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
4. Herbal Chemotherapy
5. 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.