

Herbal Cancer Therapies and Prevention

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Overview of popular herbal protocols:

Diets:

- *Live foods (purifying diet): wheat grass juice, carrot juice, raw fruits, vegetables; avoid cooked foods
- *Macrobiotic diet: brown rice, millet, other grains, vegetables, mostly cooked; avoid raw foods, sugar
- *Building diet: fish, chicken (20%), whole grains (40%), lightly cooked vegetables (30%), concentrated foods--dairy, nuts, seeds (5%), comfort foods (5%)

"Blood purifiers"

Formulas

- *Red clover compound
- *Essiac
- *Hoxsey formula

Single Herbs

- *Burdock
- *Sarsaparilla
- *Red clover
- *Poke root
- *Echinacea
- *Sassafras
- *Yellow dock

Protein-shock (mitogen) therapy

- *Enderlein therapy
- *Mistletoe, poke, castor oil, venoms
- *Compound Q or trichosanthin, a protein from *Trichosanthes kirilowii* (i.v. only)

"Herbal Chemotherapy"

- *Laetrile (vit. B-17)
- *Chaparral
- *Sanguinaria
- *Escarotic salves

Host immune modulators (Spleen Qi Tonics)

Reishi (stimulates bone marrow growth)
Shiitake

Cordyceps
Maitake
Trametes
Astragalus (spleen tonic)
Ligustrum

External preparations: Escarotic salves, anti-cancer herbs

Sanguinaria
Chaparral
Euphorbia
Castor oil
Poke oil

With Deficient Conformation:

1. Macro or building diet
2. Protein-shock therapy
3. Host immune modulators

With Excess or Normal conformation:

In younger people, or robust people, usually with excess, warming diet (meat, sugar, stimulants, processed food).

1. Diet: live foods, purifying, then macro
2. Blood purifiers: red clover combo
3. Protein-shock therapy
3. Herbal Chemotherapy
4. Host immune modulators (with caution)

Breast Cancer

Identify and eliminate as many risk factors as possible:

- *sugar
- *Xanthine-containing beverages, foods
- *pesticides, food additives, estrogenic foods, alcoholic beverages, electromagnetic radiation, etc.

Chinese Patent formulas for Breast Cancer:

- *Lithospermum & Oyster Shell (T.K. (blood tonic), Oyster shell, Astragalus (tonify spleen), Lithospermum (dispel blood heat), Peony (blood tonic),

Rhubarb, Licorice, Cnidium (blood tonic), Cimicifuga, Lonicera (dispel heat poisoning)]

*T.K. 16 herb combo

*W.T.T.C.

*Major 6 herb combo: ginseng, pinellia, jujube, atractylodes, citrus, licorice, hoelen, ginger. (tonic formula)

Dietary Prevention of Cancer

Reduction of saturated fats

Decrease refined sugar, which has an immuno-suppressive effect

Antioxidants help prevent mutagenesis:
grape seed extract, vitamin E, vitamin C

Protective pigments and related compounds: lycopene, beta-carotene, elderberry extract or juice, bilberry

Oligomeric proanthocyanidins (OPCs):
green tea, grape skin, pine bark extract, chocolate

Phytoestrogens that act as estrogen buffers, moderating excessive estrogen stimulation of estrogen-sensitive tissues in the breast and uterus: soy products and other beans, kudzu root, red clover.