumors and Cysts, p. 16). "We would describe asparagus cancer research as preliminary...But the trends in animal studies and cell studies are clear – asparagus and asparagus extracts can change the metabolic activity of cancer cell types...better regulation of inflammation and oxidative stress. Cancer cells from the liver are best studied in this regard" (George Mateljian Foundation, quoted at

<http://naturalsociety.com/4-proofs-asparagus-for-cancer>).

#### ACTIVE COMPOUNDS & POSSIBLE MECHANISMS OF ACTION:

"Emanuel Revici...said...[asparagus] produces in the body a substance similar to one that he found...to be the most powerful antitumor agent he had ever worked with, which is in the mercaptan series of sulfur compounds. Asparagus may produce methyl mercaptan [Merck Index]....Lutz [1974, Asparagus for Cancer. Prevention, Feb., 183-185] thought the content of histones in asparagus was significant, and James Duke [1992] points out that asparagusic acid...kills parasites....saponins showed antitumor activity in vitro [Shao et al. (1996). Anti-tumor activity of the crude saponins obtained from asparagus. Cancer Letters, 104: 31-36]" (Hess, pp. 137-139). "saponins from old stems of asparagus (SSA) exerted potential inhibitory activity on tumour growth and metastasis. SSA suppressed cell viability of **breast, colon and pancreatic** cancers in a concentration-dependent manner....SSA was more functional in blocking cell migration and invasion as compared with its cytotoxic effect....SSA markedly increased the activities of Cdc42 and Rac1 and decreased the activity of RhoA in cancer cells. SSA inhibits tumour cell motility through modulating the Rho GTPase signalling pathway" ([www.ncbi.nlm.nih.gov/pubmed/23450726](http://www.ncbi.nlm.nih.gov/pubmed/23450726), "Saponins extracted from by-product of Asparagus officinalis L. suppress tumour cell migration and invasion through targeting Rho GTPase signalling pathway").

"cleansing effect through the lymphatic system and the kidneys....potassium....protein compounds that according to [DonnieYance.com], act as 'Cell Growth Normalizers' on cancer cell division. He further states how 'asparagus therapy has been used to treat various forms of cancer and reversal of the disease has been reported in a number of cases'" (Michael Tierra, <https://planetherbs.com/therapies/a-botanical-approach-to-the-treatment-of-cancer.html>).

"Asparagus...contains histones, which are believed to act as cell-growth normalizers on cancer-cell division. Asparagus therapy...reversal of the disease...in a number of cases....4 tablespoons daily" (DonnieYance.com, 1999, p. 56).

"Asparagus extract is also a Chinese medicine remedy for all types of cancer."

I haven't been able to find verification or original documentation of the following material, so I don't know if it's accurate: "discovery of Richard R. Vensal, D.D.S. that asparagus might cure cancer....we have accumulated a number of favourable case histories....No. 1, man with an almost hopeless case of **Hodgkin's**...completely incapacitated. Within 1 year of starting the asparagus...[no] signs of cancer....No. 2...**cancer of the bladder** for 16 years. After years of medical treatments, including radiation without improvement, he went on asparagus. Within 3 months...bladder tumour had disappeared....No. 3...March 5<sup>th</sup>...**lung cancer** so widely spread...hopeless. On April 5th...asparagus...started...By August...x-ray...revealed that all signs of the cancer had disappeared....No. 4...different **skin cancers...advanced**...3 months...on asparagus...skin looked fine and no more skin lesions...also cured her kidney disease...had over 10 operations for **kidney stones**...inoperable, terminal, kidney condition. She attributes the cure of this kidney trouble entirely to the asparagus...popular remedy for kidney stones....canned asparagus is...good....Place the cooked asparagus in a blender and liquefy...store in the refrigerator....4 full tablesp. twice daily....usually...improvement in...2-4 weeks....larger amounts can do no harm and may be needed" ("Asparagus for Cancer," Cancer News Journal, Dec. 1979).

### **BEETS and BEET JUICE:**

ACTIVE INGREDIENTS: anthocyanin, betacyanin; "**betanin**, the beetroot extract constituent primarily responsible for its red color....beetroot extract exhibited a dose-dependent cytotoxic effect....continued to decrease the growth rate of the PC-3 cells (3.7% in 3 days vs. 12.5% in 7 days)...at...29 µg/ml" ([www.ncbi.nlm.nih.gov/pubmed/21434853](http://www.ncbi.nlm.nih.gov/pubmed/21434853)).

HISTORY: "Beets have over 3000 published documents on using them for cancer cures in Europe for over 100 years." "Beets...folk treatment for cancer in...Germany, Hungary, and Chile" (Ralph Moss, 2008). "Beetroot juice...certainly is a remedy for cancerous diseases" (Breuss, 1994; see "Breuss Juice Cure"). "[Alexander Ferenczi]...beets to the tumour patients... (The idea had come from [German naturopath] Kunstmann who in 1938 [used] them in leukemia cases with good results.)" (John B. Lust, 1962, About Raw Juices, Thorsons). "Dr Ferenczi in Csoma hospital in Hungary has been using raw beets to cure cancer, and nothing else since the late 1950s"

([https://bsi.international/at\\_beetroot.php](https://bsi.international/at_beetroot.php)).

EFFICACY WITH SPECIFIC CANCERS: Especially effective w/brain cancer, lymphoma & leukemia. "beetroot...can be effective in suppressing...tumors....in the androgen-independent human prostate cancer cells (PC-3) and...estrogen receptor-positive [ER+] human breast cancer cells (MCF-7)...beetroot extract exhibited a dose-dependent cytotoxic effect....continued to decrease the growth rate of the PC-3 cells (3.7% in 3 days vs. 12.5% in 7 days)...at...29 µg/ml"

([www.ncbi.nlm.nih.gov/pubmed/21434853](http://www.ncbi.nlm.nih.gov/pubmed/21434853))

"prostate cancer...six months to live...The cancer hadn't been touched by the radiation...In January we tried the beet and carrot juice, and by March the cancer was gone"



(<https://planetherbs.com/research-center/case-studies/prostate-cancer>).

GENERAL EFFICACY AND TESTIMONIALS: “remarkable results in 15 out of 16 cases; the cancerous growths...reduced...patients gained [weight]....After one month...prostate [cancer] patient [markedly improved]....[also for] fibroid tumors” (John B. Lust, 1962, About Raw Juices, Thorsons). "tremendously successful...for treating many different kinds of cancer...commenced in...1950's by Alexander Ferenczi, MD.....nothing but raw, red beets....After 6 weeks...[lung] tumor had disappeared....prostate [cancer healed]"

([www.keelynet.com/biology/beets.txt](http://www.keelynet.com/biology/beets.txt)). "From 1950, Alexander Ferenczi, M.D...began [giving patients] beetroot...up to 1 kg daily....all previously received chemotherapy and radiation...mostly at the final, cachexic, stage... \_Australian International Clinical Nutrition Review\_ in July 1986...lung tumor...`After 6 weeks...tumor had disappeared...The improvement lasted for about 6 months.' All other tests confirmed...recovery. However, he discontinued taking the beetroot, the cancer returned....

so successful in attacking the tumour that the patient died from the toxic overload that resulted” (Chamberlain, 2012; [www.fightingcancer.com](http://www.fightingcancer.com)).

DOSAGE: “One half to one kilogramme...raw...beets, in small doses” (John B. Lust, 1962, About Raw Juices, Thorsons).

CAUTIONS: “folk remedy...very successful in dissolving cancer tumours is...raw red beetroots, but [beet] juice [can produce] high fever because of the incredible...ability to quickly break up cancer....beets can clean up the cancer faster than the liver is capable of processing all of the wastes....Reducing dosage helps [*Heinemann's Encyclopaedia of Fruits Vegetables*]”

([www.rainbowclinic.faithweb.com/breast.htm](http://www.rainbowclinic.faithweb.com/breast.htm)). “**be careful with the amount...consumed at any one time....**due to their...ability to quickly break up cancer...administration of beetroot needs to be staggered...DETOXIFY...liver and colon" ([www.keelynet.com/biology/beets.txt](http://www.keelynet.com/biology/beets.txt)). "Pure beet juice can temporarily paralyze your vocal chords” (Chamberlain, 2012; [www.fightingcancer.com](http://www.fightingcancer.com)).

COMBINING BEET JUICE WITH OTHER JUICES:

**"Don't use beet juice by itself...use beet juice along with asparagus"** (Mike Golden, D.C., 7/28/09, <https://groups.yahoo.com/neo/groups/FlaxSeedOil2/conversations/topics/75121>).

"beet juice plus carrot juice. The amount of beet juice should only be about a quarter of the other juice....it works well with asparagus...**never [drink beet juice] by itself"** (Mike Golden, D.C., 7/28/09, <https://groups.yahoo.com/neo/groups/FlaxSeedOil2/conversations/topics/75124>).

PREPARATION: “raw organic red beet juice, preferably...fermented...supplemented with beet root tablets” ([www.curezone.org/diseases/cancer/cancer\\_arlin\\_therapy.asp](http://www.curezone.org/diseases/cancer/cancer_arlin_therapy.asp)). If you cook them, leave their skin on while cooking. Even pasteurized beet juice is effective. However, “Health benefits such as curing cancer are greatly reduced by cooking. If you really must cook them, leave [1-2 inches] (up to 50mm) of stem attached and leave dangling roots intact when cooking fresh beets” ([https://bsi.international/at\\_beetroot.php](https://bsi.international/at_beetroot.php)).



PRODUCTS: “raw organic red beet juice, preferably the lactic acid fermented Eden brand. Biotta brand is not fermented but is acceptable”  
([www.curezone.org/diseases/cancer/cancer\\_arlin\\_therapy.asp](http://www.curezone.org/diseases/cancer/cancer_arlin_therapy.asp)). **Beet kvass** (fermented) is powerfully healing and detoxes liver. Beet (root) capsules are available from health-food stores.

FOR MORE INFORMATION ON BEETS, BEET JUICE, AND CANCER:

[www.whfoods.com/genpage.php?tname=foodspice&dbid=49](http://www.whfoods.com/genpage.php?tname=foodspice&dbid=49)

[www.cancerdefeated.com/newsletters/Beat-Cancer-with-Beets.html](http://www.cancerdefeated.com/newsletters/Beat-Cancer-with-Beets.html)

[www.seleneriverpress.com/historical/red-beetroot-juice](http://www.seleneriverpress.com/historical/red-beetroot-juice)

<http://handmaidenkitchen.blogspot.com/2008/12/heinerman-on-beet-root-and-recipe-for.html>

[www.ncbi.nlm.nih.gov/pubmed/23828331](http://www.ncbi.nlm.nih.gov/pubmed/23828331) ("synergistic...with doxorubicin in human pancreatic [ & breast & prostate cancer"])

### **pomegranate juice extract:**

MECHANISMS OF ACTION: **NF-kB inhibition**

([www.ncbi.nlm.nih.gov/pmc/articles/PMC2858627](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2858627)), antimetastatic

(<http://link.springer.com/article/10.1007%2Fs10549-012-2264-5>;

<http://universityofcalifornia.edu/sites/uhealth/2010/12/12/researchers-id-components-in-pomegranate-juice-that-could-stop-cancers-spread>); aromatase inhibitor

([www.naturalnews.com/027947\\_pomegranates\\_brst\\_cancer.html](http://www.naturalnews.com/027947_pomegranates_brst_cancer.html)); "anti-proliferative...induce G0/G1 cell cycle block...anti-angiogenic...decreased cell migration and invasion"

([www.ncbi.nlm.nih.gov/pubmed/27706074](http://www.ncbi.nlm.nih.gov/pubmed/27706074)). Promotes “differentiation in leukemia...extract[ed] and ferment[ed] pomegranate fractions...have antiproliferative, anti-invasive, anti-eicosanoid, and pro-apoptotic action on breast and prostate...anti-angiogenic”

([www.denvernaturopathic.com/news/pomupdate.html](http://www.denvernaturopathic.com/news/pomupdate.html), 5/27/04).

ACTIVE INGREDIENTS: puniceic acid, flavonoids; “polyphenols...ellagic acid”

([www.denvernaturopathic.com/news/pomegranate.html](http://www.denvernaturopathic.com/news/pomegranate.html), 10/23/03). “peel is extremely high in the ellagitannins and is one of my favorites” (Gammill, 5/29/10).

EFFICACY W/SPECIFIC CANCERS: Promotes “differentiation in leukemia...extract[ed] and ferment[ed] pomegranate...have antiproliferative, anti-invasive, anti-eicosanoid, and pro-apoptotic action on breast and prostate...anti-angiogenic”

([www.denvernaturopathic.com/news/pomupdate.html](http://www.denvernaturopathic.com/news/pomupdate.html), 5/27/04).

BREAST: effective w/ER- breast cancer (AACR.org, 2007)

<http://foodforbreastcancer.com/foods/pomegranates>

<http://link.springer.com/article/10.1007%2Fs10549-012-2264-5> (antimetastatic)

[www.nutraingredients.com/Article/2001/08/20/Pomegranate-seed-may-cause-breast-cancer-cells-to-self-destruct](http://www.nutraingredients.com/Article/2001/08/20/Pomegranate-seed-may-cause-breast-cancer-cells-to-self-destruct)

[www.webmd.com/breast-cancer/news/20100105/pomegranates-may-stall-breast-cancer](http://www.webmd.com/breast-cancer/news/20100105/pomegranates-may-stall-breast-cancer)

[www.ncbi.nlm.nih.gov/pubmed/20043077](http://www.ncbi.nlm.nih.gov/pubmed/20043077) (punicalic acid)

[www.naturalnews.com/027947\\_pomegranates\\_brst\\_cancer.html](http://www.naturalnews.com/027947_pomegranates_brst_cancer.html)

"PE [pomegranate extract]...preventing proliferation of [breast] **cancer stem cells**"

(Oncol Rep. 2010 Oct;24(4):1087-91).

Banerjee et al., 2011, "Pomegranate sensitizes tamoxifen action in ER- $\alpha$  positive breast cancer cells"

**PROSTATE:** "46 men with...prostate cancer...consumed 8 ounces...pomegranate juice...PSA doubling time increase from 15 to 54 months"  
(<http://clincancerres.aacrjournals.org/content/12/13/4018>).

[www.ncbi.nlm.nih.gov/pmc/articles/PMC2989797](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2989797) (2009 research review)

[www.ncbi.nlm.nih.gov/pmc/articles/PMC2858627](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2858627)

[www.ncbi.nlm.nih.gov/pmc/articles/PMC2815223](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2815223) ("Pomegranate extract induces apoptosis in human prostate cancer cells by modulation of the IGF-IGFBP axis")

[www.ncbi.nlm.nih.gov/pubmed/15744587](http://www.ncbi.nlm.nih.gov/pubmed/15744587)

[www.lifeextension.com/newsletter/2010/1214\\_Pomegranate-May-Help-Prevent-Prostate-Cancer-Metastasis.htm](http://www.lifeextension.com/newsletter/2010/1214_Pomegranate-May-Help-Prevent-Prostate-Cancer-Metastasis.htm)

[www.webmd.com/prostate-cancer/news/20060705/pomegranate-slows-prostate-cancer](http://www.webmd.com/prostate-cancer/news/20060705/pomegranate-slows-prostate-cancer)

[https://groups.yahoo.com/neo/groups/natural\\_prostate\\_treatments/conversations/topics/22701](https://groups.yahoo.com/neo/groups/natural_prostate_treatments/conversations/topics/22701)  
(Patrick OShea, 7/19/11).

FORMS & BRANDS: "[pomegranate] juice was only minimally effective, but fermentation...liberated the active chemicals...[Researcher Dr. Ephraim Lansky] is behind...Cardiogramate...concentrated **fermented** pomegranate juice [&] pomegranate **peels**... fermented and pericarp extracts have greater effect than the fresh juice on cancer [& leukemia]" ([www.denvernaturopathic.com/news/pomupdate.html](http://www.denvernaturopathic.com/news/pomupdate.html), 5/27/04).

Good BRANDS include [www.PomegranateHealth.com](http://www.PomegranateHealth.com) ("associated with Lansky (17 PubMed hits) & I like his studies" (Patrick OShea, 5/23/11). "Ephraim Lansky...discovered that an extract from fermented juice was more bioactive than an extract from untreated juice... product was renamed CardioPom....Lansky is very knowledgeable about the historic use of all parts of the plant...co-authored...")

[www.amazon.com/Pomegranate-Ultimate-Health-Robert-Newman/dp/1591202108](http://www.amazon.com/Pomegranate-Ultimate-Health-Robert-Newman/dp/1591202108)

...synergy between the various phytochemicals....

[[www.pomegranatehealth.com/CardioPom\\_p\\_8.html](http://www.pomegranatehealth.com/CardioPom_p_8.html)] `Combines extracts of fermented pomegranate juice, pomegranate leaves, rind and seeds for full synergistic potency.`.... [A similar product is

[www.lifeextension.com/Vitamins-Supplements/item01953/Pomegranate-Complete](http://www.lifeextension.com/Vitamins-Supplements/item01953/Pomegranate-Complete)]. It [contains] POMELLA...standardized to 30% punicalagins...flower & seed oil extract - again standardized (to 22% punicalic acid)” (Patrick OShea, 2/18/12, [https://groups.yahoo.com/neo/groups/natural\\_prostate\\_treatments/conversations/topics/24185](https://groups.yahoo.com/neo/groups/natural_prostate_treatments/conversations/topics/24185)).

FOR MORE INFORMATION ON POMEGRANATE,:

[www.naturopathydigest.com/archives/2006/apr/schor.php](http://www.naturopathydigest.com/archives/2006/apr/schor.php) (Jacob Schor ND)

<https://rimonest.com>

For information on pomegranate seed oil, dec1\_FAQ poms.doc (at

<https://groups.yahoo.com/neo/groups/cancercure/files>).

## **FERMENTED SOY**

note: Many of these comments about Haelan probably apply to all fermented soy beverages.

ACTIVE INGREDIENTS--isoflavones (e.g., daidzein, genistein), beta glucan, saponin, phytosterols, IP6, and other phytic acids.

MECHANISMS OF ACTION—“anti-inflammatory, antibacterial, antiviral...anti-mutagenic, anti-carcinogenic....detoxifying the liver....relieve pain....**Genistein** is an estrogen precursor that binds to receptor sites and either block estrogen uptake if there is too much or supplies it if there is too little” (Michael Tierra, <https://planetherbs.com/therapies/a-botanical-approach-to-the-treatment-of-cancer.html>).

Haelan reportedly “Reduces the Circulating Levels of Estrogen...30-40%....Improves Estrogen Metabolism Ratios...Improves Estrogen Receptor Site Blocking...improved the effectiveness of [Tamoxifen]...anti-angiogenesis...restore cell differentiation and induce apoptosis...**NF-kB [inhibition]**...Slows down...mitosis....increase CD3, CD4 and CD8 cells, improve the ratio of the CD4/CD8 cells, increase the production of beneficial interferons and interleukins, increase the NK killer cell activity, increase the cytotoxic effects of the NK killer cells, and increase non-specific immunity 700% based on macrophage phagocytosis...Anti-Viral” (“Understanding Breast Cancer Treatments,” Walter H. Wainright, president of Haelan, 3/4/04)

EFFICACY:

“One of the most valuable anticancer food agents I have found is a special fermented soybean extract...developed in a cancer hospital in China....effective in the prevention and treatment of....breast, colorectal and prostate [cancers]....other isoflavones found in soy are effective

against...lung, brain, breast, colon, prostate, skin [cancer] and even blood dyscrasias including leukemia and Hodgkin's disease" (Michael Tierra, <https://planetherbs.com/therapies/a-botanical-approach-to-the-treatment-of-cancer.html>).

INTERACTIONS WITH OTHER TREATMENTS: **Curcumin's highly synergistic** w/genistein. Probiotics may increase its effectiveness. Soy protects against harmful effects of chemo & enhances its effectiveness. Fermented soy's reportedly more effective than and synergistic w/tamoxifen. Avoid caffeine while using soy (it interferes w/isoflavones).

**HAELAN 951**--organic soy beverage; standard recommendation's 1 bottle/day for 30-60 days. It tastes terrible (Putting a drop of vanilla on your tongue numbs your taste buds).

#### CASE REPORTS AND CLINICAL EXPERIENCE WITH HAELAN:

I've spoken w/several holistic cancer practitioners who've used Haelan and other fermented soy beverages. All have reported good results.

"may be the best nutritional food supplement....I've interviewed many patients, maybe a hundred, who have taken Haelan as the only form of cancer treatment that helped them. Either it causes remissions, or...tumors...shrink and disappear....patient who used Haelan as the only thing that caused his cancer to disappear...nothing else was working for him. He had liver cancer...metastasized....breast cancer with metastases to...liver and bones...about to die....a bottle a day for two month...no more cancer" (Morton Walker, DPM, cited in Hess, 1999, pp. 156-7).

At Hospital Santa Monica, Haelan was given to "six [cachexic cancer] patients...very critical [who reportedly were unresponsive to other therapies and had a 1-week life expectancy]...could not eat [or] walk...Within two days, four of the six people were up eating and walking again" (Ross Pelton cited in Hess, p. 150). Five of them reportedly were alive 5 yrs later; Haelan probably did not heal their cancers but rather **healed** their life-threatening **cachexia**. "I have put every patient on it that I can....many, many people benefit from it...some who have had miraculous turnarounds" (Pelton cited in Hess, p. 150).

"Majid Ali M.D.... spoke of a prostate cancer patient with a PSA of 800...After 3 weeks on Haelan his PSA dropped to 120. Another man had his kidney blocked due to a sizeable prostate tumor, after taking Haelan 951 the tumor shrunk and his kidney opened up and his PSA came to near normal" (CARE Meeting 5/10/04).

"[NCI] 'Best Case Series' ...12 cancer patients...Haelan...as a 'sole therapy' ....[One] 'estrogen receptor positive' breast cancer case...metastases to the lungs, bronchial area, bone, lymph system, and soft tissue with a lump the size of a 'baseball' under the ribs....unsuccessful round of chemo....terminal and had three months to live....Haelan....for one year and was cancer free" ("Clinical Trials Funding Guidelines for Haelan Products, Inc. Nutraceutical, Platinum Formula 951, Fermented Soy Beverage" by Walter Wainright, president of Haelan Products).

“Breast Cancer...15cm x 15 cm breast tumor...refused...surgery...drank the Haelan...cancer free (...Well Being Journal [Nov/Dec] 1999; Healing Breast Cancer with Haelan)” (Haelan Products, NCI “Best Case Series”, Summary of “Persuasive Cases”, 3/4/04).

FOR MORE INFORMATION, [www.haelanproducts.com](http://www.haelanproducts.com) (800-542-3526/425-482-2645)

My 2<sup>nd</sup> choice of fermented soy product is **Jiva**

([www.jivasupplements.org/fer-soy\\_supplement.php](http://www.jivasupplements.org/fer-soy_supplement.php))—Contains fermented soy and a curcumin derivative. Reportedly 2 tablespoons = the dosage of 1 bottle of Haelan. Tastes good. Affordable.

Organic **tempeh**, miso, and natto are by far the best soy foods, and (being that they’re fermented, they’re) the only ones I’d consume.

**flaxseed oil (FSO)**--Keep it refrigerated or frozen. Never heat it. Barleans.com is my favorite brand and sells wholesale to cancer patients. “Flaxseed oil should be part of any protocol” (Vincent Gammill, ScD, 10/04). “track record...for the use of flaxseed oil...extends back over 400 years” (Gammill, 9/20/09). "140 men with **prostate cancer**...scheduled to undergo prostate surgery in 30 days...some took 30g...ground flaxseed daily...tumors of the men who took flaxseed had grown...at a 30%-to-40% slower rate...reported at the 2007 annual meeting of the American Society of Clinical Oncology."

**BREAST CANCER:** “flaxseed...led to reduction and regression of tumours [in rats] ...randomized, placebo-controlled, double-blind study involving 32 postmenopausal patients confirming that 25g flaxseed daily intake significantly reduced cell proliferation, increased apoptosis and reduced c-erbB2 expression of human breast cancer cells [http://clincancerres.aacrjournals.org/content/11/10/3828]...flax can [prevent] metastasis, and enhance the inhibitory effect of tamoxifen on estrogen-dependent tumors" ([http://en.wikipedia.org/wiki/Breast\\_cancer\\_treatment#Flax](http://en.wikipedia.org/wiki/Breast_cancer_treatment#Flax)).

“flaxseed being as effective as tamoxifen in the study at the University of Kentucky” (4/08). "The addition of flaxseed (5% of diet)...reduced [breast] tumor sizes by 67% (Serraino and Thompson, 1992)" (Boik, *Cancer & Natural Medicine*, p. 159).

## **FLAXSEED OIL W/COTTAGE CHEESE (FSO/CC)/BUDWIG PROTOCOL**

Many anecdotal recoveries have been reported w/cancers, including **leukemia**<sup>NHL, bone,</sup> ovarian, lung, breast, pancreatic, prostate, as well as brain cancer (including GBM). I probably would not use this protocol w/colon cancer. Only a small minority of cancer patients have notice results from FSO/CC, I think (in part) because antioxidants interfere it.

**Thoroughly mix flax oil** [ideally Barleans.com] **with** sulfur-bearing amino acids (SAAs), the best sources of which are low-fat **COTTAGE CHEESE (CC)** or **QUARK** (Yogurt

and kefir don't work as well). **Mix in blender** "until smooth and no oil is visible". Eat mixture **on empty stomach**. If lactose intolerant, take lactase.

"Make enough for 1 meal only, avoid storing...Blend 3 U.S. Tbs [cold-pressed, refrigerated] flaxseed oil with 6 Tbs organic CC or quark with a hand-held immersion electric mixer for up to a minute. If desired, add...1 tsp...raw honey...The mixture should be emulsified with no separated oil showing. [May add] 2 Tbs [ground] whole flaxseeds...eat immediately [within 15-20min]" (<https://groups.yahoo.com/neo/groups/FlaxSeedOil2/info>, 2014). Some say to start w/1-2 tbsp and gradually increase to 4 tbsp mixed with 3/4 cup CC daily and to drop back to 1 tbsp (mixed with 1/4 cup CC) per 100 pounds of body weight after a few months.

If you don't/can't consume dairy, the best nondairy substitute I know of is raw yolk from cage-free omega-3 or organic (NOT conventional) eggs ("For patients who cannot or will not use cottage cheese with their FSO, I recommend making a mayonnaise using raw [organic] egg yolk and maybe a little lemon juice" Gammill, 8/18/03).

For more information on Johanna Budwig's FSO/CC protocol,

<https://budwig-videos.com> (Sandra Olson)

<https://groups.yahoo.com/neo/groups/FlaxSeedOil2/files>

[www.healingcancernaturally.com/budwig\\_protocol.html](http://www.healingcancernaturally.com/budwig_protocol.html)

[www.curezone.org/diseases/cancer/cancer\\_dr\\_budwig.html](http://www.curezone.org/diseases/cancer/cancer_dr_budwig.html)

[www.thensome.com/flaxseedlinks.htm](http://www.thensome.com/flaxseedlinks.htm) (DonnieYance.com, 1999, pp. 219-220)

[www.royalrife.com/budwig\\_1956.pdf](http://www.royalrife.com/budwig_1956.pdf)

[www.educate-yourself.org/fc/dukestudyignorsbudwigwork15aug01.shtml](http://www.educate-yourself.org/fc/dukestudyignorsbudwigwork15aug01.shtml)

[www.energyschool.com/writings/biologic\\_electron.PDF](http://www.energyschool.com/writings/biologic_electron.PDF) ("Budwig & 'Biological Electrons'")

Testimonials are at [http://budwig-videos.com/categories/20071009\\_2](http://budwig-videos.com/categories/20071009_2),

[www.healingcancernaturally.com/naturalcancer-curetestimonials.html](http://www.healingcancernaturally.com/naturalcancer-curetestimonials.html), and

<https://groups.yahoo.com/neo/groups/FlaxSeedOil2/files/FSO2%20Folder%206%20-%20Testimonials%20>

**fish & cod liver oils**-- Take antioxidants (e.g., vit. E, CoQ10) with fish oil (to prevent oxidation).

MECHANISMS OF ACTION--kills leukemia stem cells

([www.sciencedaily.com/releases/2011/12/111222103112.htm](http://www.sciencedaily.com/releases/2011/12/111222103112.htm)), increases PGE-3; thins blood (thus antimetastatic), **anti-inflammatory**; "suppressing [COX-2]...reducing angiogenesis....decreasing the expression of AP-1 and ras...oncogenes....inducing differentiation....suppressing nuclear

factor-kappaB activation [**NF-kB inhibitor**] and bcl-2 expression, thus allowing apoptosis....reducing...cachexia"

([www.denvernaturopathic.com/news/fishoilandcachexia.html](http://www.denvernaturopathic.com/news/fishoilandcachexia.html), 11/24/03).

SYNERGISM W/CHEMO--EPA & DHA help **reverse drug resistance (MDR)**

([www.ncbi.nlm.nih.gov/pubmed/24225025](http://www.ncbi.nlm.nih.gov/pubmed/24225025);

[www.greenmedinfo.com/blog/omega-3-fats-help-overcome-multi-drug-resistant-cancer](http://www.greenmedinfo.com/blog/omega-3-fats-help-overcome-multi-drug-resistant-cancer)),

CAUTIONS: Fish oil may also **increase risk of bleeding**, so check w/physician before taking fish oil if receiving IL-2. "high doses of fish oils [deplete] GLA....if you take 1,000mg of fish oil...you need 500mg GLA at the same time" (SuzyCohen.com, 9/10/12).

BRANDS: Use a top brand such as [WileysFinest.com](http://WileysFinest.com), [CarlsonLabs.com](http://CarlsonLabs.com), [Barleans.com](http://Barleans.com), or

[www.euromedicausa.com/products/viewProduct/4/euromega-3-tablets](http://www.euromedicausa.com/products/viewProduct/4/euromega-3-tablets)

FOR MORE INFO, <http://foodforbreastcancer.com/tags/fishOil> (links to studies)

Compiled by Leonard S. Rosenbaum ([leonardleonard1@earthlink.net](mailto:leonardleonard1@earthlink.net)), holistic health consultant; Dir., Alternative Pathways for Healing Cancer; Vice President, [CancerVictors.net](http://CancerVictors.net); and Advisory Board Member, [BestAnswerForCancer.org](http://BestAnswerForCancer.org). Contact me for further information, resources, consultations, and coaching.

Disclaimer by Leonard Rosenbaum: I am not a licensed health professional, and nothing written here constitutes medical advice. Please consult a licensed physician before following this information.



## Chapter 7

### Therapies for Particular Cancer Types

By Leonard Rosenbaum

**Anal**--see Squamous Cell Carcinoma below

**Bladder**-- Zhuling mushroom, asparagus, fermented soy, sulforaphane/broccoli sprouts, raw broccoli, germanium, green tea/EGCG, mistletoe, magnolia/honokiol?, garlic, frankincense?; BCG, Newcastle vaccine; local HYPERTHERMIA; IV vit. C w/K3

**Bone metastases** (For primary bone cancer, see under Sarcoma)--- Micalcic (salmon calcitonin), DMSO, naltrexone, bisphosphonates (e.g., pamidronate [Aredia], Zometa)

**Brain**—see Brain section at end of this alphabetical list.

**Breast Cancer** (BC)— dental detox; pau d'arco, **Avemar**, genistein (fermented soy) & CURCUMIN, MELATONIN, vits. C, **D3**, E; selenium, iodine, Artemix, mistletoe, astragalus, **green tea/EGCG**, poke, kutki, zeolite, pomegranate, CoQ10, I3C/DIM, calcium d'glucarate (CDG), chlorella, flax; sandalwood (& frankincense & lavender) oils; COX-2 inhibitors; Poly-MVA, DIGITOXIN; progesterone, standard supplements; Springer vaccine, Coley's toxins, hyperthermia, IPT. AVOID dairy (except organic kefir).

**HER2/neu**— **Herceptin**; sage/ursolic acid, *Scutellaria barbata*, turmeric & curcumin, olives/olive oil, black rice, rhubarb; anthracyclines via IPT. Note: 30-35% of common (non-breast) cancers are also HER2/neu.

**Estrogen-positive** (ER+) BC – MELATONIN; I3C/DIM & CDG; quercetin, vit. C complex; flax, cruciferous vegetables; high CBD:THC ratio (cannabis). Determine which estrogens feed the cancer, and take substances that block only those estrogens.

**Triple-negative** (TN) breast cancer (TNBC)— blueberries, coffee, “caffeine (and the other xanthines), niacinamide...curcumin” (Gammill, [www.natural-oncology.org](http://www.natural-oncology.org), 7/21/10), “PARP [&] angiogenesis inhibitors, anti-metastatic agents, and immune correctives” (Gammill, 7/27/10); “COX-2 and tNOX...and...PARP inhibitors...MSM and ashwagandha” (Gammill, 4/28/11); “2-deoxy-D-glucose [2-DG/2DG] [&] metformin...CAPE [propolis]... bromelain...bitter melon and broccoli” (Gammill, 5/25/13); melatonin, ginseng?, EGCG/green tea, clove oil, DHA (fish oil); vits. D3 & K2, selenium, digitoxin, boswellia?, parthenolide?, betulinic acid (in chaga), skullcap?, resveratrol, milk thistle, ginger; naltrexone. Avoid sugar. (Note: The above items are also applicable for most breast cancers.) Get chemosensitivity testing. Check if the cancer's sensitive/positive to androgen, EGFR/HER), or PEGF.

**Inflammatory Breast Cancer (IBC) & other inflammatory cancers**— Immediately begin intensive treatment, particularly chemo (ideally **IPT**). Also radiation (w/hyperthermia); **OZONE**; **COX-2**, **NF-kB** & **PARP** inhibitors; carnivora, Artemix, curcumin & turmeric and genistein, reishi; vits. **D3** & **K2**; melatonin, protease (high-dose); "angiogenesis inhibitors... nimesulide, sulindac, or meloxicam [& other anti-inflammatory supplements &] tNOX inhibitors... capsaicin, EGCG [green tea], sulforaphane, and curcumin" (Gammill, [www.natural-oncology.org](http://www.natural-oncology.org), 7/14/14); Herceptin (if HER2neu). Be cautious about biopsy, surgery, and blindly stimulating immune system. (And avoid reconstruction.)

**Cervical**-- see under Squamous Cell Carcinoma below

**Colorectal** (see also under Squamous Cell Carcinoma below)—**vit. D3**, **Avemar**, **CURCUMIN**, pau d'arco, parthenolide, mistletoe, garlic, melatonin, pancreatin & bromelain (high-dose); Newcastle (for colon but not rectal) & other vaccines, hyperthermia, Ukrain; **CIMETIDINE**; **IPT** ("dipyridamole [&] low-dose **AZT** and...**5-FU** or **MTX** [methotrexate]. Another strategy is [mitomycin C], valproic acid, and parthenolide... Another strategy is **IL-2** with ranitidine" (Vincent Gammill, ScD [[www.natural-oncology.org](http://www.natural-oncology.org)], 3/3/10, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/43861>)

**Esophageal**-- **TianXian.com**, Fu Zheng, rabdosia, curcumin & turmeric, resveratrol; hyperthermia, **PDT**. If squamous cell, see Squamous Cell Carcinoma below.

**Head & Neck**—see under Squamous Cell Carcinoma

**Kidney/Renal Cell Carcinoma (RCC)**— melatonin, naltrexone?, immunotherapy, Newcastle, **IV vit. C** (w/vit. **K3** [menadione]), hyperthermia

**Laryngeal**—see Head & Neck under Squamous Cell Carcinoma

**Leukemia**--**HOXSEY** (w/**POKE**), high-dose green tea/**EGCG** & forskolin, coleus, reishi, astragalus, panax ginseng, curcumin; resveratrol; **I3C/DIM/sulforaphane**, vits. **D3** & **K2**, melatonin; **KELLEY-GONZALEZ** regimen (high-dose bromelain/protease), fish oil, flax oil w/cottage cheese (**FSO/CC**); **IV vit. C** & **K3**;  
[www.lifeextension.com/Protocols/Cancer/Leukemia/Page-08](http://www.lifeextension.com/Protocols/Cancer/Leukemia/Page-08)

**Chronic lymphocytic leukemia (CLL)**— the above and **ARTEMIX**, **OLIVE LEAF**, **PAU D'ARCO**, Helixor (mistletoe), forskolin, coleus, magnolia/honokiol, resveratrol, quercetin, **BEET JUICE**, **IV vit. C** (w/**K3**), vits. **D3** & **K2**, grape seed, feverfew/parthenolide, camptothecin, jacaranda, logwood/brazilwood, Nikko maple bark, acai, maytens, ursolic acid; frankincense & lavender oils; butyrex; laetrile; cimetidine, naltrexone; antifungals; asparagus, **CARNIVORA**, **THEOPHYLLINE** (400mg)/**GREEN TEA/EGCG** and curcumin & turmeric, "CURCUMIN...with genistein [fermented soy]...flaxseed oil" (Gammill, [www.natural-oncology.org](http://www.natural-oncology.org), 10/04); **IPT**. See also [www.compassionateacupuncture.com/understanding-chronic-lymphocytic-leukemia](http://www.compassionateacupuncture.com/understanding-chronic-lymphocytic-leukemia)

**CML**—artemisinin, POKE, INDIRUBIN, Alzium, iodine, curcumin, feverfew/parthenolide, Carnivora, mistletoe, laetrile, isatis, *Isaria sinclairii*

**AML**—RIBOVIRAN, HOMO HARRINGTONINE, harringtonine, butyric acid, boswellia, frankincense, thymus, fermented soy, resveratrol, feverfew/PARTHENOLIDE, germanium, pancreatin (high-dose); brusatol, asparagus?, ajoene, valproate, and histone deacetylase inhibitors; vit. D3, high-dose vit. A, IV vit. C, tannate, arsenic; dendritic vaccine

**ALL**—OLIVE LEAF, POKE, PAU D'ARCO, jacaranda, logwood/brazilwood tea, Nikko maple bark, PSK, resveratrol, quercetin, chlorophyll, yellow dock; bitter almonds, laetrile, ARTEMETHER, pancreatin (high-dose), asparagus?, oxygen; IV vit. C (w/K3); chronomodulated CHEMO (particularly vincristine & triptolide)

**Lymphoma:** Hodgkins—vit. D3; Hoxsey, melatonin, selenium, pectin; frankincense, lavender, & Longevity (YoungLiving.com) oils, NONI; asparagus?, **PANCREATIN** (high-dose); **COLEY'S TOXINS**, chronomodulated/IPT CHEMO (particularly bleomycin and vincristine); laetrile, NALTREXONE (LDN), ozone?, hyperthermia; Gerson?, Issels, vaccines?, **IV VIT. C** (w/K3)

**Non-Hodgkins' Lymphoma** (NHL)—high-dose **PANCREATIN** (Kelley-Gonzalez regimen), HOXSEY, BEETS, ginger, garlic, green tea/EGCG, pomegranate?, resveratrol, curcumin, fermented soy, asparagus, melatonin, olive leaf/antivirals, fish oil, frankincense & myrrh oils, Immupower (YoungLiving.com) on spine, Modifilan.com; vits. A, C, D3; IV VIT. C (w/K3); Butyrex, NALTREXONE (LDN); IPT (only for medium- and high-grade NHL); **COLEY'S TOXINS**, hyperthermia; **AVOID** gluten

**indolent/low-grade NHL**—vit. D3, Rituxan, antineoplastons, differentiation therapies, homeopathy. (Most other treatments are ineffective)

T-cell NHL—hyperthermia, vaccines (and the above)

Mantle-cell—IV vit. C, forskolin, Rituxan

**Liver cancer** (hepatoma/hepatocellular carcinoma [HCC])— **FU ZHENG**, PAU D'ARCO, Avemar, astragalus, Ukrain; vits. D3, K2 & K3, CoQ10, ellagic acid?, spirulina/blue-green algae, fermented soy, melatonin?, whey, lavender oil, AHCC, maitake, chaga?, flax/fish & black currant oils, viral cleanse; Issels, Coley's toxins, immunotherapy; UREA; hyperthermia; colonics

**Liver metastases**--astragalus, TianXian.com?, Fu Zheng?, flax/fish & black currant oils, chaga?, Ukrain?; UREA; hyperthermia

**Lung:** Non-Small Cell Lung Cancer (NSCLC)—(If squamous cell, see Squamous Cell Carcinoma below.) selenium, MELATONIN, **PSK**/coriolus versicolor, asparagus, broccoli & other vegetables; frankincense, Poly-MVA; Ukrain, IPT, **IV vit. C** (w/K3), Newcastle vaccine; Naltrexone, immunotherapy; anti-angiogenesis

**Small-cell Lung Cancer (SCLC)**—**IPT**, hyperthermia, Protocol?, fermented soy, Oncolyn, thymus, Eurixor (mistletoe), pau d'arco, artemisinin, CoQ10?, Poly-MVA (megadose), flax oil w/cottage cheese; Ukrain?, Naltrexone, Factor AF-2, biological response modifiers, Issels, Newcastle. See also Brain metastases below (brain mets are common in SCLC).

**Multiple myeloma (MM)**—**ASTRAGALUS**, artesunate/artemether, honokiol/magnolia, licorice, berberine; alpinia, fucoidan, pomegranate; “low-dose EPO [erythropoietin], bisphosphonates, PARP inhibitors...Valproate and parthenolide (feverfew)...[high-dose] R-Verapamil, sanguinarine...2-methoxyestradiol” (Gammill, [www.natural-oncology.org](http://www.natural-oncology.org)); Fu Zheng, **TianXian, Poly-MVA**, protease (high-dose), low-dose naltrexone, VIT. K2, **CURCUMIN**/turmeric and genistein, resveratrol, chaga/betulinic acid, spirulina, Avemar, AHCC/arabinogalactins; thalidomide, DCA; flax oil w/cottage cheese; IV vit. C w/K3; ozone, hydrogen peroxide; hyperthermia, antineoplastons; vaccines. Clinics: [DonnieYance.com](http://DonnieYance.com)

**Ovarian**—CDG & DIM/13C; Hoxsey, Devil's club, boswellia/frankincense, flax oil, IV Helixor (mistletoe); “ginger and **Scutellaria** [*barbata* & *baicalensis* (skullcaps)]...methotrexate and cyclophosphamide...in low dose with a Krukenberg [&] vincristine [&] dipyrindamole and goji” (Gammill, 7/30/13); IV vit. C (w/K3); Poly-MVA; naltrexone, Ukrain; high CBD:THC ratio (cannabis); Newcastle vaccine, Coley's toxins, chemo (IPT or <http://blockmd.com/services/chronomodulation>); **HYPERTHERMIA**/sauna, immunotherapy, antiangiogenesis; address cortisol & other hormones; get [ClarityFoundation.org](http://ClarityFoundation.org) Tumor Blueprint. For more info, [www.curezone.org/forums/fm.asp?i=1329209#i](http://www.curezone.org/forums/fm.asp?i=1329209#i). Clinics: [www.sdiegoclinic.com](http://www.sdiegoclinic.com), [www.hufeland.com](http://www.hufeland.com); [www.klinik-st-georg.de](http://www.klinik-st-georg.de); [OasisOfHope.com](http://OasisOfHope.com)

**Pancreatic**—1<sup>st</sup> choice of therapies: **HOXSEY**, IV Helixor (mistletoe); **Poly-MVA**, high-dose pancreatin & bromelain; **GOJI**, **RESVERATROL**, **CURCUMIN & turmeric** and fish oil, vit. E succinate and gamma & **delta tocotrienols**, **red propolis**, berberine;

[www.letstalkhealth.com/Prosta-Plex-Plus](http://www.letstalkhealth.com/Prosta-Plex-Plus); megadose (100+ grams) **IV vit. C w/K3 & IPT** (gemcitabine or triptolide) & oxygen therapies; **NALTREXONE w/stabilized lipoic acid**, "cyclopamine...L-canavanine...vitamin B-6, and *Nigella sativa*...nimesulide, troglitazone with synergists, and the combination of AZT, methotrexate, and dipyrindamole” (Gammill, [www.natural-oncology.org](http://www.natural-oncology.org), 12/1/12), and **HYPERTHERMIA**/sauna. Clinics: [www.sdiegoclinic.com](http://www.sdiegoclinic.com), [DonnieYance.com](http://DonnieYance.com), [www.natural-oncology.org](http://www.natural-oncology.org), [DrBerkson.com](http://DrBerkson.com), [DrFerre.com](http://DrFerre.com)

Secondary therapies: Neurolax (phospholipase A2), Virulizin (ox bile product), Active H2, zeolite, graviola or paw paw, Avemar, Polyerga, TianXian, Fu Zheng?, Essiac, pau d'arco, dandelion, ginger, ginkgo, ellagic acid, green tea/EGCG, Artemix, oleander?, melatonin, selenium; fermented soy, broccoli sprouts, spirulina?, CoQ10; perillyl alcohol, lavender oil; limonene, "lime juice and an alfalfa extract called canavanine" (Gammill, 6/14/17); 5-LOX (boswellia, particularly 5-Loxin from [LifeExtension.com](http://LifeExtension.com)), 12-LOX, NF-kB, & COX-2 inhibitors; vits. A, B6, D3 (high-dose), & K2; HANSI; OGF (opioid growth factor), Ukrain?, metformin; macrobiotics; oxidating therapies, Riggvir

**Prostate Cancer** (PCa)— 1<sup>st</sup> choice of therapies: sauna/HYPERTHERMIA; IV laetrile & vit. C w/K3; vits. D3 & K2, zinc, [www.letstalkhealth.com/Prosta-Plex-Plus](http://www.letstalkhealth.com/Prosta-Plex-Plus); melatonin; CAPSAICIN, CURCUMIN & turmeric, artesunate/artemether, IV Helixor (mistletoe).

Secondary therapies: BEET JUICE, cranberry, tomatoes, & other fruit; walnuts; ellagic acid, quercetin, berberine, panax ginseng; reishi, maitake, cordyceps, chaga/betulinic acid, & white button mushrooms; saw palmetto, andrographis, aged garlic, **pectin** (15g); CoQ10, vits. B6 (600mg), vit. E (alpha tocopherol succinate and delta & gamma tocotrienols); iodine; I3C/DIM & CDG; thyme, sandalwood, and lavender & frankincense oils, Poly-MVA, Micalcic (salmon calcitonin), nettle ROOT, Chinese skullcap, celandine, grape seed, rhabdosis, licorice, boswellia, pygeum, red clover, parthenolide/feverfew, digitoxin, pau d'arco, milk thistle; artichoke; flax, black currant, EPA/fish oils; zeolite, whey, fermented soy, propolis, apigenin; COX-2 inhibitors; high CBD:THC ratio cannabis; naltrexone, metformin; vaccines (mycoplasma, AllergoStop, Springer); GcMAF; fungal cleanse. **AVOID** sugar, palmitic acid (palm oil, butter, beef) & omega 6 linoleic acid (corn, cottonseed, peanut, safflower, soy, sunflower, & grape seed oils).

For more info, [www.lifeextension.com/Protocols/Cancer/Prostate-Cancer-Prevention/Page-06](http://www.lifeextension.com/Protocols/Cancer/Prostate-Cancer-Prevention/Page-06)

**Renal**—see Kidney

**Sarcoma**--pau d'arco, kombu, shiitake, Hoxsey, green tea/EGCG, bindweed, Poly-MVA; COLEY'S TOXINS; ISSELS, vaccines, logwood & DMSO?, whole-body HYPERTHERMIA, IV vit. C (w/K3)

Soft-Tissue Sarcoma—royal jelly, propolis, Avemar?, melatonin, Kelley-Gonzalez regimen (high-dose pancreatin); local HYPERTHERMIA

**Skin** (see also Squamous Cell Carcinoma) —grapefruit & frankincense oils, PDT

**Basal Cell**—Hoxsey. Topical **coramsine/Curaderm BEC5** and Veregen.com

**Melanoma**— **CoQ10**, HOXSEY, FU ZHENG; ASTRAGALUS, Avemar, CIMETIDINE, CURCUMIN, resveratrol, cat's claw, pau d'arco, garlic, mistletoe, chaga, betulinic acid; lavender oil; pancreatin (high-dose), pectin, melatonin, vit. D3, IV vit. C (w/K3); IPT; hyperthermia; Coley's toxins; NEWCASTLE & other vaccines; immunotherapy

**SQUAMOUS CELL CARCINOMA (SCC)** (includes many skin, esophageal, and NSCLC lung cancers and almost all anal cancers, as well as the other cancer types listed below) — **TOPICAL TREATMENTS** (for cutaneous SCC of the skin; some of these treatments are **painful**): curcumin vaseline, **coramsine (Curaderm BEC5)**, Squalamine, Cansema, *Euphorbia peplus/Picato*; “[MohsSurgery.org for] stage-1 cutaneous SCC” (Gammill, [www.natural-oncology.org](http://www.natural-oncology.org), 11/12/11).

**ORAL, INTERNAL, AND SYSTEMIC TREATMENTS:** cordyceps, mistletoe, astragalus, Avemar, CDG, sulforaphane; melatonin; selenium; vits. A, D3, E, & K2; quercetin; and COX-2 inhibitors; “PARP inhibitors...niacinamide, curcumin” (Gammill, 2/11/10,

<https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/43558>); UREA; germanium, cimetidine, MILTEFOSINE, ketorolac; DMSO; Newcastle & other vaccines; “artesanate, capsaicin, nisin...green tea/EGCG” (Gammill, 1/17/13); artemether; “**artesanate** injections 60 mg at 10 pm days 1-15 and artesunate tablets 50 mg at 10 pm from day 16 and ongoing. At 2 pm, [oral] ferrous sulfate 150 mg and folic acid 0.5 mg after a meal” (Gammill, 10/13/11, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/51634>); IPT (“platinum drugs such as cisplatin or carboplatin” (Gammill, 6/30/13) and perhaps 5-FU and mitomycin). Radiation w/ozone; PDT; hyperthermia (local & whole-body); “strategies to drop ORP (oxidation-reduction potential)” (Gammill, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/45362>). I probably would NOT use vit. C.

**Anal and Rectal**—“methylglyoxal...dithiodinicotinic acid...Vit E...thymus...ferric subsulfate...[mistletoe]...selenium...Neuraminic acid conjugate vaccine...Murtioxobiscarboxyethyl germanium (sesquioxide)...hematoxylon in DMSO...geraniol ozonide suppositories...artesanate.... [Focus on] crippling cancer mitochondria...kill cancer stem cells” (Gammill, [www.natural-oncology.org](http://www.natural-oncology.org), 12/31/09); “exquisitely sensitive to **RADIATION**... synergism between radiation...with two cycles of 96 hour pumped **5-FU and mitomycin C** by IV slow push. Do NOT interrupt the radiation” (Gammill, 3/3/13). “PDT, neutron beams, miltefosine...PARP inhibitors [niacinamide]...whole body hyperthermia” (Gammill, 11/4/09). “dithiodinicotinic acid...macrophage activating factor...vit E succinate, selenium, curcumin, calcitriol, melatonin...astragalus, EGCG...capsaicin...sulforaphane...D-glucarate...cimetidine... [Perhaps also] ketorolac...miltefosine...DMSO...sauna...with...sensitizers, which may include topical benzoic acid (15% in vaseline), carbogen, ascorbate with menadione [vit. K3], dipyridamole, quercetin, Lonidamine, and germanium sesquioxide

plus...occasionally...strategies to drop ORP (oxidation-reduction potential)” (Vincent Gammill, ScD, [www.natural-oncology.org](http://www.natural-oncology.org), 6/18/10, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/45362>). Perhaps “mebendazole, cimetidine, griseofulvin and colchicines” (Gammill, 1/8/12).

**Cervical**—iodine; carotenoids, ellagic acid, mistletoe, curcumin/turmeric, ginseng, boswellia; tsuga & thyme oils; COX-2 inhibitors; laetrile; Issels, Newcastle & dendritic vaccines, immunotherapy; IPT (“platinum drugs such as cisplatin or carboplatin” Gammill, 6/30/13); local & whole-body hyperthermia; radiation & vaginal ozone.

**Topical treatments**—vit. A, Lugol’s iodine; “Fenugreek seed...zedoary...turmeric...thuja [all used] (intravaginally as a bolus)” (David Winston, RH [www.herbaltherapeutics.net], Cancer Strategies Journal\_, Summer 2013, pp. 29-30).



**Head and Neck (& throat) SCC**--hyperthermia (for neck and larynx SCC), quercetin, **Avemar**, artemix (for laryngeal cancer), camptothecin; antivirals?

Oral (cavity) cancer (OCC)/Mouth—resveratrol, green tea/EGCG?, Avemar; dental detox

**Stomach/Gastric**-- **TianXian.com**, Fu Zheng, GINKGO, Avemar?, ginger; cimetidine; Issels, Hoxsey?, melatonin, vit. K2, COX-2 inhibitors; PDT, IPT, hyperthermia

Uterine--see Cervical; Endometrial/uterine carcinoma; see also under Sarcoma

Contact me for information on **OTHER CANCER TYPES** (not listed above).

**Brain Cancer**--Hoxsey (for gliomas and astrocytomas), flax oil mixed w/cottage cheese (but not if taking Decadron), beets, immunotherapy; MELATONIN, DMSO, artemether/Artemix, chaparral, cat's claw (ideally Samento by [www.nutramedix.com](http://www.nutramedix.com)), **boswellia**; **frankincense** (ideally **Brain Power** by YoungLiving.com), lemon, lemongrass, and grapefruit oils; **Poly-MVA**, Protocol/Cantron?, **Alzium**, IPT (for some brain cancers). Take plenty of cancer-healing **fats** (flax, fish, & shark liver oils, and 240mg black currant oil [GLA] daily), particularly when taking supplements. **See also Banerji protocol below.**

**Avoid copper and avoid sugar & high-glycemic foods** on an empty stomach.

**Glioma**—HOXSEY, Alzium; MISTLETOE, **GLA**, LYCOPENE, BERBERINE, curcumin, pau d'arco, betulinic acid, gotu kola, selenium, green tea/EGCG, genistein?; lemon (& lemongrass & grapefruit) oils; "Biogermax (natiris.pt) have some great cases of recovery from glioma...300mg"; NEWCASTLE vaccine; **Ruta6/Calc Phos** (Dr. Banerji's protocol) "9 patients with glioma...8 showed complete regression" (Pathak et al., 2003, Intl. J. of Oncology) [www.virtualtrials.com/pdf/ruta6.pdf](http://www.virtualtrials.com/pdf/ruta6.pdf)

**astrocytoma (AA)**—Hoxsey, Newcastle, **antineoplastons** (for **low-grade astrocytoma**), Alivizatos.com

**Glioblastoma multiforme (GBM)**—VALGANCYCLOVIR/ANTIVIRALS; Banerji's Ruta6/Calc Phos ([www.fidelibus.com/ruta/begin-message.htm](http://www.fidelibus.com/ruta/begin-message.htm); [www.virtualtrials.com/pdf/ruta6.pdf](http://www.virtualtrials.com/pdf/ruta6.pdf)), EDELFOSE/Milfesine, PHENYLBUTYRATE, DCA; MELATONIN, TURMERIC & CURCUMIN, boswellia, frankincense, BERBERINE, NALTREXONE, CHLORELLA, ARTEMETHER/Artemix, PSK/coriolus versicolor, mistletoe, gotu kola, garlic; oxaloacetate, antineoplastons, fish oil, flax oil & cottage cheese (FSO/CC); vits. B, D3, E (alpha tocopherol succinate) & K3; selenium, quercetin, resveratrol, green tea/EGCG, Poly-MVA, para-chlorophenylacetic acid, CRONaxal.com, Protocol/Cantron?; melissa oil; Hoxsey, carnivora, pau d'arco, andrographis, perrilyl acid/limonene, bromelain, cannabinoids, sulforaphane, garlic, fermented soy; noscapine, transfer factor, CLA, Asiatic acid; metformin, cimetidine; superoxide dismutase (SOD); Newcastle & other vaccines; IV vit. C w/DMSO; valproic acid; PEMF, Alivizatos.com; Avastin (used w/caution) & ketogenic diet



(avoid carbs) & hyperbaric oxygen (HBO) & OZONE (may cause swelling); copper depletion; metal detox. Check for Lyme. Clinics: Hufeland.com, [sdiegoclinic.com](http://sdiegoclinic.com), [DrDarvish.com](http://DrDarvish.com)

**Brain metastases**— Banerji's **Ruta6/Calc Phos**, Dr. Rath's protocol (lysine, proline, vit. C, green tea), vit. C, melatonin, boswellia, FRANKINCENSE, Protocel?, PAU D'ARCO, METHYLGLYOXAL, artemether/Artemix, curcumin?; lactoferrin, Coley's toxins; laetrile, DMSO, glutathione, IV vit. C?

**Benign brain tumors**— Alivizatos.com (for pituitary tumors), Banerji's Ruta6/Calc Phos? (Very few treatments work on benign tumors.)

**Dr. Banerji's homeopathic protocol**--for brain tumors & brain metastases; less effective w/astrocytoma. "reported...70% success rate....9 patients with glioma...8 achieved complete remission...2 of 3 meningioma patients had prolonged remission and the third achieved a complete tumor regression....Ruta graveolens (6c potency) [and] Calcarea phosphorica (3x potency) [3 of each 2-3 times/day]....If there is a tumor recurrence while on the remedies, [add] Thuja (30c potency, 2 pellets twice daily) [Pathak et al., 2003, Intl. J. of Oncology, pp. 975-82; [www.virtualtrials.com/pdf/ruta6.pdf](http://www.virtualtrials.com/pdf/ruta6.pdf)]....

[<https://groups.yahoo.com/neo/groups/Ruta6/info>]. Among 26 responders to an informal poll...of brain tumor patients who had been taking Ruta-6 for at least 6 weeks, 21 have had regression or stable scans...eight of the responders have had tumor regression" (Jeanne Wallace, CNC, [www.nutritional-solutions.net](http://www.nutritional-solutions.net), 2006). "Fifteen patients diagnosed with intracranial tumors were treated with Ruta 6 and Ca<sub>3</sub>(PO<sub>4</sub>)<sub>2</sub> [calcium phosphate]. Of these 15 patients, 6 of the 7 glioma patients showed complete regression of tumors" (Pathak et al., 2003, Intl. J. of Oncology, [www.virtualtrials.com/pdf/ruta6.pdf](http://www.virtualtrials.com/pdf/ruta6.pdf)). "Some of our [brain tumor] clients (especially those not in mainstream treatment) have [achieved] tumor stability....work[s] best for people who have either had no [chemo or radiation]...or who have been out of treatment for some time and then experience growth" (Wallace, 2006). "Most cases get cured within of six months, but some may take as long as two to three years,' says Dr. Banerji." "Typically, [Banerji] prescribes...all new patients...

Ruta Graveolens 6C...No. 40 pill size...2 pills = 1 dose; 2 doses daily, morning...and evening..

Calcarea Phosphorica 3X...1 grain tablet size...2 tablets = 1 dose; 2 doses daily, noon...and...bedtime.

For `ACUTE` cases...3 Ruta 6C pills a dose and 3 doses daily at 7am-1pm-7pm. Then in between, 3 of the CalcPhos 3X tablets a dose and 3 doses daily at 10am-4pm-10pm.

Instructions: Dissolve pills in mouth. Do not chew or swallow. Do not touch the pills (use a pill cup). Do not eat, drink or take other meds at least 15 minutes before and after use. If you are taking steroids (Decadron), avoid taking them as well as any citrus fruits or juices for at least 30 minutes before or after taking Ruta/CalcPhos"

(<https://groups.yahoo.com/neo/groups/Ruta6/conversations/topics/7699>; from "RUTA and Cal

Phos": Quantities & Dosage, 3/23/06, downloadable at <https://groups.yahoo.com/neo/groups/Ruta6/files>)

\$32 for 2-month supply.

TO ORDER: “[[www.homeopathyworks.com](http://www.homeopathyworks.com)]...tell them [it] is for Dr. Banerji's brain tumor treatment" ([www.fidelibus.com/ruta/begin-message.htm](http://www.fidelibus.com/ruta/begin-message.htm)) or

[www.homeopathicpharmacy.org](http://www.homeopathicpharmacy.org) (800-624-9659) or Cellatech.com.

FOR MORE INFORMATION:

[www.virtualtrials.com/pdf/ruta6.pdf](http://www.virtualtrials.com/pdf/ruta6.pdf) (Pathek et al., Intl. J of Onc. 2003)

<https://groups.yahoo.com/neo/groups/Ruta6/info>

“Prasanta Banerji at: PBH Research Foundation... [www.pbhrfindia.org](http://www.pbhrfindia.org)”

Compiled by Leonard S. Rosenbaum ([leonardleonard1@earthlink.net](mailto:leonardleonard1@earthlink.net)), holistic health consultant; Dir., Alternative Pathways for Healing Cancer; Vice President, [CancerVictors.net](http://CancerVictors.net); and Advisory Board Member, [BestAnswerForCancer.org](http://BestAnswerForCancer.org). Contact me for further information, resources, consultations, and coaching.

Disclaimer by Leonard Rosenbaum: I am not a licensed health professional, and nothing written here constitutes medical advice. Please consult a licensed physician before following this information.

## Chapter 8

### THINGS TO TAKE AROUND THE TIME OF CONVENTIONAL TREATMENT

#### Supplements Helpful to Take around the Time of Cancer Surgery and Biopsy

By Leonard Rosenbaum

**BIOPSY:** If I was to choose a biopsy, I would get an **excisional** (NOT an incisional) **biopsy**. Starting 1 day after biopsy, I would take **NSAIDs** for at least several days. I would take the following throughout my cancer recovery and particularly around the time of biopsy: **pectin** (ideally 6.5g twice a day of PectaSol-C by Econugenics.com or [www.thorne.com/products/oncology-support/dp/fractionated-pectin-powder](http://www.thorne.com/products/oncology-support/dp/fractionated-pectin-powder)), **panax ginseng** (use good brand, ideally [www.herb-pharm.com/products/product-detail/ginseng-asian](http://www.herb-pharm.com/products/product-detail/ginseng-asian)), **cimetidine** (400mg 2-3 times a day, with food), and other anti-inflammatory supplements.

#### **SURGERY:**

To avoid metastasis, I would NOT permit **wire localization**, even if that resulted in a wider excision being necessary.

Ask about **MohsSurgery.org**. For more info, [www.mohscollege.org](http://www.mohscollege.org)

"Mayo Clinic [procedure] might...reduce the chance [that the surgeons will miss part of the tumor from 15-40% to] 3%....After the surgeon removes the tumor, it is instantly frozen and then sent immediately to the pathologist...if the edges are [not] free of cancer....the surgeon...clean[s] out [the] edges....reduce[s] the need for a repeat surgery down to 3%....

[[www.ncbi.nlm.nih.gov/pubmed/24929768](http://www.ncbi.nlm.nih.gov/pubmed/24929768)] 'Impact of analysis of frozen-section margin on reoperation rates in women undergoing lumpectomy for breast cancer'" (Frank Shallenberger, MD, 1/23/15, [www.secondopinionnewsletter.com/Health-Alert-Archive/View-Archive/12337/If-you-need-a-lumpectomy-to-remove-a-breast-cancer-tumor-you-must-read-this-first.htm](http://www.secondopinionnewsletter.com/Health-Alert-Archive/View-Archive/12337/If-you-need-a-lumpectomy-to-remove-a-breast-cancer-tumor-you-must-read-this-first.htm)).

**FOR DAYS/WEEKS BEFORE SURGERY:** panax ginseng, iodine, vits. A, D3, B & C complexes, zinc, green tea. "glutamine, arginine, omega 3 [NOT from fish oil]...or nucleotides [especially] for patients undergoing major abdominal [or] head neck [surgery]...given 5-7 days before and after" (DonnieYance.com in Cancer Strategies Journal, Summer 2014, p. 15).

**IN THE DAYS/WEEKS FOLLOWING SURGERY:** vits. C (only after local anesthesia's over) & E complexes, vit. A; panax ginseng, fractionated **pectin**; probiotics, bromelain, curcumin, boswellia; **TOPICAL** raw honey.

For more information, [www.lifeextension.com/protocols/cancer/cancer-surgery/Page-03](http://www.lifeextension.com/protocols/cancer/cancer-surgery/Page-03)

[www.lifeextension.com/Protocols/Cancer/Cancer-Surgery/Page-04](http://www.lifeextension.com/Protocols/Cancer/Cancer-Surgery/Page-04)

[www.lifeextension.com/featured-articles/special/cancer-surgery-what-you-need-to-know-ahead-of-time/page-01](http://www.lifeextension.com/featured-articles/special/cancer-surgery-what-you-need-to-know-ahead-of-time/page-01)

[www.healthwatchersnews.com/2009/12/preventing-surgery-induced-cancer-metastasis](http://www.healthwatchersnews.com/2009/12/preventing-surgery-induced-cancer-metastasis)

### **Test Tumor Markers Before and After Surgery**

“get baseline levels of a few markers (...CEA, Ca 27-29, Ca 15-3, Ca 125, Ca 19-9) before cancer surgery...and then again [1-6 weeks] after...(CEA usually takes month [to return to normal] but the other [tumor markers] respond early)...This will help establish whether the marker is a valid test for you” (Rick Linchitz, M.D., 12/17/12, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/60677>).

Arrange for surgeon to **send tumor sample (within 48hrs of surgery)** to [NagourneyCancerInstitute.com](http://NagourneyCancerInstitute.com) for chemosensitivity testing (\$4000; covered by some insurance).

### **Timing of Surgery (& Biopsy) and the Menstrual Cycle**

1. **Days 18-20 of the menstrual cycle (or 7-10 days after ovulation) appear to be about the SAFEST/ideal time to get surgery** (and biopsies). As far as I know, results of all the studies are consistent w/this finding.
2. Days 13-17 of the menstrual cycle also appears to be a good time.
3. Days 3-6 appears to be a bad time to get surgery. (The same with days 1-2, I think.)
4. Days 21-25 are better than days 0-3 or days 26 and later.

Sources: "1-12 days...poorer compared with...more than 12 days...survival rate 40 versus 72 per cent, P=0.002; overall survival rate 40 versus 79"

([www.ncbi.nlm.nih.gov/pubmed/8156340](http://www.ncbi.nlm.nih.gov/pubmed/8156340)). "3-12 days after last menstrual period (LMP) (group 1, n=75)...0-2 or 13-32 days after LMP (group 2, n=174)...survival at 10 years was 54% in group 1 versus 84% in group 2. This effect...seemed to be greater in women with small tumours [<2 cm] and was seen in patients with [ER+ & ER-] tumours" ([www.ncbi.nlm.nih.gov/pubmed/1674070](http://www.ncbi.nlm.nih.gov/pubmed/1674070)).

"recurrence was more frequent and more rapid in women whose initial tumor resection was performed during the perimenstrual period (days 0-6 and 21-36) than during the periovulatory period (days 7-20)....7 of the 19 perimenstrual patients (37%) have relapsed and 6 (32%) have

died of metastatic disease. Only 3 of the 22 periovulatory patients (14%) have relapsed and only 1 (5%) has died" ([www.ncbi.nlm.nih.gov/pubmed/2006789](http://www.ncbi.nlm.nih.gov/pubmed/2006789)). "recurrence and metastasis were more frequent and more rapid in women who had been operated upon during the perimenstrual period (days 0-6 and 21-36 of the menstrual cycle)...perimenstrual period had a more than quadrupled risk of recurrence and death" ([www.ncbi.nlm.nih.gov/pubmed/2571865](http://www.ncbi.nlm.nih.gov/pubmed/2571865)).

Although these studies were done on breast cancer patients, the results likely are **applicable to all types of cancer** (Hrushesky, 2003, pers. comm.). "I have been advised that using **progesterone cream** the days **before** surgery and after has the same effect [as timing **breast cancer surgery** with the menstrual cycle]...higher progesterone blood levels at surgery yields better outcome [[www.ncbi.nlm.nih.gov/pubmed/8664128](http://www.ncbi.nlm.nih.gov/pubmed/8664128)]" (LynneFarrow.net [[www.breastcancerchoices.org](http://www.breastcancerchoices.org)], 6/2/10).

"**mammograms** are more accurate when done within the first two weeks after [menstruation begins]... Women who wait more than two weeks after their period [have twice the rate of false negatives]" (<https://abcnews.go.com/GMA/story?id=127033&page=1>).

Note: I am NOT encouraging or condoning routine mammography.

### **Chemosensitivity and Chemoresistance Testing**

"I wouldn't feel ethical not using assay-directed therapy" (William Grace, MD, past president, NY Cancer Society, cited in CancerDecisions.com, 2008).

[www.RationalTherapeutics.com](http://www.RationalTherapeutics.com) (Robert Nagourney, M.D.)

\$4000 (as of 2012). Outlines which drugs to take in what dose. "You have to have a tumor to send them. If your tumor has already been surgically removed, you can't do this test" (2012). Ask Nagourney to include natural/herbal treatments in your testing panel. Ralph Moss (2008) spoke highly of Nagourney, as did Dr. Weisenthal of **Weisenthal Cancer Group (WCG) cytometric profiling services [WeisenthalCancer.com]**; "Nagourney's closest competitor").

[DonnieYance.com](http://DonnieYance.com) (4/29/13) uses the Nagourney and Weisenthal tests extensively.

Caris Molecular Intelligence (MI) Profile ("Caris test") by [www.CarisLifeSciences.com](http://www.CarisLifeSciences.com)

"The Caris test uses a preserved sample and isolates various targets (for example topo-isomerase I and II, Thymidilate synthase, etc.) and resistance factors which they feel should make a good fit with various chemotherapy agents....**reimbursable**, even by [Medicare]" (Linchitz, 9/30/12).

DonnieYance.com (4/28/13) uses this test but said its usefulness depends on the skill of the person interpreting the results. Gammill (9/1/13) thinks highly of it. For more information, <https://academic.oup.com/jnci/article/103/2/84/2568874>

NutritionGenome.com

For more information on chemosensitivity testing, [Customized Cancer Treatment: How a Powerful Lab Test Predicts Which Drugs Will Work for You--and Which to Avoid](http://www.amazon.com/Customized-Cancer-Treatment-Powerful-You--/dp/1881025012) ([www.amazon.com/Customized-Cancer-Treatment-Powerful-You--/dp/1881025012](http://www.amazon.com/Customized-Cancer-Treatment-Powerful-You--/dp/1881025012)) by Ralph Moss (2010).

**Multiple Drug Resistance (MDR)**—Supplements that help prevent and reverse it

**vit. C**—also enhances effectiveness of chemo ([www.denvernaturopathic.com/news/multidrugresistance.html](http://www.denvernaturopathic.com/news/multidrugresistance.html)),

heavy-metal detox; **vit. K3 (menadione), selenium, fish oil;**

[www.greenmedinfo.com/blog/omega-3-fats-help-overcome-multi-drug-resistant-cancer](http://www.greenmedinfo.com/blog/omega-3-fats-help-overcome-multi-drug-resistant-cancer)), **melatonin** (also enhances chemosensitivity [[www.ncbi.nlm.nih.gov/pubmed/22271210](http://www.ncbi.nlm.nih.gov/pubmed/22271210)]), **paw paw, graviola, resveratrol, curcumin** ([www.greenmedinfo.com/disease/cancers-multi-drug-resistant?ed=5655](http://www.greenmedinfo.com/disease/cancers-multi-drug-resistant?ed=5655)), **berberine** (DonnieYance.com, 4/27/13), **quercetin, genistein (in fermented soy), green tea, Korean & panax ginseng, artemisinin, bloodroot;** IPT, and hyperthermia may help prevent or reverse MDR (see [www.denvernaturopathic.com/news/multidrugresistance.html](http://www.denvernaturopathic.com/news/multidrugresistance.html)).

DMSO given w/chemo can overcome MDR (ArchieScott.com, 9/6/16).

“Some drug resistance can be thwarted with...selenium, dipyridamole (Persantine), and sanguinarine (bloodroot)” (Vincent Gammill, ScD, [www.natural-oncology.org](http://www.natural-oncology.org)).

“The risk of MDR should never be far from the practitioner's mind...Prevention can include R-verapamil or dipyridamole. Natural methods include the use of bloodroot and methionine-restrictive diets” (Gammill, 12/21/05).

“tools that can be used to prevent or reverse MDR...to prevent or reverse MDR – and...off-label uses of lonidamine, dipyridamole, BSO [Buthionine sulfoximine], R-verapamil” (Gammill, 8/5/03, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/9872> .

“Ketoconazole is sometimes used...along with verapamil, to discourage [MDR]” (Gammill, 9/13/05, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/17490>).

"Buthionine sulfoximine (BSO), an inhibitor of GSH [glutathione] synthesis, has been demonstrated to lower GSH levels in human ovarian cancer cell lines, resulting in an increase in melphalan and carboplatin cytotoxicity....GSH is involved in the development of drug resistance, and its depletion may restore or enhance the cytotoxic activity of several drugs. Ifosfamide (IFEX) is an analog of cyclophosphamide...[It] lower[s] intracellular GSH levels, thereby increasing the sensitivity of the cells to cytotoxic drugs" (Gammill, 3/29/05,

<https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/15686>)..

"To make chemo or many natural strategies work better...hammer down glutathione. In research BSO is used [but] it can damage vision...lipoic acid can ameliorate some of this" (Gammill, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/6978>).

"valsopodar...is safer than some of the third generation MDR reversal agents such as tariquidar. We often use dipyridamole at 75 mg QID unless there is a problem with CHF or hypotension. Verapamil is useful, but R-Verapamil is better. You have to go to high doses....the alternative direction will be...surfactants...safe and inexpensive...these agents hinder rapid efflux....most of the chemo agents that trigger MDR are of natural origin....For suppressing intracellular glutathione there are a number of strategies. These can range from limiting protein to unfortified soy so protein so as to limit the amount of methionine available to cancer cells. In conjunction with this I often use sanguinarine (a bloodroot extract) despite its toxicity" (Gammill, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/15691>).

Up to 300mg dipyridamole may be used unless patient has high blood pressure (Gammill, 9/05).

"Oasis [uses] epigenetic therapy, involving...valproate and hydralazine...to re-establish sensitivity [to chemo]" ([www.oasisofhope.com/cancer-treatment-types/prostate-cancer](http://www.oasisofhope.com/cancer-treatment-types/prostate-cancer); Gammill's also recommended those drugs)

**When a patient receiving a chemo drug (vincristine) that's derived from an herb (e.g., periwinkle), DonnieYance (2013) give the patient the whole herb (while the patient's doing the chemo), which prevent and even reverse (long-term) MDR and allows lower doses of the drug to be used. For example, "taxanes [from yew]...reverse multi-drug resistance [MDR] in breast cancer cells when co-administered with paclitaxel" (DonnieYance.com, 2009).**

### **Fasting before Chemotherapy**

Fast (or at least minimize carbs and heavy foods) 2 days prior to chemo. "For those patients who don't have access to IPT [<https://bestanswerforcancer.org/patients/iptipld-cancer-treatment>]...[ask your] oncologist about using the lowest doses possible and then going in on an empty stomach....take fenugreek, cinnamon [bitter melon, *Gymnema sylvestre*], chromium, vanadium [and sage] beforehand to bring down blood sugar....[During chemo] drip...snack on [carbs & CHOCOLATE]" (Vincent Gammill, ScD, [www.natural-oncology.org](http://www.natural-oncology.org), 12/24/05; see also <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/43558>).



For more information,

[www.denvernaturopathic.com/Longo2013.htm](http://www.denvernaturopathic.com/Longo2013.htm)

[www.denvernaturopathic.com/FastingandChemotherapy.htm](http://www.denvernaturopathic.com/FastingandChemotherapy.htm) (2008)

<http://themossreports.wordpress.com/2010/10/16/fasting-improves-chemo>

[www.ncbi.nlm.nih.gov/sites/ppmc/articles/PMC2815756](http://www.ncbi.nlm.nih.gov/sites/ppmc/articles/PMC2815756)

[www.ncbi.nlm.nih.gov/pubmed/20145127](http://www.ncbi.nlm.nih.gov/pubmed/20145127)

[www.scientificamerican.com/article.cfm?id=fasting-may-bolster-health#comments](http://www.scientificamerican.com/article.cfm?id=fasting-may-bolster-health#comments)

[www.wired.com/wiredscience/2010/02/chemotherapy-fasting](http://www.wired.com/wiredscience/2010/02/chemotherapy-fasting)

<http://hsonline.com/2012/04/23/cancer-patients-may-avoid>

<http://stm.sciencemag.org/content/4/124/124ra27>

[www.sciencedaily.com/releases/2012/02/120208152254.htm](http://www.sciencedaily.com/releases/2012/02/120208152254.htm) (study on fasting and chemo)

[www.health.usnews.com/usnews/health/healthday/080401/fasting-before-chemo-protects-healthy-cells.htm](http://www.health.usnews.com/usnews/health/healthday/080401/fasting-before-chemo-protects-healthy-cells.htm)

### **Things That May Be Helpful during Chemotherapy** (see also **MDR section** above)

CAUTION: Check on the interaction of the below items w/the specific chemo drugs, and medical contraindications, before taking anything below.

Resources: [www.drugs.com/drug\\_interactions.html](http://www.drugs.com/drug_interactions.html)

[www.compassionateacupuncture.com/herb-drug-interactions-and-how-to-avoid-them](http://www.compassionateacupuncture.com/herb-drug-interactions-and-how-to-avoid-them)

SUMMARY: (coconut) **water, tea, caffeine**, vits. B3, **D3**, E; selenium; quercetin; **L-theanine, melatonin** (at night), glutamine, arginine & ornithine; **fish oil; Fu Zheng**, curcumin/turmeric?, green tea/EGCG?, **milk thistle**/silymarin, ginger?, ginkgo, honokiol, rubescent/rabdosia, ashwagandha, rhodiola, astragalus & other adaptogens; berberine; AHCC; **pentamidine**, dipyridamole; DMSO?; Poly-MVA (36 hrs after each chemo treatment); artichoke, aloe, flax oil w/cottage cheese; Avemar; sea salt, protein, fermented soy/genistein, whey; **sauna/hyperthermia**; imagery, EFTuniverse.com, [www.monroeinstitute.org/node/1099](http://www.monroeinstitute.org/node/1099).

**AVOID/MINIMIZE:** grapefruit, NAC/glutathione, filgrastim (Neupogen). Minimize food intake the day of and the day after chemo (DonnieYance.com, 2009).

## DETAILED INFORMATION:

"[Things that enhance the efficacy of] chemo [include] fasting for a day or two prior....consume caffeine during and after the infusions...[Drink] copious amounts of strong green tea [and] amino acids...glutamine, arginine, ornithine, and cysteine...are useful during and subsequent to most chemotherapies" (Vincent Gammill, ScD, [www.natural-oncology.org](http://www.natural-oncology.org), 4/5/13, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/63854>).

FOODS: flax oil w/cottage cheese (FSO/CC), artichoke; green tea; tempeh & other protein

## SUPPLEMENTS:

vitamins B3 (Rick Linchitz, M.D., 2011), D3 (DonnieYance.com), and E (mixed tocopherols)

Avemar ([www.ncbi.nlm.nih.gov/pubmed/15454833](http://www.ncbi.nlm.nih.gov/pubmed/15454833))

AHCC—greatly relieves adverse effects & improves blood counts

L-theanine (Linchitz, 2011). "**L-theanine** and **caffeine**, both found in **tea**, seem to work across the board as chemo potentiators...There is no good reason not to expect similar potentiation of natural therapies when they are washed down with theanine- and caffeine-containing teas. A number of natural xanthine derivatives (caffeine family) are also PARP inhibitors, which help prevent cancer cells from repairing themselves....pentamidine...safe chemo potentiator" (Vincent Gammill, [www.natural-oncology.org](http://www.natural-oncology.org), 12/15/12,

<https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/60662>).

## **Fu Zheng**

silymarin (in artichoke and **milk thistle**)—enhances chemosensitivity and protects liver

ginkgo (Rick Linchitz, M.D., 2011)

rubescens/rabdosia (*Rabdosia rubescens* [RR])

Poly-MVA—Sean Devlin, D.O. reports (4/27/14) that it's extremely effective when given 36 hrs after each chemo treatment.

note: Antioxidants are generally synergistic w/chemo and radiation

[www.altmedrev.com/archive/publications/5/2/152.pdf](http://www.altmedrev.com/archive/publications/5/2/152.pdf) (Quick Reference Guide)

[www.lifeextension.com/Protocols/Cancer/Alternative-Cancer-Therapies/Page-03](http://www.lifeextension.com/Protocols/Cancer/Alternative-Cancer-Therapies/Page-03)

[www.breastcancerchoices.org/files/Schachter\\_PDF\\_File\\_from\\_ICIM\\_Journal.pdf](http://www.breastcancerchoices.org/files/Schachter_PDF_File_from_ICIM_Journal.pdf)

<https://onlinelibrary.wiley.com/doi/full/10.1002/ijc.23754> (protect from toxicity; 2008)

[www.cancertreatmentreviews.com/article/S0305-7372\(07\)00027-8/fulltext](http://www.cancertreatmentreviews.com/article/S0305-7372(07)00027-8/fulltext)

[www.tldp.com/issue/11\\_00/hoffer.htm](http://www.tldp.com/issue/11_00/hoffer.htm) (metareview)

DRUGS: "One no-brainer to kick up most chemo is the use of histone deacetylase inhibitors such as SAHA, Mg valproate, the butyrates, even the phenylacetate derivatives....One of my favorite synergists is dipyridamole...75 mg thrice daily...Dipyridamole also works well as part of Von Ardenne treatments using oxygen with saunas" (Gammill, 6/19/16, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/78936>).

imagery/visualization--"patients visualize the...chemo drugs...as beneficial to the healing process, and not harming the host, etc. Many patients had observed reduced toxicity as a result and extended survival" ([www.simontoncenter.com/store/p4/Getting\\_Well\\_Again.html](http://www.simontoncenter.com/store/p4/Getting_Well_Again.html)). Visualize the chemo (and radiation) bypassing your body and going directly to the cancer cells.

Chemotherapy Companion (Hemi-Sync product, [www.monroeinstitute.org/node/1099](http://www.monroeinstitute.org/node/1099))

## **exercise**

[https://EFTuniverse.com/index.php?option=com\\_content&view=article&id=1832](https://EFTuniverse.com/index.php?option=com_content&view=article&id=1832) (to reduce adverse effects)

Things That Can Be HARMFUL during Chemo:

grapefruit (inhibits phase-2 detox)

aspirin-- may WORSEN adverse effects of chemo

glutathione and N-acetyl cysteine (NAC)—interferes with many chemo drugs

For more information on supplements to take during chemo,

[www.lifeextension.com/Protocols/Cancer/Chemotherapy/Page-08](http://www.lifeextension.com/Protocols/Cancer/Chemotherapy/Page-08) (synergism)

[www.lifeextension.com/Protocols/Cancer/Chemotherapy/Page-06](http://www.lifeextension.com/Protocols/Cancer/Chemotherapy/Page-06) (alleviating adverse effects)

[www.lifeextension.com/Protocols/Cancer/Alternative-Cancer-Therapies/Page-10](http://www.lifeextension.com/Protocols/Cancer/Alternative-Cancer-Therapies/Page-10) (alleviating adverse effects)

[www.compassionateacupuncture.com/herbs-herbal-compounds-and-nutrients-that-synergize-with-chemotherapeutic-agents](http://www.compassionateacupuncture.com/herbs-herbal-compounds-and-nutrients-that-synergize-with-chemotherapeutic-agents)

AFTER CHEMOTHERAPY, I'd take high-dose probiotics (once immunity's adequate) and only under medical guidance. Also astragalus.

### Things That Are Usually Helpful During Radiation Therapy

**SUMMARY**—ketogenic diet?; flax, miso; cilantro?; caffeine; chlorella, kelp, Modifilan.com; vits. A, B3 (niacinamide), D3, C, E (alpha tocopherol succinate & DELTA/GAMMA TOCOTRIENOLS); selenium, zinc; quercetin, fish/cod liver oil; melatonin (20mg at night); aloe; CURCUMIN/turmeric, green tea, Japanese knotweed/resveratrol, ginger, honokiol, cordyceps, panax ginseng, pau d'arco, eleuthero, ashwaganda, angelica, ginkgo, artemisinin?; Fu Zheng; dipyridamole, pentamidine; **HYPERTHERMIA/SAUNA**, oxygen therapies (HBO/**ozone**) UVBI ([www.DrsUBI.com](http://www.DrsUBI.com)); [www.monroeinstitute.org/node/1465](http://www.monroeinstitute.org/node/1465). **Topical**: aloe and curcumin.

AVOID sugar, carbs, glutathione/NAC, and lipoic acid.

DETAILED INFORMATION:

“best **sensitizers and healthy tissue protectants** to use with radiation are **quercetin, caffeine, vit E**...[selenium, **dipyridamole** (Persantine)], ethacrynic acid, sanguinarine [**bloodroot**], and PARP inhibitors” (Vincent Gammill, ScD, [www.natural-oncology.org](http://www.natural-oncology.org), 9/17/09, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/41254>); “radiation... **sensitizers**...carbogen with hyperthermia... **Caffeine** (and the other xanthines), niacinamide, and curcumin...induce PARP cleavage” (Gammill, 7/21/10, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/45682>); “tools to kick up efficacy [of] and protect from [harmful effects of radiation]... **quercetin**...dithiodinicotinic acid” (Gammill, 11/5/09, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/41913>); “**gamma/delta tocotrienol** [vit. E]...benefit with radiation...hyperthermia and hyperbaric oxygen” (Gammill, 1/21/12).

"ashwaganda... **adaptogens** like eleutherococcus, arctic root... radiosensitive cancer cells and protect normal cells... Astaxanthin 8-12mgs/day... radio-protector" (Rick Linchitz, M.D., 9/24/11); "better data on vitamin E... algae... adaptogens like ashwaganda... eleutherococcus ...radio-protective to normal cells AND...radio-sensitize cancer" (Linchitz, 1/21/12).

"Any **oxygen therapy** will help make radiation more effective while limiting its destructiveness... HBO, ozone, H<sub>2</sub>O<sub>2</sub>, and UBI [www.DrsUBI.com]. I do these concurrently ... Most of the time, the oncologist is blown away by the tolerance to the radiation... Brown seaweed [Modifilan.com] helps absorb radiation damage... [Also] miso... sulfur-bearing antioxidants... protect normal cells, as will bioflavonoids" (DocRowen.com, 2/26/14).

MELATONIN—20mg at night; synergistic w/radiation. For more information,

[www.lifeextension.com/Protocols/Cancer/Radiation-Therapy/Page-07](http://www.lifeextension.com/Protocols/Cancer/Radiation-Therapy/Page-07)

[www.ncbi.nlm.nih.gov/pubmed/22271210](http://www.ncbi.nlm.nih.gov/pubmed/22271210)

Vit. A

Vit. E—about 1,000 IU tocopherols and 50-100mg tocotrienols (Kenneth L. Jordan Heart Foundation & Research Ctr); particularly alpha tocopherol succinate and **delta/gamma tocotrienol** (Gammill, 1/21/12); protects against toxic effects of radiation and tends to enhance the effectiveness of radiation ([www.eurekalert.org/releases/rpsl-ved011501.html](http://www.eurekalert.org/releases/rpsl-ved011501.html))

Fu Zheng--"76 patients with stage II liver cancer, 46 were treated with Fu-zhen [and] chemotherapy and radiation. 29 survived one year and ten survived for three years. Only six of the thirty given chemotherapy and radiation [alone] survived one year... success has [also] come from using the herbs alone"; "as an adjuvant to radiation therapy to treat pharyngeal cancer, the five-year survival rate was... 53 percent [versus] 24 percent [for radiation alone]" (DonnieYance.com, 1999, p. 84). See Fu Zheng section below.

**sea vegetables/seaweed** that contains **sodium alginate** (arame, hiziki, nori, wakame, Irish moss, dulse, and particularly kombu and **kelp** [preferably Icelandic]).

"patients visualize the radiation... as beneficial to the healing process, and not harming the host, etc. Many patients had observed reduced toxicity as a result and extended survival" (SimontonCenter.com, 1987, \_Getting Well\_). "I get out of the way and let it [the radiation] go

to the tumor" (reported by **BernieSiegelMD.com** in <https://www.audible.com/pd/Getting-Ready-Audiobook/B002V1OLOM>).

Radiation Companion (Hemi-Sync audio, [www.monroeinstitute.org/node/1465](http://www.monroeinstitute.org/node/1465))

For more information,

[www.lifeextension.com/Protocols/Cancer/Radiation-Therapy/Page-07](http://www.lifeextension.com/Protocols/Cancer/Radiation-Therapy/Page-07)

[http://annieappleseedproject.org/wp-content/uploads/2017/04/FINALBooklet\\_Cam\\_Conference\\_2017.pdf](http://annieappleseedproject.org/wp-content/uploads/2017/04/FINALBooklet_Cam_Conference_2017.pdf)

### **Things Helpful to Use with Hyperthermia & Saunas (sensitizers for synergism)**

flax oil; **iron**, selenium; vits. B3, C, E (d-alpha tocopherol succinate and gamma & delta tocotrienols); arginine; oxygen therapies/oxidation, PARP inhibition; **DMSO**. laetrile; "induce... **acidosis** during hyperthermia [using] ammonium chloride [and] Lonidamine" (Vincent Gammill, ScD, [www.natural-oncology.org](http://www.natural-oncology.org), 11/28/12); bromopyruvate; **dipyridamole** (Persantine) 75mg. "stay hydrated with mineral electrolytes and monitor blood pressure, which can drop dangerously--particularly if dipyridamole is used as a synergist" (Gammill, 6/25/15, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/74699>).

"hyperthermia...sensitizers...include topical 15% benzoic acid in petrolatum and oral **Lonidamine**, dipyridamole, **quercetin**, ammonium chloride [or ammonium phosphate], mu-trioxobiscarboxyethylgermanium (sesquioxide) and oxygen" (Gammill, 6/2/10)

"drink...hot, sweet [high-carb] beverages...use as much heat as you can bear, for the longest duration, while making your body as acid as possible...use quercetin in high doses...go aggressive with the hyperthermia [but do it only once] every four or five days" (Gammill, 6/27/16, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/79047>).

"oxygen or carbogen...flax oil, topical 15% benzoic acid in vaseline" (Gammill, 9/15/11, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/51162>).

"xylocaine with epinephrine...injected into the tumor(s) prior to [local] hyperthermia to inhibit blood perfusion, and this will allow it to absorb much more heat" (Gammill, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/58067>).

I would do things to support liver detox.

CONTRAINDICATIONS: "hyperthermia is absolutely incompatible with... **Carnivora**" ([www.cancerdefeated.com/newsletters/Farrah-Fawcetts-fatal-mistake.html](http://www.cancerdefeated.com/newsletters/Farrah-Fawcetts-fatal-mistake.html)).

**Visualization/imagery** can be very helpful in healing from cancer (confirmed by multiple empirical studies). My favorite visualizations:

"a white light entering the body, bringing in energy, coursing through the body, then leaving the body and taking with it the 'bad stuff'--pain, tension, discomfort, or cancer cells" (Altman & Sarg, 2000, p. 141).

"seeing my cancer cells as misfits who do not belong, always fighting for more power because they are aberrations, and they don't know love, and they are lonely. So any decision I make about treatment I must temper with love, love for them no matter what they try to do to me. I envision...little angels stroking them, blowing on them sweet baby's breath to cool their fire" (Linda Lewandowski).

"I gently take a sick limp cancer cell and gently carry it in my arms. I walk through the meadow with it where the wildflowers are blooming, the birds are chirping and Bambi is leaping alongside at the edge of the forest clearing. We come to the edge of a cliff, where...I drop [it]"

"visualizing the tissue normalizing, being embraced by all the normal cells around it and counselled lovingly to change, to lose the prickles and the hostility"

**Audios** of imagery: <https://simontoncenter.com/categories.asp>, [www.healthjourneys.com](http://www.healthjourneys.com), <https://thehealingmind.org/collections/fighting-cancer>

Compiled by Leonard S. Rosenbaum ([leonardleonard1@earthlink.net](mailto:leonardleonard1@earthlink.net)), holistic health consultant; Dir., Alternative Pathways for Healing Cancer; Vice President, [CancerVictors.net](http://CancerVictors.net); and Advisory Board Member, [BestAnswerForCancer.org](http://BestAnswerForCancer.org). Contact me for further information, resources, consultations, and coaching.

Disclaimer from Leonard Rosenbaum: I am not a licensed health professional, and nothing written here constitutes medical advice. Please consult a licensed physician before following this information.



## Chapter 9

### Bras, Lymphatic Massage, and Breast Cancer Incidence

By Leonard Rosenbaum

**FINDINGS** (of correlational study): "1991-93 U.S. Bra and Breast Cancer Study [by Singer] found that...24/7 bra wearing [is associated with a breast cancer] incidence over 100 times that of a bra-free woman" (BraFree.org). "80% of bra-wearers who experience lumps, cysts and tenderness will see those symptoms vanish, `within a month of getting rid of the bra' [Singer]" ([www.chetday.com/breastcancerandbras.htm](http://www.chetday.com/breastcancerandbras.htm)). "Getting rid of the bra has resulted in...recovery [from] cysts...breast pain and tenderness [in] 95% of...cases...breast disease is [mainly] a problem in bra-wearing cultures" (Singer & Grismaijer, 1995). "Gregory Heigh...found that over 90% of women with fibrocystic changes find improvement when they stop wearing their brassieres....going...`brafree' ...will not make you sag more" (<http://naturalsociety.com/bras-breast-fibrocystic-disease-cancer>).

**POSSIBLE IMPLICATIONS AND GUIDELINES: IF YOU MUST WEAR A BRA**, "avoid buying...too small a size" (Singer & Grismaijer, 1995, p. 161). "If you experience breast size fluctuations during your menstrual cycle, select different size bras for different times of the cycle" ([www.curezone.org/art/read.asp?ID=104&db=1&C0=74](http://www.curezone.org/art/read.asp?ID=104&db=1&C0=74)). "choose [bras with] natural fibers like cotton, linen" (Singer & Grismaijer, 1995, pp. 158-159). Choose loose-fitting cotton.

**MANUAL LYMPH DRAINAGE (MLD) MASSAGE**: "applying light pressure starting...from the nipple towards each part of the perimeter of the breast" "Massage...from the nipple outwards, mostly toward the armpit" (Singer & Grismaijer, 1995, p. 164). It's also helpful to massage breasts using very slow, upward strokes ([DrRind.com](http://DrRind.com)). For more information, [www.bodymechanics.net/subpages/breast.html](http://www.bodymechanics.net/subpages/breast.html)

[www.breasthealthproject.com/lymphatic-breast-massage.html](http://www.breasthealthproject.com/lymphatic-breast-massage.html)

[www.youtube.com/watch?v=bLu8EuY8Jko&annotation\\_id=annotation\\_138238&feature=iv](http://www.youtube.com/watch?v=bLu8EuY8Jko&annotation_id=annotation_138238&feature=iv)

However, **consult physician before doing any breast massage if you have breast cancer**. "[The safety of] massage [for breast cancer patients] depends on the cancer and the aggressiveness of the massage. I have never known a massage to be as alarming as a mammogram" (Vincent Gammill, ScD, [www.natural-oncology.org](http://www.natural-oncology.org), 12/29/14).

FOR MORE INFORMATION,

**BrasAndBreastCancer.org** (Sydney Ross Singer)

[www.all-natural.com/bras.html](http://www.all-natural.com/bras.html); [www.breastcancerchoices.org/breastdetox.html](http://www.breastcancerchoices.org/breastdetox.html); BraFree.org  
[www.academia.edu/36287546/HOW\\_BRAS\\_CAUSE\\_LYMPH\\_STASIS\\_AND\\_BREAST\\_CANCER](http://www.academia.edu/36287546/HOW_BRAS_CAUSE_LYMPH_STASIS_AND_BREAST_CANCER)

Compiled by Leonard S. Rosenbaum ([leonardleonard1@earthlink.net](mailto:leonardleonard1@earthlink.net)), holistic health consultant; Dir., Alternative Pathways for Healing Cancer; Vice President, [CancerVictors.net](http://CancerVictors.net); and Advisory Board Member, [BestAnswerForCancer.org](http://BestAnswerForCancer.org). Contact me for further information, resources, consultations, and coaching.

Disclaimer from Leonard Rosenbaum: I am not a licensed health professional, and nothing written here constitutes medical advice. Please consult a licensed physician before following anything listed here.

# Chapter 10

## PAIN RELIEF for Cancer Patients

By Leonard Rosenbaum

note: I would try to avoid **opiates** if I had cancer. If taking opiates, I heard that vit. C and other antioxidants help to prevent the body from developing opiate resistance.

**SUMMARY: MOST EFFECTIVE: IV mistletoe**, ozone, DLPA, vit. K3; Noni (by Nutramedix.com), corydalis, Curamin.com, CBD (cannabis); IceWave patch (LifeWave.com); acupuncture; PEMF, microcurrent (FSM), Erchonia.com laser; EFTuniverse.com

**MODERATELY EFFECTIVE: IV vit. C**; magnesium; capsaicin, curcumin; frankincense, white willow; Condura (Nutramedix.com); SOUL ([www.myrainlife.com](http://www.myrainlife.com)),

[www.euromedicausa.com/products/viewProduct/31/curaphen-extra-strength](http://www.euromedicausa.com/products/viewProduct/31/curaphen-extra-strength)

[www.youngliving.com/en\\_US/products/PanAway-essential-oil](http://www.youngliving.com/en_US/products/PanAway-essential-oil);

castor oil, coffee enemas, detox; alkalinize; magnets, earthing.com;

[www.monroeinstitute.org/product/pain-management-1](http://www.monroeinstitute.org/product/pain-management-1); NuCalm.com; hypnosis audios

For relief of pain from **bone metastases**: PEMF, FAR infrared; CBD, NSAIDS, ibuprofen (600-800mg every 6-8 hrs), Zometa, Celebrex, Motrin, and Xgeva (denosumab).

### SUPPLEMENTS for general cancer pain:

“**DLPA [DL-phenylalanine]**...75% of the time it works as well as morphine....[available at some] vitamin stores. [1g 3 times] per day until pain is gone....slows the catabolism of the body's endorphins. Once management is achieved, modulate at about 500mg per day” (Vincent Gammill, ScD, [www.natural-oncology.org](http://www.natural-oncology.org), 7/26/04). According to Earl Mindell, R.Ph., “DL-Phenylalanine is **as...effective** in relieving pain **as morphine**...and does not have...the dangerous side effects...It also has the ability to potentiate opiates so that if you are taking morphine you can boost its effectiveness by also taking [DLPA]” (cited in Chamberlain, 2012, [www.fightingcancer.com](http://www.fightingcancer.com)). May take up to a week to take effect (and it doesn't work for everyone). For more information, [www.doctoryourself.com/pain.html](http://www.doctoryourself.com/pain.html)

**“Menadione ([synthetic] vit. K3)....Use levels in the 20-30 mg range IV or IM once a day...The injection dose is 20-50mg as the bisulfite....[Menadione] is best used with [IV] Vit C**

[e.g., [www.life-enhancement.com/shop/product/pst-ProsStay](http://www.life-enhancement.com/shop/product/pst-ProsStay)] [and w/lipoic acid]” (Vincent Gammill, ScD, [www.natural-oncology.org](http://www.natural-oncology.org), 7/26/04). “Yugoslavian research in the mid-50s showed [that K3] works as well as morphine for cancer patients 75% of the time...I often use dosages of over 100mg as the bisulfite, which makes it water soluble” (Gammill, 1/11/05).

[www.life-enhancement.com/shop/product/pst-ProsStay](http://www.life-enhancement.com/shop/product/pst-ProsStay) contains vits. C & **K3** (which are also cancer-healing). “[Menadione] is best used with Vit C [& lipoic acid]” (Gammill, 7/26/04).

**Germanium-132 (Ge-132)--** I’d take moderate to large doses only under supervision of physician

***Corydalis yanhusuo*--"has been compared to morphine"**

**Noni--** “Scott Gerson [M.D.] states that [noni] is 70% as effective as morphine.” “Physician survey—3700 pain patients; 87% reported decrease in symptoms” (Lynne Lavers, ND, [www.OptimalHealthManagement.net](http://www.OptimalHealthManagement.net), 11/3/11). “noni is known as the ‘pain fruit’...study in [Univ. of] Guayaquil [in] Ecuador in animals [found Noni Microbial Defense by **Nutramedix.com**] 99% as effective in reducing inflammation] as the most powerful pharmaceutical anti-inflammatory drug....They also used [another] brand of noni...it had only 1/3 the anti-inflammatory effect of the Nutramedix product” (Lee Cowden, M.D. , 2009, [www.acimconnect.com/Home/About/AcademyLeadership/LeeCowdenProfilePage.aspx](http://www.acimconnect.com/Home/About/AcademyLeadership/LeeCowdenProfilePage.aspx)).

For more information, [www.real-noni.com](http://www.real-noni.com)

**Curcumin--**“[[www.ncbi.nlm.nih.gov/pubmed/21671126](http://www.ncbi.nlm.nih.gov/pubmed/21671126)] patients had similar pain and fatigue scores after three days. But after one week...the [curcumin] group...were all pain-free by week three. Their pain scores averaged around 15...versus 30 in those taking the placebo...**those taking the curcumin saw their pain and fatigue cut in half**...After surgery, you can increase the usual daily dose of turmeric/**curcumin (150 mg) up to 500 mg every six hours (2,000 mg daily)** for up to three weeks” (Steve Kroening, 3/29/14). Curcumin **can interfere w/opiates.**

**Cannabis/medical marijuana/CBD oil--**"I'm going on 2 weeks with no sleeping pills or narcotics, only CBD! I was rotating hydromorphone, hydrocodone, oxycontin and Ambien...Since starting CBD, I...sleep better at night, and pain is very minimal...And, no need

for any prescription pain killers"

(<https://groups.yahoo.com/neo/groups/bcStudyandSupport/conversations/topics/8374>)

I've also heard that it can be extremely effective in relieving pain from bone mets.

For more info, <https://unitedpatientsgroup.com/analgesic-cannabis-pain-relief>

<https://unitedpatientsgroup.com/resources/marijuana-pain-relief-and-management>

<https://unitedpatientsgroup.com/PatientsRoom-Analgesic-Pain-Relief-and-Medical-Marijuana-Treatments>

[www.nap.edu/read/24625/chapter/6#90](http://www.nap.edu/read/24625/chapter/6#90)

[www.greenmedinfo.com/blog/medical-cannabis-superior-opioids-chronic-pain-study-finds](http://www.greenmedinfo.com/blog/medical-cannabis-superior-opioids-chronic-pain-study-finds)

Other (cancer-healing) natural supplements that relieve pain: quercetin; mistletoe, rubescent/rabdosia, Chinese skullcap, feverfew, horse chestnut, gotu kola; vits. B1, B6, C, D3 w/K2 (DonnieYance.com); fish oil; apricot kernels

essential oils—frankincense

[www.youngliving.com/en\\_US/products/PanAway-essential-oil](http://www.youngliving.com/en_US/products/PanAway-essential-oil)

[www.youngliving.com/en\\_US/products/deep-relief-roll-on](http://www.youngliving.com/en_US/products/deep-relief-roll-on)

**Magnesium**—"magnesium is the most beneficial nutrient for pain...anti-inflammatory, a muscle relaxant...detoxifier...sleep aid" (Carolyn Dean, MD, ND, NaturalPractitionerMag.com, 5/17)

sodium bicarbonate and other alkalinizing substances

## **COMBINATION PRODUCTS:**

**Curamin.com** – especially for inflammatory pain; contains

"DLPA....boswellia....Curcumin...extract (BCM-95) standardized for...demethoxycurcumin and bisdemethoxycurcumin....Nattokinase." Or I might take their (very similar) product

[www.europarmausa.com/products/curamin-low-back-pain](http://www.europarmausa.com/products/curamin-low-back-pain)

At night (as a sleep aid), I would take their (very similar) product

[www.europarmausa.com/products/curamin-pm](http://www.europarmausa.com/products/curamin-pm)

“[[www.euromedicausa.com/products/viewProduct/31/curaphen-extra-strength](http://www.euromedicausa.com/products/viewProduct/31/curaphen-extra-strength)] ...curcumin, boswellia, DLPA, and nattokinase... **pain relief miracle – sometimes helping when morphine has not**. It continues to build in effectiveness over 6 weeks, but is often effective in 30 minutes. For severe chronic pain...2 tabs 3× day" (Jacob Teitelbaum, M.D., [www.townsendletter.com/Nov2014/painfibro1114.html](http://www.townsendletter.com/Nov2014/painfibro1114.html)). “most effective general pain relief natural therapy that I have found is...Curaphen...has eliminated pain that even morphine was ineffective for....add **topical**

[[www.euromedicausa.com/focused-on-nature/5/traumaplant-comfrey-cream](http://www.euromedicausa.com/focused-on-nature/5/traumaplant-comfrey-cream)] and [[www.integrativepro.com/Products/Metabolic/End-Fatigue-Pain-Formula](http://www.integrativepro.com/Products/Metabolic/End-Fatigue-Pain-Formula)]” (Teitelbaum, NaturalPractitionerMag.com, 5/17)

**SOUL** ([www.myrainlife.com](http://www.myrainlife.com)) contains "black cumin seed, black raspberry seed, chardonnay grape seed, and D-ribose"; especially effective for inflammatory pain

**DETOX--coffee enemas, colonics, castor oil packs, dental detox and other detox**

#### **TOPICAL:**

capsaicin cream—For info, [www.doctoroz.com/videos/interview-suzy-cohen](http://www.doctoroz.com/videos/interview-suzy-cohen)

[www.lifeextension.com/Protocols/Health-Concerns/Chronic-Pain/Page-06](http://www.lifeextension.com/Protocols/Health-Concerns/Chronic-Pain/Page-06)

<http://articles.mercola.com/sites/articles/archive/2014/07/14/chili-peppers-pain-relief.aspx>

#### **ENERGY MEDICINE:**

**magnets**

<http://lifewave.com/usa-en/patches.asp> (“IceWave”)--for local and nonlocal pain; reportedly effective for some morphine-resistant pain; "kept an end-stage pancreatic cancer patient out of pain by using Life Wave patches. She was at 9/10 and with the patches went to 0/10. Never have seen anything like that before" (Andrew Dickens NMD, 9/22/14). MLM.

**earthing.com** (walk barefoot on ground; hug a tree)

<http://articles.mercola.com/sites/articles/archive/2015/11/21/grounding-effects.aspx>

**Emotional Freedom Technique (EFT)** (tapping meridian points). Can be effective even for severe pain. For information on using EFT for relief of cancer pain:

[www.eftuniverse.com/index.php?option=com\\_content&view=article&id=591&Itemid=548](http://www.eftuniverse.com/index.php?option=com_content&view=article&id=591&Itemid=548)

For other EFT pain relief articles:

[www.eftuniverse.com/index.php?option=com\\_content&view=article&id=21&Itemid=24](http://www.eftuniverse.com/index.php?option=com_content&view=article&id=21&Itemid=24)

## **MIND-BODY**

Ask the painful body part what color it needs, then visualize the color (Nicolee Jikyo McMahon, 4/25/17)

Ask the pain what it's saying/expressing.

"Thank you very much for saying you are hurting. I love you my child" (quoted in <https://RadicalRemission.com/about/the-book>)

Be in the present moment. Let go and release fear.

Pain Management (Hemi-Sync audio; [www.monroeinstitute.org/node/1370](http://www.monroeinstitute.org/node/1370))

De-Discomfort ([www.monroeinstitute.org/node/1103](http://www.monroeinstitute.org/node/1103))

Wholetones.com

<http://articles.mercola.com/sites/articles/archive/2015/08/27/music-reduces-pain-anxiety.aspx>

<https://www.guptaprogramme.com/chronic-pain-syndrome-treatment/>

## **PRESCRIPTION DRUGS:**

LDN & compounded sublingual **oxytocin** (DrKristineReese.com, 11/7/17)

proglumide

methadone—strong opiate that doesn't suppress immunity (WeeksMD.com)

tramadol (opiate that enhances immunity) w/ketorolac (synergistic w/tramadol for pain; also antimetastatic and anti-inflammatory) (Gammill, 3/5/18)

(Morphine and most other opiates suppress immunity. Try to minimize them)



## ALTERNATIVE MEDICAL TREATMENTS FOR PAIN:

**IV mistletoe**-- Nasha Winters, ND (<http://optimalterrainconsulting.com>, 1/13/17) has found it to consistently provide powerful long-term pain relief, even for patients whose pain from bone and liver mets. couldn't be controlled by opiates.

IV vit. C

IV laetrile

OZONE

**acupuncture, particularly [ScalpAcupuncture.org](http://ScalpAcupuncture.org) and [BattlefieldAcupuncture.net](http://BattlefieldAcupuncture.net)**

Pulsed Electromagnetic Field Therapy (**PEMF**)— particularly for pain from bone mets (has gotten patients off morphine), musculoskeletal, and postsurgical pain. **SomaPulse.com** is portable and relatively affordable PEMF machine that often gets patients off pain meds (Garry Gordon, M.D., 2014).

**frequency-specific microcurrent (FSM)**— stimulates immunity. “recent [orthomolecular.org] meeting...Carolyn McMakin...fibromyalgia...FSM...Pain dropped from 7.3...to 1.3.....neck pain...chronic...[11] FSM treatments...pain scores dropped from 6.8 to 1.5....similar findings with lumbar myofascial pain...62% reduction in LOX and a 30% reduction in COX-mediated inflammation...within minutes....

neuropathic pain. All patients had improvement, with 65%...total recovery....[Great] success rate in...pain from shingles...kidney stones, and carpal tunnel” (Frank Shallenberger, M.D., [www.secondopinionnewsletter.com](http://www.secondopinionnewsletter.com), July 2017).

**Erchonia.com** laser

Compiled by Leonard S. Rosenbaum ([leonardleonard1@earthlink.net](mailto:leonardleonard1@earthlink.net)), holistic health consultant; Dir., Alternative Pathways for Healing Cancer; Vice President, [CancerVictors.net](http://CancerVictors.net); and Advisory Board Member, [BestAnswerForCancer.org](http://BestAnswerForCancer.org). Contact me for further information, resources, consultations, and coaching.

Disclaimer from Leonard Rosenbaum: I am not a licensed health professional, and nothing written here constitutes medical advice. Please consult a licensed physician before following anything listed here.

# Chapter 11

## DRUGS for Cancer (OFF-LABEL USE)

By Leonard Rosenbaum

**CIMETIDINE** (Tagamet)—“Cimetidine is very useful, period” (Gammill, 5/8/13). “cimetidine (Tagamet) is certainly a drug to stockpile. It is roughly twice as effective as ranitidine in fighting cancer” (Vincent Gammill, 1/2/18, <https://groups.yahoo.com/neo/groups/cancercured/conversations/topics/82783>).

**EFFICACY WITH SPECIFIC CANCERS:** very effective w/colorectal and breast cancer (Gammill); also effective w/melanoma and squamous cell (SCC).

**MECHANISMS OF ACTION:** antiviral, **antimetastatic**; “cimetidine...suppresses T-suppressor cells and thus contributes to increasing cell-mediated immunity” (Gammill, 1/27/13).

**SYNERGISM:** “I like [cimetidine] with dipyridamole. I often use it with various natural and synthetic NF-kB suppressors” (Gammill, 5/8/13).

**DOSAGE AND ADMINISTRATION:** “400 mg 2-3 times per day along with food” (Gammill, 1/27/13). “cimetidine...has immune-modulating activity at 800 mgs 2-3 X/day. Betaine hydrochloride [HCl] and digestive enzymes should be given along with this since it knocks out all the acid” (Rick Linchitz, M.D., 11/29/12).

**CAUTIONS/CONTRAINDICATIONS:** “be a little cautious if you have mets to the liver. Check your liver enzymes” (Gammill, 10/31/10). “take a break from it at intervals...use milk thistle...to support the liver” (Mike Golden, D.C., 5/18/09). Cimetidine can interfere w/tamoxifen.

For more info, [www.lifeextension.com/Protocols/Cancer/Cancer-Adjuvant-Therapy/Page-04](http://www.lifeextension.com/Protocols/Cancer/Cancer-Adjuvant-Therapy/Page-04)

**LOW-DOSE NALTREXONE (LDN)**— may increase pain. Keep liquid LDN refrigerated.

**GENERAL EFFICACY:** Reportedly effective for about 60% of cancer patients. “good results with LDN...increase [in] natural killer cell functional capacity...in those on LDN (300% often) ...even in patients who have not responded to mushroom extracts nor beta glucan, AHCC, etc.” (Rick Linchitz, M.D., 8/18/12). Vincent Gammill ([www.natural-oncology.org](http://www.natural-oncology.org)) has studied LDN since the 1990s years and (as of 3/9/13) believes it wise for virtually all cancer patients not in pain to use LDN. However, “LDN is quite mild and slow acting....I don't expect much from it when it is crunch time” (Gammill, 7/12/09). “LDN is not likely to be of much use with aggressive cancers with distant, multifocal metastases” (Gammill, 11/26/08).

### EFFICACY WITH SPECIFIC CANCERS AND OTHER CONDITIONS:

“Cancers...reported by Dr. Bihari to apparently respond to LDN...glioblastoma [GBM], lymphocytic leukemia, Hodgkin's, NHL, melanoma, myeloma, neuroblastoma, NSCLC lung,

ovarian [[www.sciencedaily.com/releases/2011/07/110712143012.htm](http://www.sciencedaily.com/releases/2011/07/110712143012.htm)], pancreatic, prostate, renal cell carcinoma, throat, and uterine cancer, breast cancer, carcinoid colon, liver, & rectal cancer.” “Naltrexone 3 mg/day seems to stop any lymphoproliferative disease. It takes about 4-6 months though” (Gammill 10/00). “use naltrexone with any lymphoproliferative disease” (Gammill, 11/03).

#### CONTRAINDICATIONS:

Gammill (3/9/13) is unaware of any conflict between LDN any other cancer therapy. However, “[You] can't use LDN...when patient is on regular [opiates]” (Linchitz, 8/18/12), and you **can't drink ALCOHOL** while using LDN.

#### SYNERGISM AND INTERACTION WITH OTHER THERAPIES:

“If [lymphoproliferative disease is] aggressive, then metenkephlin can be added...transdermally” (Gammill, 11/03). “DL-Phenylalanine (DLPA [a powerful pain reliever])...increase[s] the effectiveness of LDN”?

DOSAGE: “3.5 mg at night” (Gammill, 5/13/13). “Zagon's research shows that 4.5 is not better than 3[mg].” Start with about 1.5mg (at night) and build up. Don't use time-release ([www.mbSchachter.com](http://www.mbSchachter.com)).

ORDERING: “Park-Irhat Pharmacy in NYC [212-685-0500] [was] the...pharmacy used by the doctor who pioneered its use [Dr. Bihari?]”

#### FOR MORE INFORMATION:

[www.lowdosenaltrexone.org/ldn\\_and\\_cancer.htm](http://www.lowdosenaltrexone.org/ldn_and_cancer.htm) or [www.ldninfo.org](http://www.ldninfo.org) (Bernard Bihari)

<https://sites.google.com/site/dudleyslowdosenaltrexonesites/treating-cancer-with-ldn>

[www.wikicuria.com/resources/Doc+6+--+Cancer+Control+-9-6.wpd\\_for+Wiki.pdf](http://www.wikicuria.com/resources/Doc+6+--+Cancer+Control+-9-6.wpd_for+Wiki.pdf)

[www.honestmedicine.com/2009/09/free-ebook-now-available-for-international-ldn-awareness-week-the-faces-of-low-dose-naltrexone.html](http://www.honestmedicine.com/2009/09/free-ebook-now-available-for-international-ldn-awareness-week-the-faces-of-low-dose-naltrexone.html)

<http://articles.mercola.com/sites/articles/archive/2011/08/04/harnessing-your-bodys-own-chemistry-to-treat-ovarian-cancer.aspx>

[www.ldndatabase.com](http://www.ldndatabase.com) (database of people using LDN)

<https://groups.yahoo.com/neo/groups/lowdosenaltrexone/info>

[https://groups.yahoo.com/neo/groups/LDN\\_4\\_cancer/links/all](https://groups.yahoo.com/neo/groups/LDN_4_cancer/links/all) (“wealth of information”)

[www.mbschachter.com/protocol\\_for\\_low.htm](http://www.mbschachter.com/protocol_for_low.htm)

[www.ncbi.nlm.nih.gov/pubmed/20042414](http://www.ncbi.nlm.nih.gov/pubmed/20042414) & [www.ncbi.nlm.nih.gov/pubmed/16484716](http://www.ncbi.nlm.nih.gov/pubmed/16484716) (alpha lipoic acid & LDN [ALA/N] for pancreatic cancer)

**DrBerkson.com** (pioneer in using LDN and lipoic acid to treat pancreatic cancer)

**METFORMIN**—I think metformin's a great cancer treatment, especially for cancers that are highly metabolic and "for [cancer patients] with type 2 diabetes" (Vincent Gammill, 4/30/11). However, I would avoid taking it long-term. Instead of metformin, I would use berberine, which is similar.

"I like [metformin] because it suppresses cancer stem cells" (Gammill, 2/5/13). It can reverse MDR ([www.ncbi.nlm.nih.gov/pubmed/24096736](http://www.ncbi.nlm.nih.gov/pubmed/24096736)).

RESEARCH: "converging lines of research have demonstrated that reducing IGF-1 (and therefore insulin levels) with...Metformin substantially reduces breast cancer growth, reduces relapse rates, and improves overall survival, especially for those with triple-negative breast cancer [TNBC]" (<http://strittermed.org>, 12/10/10).

"49 PCa [prostate cancer] hits: [www.ncbi.nlm.nih.gov/pubmed/?term=prostate+metformin](http://www.ncbi.nlm.nih.gov/pubmed/?term=prostate+metformin)  
1575 cancer hits: [www.ncbi.nlm.nih.gov/pubmed/?term=cancer+metformin](http://www.ncbi.nlm.nih.gov/pubmed/?term=cancer+metformin)" 5/21/13

DOSAGE, ADMINISTRATION, AND ADVERSE EFFECTS:

"I can't think of any med or protocol that works better with high blood glucose. If a person is already HYPOglycemic or is being treated for HYPERglycemia then they would want to proceed with metformin with caution" (Gammill, 10/11/13).

"Metformin will probably lower the blood sugar...so...have something sweet available should you get symptoms of hypoglycemia, e.g., confusion" (Gammill, 2/5/13).

"start...at low dose of 250 mg once a day then increas[e] gradually...to 500 mgs twice to three times/day" (Richard Linchitz, M.D., 9/3/12).

INTERACTION WITH OTHER TREATMENTS: "Metformin...synergizes with a number of other meds" (Gammill, 7/11/15). "I'm unaware of any chemo which would negatively interact with metformin" (Rick Linchitz, M.D., 11/26/12).

FOR MORE INFO,

[www.lifeextension.com/newsletter/2012/7/Metformin-Shows-Promise-for-the-Treatment-of-Pancreatic-Cancer/page-01](http://www.lifeextension.com/newsletter/2012/7/Metformin-Shows-Promise-for-the-Treatment-of-Pancreatic-Cancer/page-01)

[www.lifeextension.com/Protocols/Cancer/Brain-Tumor-Glioblastoma/Page-08](http://www.lifeextension.com/Protocols/Cancer/Brain-Tumor-Glioblastoma/Page-08)

**CANNABIS/medical marijuana/CBD oil:**

It's important to get individualized treatment (w/an individualized CBD/THC ratio). I would consult a doctor listed at <https://unitedpatientsgroup.com/medical-directory>.

Frank Shallenberger, M.D. (2/17) recommended the brand <http://CBDformulations.com>.

FOR MORE INFO ON CBD FOR CANCER,

<https://unitedpatientsgroup.com/PatientsRoom-Common-Health-Conditions-and-Medical-Marijuana-Treatments> (nonprofit organization)

<https://thesacredplant.com/docuseries>

[www.ncbi.nlm.nih.gov/m/pubmed/22776349](http://www.ncbi.nlm.nih.gov/m/pubmed/22776349) (2012 breast cancer review)

[www.thrivemovement.com/can-cannabis-cure-cancer.blog](http://www.thrivemovement.com/can-cannabis-cure-cancer.blog)

<http://phoenixtears.ca> (Rick Simpson oil [RSO])

**\_The Intelligent Patient's Guide to Cannabis and Cancer\_** (“practical, patient-centered guidebook by...herbalist [<http://JonathanTreasure.com/cannabis-cancer>]”)

**DMSO** (dimethyl sulfoxide) –similar to MSM

USES AND INDICATIONS--"We use DMSO...with IPT as a carrier agent for the chemo" (Linchitz, 7/2/12). "DMSO...especially when the tumors are in poorly vascularized areas such as subcutaneous and bones...cross the blood-brain barrier when there are brain mets" (Linchitz, 7/2/12). "DMSO with hyperthermia...There is real science behind it." (Gammill, 8/8/09).

DOSAGE--" I don't hesitate to go to those high doses [w/cancer]" (Gammill, 6/30/13).

THERAPEUTIC EFFECTS AND MECHANISMS OF ACTION: anti-inflammatory; strong painkiller; “aprotic solvent” (Gammill, 12/8/10).

ADVERSE EFFECTS: terrible body odor for days (chlorophyll reduces the odor); can produce severe pain when applied topically to surface tumors

INTERFERENCE WITH OTHER TREATMENTS—**DMSO interferes w/oxidative protocols** (Gammill, 5/3/17). “DMSO...Inactivates Cisplatin, Carboplatin and Other Platinum Complexes” ([www.ncbi.nlm.nih.gov/pmc/articles/PMC4153432](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4153432)). “I would not use [DMSO] if using an iron-dependent protocol such as that with the Artemisia derivatives” (Gammill, 6/30/13). **"Many of the chemos used rely on free radical reactions that are quenched by DMSO"** (Gammill, 8/8/09). Don't take DMSO within 24 hrs of an opiate.

ORAL ADMINISTRATION: If using it orally, mix 1 teaspoon in a glass of juice (Scott, 9/2/14).

TOPICAL USE: First, wash skin thoroughly w/soap and water. Don't put clothing or anything else on for 15 min after the DMSO; then wear only natural (e.g., cotton) clothes.

BRANDS AND FORMS: “diluted to around 10% strength...DMSO that is out there `over the counter' is not safe for drinking...get pharmaceutical vet grade or human USP grade” (Carolyn Bormann, 7/20/05). Get a brand that's in a glass (not plastic) bottle (Cowden, 2/22/13).

ArchieScott.com is an DMSO expert and sells an excellent brand.

FOR MORE INFO,

[www.dmsso.org](http://www.dmsso.org) (Dr. Stanley Jacob, discover of DSMO; sells DMSO)

[www.holisticcancersolutions.com/dmsso\\_report.htm](http://www.holisticcancersolutions.com/dmsso_report.htm)

[www.amazon.com/DMSO-Handbook-Doctors-Archie-Scott/dp/1475997922](http://www.amazon.com/DMSO-Handbook-Doctors-Archie-Scott/dp/1475997922) (2013)

[www.amazon.com/DMSO-Handbook-New-Paradigm-Healthcare/dp/3981525558](http://www.amazon.com/DMSO-Handbook-New-Paradigm-Healthcare/dp/3981525558) (Fischer)

Compiled by Leonard S. Rosenbaum ([leonardleonard1@earthlink.net](mailto:leonardleonard1@earthlink.net)), holistic health consultant; Dir., Alternative Pathways for Healing Cancer; Vice President, [CancerVictors.net](http://CancerVictors.net); and Advisory Board Member, [BestAnswerForCancer.org](http://BestAnswerForCancer.org). Contact me for further information, resources, consultations, and coaching.

Disclaimer: I am not a licensed health professional, and nothing written here constitutes medical advice. Please consult a licensed physician before following anything listed here.