



HERBAL SUPPORT FOR CANCER

RECOMMENDED BOOKS:

- Breast Cancer? Breast Health! Susun Weed
- Treating Cancer with Herbs by Michael Tierra
- Herbal Medicine, Healing and Cancer by Donald Yance
- Herbs Against Cancer by Ralph W. Moss
- Herbal Compounds for Cancer Treatment by Mukti H. Barot, Bhuvan P. Raval, Kumar Ajay

HERBAL ACTIONS:

Anti-Cancer Herbs:

3 kinds to consider:

1. A **cytotoxic** agent is toxic to tumors in laboratory cultures.
 - a. The inherent variability of plant constituent levels make establishing appropriate dosage extremely problematic with the potentially harmful cytotoxic plants
 - b. If the practitioner concludes that direct cytotoxicity is appropriate, consider chemotherapy, it may well be safer than using cytotoxic plants.
2. **Anti-tumor** activity occurs if this toxicity occurs to tumor cells in living animals.
Suppresses tumor growth
 - a. **Herbs:** astragalus, burdock, echinacea, garlic (fresh), ginseng, licorice, ligustrum, poke, stillingea, red clover
3. **Anti-cancer** is reserved for materials toxic to tumor cells in clinical trials with humans.
 - a. **Chinese Herbs:** (from Pi-Kwang Tsung, author of Immune System and Chinese Herbs)
 - i. *Astragalus mongholicus* polysaccharides Intensifies phagocytosis of reticulo-endothelial systems and the pituitary-adrenal cortical function; restores hematopoetic function of bone marrow.
 - ii. *Codonopsis tangshen* saponins, Enhances phagocytosis of macrophagocytes; polysaccharides counteracts leukopenia induced by chemotherapy or radiotherapy.
 - iii. *Panax ginseng* ginsenosides, Enhances pituitary-adrenal cortical function and panaxosides, phagocytic activity of macrophagocytes;

increases panaxatriol content of immunoglobulin and cAMP in the adrenal gland; promotes lymphocyte transformation; restores hematopoietic function of bone marrow; increases hemoglobin.

- iv. *Eleutherococcus senticosus* eleutherosides, Possesses actions similar to those of *Panax ginseng*; polysaccharides counteracts x-ray radiation, leukemia and drug- induced tumors; inhibits metastasis.
- v. *Glycyrrhiza echinata* glycyrrhizin Intensifies pituitary-adrenal cortical function; inhibits cAMP phosphatase and increases content of cAMP in cardiac and pyloric mucus membrane; inhibits gastric tumors.

b. Mushrooms:

- i. **Turkey Tail** (*Trametes versicolor*), is a common medicinal mushroom shown to have anticancer effects in ongoing research in this country.
- ii. **Maitake** (*Grifola frondosa*) In addition to its anti-cancer, anti-viral and immune-enhancing properties, maitake may also help reduce blood pressure and blood sugar.
- iii. **Reishi** (*Ganoderma lucidum*) improves immune function and inhibits the growth of some malignant tumors; it is also a natural anti-inflammatory agent. polysaccharides Increases level of cellular immunity; inhibits growth of tumor cells.
- iv. **Agaricus blazei** (*Agaricus brasiliensis*) contains beta glucans, a group of polysaccharides (complex sugars) believed responsible for this mushroom's immune-boosting effects. Research has shown that Agaricus has anti-tumor and anti-viral activity, as well as moderating effects on blood sugar and cholesterol. Oncologists in both Japan and Brazil use this mushroom in treatment protocols.
- v. **Shiitake** (*Lentinus edodes*, *Lentinula edodes*) antitumor, cholesterol-lowering, and virus-inhibiting effects

c. Other Anticancer Herbs:

- i. chaparral, mistletoe, pau d'arco, yew, turmeric, stillingea

Adaptogens: help the body, particularly the limbic system, adapt to stress and maintain balance. Some can also help with fatigue, without using stimulants such as caffeine.

- **Herbs:** Devil's Club, Ashwaganda, American Ginseng, Red Ginseng, Eluethero, Aralia nudicalis, Rhodiola, Licorice, Holy basil, Schisandra

Alterative: traditionally thought of as "cleansing the blood"

- **Herbs:** burdock, cleavers, echinacea, figwort, nettles, Oregon grape, goldenseal, red clover, sarsaparilla, yellow dock

Analgesics: relieve pain

- **Herbs:** aspen, meadowsweet, valerian, California poppy, willow, Jamaican dogwood, cannabis,

Antioxidants: protect cells from the damage of free radicals and oxidative damage

- **Herbs:** green tea, milk thistle, bilberry, pine bark (pycnogenol), chaparral, ginkgo, turmeric, ginseng, hawthorn, thyme

Bitters: Taste bitter and stimulate the digestive system and liver to function. Good tonic for the digestive system.

- **Herbs:** dandelion leaf and root, burdock, green gentian, yarrow, wormwood, hops, goldenseal, motherwort, Oregon grape root, bitterroot (eat dried rt)

Carminitives: aids in digestion through a high content of essential oils. Soothes the gut walls and reduces gas and nausea.

- **Herbs:** fennel, ginger, anise, caraway, cardamom, angelica, chamomile, dill, sage, peppermint

Demulcents: soothe and coat mucus membranes with mucilage.

- **Herbs:** marshmallow, slippery elm, licorice, flax seed, oat, plantain

Laxatives: encourage peristalsis and movement of the digestive system due to an either stimulating or bulking action, thereby initiating a bowel movement.

- **Stimulating laxatives:** (contain anthraquinones): coffee, cascara sagrada, senna, aloe, rhubarb, yellow dock
- **Bulking Laxatives:** psyllium, flax, fenugreek, slippery elm, marshmallow

Immune Modulators: enhance the body's natural defense system to assist the body to fight off tumors and infections

- **Herbs:** ashwaganda, astragalus, devil's club, Echinacea, licorice, thuja, blue flag, garlic, ginger, hyssop, ligustrum, pau d'arco, prickly ash, schisandra, baptisia

Immune Tonics: strengthen the immune system in a gentle and supportive way

- **Herbs:** astragalus, reishi, eleuthero, marshmallow, rhodiola, licorice, schisandra, ligustrum, codonopsis

Lymphagogues: supports the lymphatic organs or stimulates the activity of the lymph system

- **Herbs:** baptisia, burdock, calendula, cleavers, blue flag, mullein, ocotillo, poke, red clover, red root, figwort, stillingia

Nutritive Herbs: help to nourish the body's systems and help give it vitality and nutritive tools to do its processes more efficiently

- **Herbs:** burdock, chickweed, nettles, alfalfa, red clover, dandelion, oats, plantain, peppermint, chamomile, raspberry

Vulneraries: promotes healing of wounds and skin

- **Herbs:** aloe, calendula, chickweed, cleavers, comfrey, plantain

OTHER NATURAL TREATMENTS:

○ **Essential Oils**

- For Anticancer Activity: atlas cedar, carrot seed, cistus, frankincense, geranium, ginger, helichrysum, lemongrass, neroli, orange, palmarosa, patchouli, pine, sandalwood, turmeric
- To Avoid: Cypress, angelica, sage, fennel, anise, caraway

○ **Supplements:**

- Flower essences
- Vitamin D3
- Vitamin C
- Vitamin E
- Vitamin A and betacarotene
- Coenzyme Q10
- Grapeseed extract
- Zinc
- Antioxidants: quercetin, rutin, selenium

○ **Diet**

- Generally: plant based, organic, no sugar, antioxidants (dark colored berries and vegetables, beans)
- Bone broth
- Phase 1 liver detoxification: cabbage, broccoli, and Brussels sprouts; charcoal-broiled meats; high-protein diet; oranges and tangerines (but not grapefruit which slows it down). Nutrients needed for phase 1: protein, vitamins A, B2 and B3, folate, C, E, iron, calcium, copper, zinc, magnesium, selenium
- Lots of clean water. Cancer-causing elements found in state water supplies across the U.S. include arsenic and radioactive radium-226. Know which chemical you need to remove by requesting a local water report, which should detail the contaminants out of your tap.

- Do not cook oils on high heat. Low-heat cooking or baking (less than 240 degrees) prevents oils or fats from turning carcinogenic. Instead of deep-frying, pan-frying, and sautéing, opt for healthier methods such as baking, boiling, steaming, or broiling.
 - No burned or charred foods: Burning or charring meats creates carcinogenic substances. If you do choose to barbecue, don't overcook the meat and be sure to cook at the proper temperature (not too hot).
 - Store oils in a cool dark place in airtight containers, as they quickly become rancid when exposed to heat, light, and air.
 - Choose fresh meats instead of cured, dried, preserved, or smoked meats.
 - Avoid foods that look or smell moldy, as they likely contain aflatoxin, a strong carcinogen. Aflatoxin is most commonly found on moldy peanuts. Nuts will stay fresh longer if kept in the refrigerator or freezer.
 - Avoid using microwaves
 - Use spices including garlic, ginger, and curry powder, turmeric, basil, rosemary, and coriander.
 - Anti-inflammatory diet: healthy fats (extra-virgin olive oil and omega-3 fatty acids found in fatty fish, fish oil, walnut and walnut oil, flax and flaxseed oil, and hempseed and hempseed oil), reduce carbs (eliminate refined flours, sugars and other foods that are high on the glycemic index), eat plenty of fresh antioxidant fruits and vegetables, increase anti-inflammatory herbs and spices (ex: ginger, turmeric, cayenne, garlic and onions)
 - Ketogenic diet: Cancer cells can only survive on glucose. All other cells can use either glucose or ketone bodies. Consists of a high fat, adequate protein, low carbohydrate. I mostly know this diet for epilepsy.
- **Lifestyle**
 - Rest
 - Visualization
 - Gentle exercise
 - Clean up household cleaning products vinegar (in place of bleach), baking soda (as a scrub) and hydrogen peroxide (for stain removal).
 - Avoid pesticides and herbicides
 - Clean up body care products, check out the [Skin Deep Cosmetics Database](#).
 - Don't use non-stick and stain resistant cooking products. They contain perfluorooctanoic acid (PFOA), which is associated with birth and developmental defects, brain and nervous system disorders, immune system problems, and cancer.
 - Avoid antibacterial products: the antibacterial ingredient triclosan, which is in most liquid soaps, some toothpastes, many body care products and even some toys, has been linked to organ system and reproductive toxicity, irritation, hormone disruption and cancer.

- Wetclean! Traditional dry cleaners use a solvent called perchloroethylene, which the World Health Organization considers it a probable carcinogen. Some dry cleaners use a new, technologically advanced, eco-friendly method of cleaning fragile clothing: wetcleaning.
- Avoid plastic wrap and plastics in general.

TRADITIONAL CANCER FORMULATIONS:

Essiac Formula, by Rene Caisse

- 6 ½ cups of burdock root
- 1 pound of sheep sorrel herb, powdered
- 1/4 pound of slippery elm bark, powdered
- 1 ounce of Turkish rhubarb root, powdered

Directions:

1. Mix these ingredients thoroughly and store in glass jar in dark dry cupboard.
2. Take a measuring cup, use 1 ounce of herb mixture to 32 ounces of water depending on the amount you want to make. Use 1 cup of mixture to $8 \times 32 = 256$ ounces of water.
3. Boil hard for 10 minutes (covered) then turn off heat but leave sitting on warm plate over night (covered).
4. In the morning heat steaming hot and let settle a few minutes, then strain through fine strainer into hot sterilized bottles and sit to cool.
5. Store in dark cool cupboard. It must be refrigerated when opened. When near the last when its thick pour in a large jar and sit in frig overnight then pour off all you can without pouring out the sediment.

Hoxsey Formula, by Harry M. Hoxsey

- 20 mg Licorice root
- 20 mg Red clover blossoms
- 20 mg Buckthorn bark
- 10 mg Barberry root bark
- 10 mg Burdock root
- 10 mg Poke root
- 10 mg Stillingea root
- 5 mg Cascara sagrada bark
- 5 mg Prickly ash bark
- Blood root (for external use only)

Directions:

These herbs are added to a potassium iodine solution in varying amounts depending on what type of cancer a patient may have. One teaspoon of the tonic is taken four times a day, after meals and at bedtime. External applications of the salve are also used as indicated.

Cancer Tea, by Michael Tierra

Combine equal parts:

- Red clover blossoms
- Violet leaves and blossoms
- Burdock root
- Yellow Dock Root

Directions:

Simmer 2 ounces of herbs in 1 quart of water for 20 minutes. Drink 3-4 cups per day.