Cancer toll set to double by 2020

LONDON, Mar 26 (Reuters Health) - Cancer deaths will double over the next 20 years, the former chief of the World Health Organization's (WHO) cancer program warned Monday.

Professor Karol Sikora said the WHO estimated that the number of new cases of cancer would increase from 10 million to 20 million per year and the number of deaths from 6 million to 12 million per year.

*Leading cause of death in the UK (recent news)*
Global Principles for Cancer Prevention, Treatment, Support

Cancer is a complex and chronic metabolic disease

- The imbalances are complex, often of long-standing (many years), and interact with genetic predispositions, epigenetics, and associated with mutations and specific allelotypes.
Food and drink choices, as well as nutrition are important

- Chronic exposure to mutagenic and carcinogenic compounds (i.e. xenoestrogens) increases risk
- But ample exposure to protective compounds (i.e. glucosinolates, anthocyanidins) reduces risk and confers a protective advantage.
Obesity, Metabolic Syndrome

- Obesity and metabolic syndrome both strongly predict for cancer.
- Most helpful is a good understanding of the insulin circuitry in the body, how it is affected by chronic inflammation, stress, diet, and constitutional makeup (phenotype).
Chemotherapy

• Question surgery, chemo, radiation (mostly these do not get rid of all circulating cancer cells; better to balance metabolism, support immunity)

• Chemo and radiation are not evidence-based in the sense of few, if any double-blind, randomized, placebo-controlled trials (DBRPCTs)

• The placebo effect is likely to be highly engaged in the infusion center—specific smells, procedures, and the fact that highly toxic chemicals are being injected with accompanying nausea and other obvious effects
• Since comparisons with sham treatments or treatments with nutritional infusions for instance are not considered ethical, studies are mostly not available.

• Frank immune suppression is ironic with this form of treatment, because this is exactly opposite to research studies that show the best chance of a recovery or turning the cancer into a manageable chronic disease, and treatment success.

• Costs are hard to estimate, but high.
Natural Treatments—Overview

- Try for infusions of vitamins, minerals, CoQ10, milk thistle, curcumin, fu zheng
- Early treatment with metabolic medicine (mitochondria, inflammation, nutrition, oxygen, etc.) and focus on re-establishing healthy metabolism as early as possible, preferably before chemo (if it is being considered)
Supplement Strategies

• Patients get tired of taking so many supplements over the course of chronic diseases, and especially with cancer.

• Energy and appetite can decline, accompanied by weight-loss (which can be good as long as it doesn't go on too long).

• Nausea can also affect what they can take in
Supplement Strategies 2

- Make sure every supplement is necessary, eliminate ones that don’t seem to be contributing
- Take twice daily with meals to reduce nausea and stomach upset, 3 times better, and less at a time
- Best strategy is often to blend up supplements like turmeric into juices, smoothies, drinks
Supplement Strategies 3

• Try to balance fats, protein, carbs (add a raw egg, coconut oil, avocado, etc.)
• Caloric intake can be increased by adding 2 tablespoons of coconut oil (cachexia)
• Modified Fu Zhen for bone marrow suppression (astragalus, atractylodes, reishi, American ginseng, ligustrum)
More General Principles

• trying to kill the cancer cells and tumors requires very toxic chemicals

• Better to slow their growth and shrink tumors by creating favorable metabolic and immune conditions in the body
  – Metabolic modifiers (ketogenic diet, mitochondria support, insulin reduction, anti-inflammatories)
Metabolic Supplements

- Chinese medicine—a dx and tx plan based on pulse, constitutional evaluation; address yin deficiency, Qi deficiency, Liver excess conditions with standard protocols (also with added western herbs)
- lower insulin and insulin growth factor, increase sensitivity of healthy cells to insulin (berberine, milk thistle)
Metabolic Supplements

• mitochondria support (coQ10-ubiquinol, 300 mg/day, riboflavin, 400 mg
• [for some, high doses are necessary!]
• Enzymes (increases digestive efficiency, anti-inflammatory, other effects)
• *Pancreatic enzymes (lipase, protease, amylase, lactase)
Metabolic Supplements

- *Traditional foods—green papaya skin, cultured foods (yogurt, sauerkraut, miso)
- *High dose probiotics (Klaire Labs, Pro-5, about 80-140 billion organisms/day, divided dose)
- Keto diet (high fat, medium protein, low carb, <40 gm; don’t do with chemo)

(always cut added sugar!)
The Role of Inflammation

- Cancer is strongly linked to an increased risk of cancer
- Chronic inflammation associated with refined sugar intake, processed foods, stimulants, stress, and aging
- Signs: impotence, tinnitus, memory changes, swelling, pain, fatigue, gum disease, heart disease, lupus, diabetes, obesity
- Traditional Chinese Medicine: Yin Deficiency
Chronic Inflammation is a Silent Public Health Crisis

Top Killers

1. Heart Disease
2. Cancer
3. Lung disease
4. Strokes
5. Accidents
6. Alzheimer’s disease
7. Diabetes
8. Flu and Pneumonia
9. Kidney Disease
10. Suicide
Most-Researched Herbs for Inflammation

- Turmeric (curcumin)
- Pineapple (bromelain)
- Papaya (papain)
- Frankincense (Boswellia)
- Hops (hops bitter acids)
- Buckeye (escin)
- Onions, apples, berries (quercetin)
- Anthocyanins (berries, etc.)
- Willow bark extract (salicin)
Symptoms and Causes of Yin Deficiency

- Constitutional type most susceptible: *ectomorph*
- Usually accompanied by “false heat”
- More specifically, yin deficiency of kidney, heart, liver, or lung systems
- Overwork, chronic stress, a diet high in high glycemic index foods (HGI), stimulants
- Symptoms: red tongue with no coating, chronic low back pain, ringing in ears, etc.
False Heat

- Red tongue body with no coating
- Fast, thready pulse
- Sometimes associated with inflammation, often internalized
- Due to weakened ability of the body’s cooling system: adrenals (cortisol), metabolic rate, and immune function
- Normal Tongue
Lifestyle Support

• General support (acupuncture, yoga, meditation, plenty of sleep, cannabis, daily walking)

• Mindfulness training
Cancer Diets

- **Live foods** (purifying diet): wheat grass juice, carrot juice, raw fruits, vegetables; avoid cooked foods
- Contain enzymes, chlorophyll, pectin, vitamins
- Best suited for excess constitutional types
Cleansing Strategies

- red clover compounds (Hoxey, Essiac, etc.)
Macrobiotic diet

• Popular diet for cancer programs
• Highly-colored foods like carrots, yams, collards, kale, etc. contain protective carotenoids, flavonoids
• Brassicaceae members like cabbage and broccoli contain phytonutrients:
  • brown rice, millet, other grains, sea vegetables, vegetables, mostly cooked; avoid raw foods, sugar
• Suitable for people with “Yin deficiency”
The Grape Diet

- Johanna Brandt popularized in Europe
- Eat grape pulp, then seeds and skins
- Seeds contain OPCs
- Skin is high source of resveratrol
- Pectin is just under skin
Building diet

- Higher protein
- Fish, chicken (20%), whole grains (40%), lightly cooked vegetables (30%), concentrated foods--dairy, nuts, seeds (5%), comfort foods (5%)
- Suitable for deficiency of spleen, lung, and kidney system
We want to live

• Aajonus Vonderplanitz claims to have saved himself and his son (from cancer)

• Believes in eating raw meats, eggs, dairy, nuts, seeds; warns against processed foods
Foods for Cancer Prevention

- Seeds with lignans like flaxseed
- Cole crops with Sulforaphane and indole-3 carbinol like cabbage, broccoli, kale, mustard
- Colored vegetables with carotenoids like tomatoes, carrots, green leafy veggies
- Saponins in beans
- Sulfer-containing vegetables like garlic, onions (thiosulfinates), diallyl sulfide, diallyl sulfone
- Citrus limonoids (one of the bitter principles in citrus peel, juice and seeds)
- OPCs in green tea, grape seeds (oligomeric proanthocyanins)
Detoxification

- My Program:
  - 30 days of raw foods/year
  - 7-days of raw foods, a 3-5 day juice fast, then another 7-days of raw foods, twice a year
  - A colonic following cleansing period

- Regular cleansing and fasting
- Animals, including humans typically had times of little food, now just abundance
- Raw fruits and vegetables and their juices are variously cleansing
Herbs for Cancer

- Blood purifiers
- Mitogens
- Immune modulators
  - Medicinal mushrooms
  - Spleen Qi tonics
- Herbal Chemotherapy
  - Escarotic salves
  - Peplys
Blood Purifiers

• Formulas:
  – Hoxey
  – Red clover compound
  – Essiac

• Single herbs:
  – Essiac
  – Burdock
  – Red clover
  – Poke root
  – Sassafras
  – Yellow dock
  – Cascara, Turkey rhubarb
Cytotoxic Herbs

• (liquid extract form, or make powdered extract)

• Dioscorea, mayapple(T), Yellow pond lilly, Dogbane(T), yew twigs(T), pawpaw, Chinese herbs, artemisinin
Mitogens

- Proteins that “shock” the immune system into action (T-cell mitogens)
- Enderlein therapy
- Mistletoe, poke, venoms
- Ext.: castor oil, poke oil
- Compound Q (trichosanthin from *Trichosanthes kirilowii*)
Deep Immune Tonics

- Similar to Spleen Qi tonics in TCM
- Increase assimilation of nutrients
- Interact with immune receptos in gut
- Promote increased density of immune tissues in bone marrow
Astragalus, ligustrum

*Astragalus membranaceous, Ligustrum lucidum*

- Included in Wei Qi tonics in China
- Studied at the Texas medical center in Huston for over 10 years
- “Significantly enhances human immune function”
- Longer survival rate in China when used with chemo and radiation
Spleen Qi Tonics

- Astragalus membranaceous
- Atractylodes macrocephala
- Panax ginseng
- Codonopsis pilosula
- Polygonatum sibiricum
- Glycyrrhiza uralensis
- Ziziphus jujuba
- Dioscorea opposita
Medicinal mushrooms

- *Ganoderma lucidum, G. spp.*
- *Trametes versicolor*
- *Grifola frondosa*
- *Lentinus edodes*
- *Cordyceps sinensis*
- *Auricularia auricula*
Immune Tonics

Immune Stimulants

• Immune stimulants should be taken for acute conditions for 10 day-periods, with 3 day breaks between
  – Echinacea
  – Osha
  – Baptisia
  – Mistletoe, Poke
  – Thuja, cedar, Asarum
Immune Tonics

- Tonics are taken long-term (up to several years)
- Not during acute infections, except…
- Water extracts are best because polysaccharides and proteins are denatured by alcohol
- Dose is 6-12 grams of the herb for tea, or 2-5 g of powdered extract
Phytoestrogens: Helpful or Hurtful?

- Current debate focusses on how much soy traditional cultures eat, and in what form
- Japanese, Chinese may eat only about 2 tablespoons/day except if fermented

- Unfermented soy contains several toxins (www.nexusmagazine.com):
  - potent enzyme inhibitors that block the action of trypsin and other enzymes needed for protein digestion
  - goitrogens - substances that depress thyroid function
  - Phytic acid blocks the uptake of zinc, and other minerals
  - Isoflavones are estrogenic
  - genistein reduces DNA synthesis in the brain and inhibits the proliferation of brain cells (animal studies)
    www.users.erols.com/igoddard/soy.htm
Castor oil Pack

- Soak folded flannel or other cloth into pad about 4 x 6 inches
- Heat in pyrex disk until very warm
- Place over area, then plastic bag, then heating pad
- Leave on for 30-45 minutes 5 days a week
Poke oil Preparation

- With gloves on, chop fresh poke root right into blender with olive oil
- Blend until smooth, soak for 1 week-10 days
- Press and filter, siphon off excess water
- Poke mitogens, lectins are unstable; prepare fresh yearly
Brassicas Help Prevent Cancer

- Sulforaphane (SN: 9/20/97, p. 183) and indole-3 carbinol (SN: 3/6/99, p. 157)
- Sauerkraut works to inhibit estrogen stimulation of cancer cells (active compounds unknown)
Traditional Chinese Medicine and Western Physiology

• TCM organs are functional systems

• Kidney = hormone system (esp. adrenals), nervous-hormone connections

• Liver = liver, plus some nervous sys.

• Spleen = small intestine and pancreas

• Lung = respiratory tract, surface immune (mucous membrane level macrophages)

• Heart = cardiovascular system and some aspects of nervous sys.
Raw Foods Cleanse

- Nuts, seeds, nut milks, fermented nut cheese, milk
- Raw fruits, vegetables and their juices
- Flaked raw grains (mueseli), soaked 20 minutes in diluted fruit juice, almond milk
When Healing Becomes a Crime

- Kenny Ausubel’s book
- Original Hoxey formula:
  - Potassium iodide
  - Licorice
  - Red clover
  - Burdock root
  - Stillingia root
  - Berberis root
  - Poke root
  - Cascara amarga
  - Prickly ash bark
  - Buckthorn bark
The End
Normal Tongue

• Thin, white coating with texture
• Not too red or too pale
• Not swoolen
• Few, if any, cracks
• Good “shen
• Not too dry or wet
• No thick mucus