Recent Evidence on Natural Medicine for Cancer
The 19th World Congress 2013

The Prof. Nelson Cancer as Recovery Exercise

1. Stop feeding the cancer with high glycemic foods, stop dextrose, use fructose.
2. Plug up the holes in the cell membranes with good fatty acids, not bad fatty acids; eat fresh and raw vegetables and vegetable juice, no cooked oil, supplement fatty acids.
3. Detoxify the body of toxins, get the body’s natural detoxifiers to all work well.
4. Stop adding carcinogenic toxins, smoke, radiation, fluorine, SINthetic chemicals, etc.
5. Take natural more safe chemotherapy not SINthetic.
6. Increase water, nutrition, good air... Food is the best medicine.
7. Use fasting as nature’s surgery
8. Exercise 20 mins a day, 5 day a week, work to a sweat.
9. Mirth, merriment and mental meditation; laughter is your best medicine; the best sign of mental stability is to be able to laugh at oneself.
10. CARE. Find joy and fun, release the negative, selfish, self pity, anger, greed, arrogance, and delusion. Face your false beliefs and grow in mind, body, spirit, environment, and social networks, find spiritual friends and talk out your troubles with laughter, respect, and care.

please Care
The health benefits of cruciferous vegetables like broccoli and cabbage are near countless. Many of these vegetables are able to prevent obesity, protect against heart disease, and even prevent cancer. In one recent study, researchers with Baylor College of Medicine have found a compound from these valuable veggies can actually kill cancer cells.

According to a press release from the university, researchers used a concentrated form of sulforaphane, a compound in broccoli that is believed to both prevent and treat cancer. They then used the concentrated formula on human-derived leukemia cancer cells.

Acute lymphoblastic leukemia is a blood cancer most common in children. For the study, the researchers used cancer cells from pediatric patients.
“Acute lymphoblastic leukemia is a type of cancer of the white blood cells common in children. There is about an 80 percent cure rate, but some children don’t respond to treatment. For those cases, we are in need of alternative treatments,” said Dr. Daniel Lacorazza, assistant professor of pathology & immunology.

When treated with the concentrated sulforaphane, the cancer cells died while health cells were completely unaffected. (Many other foods such as the turkey tail mushroom, turmeric, ginger, and grape seed extract have also been found to wipe out cancer cells while leaving healthy cells unaffected.)

“Sulforaphane is a natural product. However, what we used in this study is a concentrated purified form,” said Lacorazza. “So while eating cruciferous vegetables is good for you, it will not have the same effect as what we saw in the lab.”

Eating meals of broccoli may not kill cancer if you’ve already been diagnosed; that is true. However, this isn’t the first study to link sulforaphane with cancer treatment and prevention, suggesting the vegetables containing this important compound can play a crucial role in both prevention and treatment.

The study abstract concluded with:

“Finally, the administration of sulforaphane to the ALL (acute lymphoblastic leukemia) xenograft models resulted in a reduction of tumor burden, particularly following oral administration, suggesting a potential role as an adjunctive agent to improve the therapeutic response in high-risk ALL patients with activated AKT signaling.”

Past Research

Previous research came to similar conclusions, finding that sulforaphane could actually help reduce prostate cancer proliferation by dampening the effects of cells missing an important gene, called PTEN, which normally stops cancer from developing.

Another study showed the compound had value in protecting against breast cancer.

While the studies very well may have used concentrated sulforaphane to combat and prevent cancer, it’s reasonable to say that the vegetables containing this compound at natural levels do offer some level of prevention and protection. Don’t wait for sulforaphane in a supplement or drug form, just continue (or start) eating vegetables on a regular basis.
Health Benefits of Broccoli

- Highest levels of certain glucosinolates
- Activates tumor suppressor genes
- Reduces risk of breast cancer
- Rich in potassium
- Repairs skin damage
- Great immune-strengthener
- Rich source of fiber, beta carotene & folate

Broccoli & Pear Juice

3 cups broccoli florets
4 medium sized apples, chopped
4 medium sized pears, chopped
1 1/4 tsp rock salt
1 cup crushed ice

Combine all ingredients together & blend in a mixer till smooth. Pour equal quantities of juice in 4 individual glasses. Serve immediately.
Now we before we talk about what to eat for treatment, it is by far more important to talk about what we should NOT EAT.

Cancer cells thrive on the excess Dextrose blood sugar. If we eat high glycemic foods it feeds cancer. If we eat ONLY lower glycemic foods we starve cancer cells. But just one candy bar and we feed the cancer, to Starve them we must STARVE them.
Glycemic Index, Glycemic Load and Cancer Risk

This article provides an overview of glycemic index and glycemic load. We discuss what these numbers mean and why they are important for cancer prevention and total health.

Glycemic Index (GI) and Glycemic Load (GL) are words that are used in many popular diet books and news articles. This article provides an overview of Glycemic Index (GI) and Glycemic Load (GL). We provide PRACTICAL information on what these numbers mean. We discuss why GI and GL are important for cancer prevention and total health. We provide ideas for using this information in a dietary plan to reduce cancer risk. Factors such as age, gender, and genetics cannot be changed, but diet and nutrition can! This type of information will allow people who want to reduce their risk of cancer to take concrete and practical steps to accomplish this goal.

Note: Numbers appearing at the end of sentences indicate research references. References are listed at the end of each article.

What Are Glycemic Index & Glycemic Load?

About Glycemic Index

Glycemic Index (GI) is a number value that tells us how quickly the carbohydrate in a certain food will raise blood sugar in the body. The higher the number, the more quickly the carbohydrate from a given food will raise your blood sugar. Specifically, glycemic index is a standardized number that refers to how quickly 50 grams of carbohydrate from a specific food will turn into blood sugar in the body. This is compared to a ‘reference’ food. Most commonly, white bread or white table sugar is used as the reference food. In summary, glycemic index tells us how quickly 50 grams of carbohydrate from a specific food will turn into blood sugar in the body, as compared to 50 grams of carbohydrate from bread or table sugar.

This allows us to rank foods, regarding how quickly they increase blood sugar in the body. The reference food, which is most often white bread, is given a value of 100. So, carbohydrate from foods that have a glycemic index below 100 is absorbed more slowly than carbohydrate from bread. Carbohydrate from foods that have a glycemic index above 100 is absorbed more quickly than carbohydrate from white bread.
What is glycemic load and why is it important?

Glycemic Index does NOT tell us how many carbohydrates are in a SERVING of a specific food. This is why Glycemic Load (GL) can be more useful. Glycemic load takes into account the glycemic index of a food AND how many carbohydrates are in a normal SERVING of that food. To see why this is helpful, we can compare carrots to white pasta.

Using white bread as the reference food, 50 grams of carrot carbohydrate has a glycemic index of 131 and 50 grams of pasta carbohydrate has a glycemic index of 71 (1). This might make us think carrots are an unhealthy food and that they will raise our blood sugar faster than white pasta. However, one whole carrot (a serving) contains only 4 grams of carbohydrate. One cup of pasta (a serving) has 40 grams of carbohydrate. This means that the glycemic load, which adjusts glycemic index for serving size, is much lower for carrots.

A SERVING of carrots has a glycemic load of 5.2. The glycemic load for a serving of pasta (1 cup) is very high at 28 (1). In order to have the same glycemic load from carrots, you would have to eat nearly TWO pounds of them! This shows how glycemic index can be misleading. Just because a food has a high glycemic index, does NOT mean it will raise blood sugar quickly, when eaten in a normal serving size!

Why are these numbers important?

Glycemic Index and Glycemic Load are important because research studies tell us that eating higher glycemic index foods, eating a higher glycemic load diet, and eating more simple sugar may increase risk of several types of cancer including cancers of the breast, colon & rectum, endometrium (uterus), lung, ovary, pancreas and upper aero-digestive tract (2-10).

However, don't get bogged down in the specifics of the glycemic index and glycemic load of every food. You will drive yourself crazy trying to check these numbers for all of the foods you eat. Just remember, that your total pattern of diet is what matters. Eating one or two foods with a higher glycemic index is NOT important. If your overall diet is healthy, and the overall glycemic load of your diet is low, having a sweet treat now and then is not a problem. Also remember, glycemic index can be misleading. Carrots have a high glycemic index, but a LOW glycemic load. And, if you eat one food with a high glycemic index, but combine it with some low glycemic index foods, then the total glycemic load of your meal or snack will be
lower. In summary, do not get concerned with each specific glycemic index or glycemic load number. Rather, focus your eating on a healthy dietary pattern with a low-glycemic load.

In general, WHOLE plant foods, such as vegetables, fruits, whole grains, and especially legumes (beans) have a LOW glycemic load. If you base your choices around these foods, you will do well to keep your glycemic load low. In addition to this, there is plenty of research that tells us that plant foods, especially fruits and vegetables, can reduce risk of many types of cancer (11). Therefore, if you focus your diet around WHOLE plant foods, you will both eat a diet with a low glycemic load AND you will be including the cancer fighting nutrients found in plant foods.

**What about the Atkins' Diet?**

The Atkins' Diet is a very popular weight loss diet. The Atkins' Diet focuses on low glycemic index foods and has a low glycemic load overall. Why isn't this diet a good one to follow?

The Atkins' Diet does have a low glycemic load, which can be a good thing. However, the downside of this diet is the LACK of healthy cancer fighting foods! The Atkins' Diet requires you to cut out most of the VERY FOODS that we know fight cancer the best - vegetables and fruits (11). Many health experts now feel that when it comes to beating cancer, what is *missing* from your diet (cancer fighting plant foods) may be more important than what is in your diet! In other words, not eating cancer fighting foods may increase your risk of cancer as much as eating the 'wrong' foods. For this reason, the Atkins’ diet is not ideal for people who want to reduce risk of cancer.

In addition to this, the Atkins' diet can be loaded with saturated fat. Numerous studies tell us that saturated fat may increase risk of many types of cancer as well as heart disease, the two biggest killers in the United States (12). As well, heart disease is the number 1 or 2 cause of death in people diagnosed with breast or prostate cancer (13). For all of these reasons, a plant-based diet that contains plenty of vegetables, whole grains, legumes, and fruit appears to be the much better choice for people who are concerned about their risk of cancer. This type of diet will have a low glycemic load AND unlike the typical Atkins' diet, will contain thousands of healthy cancer-fighting phytochemicals.

**Tips For Eating a High Plant Food, Low Glycemic Load Diet**
• Do not drink soda pop anymore.
• Let me say that again. Do not drink soda pop anymore. Regular soda pop is nothing but PURE sugar. Worse yet, it is liquid sugar, which means it affects your body quicker than sugar in foods. It raises insulin and other hormones faster than sugar in food.
• When you switch from regular soda pop to water, decrease the amount of soda pop you drink slowly. This will help prevent symptoms of caffeine withdrawal, such as headaches.
• If you do not like plain water, try carbonated water that does not contain sugar. Look at the label. If the water contains calories, put it back on the shelf. Instead pick a brand that does not contain calories. Plain, flavored or carbonated water will not contain calories. If the water contains calories, then it contains sugar. Water with sugar is no better than soda pop. There are several brands of carbonated, NON-sugar, flavored waters from which to chose.
• Chose WHOLE fruit over fruit juice. There are three nutrients that slow down the absorption of sugar in food. These are fiber, fat, and protein. WHOLE fruit contains fiber while fruit juice does NOT contain fiber. A piece of whole fruit is almost always a better choice than juice.
• Sprinkle ground flax seeds into your cereal, yogurt, fruit smoothies, and salads. This will add protein & fat to the meal or snack. This slows sugar absorption for a healthier effect on the body. Adding flax seeds to another food will lower the overall Glycemic Load of the snack or meal.
• Sprinkle nuts (walnuts, almonds, etc.) into salads and stir fry dishes. Again, this adds healthy fat to the meal to help balance your diet. Adding nuts to another food will lower the overall Glycemic Load of the snack or meal.
• Replace store bought salad dressings with your own balsamic or apple cider vinegar and olive oil mixtures. Store bought dressings can contain a lot of sugar.
• If you are too busy to prepare your own salad dressing, try a 'healthy' brand such as Annie's Naturals, Chelton House, Earthbound Farm, Elena's, New Organics, Newman's Own, Up Country Naturals, Walden Farms, Whole Foods or Seeds of Change. These are just a few examples of healthy salad dressings. There are many good ones available. These dressings can be found in the health food section of your grocery store.
- To pick a healthy salad dressing, look for a dressing that contains no sugar, no corn syrup, and no hydrogenated fats. If you read the ingredient list and see the words 'sugar', 'corn syrup', 'high fructose corn syrup', 'hydrogenated' or 'partially hydrogenated', this dressing is less healthy. Try a different brand.

- Start basing your diet around UNPROCESSED whole plant foods including vegetables, fruit, whole grains, and legumes. Do this instead of basing your food choices around fast food, microwave meals, or 'instant dinner' trays. These often contain sugar. They also contain unhealthy fats and too many calories. Plus, they do not contain the healthy cancer-fighting phytochemicals of whole plant foods.

- Instead of pretzels or chips, have a small handful of nuts as a snack. Watch portion size, because nuts are high in calories. But, remember, those calories come from HEALTHY fats. Most snack foods such as pretzels contain no healthy nutrients and may contain simple sugar.

- Replace snack foods with WHOLE vegetables & fruits. Try baby carrots and hummus as a quick, easy and tasty snack.

- For a great snack, try one piece of fruit with a small handful of nuts or a spoonful of nut butter. The nuts add protein and healthy fat to your diet. The nuts will lower the overall Glycemic Load of the snack.

- When you buy bread products, read the label. If you see the word 'enriched', then the product is NOT a whole grain. Instead look for words such as 'whole grain', 'stone ground', 'whole ground', 'whole wheat flour', 'whole oat flour', or 'whole barley flour'. These are tips that tell you that this food IS a whole grain! Remember, these contain more protein and fiber and are healthier for you. Usually, they contain less simple sugar as well! Pure whole grains have a LOWER glycemic index and glycemic load than refined grains or 'white flour' products.

- Try to eat foods that are as close to their 'natural form' as possible. For example, a corn chip is made of corn, but it's NOT a whole food. To make a corn chip, first the corn is picked, then ground and crushed. Next the fiber portion of the corn is thrown out. Then the corn is fried in processed fat (hydrogenated fat). Next it is treated with artificial flavors, dyes, and preservatives. This hardly looks like corn anymore!

- Now think of corn on the cob. It is picked, shipped, and ends up on your dinner table! It is not processed. It is a WHOLE food. The less processing that a food undergoes before you eat it, the better it is for you. Less processing means a lower glycemic index and a lower glycemic load!
• Make dessert an OCCASSIONAL treat. There is nothing wrong with having a sweet treat now and then. Just make sure 'now and then' only means a few times per week, at the most.
• Cut out desserts and sugary foods that you do not care about. For example, if you absolutely cannot live without chocolate, make sure that when you do enjoy a sweet treat, you save it for those chocolate treats that you really love. Don't waste your treats on foods that you can live without.
• Say the statement, "I absolutely cannot live without ________." Insert the name of your favorite sweet treat. Then, when you eat a sweet treat, MAKE SURE it is your special treat, not something you only enjoy a little bit.

NOTE: If you are in cancer treatment, these diet changes may not be right for you. Please discuss your nutrition needs with your health care team. Also, see our section on Treatment Symptom Management to help with these issues.

For additional information and ideas on this topic, please see our article Does Sugar 'Feed' Cancer?

Recipes to Help You Eat a Low Glycemic Load Diet

Great Greens

Hearty Sweet Potato Stew

Baked Alaskan Salmon

White Bean Soup


High Glycemic Diet and Cancer: More evidence for a connection

It's certainly not news to readers of the Atkins Advantage Newsletter that we at Atkins are no fans of sugar. Far more damaging to the body than fat, sugar is responsible for a host of ills ranging from depressing the immune system to increasing the risk for acne and cavities. And much more seriously, a high sugar (or high glycemic) diet has been strongly linked to both diabetes and heart disease.

High-glycemic foods, such as processed carbohydrates and anything with high sugar content in it cause quick and strong increases in blood sugar levels. In addition to increasing the risk for heart disease and diabetes, high glycemic diets have also been linked to an increased risk for age-related macular degeneration (the leading cause of adult blindness over the age of 65), infertility and some types of cancer. Lower GI foods, on the other hand, have been shown to help control type 2 diabetes and improve weight loss.

Some disturbing evidence has begun to link high glycemic diets to some types of cancer, and now a new study adds to the growing concern about the connection. Researchers writing in the American Journal of Gastroenterology (1) noted that cases of esophageal cancer increased from 300,000 in 1973 to 2.1 million in 2001, which closely mirrors increases in carbohydrate intake and obesity over the same time. It's well established that obesity is a risk factor for many types of cancer, since fat cells are actually endocrine glands that secrete many substances that can add to the risk for cancer. And it's also well established that high glycemic diets are a risk factor for obesity, so the connection to cancer is not wholly surprising.

"If we can reverse the trends in refined carbohydrate intake and obesity in the U.S., we may be able to reduce the incidence of esophageal cancer," study author Dr. Li Li, an assistant professor in the department of family medicine and the Case Comprehensive Cancer Center at Case Western Reserve University/University Hospitals Health System, said in a prepared statement. Other studies have linked high glycemic diets to an increased risk of colorectal and breast cancer as well.

Along with high fiber intake, high antioxidant intake, exercise, plenty of protein and good quality fats, low-glycemic eating has long been the cornerstone of the Atkins Advantage program. In addition to reducing the risk for heart disease and obesity, it now appears low glycemic eating may reduce the risk for cancer as well. Followers of the Atkins Advantage Program can be assured that Atkins products are low in naturally occurring sugar, free of added sugars, and designed to be low-glycemic.

Reference;

1) "Carbohydrate Consumption and Esophageal Cancer: An Ecological Assessment" Thompson, Khiani, Chak, Berger, Li Li, American Journal of Gastroenterology, Volume 103 Issue 3 Page 555, March 2008
Dietary glycemic index and glycemic load, and breast cancer risk: A case-control study

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Abstract

Summary Background Certain types of carbohydrates increase glucose and insulin levels to a greater extent than others. In turn, insulin may raise levels of insulin-like growth factors, which may influence breast cancer risk. We analyzed the effect of type and amount of carbohydrates on breast cancer risk, using the glycemic index and the glycemic load measures in a large case-control study conducted in Italy.

Patients and methods. Cases were 2569 women with incident, histologically-confirmed breast cancer interviewed between 1991 and 1994. Controls were 2588 women admitted to the same hospital network for a variety of acute, non-neoplastic conditions. Average daily glycemic index and glycemic load were calculated from a validated 78-item food frequency questionnaire.

Results Direct associations with breast cancer risk emerged for glycemic index (odds ratio, OR for highest vs lowest quintile = 1.4, P for trend < 0.01) and glycemic load (OR = 1.3; P < 0.01). High glycemic index foods, such as white bread, increased the risk of breast cancer (OR = 1.3) while the intake of pasta, a medium glycemic index food, seemed to have no influence (OR = 1.0). Findings were consistent across different strata of menopausal status, alcohol intake, and physical activity level.

Conclusions This study supports the hypothesis of moderate, direct associations between glycemic index or glycemic load and breast cancer risk and, consequently, a possible role of hyper-insulinemia/insulin resistance in breast cancer development.

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Dietary Sugar, Glycemic Load, and Pancreatic Cancer Risk in a Prospective Study


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Abstract

Background: Evidence from both animal and human studies suggests that abnormal glucose metabolism plays an important role in pancreatic carcinogenesis. We investigated whether diets high in foods that increase postprandial glucose levels are associated with an increased risk of pancreatic cancer. Methods: In a cohort of U.S. women (n = 88,802) participating in the Nurses' Health Study, 180 case subjects with pancreatic cancer were diagnosed during 18 years of follow-up. We used frequency of intake of individual foods as reported on a food-frequency questionnaire in 1980 to calculate sucrose, fructose, and carbohydrate intakes; glycemic index (postprandial blood glucose response as compared with a reference food); and glycemic load (glycemic index multiplied by carbohydrate content). Analyses of relative risk (RR) were performed by using multivariable Cox proportional hazards models to adjust for potential confounders. All statistical tests were two-sided. Results: Carbohydrate and sucrose intake were not associated with overall pancreatic cancer risk in this cohort. A statistically nonsignificant 53% increase in risk of pancreatic cancer (RR = 1.53, 95% confidence interval [CI] = 0.96 to 2.45) was observed among women with a high glycemic load intake, and a similar association was observed for fructose intake (RR = 1.57, 95% CI = 0.95 to 2.57). The associations of glycemic load and fructose intakes with pancreatic cancer risk were most apparent among women with elevated body mass index (≥25 kg/m²) or with low physical activity. Among women who were both overweight and sedentary, a high glycemic load was associated with an RR of 2.67 (95% CI = 1.02 to 6.99; highest versus lowest quartile of intake; P for trend = .03), and high fructose was associated with an RR of 3.17 (95% CI = 1.13 to 8.91; P for trend = .04). Conclusion: Our data support other findings that impaired glucose metabolism
may play a role in pancreatic cancer etiology. A diet high in glycemic load may increase the risk of pancreatic cancer in women who already have an underlying degree of insulin resistance.

In 2002, an estimated 29,700 men and women will be diagnosed with pancreatic cancer in the United States (1). Since 5-year survival from pancreatic cancer is only 4% (2), prevention could have a profound impact on pancreatic cancer mortality. With the exception of cigarette smoking, few risk factors for pancreatic cancer are well established or widely accepted. Progress in understanding pancreatic cancer has been slow, for two main reasons: high fatality rates, which result in methodologic problems in retrospective studies (such as selection bias or error due to reliance on surrogate data) and relatively low incidence rates, which result in few case subjects in prospective studies.

Whether diabetes mellitus is a consequence or a cause of pancreatic cancer has been a longstanding debate, but recent reviews favor a causal association (3, 4). In a meta-analysis of epidemiologic studies, diabetes diagnosed 5 or more years prior to cancer detection was associated with a twofold increase in risk of pancreatic cancer (5), and in a recent publication (6), a 50% increase was observed for diabetes diagnosed 10 or more years prior to cancer detection. In numerous studies (7–11), overweight individuals were consistently at higher risk of pancreatic cancer compared with leaner individuals. The associations between body weight and diabetes suggest that insulin resistance may play a role in pancreatic carcinogenesis. This hypothesis was supported by a recent study (12) in which a direct link was reported between postload plasma glucose levels and pancreatic cancer risk.

Much effort has been invested in understanding how dietary factors affect postprandial glucose levels, given the direct implications for diabetics. More recently, epidemiologic studies (13–17) have examined how these glycemic measures can be applied to long-term dietary intakes. Studies (18–20) indicate that estimates of dietary glycemic load (a quantitative measure of glycemic effect) can reliably predict circulating triglycerides and high-density lipoprotein levels. Glycemic load has been related to the risk of diabetes and heart disease in several (13–15), but not all (16, 17), recent prospective studies.

Given that recent studies on pancreatic cancer suggest that glucose intolerance and insulin resistance may play a role in carcinogenesis, dietary factors that increase postprandial plasma glucose levels may have a direct impact on pancreatic cancer risk. Given that high glycemic index and glycemic load have been observed to be associated with the risk of diabetes, heart disease, and lipid levels in this cohort (13, 18, 21), we chose to examine these variables. The glycemic index reflects the glucose response of each unit of carbohydrate-containing foods and thus provides an indication of carbohydrate quality. The glycemic load (the glycemic index multiplied by the
carbohydrate content) reflects both the quality and quantity of dietary carbohydrates consumed. In addition, intake of simple sugars such as sucrose and fructose can also predict postprandial glucose levels (22). We examined glycemic index, glycemic load, sucrose, fructose, and carbohydrate intakes in relation to the risk of pancreatic cancer in a large prospective cohort of women with 18 years of follow-up.

Pancreatic cancer takes 20 years to grow into detectable tumors - here's how to halt it today

by Mike Adams, the Health Ranger, NaturalNews Editor

(NaturalNews) New research published in the journal Nature reveals that pancreatic cancer takes 20 years to grow to the point where it is diagnosed by conventional medical doctors. This was determined by sequencing the DNA of cancer tumor cells from deceased patients. Because cancer mutations occur in growing tumors at a known rate, scientists were able to map the timing of the development of full-blown pancreatic cancer tumors.

Cancer cells thrive on the excess Dextrose blood sugar. If we eat high glycemic foods it feeds cancer. If we eat ONLY lower glycemic foods we starve cancer cells. But just one candy bar and we feed the cancer, to starve them we must STARVE them.

If you eat a lifetime of high glycemic foods then you slowly feed the cancer cells and they grow from one cell to many over the years. But if we do not feed them with high glycemic index foods we can starve the cancer cells. .

Here's what the scientists at Johns Hopkins University School of Medicine and the Howard Hughes Medical Institute found (and here's why this matters in a huge way to people interested in healthy living):

• It takes 11.7 years for one mutation in a pancreas cell to grow into a "mature" pancreatic tumor (which might show up on a medical scan).

• It takes another 6.8 years for the pancreatic tumor to spread and cause tumors to appear in other organs of the body.

In all, it takes about 20 years for a person to grow a cancer tumor and see it spread to the point where their doctor will diagnose them with pancreatic cancer.

In other words, by the time doctors diagnose you with cancer, you've already been growing it for two decades.
Here's why this matters This is a huge story for five very important reasons:

Reason #1) The idea thrown around by cancer doctors that cancer is a "spontaneous disease" that strikes randomly and without warning is pure bunk. In order to "get" cancer, you actually have to GROW cancer for two decades! It doesn't just suddenly appear like magic.

Reason #2) When cancer doctors diagnose you with pancreatic cancer and say things like, "Good thing we caught it early!" they are full of bunk yet again. They didn't catch it early -- they caught it late! Almost 20 years too late.

Reason #3) If it takes 20 years to grow cancer tumors to the point where you get diagnosed with aggressive pancreatic cancer, then that means you have 20 years to change your lifestyle and stop the cancer!

That's the most important point of all, of course. In order to grow cancer tumors for 20 years, you have to feed the cancer for 20 years while keeping it alive. And how do you do that?

How to grow and feed a cancer tumor

First of all, to grow a cancer tumor, you need to eat lots of sugar. Liquid sugars are the best (soda, anyone?), but any form of refined sugar will do. You have to eat sugar daily if you really want to support cancer cell division and growth. High glycemic foods like corn, cane sugar, beer, white wheat products, white potatoes all feed cancer cells.

Next, you have to be vitamin D deficient for the entire 20 years. That's because vitamin D halts 77 percent of all cancers (including pancreatic cancer), and when combined with other nutrients like selenium, you can halt even more cancers. (http://www.naturalnews.com/021892.html)

If you combine vitamin D and selenium nutrition with other anti-cancer nutrients such as fresh vegetable juice (on a daily basis), omega-3 fatty acids, a wide variety of fresh fruits (including citrus and berries), and even red wine (rich with resveratrol), you will create an internal biological environment in which cancer tumors just can't grow at all. (http://www.naturalnews.com/023655_I...)

This is especially true if you pursue a more alkaline diet that's rich in vegetables and green foods rather than acidic substances such as sugar, fried foods and caffeine.

Combine all this with some regular exercise, good sleep, stress reduction habits and strict avoidance of cancer-causing chemicals, and you've got a recipe for blocking virtually all tumor growth in your body.

Cancer tumors simply cannot grow in an environment that's rich in plant-based nutrients and based on healthy, natural living.

So even if you have a wayward pancreatic cell that decides to mutate and try to become cancerous on its own, that cell will not have any long-term success in replicating inside your body because it's surrounded by healthy cells and bathed in anti-cancer nutrients carried to it each day in your blood!
Remember, your cells rely entirely on nutrients delivered by your blood, and if your blood is delivering anti-cancer nutrients each day, then "bad" cells will never be allowed to replicate and become cancer tumors.

Obviously, the composition of your blood is determined by what you eat. If you eat junk food, your blood will be junk blood, and it will deliver junk to your cells (cancer cells love junk!). If you eat healthy foods, you will have healthy blood, and cancer tumors will shrivel up and actually lose their blood supply then die. (Antiangiogenesis.) (http://www.naturalnews.com/001261_m...)

This is what this new research actually reveals: That pancreatic cancer takes two decades to develop inside your body, which naturally means you have two decades to change your health habits and stop growing cancer tumors in your body.

If you eat high glycemic foods You may be growing cancer tumors right now... (but here's how to stop it)

If you've been pursuing a lifestyle of junk foods, processed foods, fried foods, excessive animal products and sun avoidance (you're not seriously still slapping sunscreen on your skin, are you?), then you are probably growing cancer tumors in your body right now. Almost as if you were trying to!

So you might be on year 10 of the 20-year cancer diagnosis plan. There's no way to know because cancer tumors don't show up diagnostic tests when they're only 10 years old (usually). But if you've been following a cancer-promoting lifestyle, you can rest assured you have micro tumors in your body that are just waiting for more sugar and less vitamin D in your blood in order to divide and grow even more.

So why not stop growing cancer tumors today? Start juicing! If you want to stop cancer in its tracks, buy yourself a high-end countertop juicing machine, go out and buy some organic produce on a regular basis, and start juicing away your cancer. (No kidding!)

Start consuming anti-cancer nutrients on a daily basis. Even a small amount of fresh kale, cabbage or broccoli juice (just one ounce) taken every day will have a powerful anti-cancer effect and may halt tumor growth in your body.

But just to be sure, blend and drink fresh citrus fruits, organic berries, and microalgae supplements on a regular basis. Read NaturalNews and learn about the latest breaking news on anti-cancer foods and supplements. Changing what you eat will dramatically alter what your body grows inside. Instead of growing cancer tumors, you can start growing healthy cells that will quickly overpower any diseased cells.

**Steer clear of all synthetic chemicals**

Of course, for all this to work, it is VITAL that you avoid all synthetic chemicals: Do not take pharmaceuticals; do not use conventional perfumes, skin lotions, shampoos or other personal care products; do not use conventional laundry detergents (they're filled with cancer-causing fragrance
chemicals); do not use anti-bacterial soaps; do not cook on nonstick cookware; do not drink fluoride in your water... basically just get all the toxic chemicals out of your house and out of your life.

Keep reading NaturalNews if you want to learn more about how to do that. We cover these topics on a regular basis. Better yet, subscribe to our free email newsletter and we'll bring you these news headlines each day (the subscribe box is at the top left of this article).

The bottom line to all this is the GREAT NEWS that you don't have to grow cancer tumors anymore! You can simply decide to stop growing cancer by changing the biochemical environment in which your cells live. Change the environment and you change the results. It's a simple matter of cause and effect.

So remember: Cancer is not random, nor is it genetic. It doesn't appear spontaneously, and in the case of pancreatic cancer, it actually takes two decades to grow it to the point where it gets noticed by cancer doctors!

That means you've got 20 years to make a change in your life. Why not start right now? (If you haven't already...)

Fact: Pancreatic survival rates have not changed in the last 40 years. Do you know why? Because conventional medical doctors wait until you've been growing cancer for 20 years to tell you that you have cancer. (Seriously. And they think they're running the most "advanced" medical system in the world.)

Wouldn't it make more sense to teach patients how to prevent cancer two decades earlier and thereby avoid growing it in the first place?
Could 'milk and cookie disease' be making your child ill? Doctor fears bedtime treats could cause string of health problems

- Combination of dairy and sugar late at night is believed to be the cause of many childhood ailments such as coughs, sore throats and fatigue
- Pediatric otolaryngologist Dr Julie Wei calls it the 'milk and cookie disease'
- Her patients have seen symptoms improve after changing their diet

By SUZANNAH HILLS
PUBLISHED: 10:55 GMT, 12 September 2013 | UPDATED: 15:38 GMT, 12 September 2013

Many children enjoy a glass of milk with a cookie before bed but a doctor has found this popular snack may be responsible for a string of health problems.

Dubbed the 'milk and cookie disease', the combination of sugar and dairy late at night is believed to be the cause of many childhood ailments, including running noses, coughs, sore throats, constipation and fatigue.

Dr Julie Wei, a pediatric otolaryngologist at Nemours Children’s Hospital in Orlando, Florida, made the connection after treating numerous children with the chronic symptoms.
Not such a treat: Childhood ailments such as coughs, sore throats and fatigue may be caused by the consumption of dairy and sugar before bed. The condition has been labelled 'milk and cookie disease'.

She initially tried treating her young patients with medications, but it generally had little effect.

After looking further into the individual cases, she found that many of the children frequently ate sugary snacks such as cookies and lots of dairy products including milk before bed.

Dr Wei believed the combination was likely to be causing the food to back up into the stomach, esophagus and throat causing cold-like symptoms.

She asked her patients to stop eating dairy and sugary products before bedtime and found that their symptoms quickly improved significantly.

Dr Wei has called the condition 'milk and cookie disease' and suggests that up to 75 per cent of American children who are otherwise healthy may be suffering from it.

Research: Dr Julie Wei, a pediatric otolaryngologist at Nemours Children's Hospital in Orlando, Florida, made the connection between bedtime snacks and childhood ailments after talking to her patients.

She puts this down to the average American snacking more as they have less time to sit down for proper meals.

She said: 'We’re busy people; no one’s really thinking about what their kids are eating.'

The mother of one patient, five-year-old Jonathan Giambrone, said she has seen a significant improvement in her son's health since she stopped him from snacking late at night and only gave him water before bed on Dr Wei’s recommendations.
Becky Giambrone told Fox News: ‘It was really hard for him to take in a breath; he sounded like Darth Vader. In a three week period, we noticed a substantial difference.’ Dr Wei recommends that children shouldn’t have any snacks or any drinks but water up to two hours before bedtime to avoid food sitting in the stomach.

Avoid the foods in Red
## The Glycemic Index of Selected Foods

**Natural fruit sugars used moderately increase hormones, immunity, and health.**

<table>
<thead>
<tr>
<th>Left handed natural sugars; limit disease</th>
<th>LOW GLYCEMIC FOODS</th>
<th>MEDIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SUGARS</strong></td>
<td>Levulose Stevia</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruit sugars</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fructose</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Xylitol</td>
<td></td>
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<tr>
<td></td>
<td>Agave Cactus sugar</td>
<td></td>
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<tr>
<td></td>
<td>Fructose Cola</td>
<td></td>
</tr>
<tr>
<td><strong>GRAINS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Millet</td>
<td>Sweet corn</td>
</tr>
<tr>
<td></td>
<td>Pearl Barley</td>
<td>Long rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GRAIN FOODS</strong></td>
<td>Oatmeal cookie with fructose</td>
<td>Brown rice Quick oats Ezekiel bread</td>
</tr>
<tr>
<td></td>
<td>Meat ravioli</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Whole grain with vegetable pasta</td>
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</tr>
<tr>
<td></td>
<td>Fettucine Macaroni</td>
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</tr>
<tr>
<td></td>
<td>Spaghetti (vegetable mix with grain)</td>
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</tr>
<tr>
<td></td>
<td>Bran Muffin</td>
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<tr>
<td></td>
<td>Oatmeal cookie</td>
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</tr>
<tr>
<td></td>
<td>(normal)</td>
<td></td>
</tr>
<tr>
<td><strong>FRUITS</strong></td>
<td>Tomato</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Grapefruit</td>
<td>Black grapes</td>
</tr>
<tr>
<td></td>
<td>Lemon, Lime</td>
<td>Peach</td>
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<tr>
<td></td>
<td>Yogurt with fruits</td>
<td>Raisins</td>
</tr>
<tr>
<td></td>
<td>Cherries</td>
<td>Cherries</td>
</tr>
<tr>
<td><strong>VEGETABLES</strong></td>
<td>Cold-processed vegetable oils</td>
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<tr>
<td></td>
<td>Lettuce Broccoli</td>
<td></td>
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<tr>
<td></td>
<td>Sprouts Cauliflower</td>
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<tr>
<td></td>
<td>Cabbage Radish</td>
<td></td>
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<tr>
<td></td>
<td>Tofu Olives</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cucumber</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pumpkin Squash</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Yam candied with fructose</td>
<td>Carrots</td>
</tr>
<tr>
<td><strong>BEANS</strong></td>
<td>Boiled, unsweetened</td>
<td></td>
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<tr>
<td></td>
<td>kidney beans</td>
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<tr>
<td></td>
<td>Bean sprouts</td>
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<td></td>
<td>Soy beans</td>
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<td></td>
<td>Lima beans</td>
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<td></td>
<td>Black beans</td>
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<td></td>
<td>Lentils</td>
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<td>Butter beans</td>
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<td></td>
<td>Black eyed beans</td>
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<td></td>
<td>Pinto beans</td>
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<td></td>
<td>Chick peas</td>
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<td></td>
<td>Baked beans</td>
<td></td>
</tr>
<tr>
<td><strong>NUTS</strong></td>
<td>Pumpkin seeds</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Healthy candybar with fructose and nuts</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Peanuts Cashews</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Brazil nuts</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Almonds Cashews</td>
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</tbody>
</table>

**Index Nikol**

<table>
<thead>
<tr>
<th></th>
<th>10</th>
<th>20</th>
<th>30</th>
<th>40</th>
<th>55</th>
<th>60</th>
</tr>
</thead>
</table>

**Eat the foods in Green**
Good oils are needed for the cell membranes to be strong to remove toxins and stop cancer growth.

<table>
<thead>
<tr>
<th>SUGARS</th>
<th>GRAINS</th>
<th>GRAIN FOODS</th>
<th>FRUITS</th>
<th>VEGETABLES</th>
<th>BEANS</th>
<th>NUTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glucose</td>
<td>Refract</td>
<td>Refined</td>
<td>Saffron</td>
<td>Broccoli</td>
<td>Navy beans</td>
<td>Peanut</td>
</tr>
<tr>
<td>Fructose</td>
<td>Refined</td>
<td>Refined</td>
<td>Spinach</td>
<td>Cabbage</td>
<td>White beans</td>
<td>Cashew</td>
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<tr>
<td>oque</td>
<td>Refined</td>
<td>Refined</td>
<td>Blueberries</td>
<td>Spinach</td>
<td>Pinto beans</td>
<td>Almond</td>
</tr>
<tr>
<td>lactulose</td>
<td>Refined</td>
<td>Refined</td>
<td>Blueberries</td>
<td>Spinach</td>
<td>Pinto beans</td>
<td>Almond</td>
</tr>
</tbody>
</table>

Eat the foods in Green

Avoid the foods in Red

Trans-fatty acids are found in fried foods, commercial baked goods, processed foods and margarine.

Bad Fatty Acids must be avoided.

Foods Boiled in Oil are Slow Poisens
Good Sugar and Oil

Eat at least Five servings of fruits and Vegetables a day, use Vegetables as the Center of the Meal.

Remember: do not eat foods boiled in oil, get good cold processed vegetable oils and thus good Fatty acids, not trans or cooked or animal oils. Eat only Levulose (fructose fruit sugars) not Dextrose (Cane, Corn, Potatoe, Grape sugar). Wellness is your Reward. Remember to chew your food, Fruits alone, Fluids alone, and Melons alone. Make Vegetable and Fruit juice part of your daily Wellness Healthy Regime.
Processed lunch meats with nitrates cause more cancers than cigarettes. Please avoid them.
Bitter Gourd Destroys Pancreatic Cancer Cells, Benefits Diabetics

http://www.youtube.com/watch?v=Ah88gjejCTU

by Christina Sarich
September 11th, 2013
Updated 09/11/2013 at 2:28 am

Bitter gourd, also known as karela or bitter melon, is a vegetable found all over Asia with some newly proven, astounding health benefits. A study published in the scientific journal Carcinogenesis has shown that bitter gourd juice restricts the ability of pancreatic cancer cells to metabolize glucose, and in the process cuts off the cancer's energy source, effectively killing them.

Anomalous cancer cells in the pancreas have no chance to grow with bitter gourd, but the fruit also helps to regulate pancreatic secretions, an important function that many diabetics have trouble doing on their own.

Rajesh Agarwal, PhD, co-programme leader of Cancer Prevention and Control at the Colorado University Cancer Center, said that these findings were due to an 'alteration in metabolic events in pancreatic cancer cells and an activation of the AMP-activated protein kinase, an enzyme that indicates low energy levels in the cells.'

Similar studies done three years ago had shown that breast cancer cells could not survive in a petri dish with bitter gourd juice. Many people in Asia already consume bitter gourd juice in large quantities, and this may indicate the lower rates of many types of cancers.

Bitter Melon an Ancient Natural Medicine

Many diabetics eventually also suffer from pancreatic cancer, and bitter gourd has been shown to effectively control type-II diabetes with promising success. The bitter gourd has also been used as a folk remedy for this ailment for thousands of years in both India and Asia. Agarwal and his colleagues were interested in ‘cutting out the middle man’ between diabetes and pancreatic cancer, and this is how the experiment with bitter gourd juice was inspired. In diabetics, bitter gourd effectively regulates the secretion of insulin by the pancreas’s beta cells.
Read: 4 Anti-Cancer Foods

Mice that were fed bitter melon were 60% less likely to develop pancreatic cancer as well. Further research conducted (Oishi et al. 2007, Kumar Shetty et al. 2005) has shown that glucose metabolism begins in the gut, and as carbohydrates and sugars are metabolized to glucose before leaving the gut, bitter gourd reduces the amount of sugar (glucose) released into the body by inhibiting enzymes that break down disaccharides to two monosaccharides.

“Bitter gourd can influence the transport channels for glucose, which also reduces glucose transport into the blood (Singh et al. 2004). This effect is important for the treatment of both Type I and Type II diabetic patients and helps to prevent high blood sugar levels after meals.”

Instead of utilizing cancer drugs that cause expensive chemo and radiation treatments or decidedly unsavory side effects, people can consume bitter melon juice to help support the overall health of the pancreas and prevent both diabetes and pancreatic cancer.

Study Finds Diabetics Twice as Likely to Develop Cancer (Because of the High Glycemic Conditions)

by Contributor
May 13th, 2011
Updated 06/07/2013 at 7:48 pm

According to a study done by a team from the Center for Disease Control and Prevention, diabetics are twice as likely to develop certain cancers compared to people who do not suffer from the blood sugar disease.

The Study

Published in the Diabetes Care journal, the study reveals that people suffering from diabetes have twice the risk of suffering from some certain cancer types compared to people without diabetes. The study was a result of work done by a team from the CDC led by Dr. Chaoyang Li.
The sample size was 400,000 adults with the participants being contacted by phone. External factors such as race, age, drinking and smoking habits had been taken into account before participants were selected.

Findings

The study found that 17% of women and 16% of men with diabetes develop cancer with comparative figures of the general population standing at 10% and 7% respectively developing cancer.

It was found that diabetics are more prone than other people in the general population to getting rectum, pancreas, colon, breast, prostate, kidney and urinary bladder cancers. Diabetic men are 400% more prone to develop pancreatic cancer than other cancers and this is an alarming probability. In women, those with diabetes are three times more prone to developing blood cancer compared to those without the disease.

Similar Studies

Baltimore’s Johns Hopkins University, Dr. Fred Brancati who is a professor at the institution notes that the study has highlighted that quite a large number of Americans have cancer and diabetes, and he concurs with the authors that the two conditions should be considered together. Brancati was not in any way involved in the report, but published his own research in 2008 that revealed the cancer death rate to be 40% higher in those with diabetes compared to general population figures. This research also showed that there was a clear correlation between the blood sugar disease and cancer risk.

Dr. Li recognized that other reports have found a link between the diseases, but no proof has been found that one of the diseases causes the other. The study done by the CDC team however, was a snapshot taking into account medical histories of the persons in the sample and did not follow the participants over time.

Dr. Li however, stresses that the findings should serve as a reminder to diabetics, as well as their doctors, on the need to follow guidelines on cancer screening and to always discuss the cancer risk possibility in anti-diabetic therapy.
Herbs and Spices with Evidence Based research showing anti-cancer abilities

- Cumerin, turmeric
- Sage
- Cinnamon
- Ginger
- Rosemary
- Ephedra
- Echinacea
- Myrrh
- Safflowers
- Young bitter orange
- Sanguinaria
- Dandelion
- Elderberry
- Honeysuckle flowers
- Salad burnet
- Skullcap
- Angelica
- Rhubarb
- Chinese dates
- Paprika
- Horseradish
Into a small bowl mix ½ cup rich natural flower pollen dark honey with 1 cup crushed black and or blue berries. Add 2 tablespoons of fructose, 2 tablespoons of cumerin, tumeric, 2 tablespoons of crushed agrimony, 2 tablespoons of crushed dried young oranges peel and all (use the oranges when they are about slightly larger than a golf ball, dry thoroughly) try ginger cinnamon and garlic for flavor. Mix and take 1 teaspoon morning and 1 before bed. See the 3D Cancer Book for more
Celery and Artichokes Useful Allies in Fight Against Pancreatic Cancer

by Elizabeth Renter
September 4th, 2013
Updated 09/04/2013 at 7:02 am

The American Cancer Society says pancreatic cancer rates have been climbing over the past ten years, and though they would have you think surgery, radiation, and chemotherapy are the most effective weapons in the fight—they are notorious for ignoring treatment options that don’t line Big Pharma’s pockets. Thankfully, two recent studies from the University of Illinois indicate flavonoids found in celery and artichokes could actually have a significant impact on the treatment of pancreatic cancer.

The studies looked specifically at lutein and apigenin, two flavonoids present in a variety of herbs and plants, but especially in celery, artichokes, and Mexican oregano.

“Apigenin alone induced cell death in two aggressive human pancreatic cancer cell lines,” explained U of I professor of food chemistry and food toxicology Elvira de Mejia. But, she says they found the best results when the apigenin treatment was followed with chemotherapy. Obviously the natural health world advises to avoid chemo, as it often just makes cancer worse.

Because apigenin and flavonoids in general have antioxidant properties, they can actually counteract the effects of chemotherapy drugs. In other words, using an antioxidant supplement treatment on the same day as chemotherapy can negate the cell massacre that chemo usually induces.

“One of the ways that chemotherapeutic drugs kill cells is based on their pro-oxidant activity,” explained Jodee Johnson, a doctoral student who worked on the project. “Flavanoids and chemotherapeutic drugs may compete with each other when they’re introduced at the same time.”

MedicalNewsToday explains further:
The scientists found that apigenin inhibited an enzyme called glycogen synthase kinase-3β (GSK-3β), which led to a decrease in the production of anti-apoptotic genes in the pancreatic cancer cells. Apoptosis means that the cancer cell self-destructs because its DNA has been damaged.

In one of the cancer cell lines, the percentage of cells undergoing apoptosis went from 8.4 percent in cells that had not been treated with the flavonoid to 43.8 percent in cells that had been treated with a 50-micromolar dose. In this case, no chemotherapy drug had been added.

Because pancreatic cancer is a very aggressive disease, with few symptoms present before it has spread, the scientists say patients would likely not be able to eat enough of the beneficial vegetables after diagnosis to make a significant dent in the proliferation. However, prevention is possible.

“If you eat a lot of fruits and vegetables throughout your life, you’ll have chronic exposure to these bioactive flavonoids, which would certainly help to reduce the risk of cancer,” concluded Johnson.
In the battle against cancer, there are many conflicting theories. But one thing you'll very seldom hear is that conventional treatments like radiation and chemotherapy are good for you. On the contrary, many cancer survivors swear off using such treatments ever again. So, when research comes out that substantiates their feelings and indicates such treatments may actually be doing more harm than good, it signals a possible shift in conventional thinking. One such piece of research has found that blueberries can somewhat negate the adverse effects of irradiation while inducing cancer cell death.

One such study, published in the journal eCAM, offers two promising findings. One of those findings is that a component of blueberries can actually suppress “adverse changes associated with irradiation.” The other finding: that radiation treatment leads to the “enrichment” of hepatoma (liver cancer) stem cells. Yes, radiation makes these cancer cells stronger and more plentiful.

While conventional cancer treatments would have you think that blasting every cancer-related cell in the body with radiation and toxins will eventually rid you of the disease, this isn't the only theory.

For centuries, scientists have observed a certain type of cancer cell that resemble embryonic tissue. These cells, known as cancer stem cells, are believed to produce the various cancer cells throughout the body. They are, in essence, the brain behind cancer proliferation. This theory is known as the embryonal rest theory of cancer (ERTC) and conventional treatments don't ascribe to it.

Read: [Milk Thistle Protects Against Chemo Toxicity, Prevents Cancer](#)

Conventional cancer treatments target tumor cells; they attempt to eradicate everything within the tumor. But, research has shown that although these treatments may kill off the smaller cancerous tumor cells, they actually enrich the cancer stem cells. What this means for a cancer patient is a possible
reemergence of cancer somewhere else in the body at a later date. Such an occurrence, according to the thinking of conventional medicine, is totally unrelated to the original cancer. It is written off as being linked and therefore any connection to the conventional treatments is disregarded.

This latest study, however, indicates radiation does, in fact, enrich cancer stem cells, in alignment with the ERTC/Cancer Stem Cell explanation. But more than that, the study indicates a natural substance found in blueberries can cause programmed cell death (apoptosis), even killing the cancer stem cells within various cancer types.

While the authors of the study, true to form with conventional science, conclude by saying radiation treatment should be supplemented with the beneficial blueberry compound, we see their work as further evidence that radiation may not be the answer to cancer at all and that further research money needs to be poured into those studies looking at natural and wholly beneficial remedies. The health benefits of blueberries shouldn’t be overlooked.
Blueberries, along with many other fruit, possess astounding benefits that can greatly improve anyone’s health. This magical fruit has one of the highest antioxidant levels out of any fruit and possesses a number of different nutrients that can power your brain and body. It is unfortunately that even with the great benefits of blueberries and other fruit alike, doctors will never prescribe them over pharmaceuticals despite the dangers behind drug use and the massive amount of other side-effects that could come with them.

The Health Benefits of Blueberries

Blueberries possess powerful antioxidants known as polyphenols which are attributed to helping virtually all illness and disease. What’s great news for everyone is that the benefits of blueberries also go as far aiding in weight loss as well. One study done by Shiwani Moghe, a researcher from Texas Woman’s University, showed that polyphenols greatly inhibit the development of fat cells. She found that a high dose of polyphenols shed down fat cells by 73 percent in mice and a lose does reduced fat cell count by 27 percent in mice. With blueberries containing a high amount of these polyphenols, they prove to be one of the great foods for weight loss.

“I wanted to see if using blueberry polyphenols could inhibit obesity at a molecular stage,” said Moghe.

Benefits of Antioxidants go Beyond Weight Loss

Blueberries, as well as other foods containing antioxidants, have been eaten for many generations without the health benefits even being known on a scientific level. The benefits of blueberries and antioxidants in general are abundant and are also a serious threat to the medical establishment. If people were to consume healthy foods rich in antioxidants regularly, prescription and non-prescription drug use would plunder, leading to a serious decline in pharmaceutical sales. While antioxidants help almost every health condition, here are a few things they are helpful with:
• Slow the aging process by reducing free radical damage
• Fight cancer
• Protect the heart and liver
• Lower blood pressure
• Prevent coronary artery disease

Some antioxidants, specifically polyphenols and flavonoids, have only been studied for the past couple decades. So much useful information has come to light regarding the fantastic benefits antioxidants have on the body that it is a wonder why these benefits aren’t being harnessed by everyone. It quite possibly couldn’t be a better time for such nutrients and foods containing those nutrients to be studied due to the serious decline in eating habits Americans face today. Having this information available now may be more crucial than ever, as decades ago natural foods were a very normal part of a diet.

So start harnessing the powers and benefits of blueberries and other foods rich in antioxidants now. Such fantastic foods for weight loss are seldom found in the average american diet - choose not to be average.
Past Research Finds Mint to Protect Against Cancer and Radiation

by Elizabeth Renter
June 10th, 2013
Updated 06/10/2013 at 3:33 am

When it comes to healing with natural solutions, many people put limits on just how effective herbs and other nutritional treatments can be. They may accept peppermint as a solution for upset stomach, for instance, but balk when you suggest it could lessen the damaging impact of radiation or even help stop cancer in its tracks. Still, there are powerful natural healers out there that can likely do everything that pharmaceuticals can, and do them with fewer side effects and dangers.

Peppermint has long been used as an herbalists friend. It has many simple uses for everything from nausea to headaches, but the unassuming and sweet-smelling herb may be useful in far more serious situations as well.

According to the BBC, researchers with the University of Salford created a drug based off of the extract of *Scutellaria barbata* (Skullcap barbat) from the peppermint famil that has had impressive results on blocking tumor growth.

The researchers said: “*Scutellaria barbata has long been used in traditional Chinese medicine to treat several illnesses including certain types of cancer.*”

For their study the researchers used the extract to target tumors and found the mint extract to block oxygen flow to the growths by attacking the blood vessels. Interestingly, it only attacked the blood vessels associated with the tumor—leaving healthy vessels alone.

Another benefit of interest to cancer patients is the radiation-protection that peppermint can offer. A study published in the *Cancer Journal* found that peppermint can protect against the type of radiation commonly used in cancer treatment—radiation that can otherwise have extremely unpleasant effects.

“Two species of the commonly used aromatic herb mint, *Mentha piperita* and *M. arvensis* protected mice against the γ-radiation-induced sickness and mortality. Detail investigations have also shown that the
aqueous extract of M. piperita protected the vital radiosensitive organs: the testis, gastrointestinal and hemopoetic systems in mice. The radioprotective effects are possibly due to free radical scavenging, antioxidant, metal chelating, anti-inflammatory, antimutagenic, and enhancement of the DNA repair processes.”

When we think of medicinal mint, we think of boiling some leaves for a calming tea. But scientific research is showing herbs can offer solutions for simple ailments as well as protections against complex diseases and attacks to our health.

- Soothes the digestive tract
- Eliminates toxins from the body
- Reduces the growth of bacteria and fungus
- Helps in curing asthma
- Whitens teeth and combats bad breath
- Cures insect stings and bites
- Prevents colon, skin, and lung cancer
- Relieves aches and pains
- Blood cleanser
Mint ScentBoosts Cognition, Improves ProblemSolving and Memory

by Elizabeth Renter
June 16th, 2013
Updated 06/16/2013 at 2:08 pm

Did you know that there are numerous medicinal uses of peppermint? We know it can make your breath smell good, but the benefits of peppermint hardly stop at your mouth. Once ingested, or even smelled, peppermint can have profound brain health benefits.

According to recent research from Wheeling Jesuit University, the smell or flavor of peppermint can have profound effects on cognitive functions. These include reasoning, problem solving, concept formation, judgment, attention span, and even memory.

For their research, the participants of this particular study chewed peppermint, cinnamon or cherry flavored gums. Flavorless gum and no gum was offered to control groups. All three flavored gums, including peppermint, increased working memory and visual-motor response.

In another aspect of the research, odors were looked at. Both peppermint and cinnamon scents were shown to improve memory test scores.

“Finding a non-pharmacological adjunct to the enhancement of cognitive performance in humans would be both groundbreaking and readily accepted by society,” said Phillip Zoladz, a senior psychology major who worked on the study.

But this research isn't the only evidence of mint and mental aptitude.

In 2008, researchers in England looked at peppermint scent and brain power. They compared it to the scent of ylang ylang and a control group who received no odor. Those who received peppermint smell increased both alertness and memory. Unfortunately, ylang ylang had the opposite effect.

Similar results were found in a study published in the International Journal of Neuroscience and yet another from Ohio.
These studies are interesting in that they don’t require you to ingest anything at all. Even if you don’t like the taste of mint, you can enjoy the benefits simply with the scent. Whether you purchase peppermint essential oils or grow the mint plant itself, try inhaling some of it before an important report is due or when you need a particularly great amount of focus.

As for additional benefits, peppermint is also good for soothing the stomach and even irritable bowel syndrome. Make a simple tea with some leaves from the mint plant and boiling water. Or, add it to a fresh fruit salad.

The spice known as cumin has been used throughout history for its medicinal purposes in treating disease, and now new research has found that it is also an effective memory booster and stress reliever.
The Spice that Boosts Your Memory

GreenMedInfo reports:

This study provides scientific support for the antistress, antioxidant, and memory-enhancing activities of cumin extract and substantiates that its traditional use as a culinary spice in foods is beneficial and scientific in combating stress and related disorders.

Green Tea Shown to Protect against Digestive Cancer

by Elizabeth Renter
February 25th, 2013
Updated 02/27/2013 at 1:17 am

Green tea may offer the solution (or at least part of a solution) in the prevention of digestive cancers, according to another study out of China. Older women were analyzed for green tea consumption and cancer rates, and scientists found those who drank the tea on a regular basis were at a slightly lower risk for developing cancer of the colon, throat, and stomach.

The researchers followed nearly 70,000 Chinese women for a decade. Those who drank more than three cups of green tea daily were considered “regular” drinkers. And those women were at a reduced risk of digestive cancers—a 14 percent reduced risk.

Senior researcher Dr. Wei Zheng cautioned that the study doesn’t establish a “cause-and-effect” relationship. While the scientists did account for diet, exercise habits, and medical history, they say it’s impossible to account for everything.

Basically, it’s difficult to isolate the effects of a single food in any scientific trial. People eat other things, they may have different lifestyle habits, or they might be on prescription medications. They could get more sleep than other non-green-tea drinkers or simply take better care of themselves.

Still, this isn’t the first or the last study on the benefits of green tea.
There is a good chance that people who drink green tea take better care of themselves. So, while we cannot be certain their health is due to the green tea and not simply better care overall, we do know that green tea (whether directly or indirectly), can improve health.

Green tea contains **EGCG**, a powerful antioxidant believed to protect cells from damage by free-radicals or toxins. It’s believed this is what could hold the key to the cancer prevention properties of the age-old elixir.

It's this EGCG that could also be responsible for stopping and even reversing cancer once it's started. A study we reported on this past summer showed green tea extract was able to reduce enlarged and cancerous lymph nodes by more than 50%.

In addition, green tea is able to help with weight loss, protect skin from damage, and even prevent the flu. Adding green tea seems like a no-brainer. Just get a few cups a week to begin reaping the benefits.

Additional sources:
Exciting: Compound in Plants Found to Halt Growth of Melanoma Cancer Cells

by Mike Barrett
April 24th, 2013
Updated 04/24/2013 at 2:34 am

Showcasing once again how numerous food-based substances are able to both treat and protect against cancer, scientists from the Texas Biomedical Research Institute have found for the first time that a natural, plant-derived substance known as gossypin is capable of treating the deadliest form of skin cancer – melanoma.

In the study, published in the journal Molecular Cancer Therapeutics, researchers found gossypin was able to inhibit human melanoma cell proliferation in melanoma cell lines where two genetic mutations occur. In the lab tests using cell cultures, gossypin was also shown to inhibit the growth of human melanoma cells and reduce tumor volume while increasing survival rate.

“We identified gossypin as a novel agent with dual inhibitory activity towards two common mutations that are the ideal targets for melanoma treatment,” said Texas Biomed’s Hareesh Nair, Ph.D. "Our results indicate that gossypin may have great therapeutic potential as a dual inhibitor of mutations called BRAFV600E kinase and CDK4, which occur in the vast majority of melanoma patients. They open a new avenue for the generation of a novel class of compounds for the treatment of melanoma.”

The American Cancer Society estimates that 76,690 individuals will be diagnosed with melanoma in 2013. Additionally, an estimated 9,480 people are expected to die of melanoma this year. The research out of Texas Biomedical Research Institute once again shows how natural substances can offer promise — even for those suffering from the deadliest type of skin cancer.

Other Natural Compounds Recognized for Inhibiting Cancer

As we all know, the above piece of research is far from the first and the last to reveal the healing capabilities of natural compounds in food. In other recent research, compounds in apples known as oligosaccharides were found to kill up to 46% of human colon cancer cells and even outperform
common chemo drugs. Excitingly, the compounds can be derived from the waste of an apple (known as pomace) after it has been juiced. That's a lot of pomace from the apple juice industry.

In another example, a study examining the beneficial properties of milk thistle stated: “there is strong preclinical evidence for silymarin’s (milk thistle’s) hepatoprotective and anticarcinogenic effects, including inhibition of cancer cell growth in human prostate, skin, breast, and cervical cells.” What’s more, milk thistle was also found to protect against chemotherapy’s toxic effects.

There is no shortage of natural solutions for cancer or most other ailments; it’s all about doing your own research and discovering these natural healers for yourself.
Looking for a breast cancer prevention diet? Scientists from the Breast Cancer Research Program at City of Hope in Duarte, CA have shown that phytochemicals derived from pomegranates have the ability to inhibit the proliferation of estrogen-responsive breast cancer cells in a laboratory setting.

“Phytochemicals suppress estrogen production that prevents the proliferation of breast cancer cells and the growth of estrogen-responsive tumors,” Shiuan Chen, PhD, director of the Division of Tumor Cell Biology and co-leader of the Breast Cancer Research Program at City of Hope in Duarte, Calif., says in a press release for the American Association for Cancer Research.

Breast Cancer Prevention Diet Includes Pomegranates

Long regarded in many cultures as a symbol of prosperity and fertility, the pomegranate has garnered attention in modern times for its wide-reaching medicinal potential. In 2011, the National Institutes of Health registered 32 clinical trials evaluating the effects of pomegranates on diseases and dysfunctions ranging from cancer to diabetes to common cold to infant brain injury.

Much of pomegranate’s healing potential has been attributed to its high concentration of antioxidants, which have been associated with cancer prevention in multiple studies, but this study is the first to specifically examine the fruit’s effect on aromatase, an enzyme that plays a key role in estrogen-sensitive breast cancer by converting androgen to estrogen. Ellagitannins in pomegranates inhibit aromatase, thereby decreasing the amount of estrogen available in the body and thus the growth of hormone-sensitive cancer cells – making pomegranates great for including in your breast cancer prevention diet.

Estrogen-sensitive breast cancer, which accounts for about 75% of cases, is commonly treated with aromatase-inhibitors (AIs) whose common side effects include heart problems, bone loss and joint pain. While pomegranates alone may not be able to replace aromatase-inhibitors, one can’t help but note the promise of a natural alternative to these drugs that promotes heart health.
In an article entitled *Pomegranates May Help Prevent Breast Cancer* on the MD Anderson Cancer Center's *Cancerwise* blog, Dr. Powel Brown, M.D., professor and chair of MD Anderson's Department of Clinical Cancer Prevention, calls for further research. “More research on the individual components and the combination of chemicals is needed to understand the potential risks and benefits of using pomegranate juice or isolated compounds for a health benefit or for cancer prevention.”

The American Institute for Cancer Research, which has also issued grants to scientists at Southern Illinois University to further investigate the effects of pomegranate juice on hormonal biomarkers of breast cancer risk, is less reserved with its recommendation, featuring pomegranate prominently among its cancer fighting recipes.

Be sure to also include turmeric, olive oil, papaya, celery, ginger, and plenty of omega-3 fats in your breast cancer prevention diet!

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**Pomegranates Reduce Plaque in Arteries by 30% in Study**

*by Elizabeth Renter*

*December 6th, 2012*

*Updated 12/06/2012 at 2:50 am*
It seems as though Mother Nature left us many clues on the healing power of foods. Many healing foods actually look like the organs they protect—with walnuts resembling tiny brains, and avocados resembling the womb—many natural foods tell a lot by looks alone. The pomegranate is no different, with its separated chambers and blood red flesh appearance, this fruit is great for promoting—you guessed it—heart health.

Pomegranates have an astringent effect. As GreenMedInfo.com describes, the same sort of puckering and drying feeling in your mouth when eating a pomegranate is experienced by your heart. “When you feel that amazing cleansing effect in your mouth, this is in fact akin to what your circulatory system...‘feels’ as well.”

But this isn’t just something that is felt and assumed by the shape of a fruit; this is something that has been proven in a controlled, scientific environment.

In one experiment, researchers studied the effects of pomegranate juice in both healthy men and mice. They found that daily supplementation with the juice had significant effects on reducing plaque in the artery walls, and reduced oxidative stress.

Another study looked at 10 patients with atherosclerosis and measured their arteries at the onset and one year after beginning pomegranate juice supplementation. In one year’s time, the participants reduced plaque in their carotid arteries by up to 30%. In the control group (not supplementing with pomegranate), plaque increased by 9%. Additionally, those supplementing with pomegranate reduced their blood pressure.

As if that wasn’t enough—there’s more to this unusual and hand-staining fruit. It has numerous benefits, and likely some yet undiscovered. Among those we know:

- Pomegranate seeds have been found to be effective against Candida albicans and help to naturally restore digestive health. Mike Barrett
- Pomegranate is a known antiviral and antibacterial agent, fighting common infections like Influenza, HIV, Hepatitis B, Salmonella, Candida, Bird Flu, E. Coli, Cholera, and SARS.
- It can fight breast cancer cells: “phytochemicals derived from pomegranates have the ability to inhibit the proliferation of estrogen-responsive breast cancer cells in a laboratory setting.”

Pomegranate is in-season in colder months, so get the real thing whenever possible. When it’s not available fresh, look into an organic pomegranate juice to reap the benefits of this underappreciated berry.
Stressed? Pomegranate Juice Could Help

by Anthony Gucciardi
June 6th, 2011
Updated 01/29/2012 at 2:21 am

The Independent
June 6, 2011

Pomegranate juice could reduce stress in the workplace, according to new research. The study found that having the drink every day resulted in lower stress hormones and a reduction in blood pressure.
Researchers at Queen Margaret University, Edinburgh, studied the physiological effect of daily consumption of 500ml of Pomegreat Pure pomegranate juice over a two-week period.

They found that all 60 volunteers – from a range of working environments – reported being more enthusiastic and less distressed after having the drink.

Dr Emad Al-Dujaili, who led the study, said: “On the basis of these findings there is a justified argument for busy workers to drink pomegranate juice to help alleviate chronic stress and maintain good health.

“There is a growing body of evidence that pomegranate juice delivers wide-ranging health benefits that merit further research.

“It is very rare indeed for an all-natural juice to offer the range of health benefits that we are seeing in pomegranate juice.”

The study was funded by the Pomegreat drinks company.
WALNUTS
POWERFUL ENOUGH TO BE A CANCER DRUG?

How Walnuts May Prevent Breast Cancer
 Omega-3’s found in walnuts also inhibits an anti-inflammatory enzyme that advances breast cancer, and activates two genes—BRCA1 and BRC2 (breast cancer genes 1 and 2)—that help prevent cancer development.

Cancer Fighting Warriors
The highly potent phytonutrient quinone juglone, abundant in walnuts, destroys cancer and precancerous cells while leaving healthy tissue intact.

Eat the skin, over 90% of the nutrients are found in the skin.

It only takes 7 walnuts a day to get all the health benefits!

In yet another attempt to suppress our health freedom, the (US FDA) issued a warning to walnut producers stating that their claims for the health-promoting qualities of walnuts—which are all substantiated have moved walnuts from a food to a drug!

Packed With Essential Omega-3
- Reduces blood pressure
- Lowers cholesterol
- Relieves IBS
- Soothes arthritis

www.undergroundhealthreporter.com
Walnuts Shown to Fight and Prevent Breast Cancer, and More

by Elizabeth Renter
September 5th, 2012
Updated 11/01/2012 at 10:46 pm

Researchers working on matching grants from the American Institute for Cancer Research and the California Walnut Commission have found that mice who eat walnuts are less likely to develop breast tumors than those who do not.

The mice used were “specially created to develop tumors,” according to US News and World Report. But those who were fed walnuts on a daily basis had a much lower risk of breast tumors. They also had fewer glands with a tumor and smaller tumors when they were present.

According to Elaine Hardman, the study’s author, “These laboratory mice typically have 100 percent tumor incidence at five months; walnut consumption delayed those tumors by at least three weeks.”

The mice were given what would be equivalent to 2 ounces of walnuts in humans.

The research showed that the omega-3 fats, antioxidants, and phytosterols in the walnuts were what contributed to the tumor resistance.

“It is clear that walnuts contribute to a healthy diet that can reduce breast cancer,” said Hardman. She added that although the study used mice, it is a “good idea” for people to increase their own walnut consumption. How much of her opinion was swayed by who was funding the study isn’t clear. However, even without money coming from people with vested interests, findings like these wouldn’t be shocking for a whole, natural food like walnuts.

And this isn’t the first time research showed that omega-3 fatty acids should be included in a diet for breast cancer patients and for those looking to prevent the health issue. One study involving about 35,000 post-menopausal women found that women who took the supplements daily had a 32% reduced risk of developing the most common form of breast cancer.
Another study examined the relationship between omega-3 fats and breast cancer outcomes. It found that women who consumed the most EPA and DHA (omega-3s) had a 26 – 28% reduced risk for breast cancer recurrence than those women who consumed the least amount of the fats.

**Other Health Benefits of Walnuts**

In addition to being great for a breast cancer prevention diet, we know the following healthy facts and health benefits of walnuts:

- Rich in vitamin E, walnuts can protect against heart problems.
- The sometimes bitter skin around a shelled walnut contains 90% of the beneficial phenols in the nut, so leave the skin on!
- Tree nuts in general can reduce risks of gallstones and type 2 diabetes.
- Walnuts can improve the health of your blood vessels.
- They are satisfying and though they are relatively high in calories, studies say they aren’t linked to weight gain.
- Seven walnuts a day is enough to reap the benefits.

Walnuts are a great addition to any diet; throw them in a trail mix, on yogurt, or in a salad. Keep them natural and steer clear of those that are salted, flavored, or covered in sugar.

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**Health Benefits of Celery**

- **IMMUNE SYSTEM**: The high amounts of vitamin C in celery promote a healthy immune system.
- **DIURETIC**: Celery has been used as a diuretic for centuries. Its diuretic effect comes from its balance of potassium and sodium which helps to flush out excess fluid from the body.
- **CANCER**: Celery contains coumarins which have been shown to be effective in the prevention of cancer.
- **INFLAMMATION**: Celery is believed to have anti-inflammatory properties, which may help with ailments attributed to inflammation such as arthritis.
- **CHOLESTEROL**: The pthalides in celery may also lower cholesterol by increasing bile acid secretion.
- **BLOOD PRESSURE**: Celery contains pthalides, which have been shown to lower blood pressure by relaxing the muscles around the arteries and allowing vessels to dilate. The calcium, magnesium, and potassium in celery also helps regulate blood pressure.
The Amazing Benefits of **CELERY**

**Immune System - Booster**
The high amounts of vitamin C in celery promote a healthy immune system.

**Diuretic** - Celery has been used as a diuretic for centuries. Its diuretic effect comes from its balance of potassium and sodium which helps flush out excess fluid from the body.

**Cancer Prevention** - Celery contains coumarins which have been shown to be effective in the prevention of cancer.

**Anti-inflammatory**
Celery is believed to have anti-inflammatory properties, which may help with arthritis.

**Lowers Blood Pressure** - Celery contains phthalides which have been shown to lower blood pressure by relaxing the muscles around the arteries and allowing vessels to dilate.

**Lowers Cholesterol** - The phthalides in celery may also lower cholesterol by increasing bile acid secretion.
The answer to halting the growth of an aggressive form of breast cancer may be found in your kitchen pantry or local farmers market, according to new scientific research. Putting millions of dollars worth of funding into the breast cancer drug industry to shame, researchers recently unveiled amazing new research that shows an ingredient known as apigenin — found in celery and other produce — is a cheap way of stopping breast cancer in its tracks. The sad part? The researchers even admit in their write-up that it will be virtually impossible to receive funding for further research because the pharmaceutical companies cannot profit from it!

That’s right, the scientists actually come out and say that due to the convenient and inexpensive nature of this cancer-fighting substance, big pharma cannot make any money off of it. As a result, the research will most likely be halted. Could it be any more apparent that these corporations are not interested in curing any disease? It is no wonder that cancer drugs have actually been found to kill patients more quickly than cancer itself, and are astronomically overpriced. In a telling statement, study co-author Salmon Hyder writes:

“Since apigenin is easily extracted from plants, pharmaceutical companies don’t stand to profit from the treatment; hence the industry won’t put money into studying something you can grow in your garden.”

The treatment, of course, could be utilized by everyone from their own homes. The study found that apigenin worked even on deadly, fast-growing breast tumors through inhibiting cell growth and suppressing the expression of a gene that is known to be associated with cancer growth. In other words, it is a miracle super-ingredient. Furthermore, blood vessels that are known to fuel cancer cells were also found to shrink and receive restricted nutrient flow to the tumor — starving the ability to proliferate.

All of these effects were from foods rich in apigenin such as celery, parsley, thyme, as well as a wide variety of fruit and vegetables. It is even possible to find apigenin in supplement form, which could allow for higher concentrations for cancer sufferers. The fact that pharmaceutical companies and cancer
research organizations alike continue to fund major drug development studies while ignoring the true power of ingredients like apigenin, turmeric, and ginger, shows their inexorable desire to run away from the true cure. Needless to say, this is only one of many cancer fighting foods.

Cranberry juice beats infection

Women have long suspected the humble cranberry can help them beat urinary tract infections - now it is official.

Scientists from Finland have proved that drinking its juice can cut the risk of infection by half.

Up to 60% of women have a urinary tract infection at some point in their lives and at least a third of these will have a recurrence within the next year.

Women in the 25-29 age group and the over 55s are at most risk of urinary tract infection.

Cranberry Juice – The All Natural UTI Medicine

by Contributor
November 17th, 2012
Updated 11/17/2012 at 2:05 am

By: Robert Smichtz

It has been long known that cranberry juice can offer a variety of health benefits (when ingesting in the right form). Some of the most recent research involving cranberry juice examines how the juice is even...
effective at treating bladder infections. While most people with a bladder infection swiftly race to the doctor for antibiotic treatment, the infection causing bacteria are becoming resistant to our medicines, and something needs to be done. That something may be as simple as drinking cranberry juice.

Studies on cranberry juice’s ability to cure bladder infections have been performed before, but with mixed results. Some studies have shown that the cranberry juice did in fact clear up the infection, and at times even prevented future infections from occurring. Other studies, on the other hand, have shown no correlation between cranberry juice and the dissipation of a bladder infection.

Why the differing results in these studies? Some of the studies were using less-than pure cranberry juice – juice cocktails that were loaded with sugars and other ingredients. Namely, Ocean Spray’s cranberry juice. It is crucial that real cranberry juice be used when trying to clear up an infection for two reasons. Firstly, these cocktails are too diluted to be effective and offer any real benefits. Secondly, too much sugar can actually further irritate a bladder infection, giving the user the opposite results than desired.

Experts now advise drinking pure organic cranberry juice or a cranberry juice extract in order to get the full benefits of the juice. Doing so will help relieve and prevent infection.

Recently, scientists have been doing more studies on the juice’s useful properties, with an extra focus on children. Researcher from the University of British Columbia took a small group of 40 children who had experienced 2 or more urinary tract infections in the past year, and gave them each some cranberry juice. Each child was randomly chosen to drink either pure cranberry juice, the kind known to help prevent urinary tract infections, or another, ‘artificial’ cranberry juice. The beneficial cranberry juice has high levels of what’s known as PAC (proanthocyanidin), while other juices lacking in PAC offer little to no benefit.

The results were outstanding. Children drinking the pure cranberry juice had an almost 66% less infection recurrence rate than the children that were assigned the other juice to drink. The study helped show that real, true cranberry juice, not diluted sugar filled juice cocktails, greatly reduced the occurrence of urinary tract infections in all age groups, even children.

The findings were such a high indicator of the benefits of cranberry juice that a skeptical doctor from Boston Children’s Hospital now prescribes his young patients cranberry juice and cranberry juice extracts for urinary tract infections. If that was enough to change a mainstream medical doctor’s treatment methods, it should be enough to convince everyone. Sometimes a natural substance beats our medicines, and cranberry juice is one of those natural substances.

**Replenish ‘Good’ Bacteria to Prevent Urinary Tract Infections**

*by Susan Patterson*

*December 20th, 2012*

*Updated 12/20/2012 at 12:58 am*
A urinary tract infection, also known as cystitis, is a painful bacterial condition that can begin anywhere in the urinary system. Women are far more likely to develop a urinary tract infection than men. (The chances of a urinary tract infection in women is even higher from consuming antibiotic-fed chicken). Between 50% and 80% of women will experience recurrent urinary tract infections in their life, leading to an estimated 2.5 billion dollars being spent on the problem in 2000. Infections, caused by a lack of vaginal lactobacilli (good bacteria), often reoccur and must be treated repeatedly. But replacing diminished lactobacilli may help keep urinary tract infections at bay.

Researchers published findings from a double-blind placebo-controlled trail to test whether or not the replacement of good bacteria would help keep urinary tract infections from occurring.

Those participants in the study were young women who had a history of recurrent urinary tract infections. All 100 participants were given antibiotics for the infections. Fifty women were given a suppository probiotic and 50 women received a placebo for five days, and then once a week after this for ten weeks.

Results of the study indicate that the probiotic may help reduce the rate of recurring urinary tract infections in women prone to such infections. Seven of the women who received the probiotic had a recurring urinary tract infection, while 13 women had recurring cystitis in the placebo.

What are probiotics? Probiotics are living bacteria that are found in fermented foods or in supplement form. Consuming probiotics helps to bring balance to the body, improve overall health, and strengthen the immune system. In addition to helping with urinary tract infections, probiotics have been found useful in the treatment of inflammatory bowel disorder and Chron’s disease.

Another UTI Solution

Although the probiotics seemed to help in the research, the positive impact was small in that particular study. Additionally, antibiotics are not required to treat the problem. An alternative and promising solution for the treatment of UTIs is cranberry juice. Some studies have shown that the cranberry juice did in fact clear up the infection, and at times even prevented future infections from occurring.

Researcher from the University of British Columbia took a small group of 40 children who had experienced 2 or more urinary tract infections in the past year, and gave them each some cranberry juice. Each child was randomly chosen to drink either pure cranberry juice, the kind known to help prevent urinary tract infections, or another, ‘artificial’ cranberry juice. Children drinking the pure cranberry juice had an almost 66% less infection recurrence rate than the children that were assigned the other juice to drink.
Nature’s Chemotherapy

This list is of the foods or spices that are available but are toxic and have natural poisons like chemotherapy. These poisons are more toxic to the cancer but still are toxic to people. Use them carefully and with help.

• Poke root Poke salad
• Aconite
• Oleander
• Magnolia bark
• California yew bark
• Vinca periwinkle
• Burdock
• Sophora fruit
• Tea tree oil
• Amoni seeds
• Cape jasmine Fruit
• Peony root
• Akebia
• Lobelia
• Phytolacca
• May apple (Podophylum)
• Celidine
• Graviola, Paw Paw

There are more than these reported in the literature. These are just a few. Mix these into your diet and cooking there are many recipes for you to follow and cook for your cancer patient.
Common sites and symptoms of Cancer metastasis

**Brain**
- Headaches
- Seizures
- Vertigo

**Respiratory**
- Cough
- Hemoptysis
- Dyspnea

**Lymph nodes**
- Lymphadenopathy

**Liver**
- Hepatomegaly
- Jaundice

**Skeletal**
- Pain
- Fractures
- Spinal cord compression
Abstract

This study demonstrates the safety and effective use of the SCD device in a large-scale study. A large scale study of over 67,000 patients with over 277,000 patient visits demonstrated the results. Many of these patients had cancer, and the results of their therapy were reported in this study. The SCD device used the principle of Quantum Electro Dynamic (QED) as the basis of an energetic medicine technique for healing. Biomonitoring, Biofeedback, Therapeutic Acupuncture, Electro stimulation, Neurostimulation, Neurophysiological feedback, Psychological Therapy, and electro-stimulation in the evening and morning. Therapy and more were performed in the evening and morning. Cancer is a drug addiction of the metaphysical and organic organs. This dynamic shifts the energy from excitation to relaxation. Thus the cancer cells grow. This is explained in the PROGREDIANCE and in the R4UBE cancer mysticism. The SCD device can maintain the organic dylation and thus destroy the cancer cells. In this study the disease group total number of patients was 7,091, with Subacute Treatment 2,093 patients, and 5,998 SCD Home Patients. There were

Subacute Treatment 2,093 patient visits, SCD Home Treatment 3,190 patient visits.

The results show dramatic promise for the future that the QED functions of the SCD can have healing effects on cancer patients. There were over 2,000 cases of cancer reported in this study. More than fifty percent of the patients reported positive results. There was significant negative effects reported.

Introduction

Overview

This large scale research was designed to produce a extensive study of people with a wide variety of diseases to see who gets or feels better while using the SCD for chronic reduction and patient monitoring. The SCD is a virtual potential Quantum Electro Dynamic Corporation that gauged how the individual's electron system affects their outcomes. The device is registered in Europe, America, Canada, Australia, Asia, Mexico, and elsewhere. The traditional software is fully registered. Some additional functions are determined by the manufacturer to be worthy of evaluation. Thus this study was necessary to determine safety and efficacy. As a result of these studies these additional functions are now registered within the SCD.

An European ethics committee was officially registered and governmental permission attained to do the significant risk study. Qualified registered by the Ethics Committee/Institutional Review Board of the study. The patients were enrolled from all over the world including N. America, Europe, Africa, Australia, Asia, and S. America. They were trained in the aspects of the study and how to attain informed consent and format the results to the ethics committee for IRB (Institutional Review Board).

2,569 patients enrolled in the study. There were 68,790 patients, 99% had more than one visit. 45% had over two visits. There were over 277,000 patient visits recorded. The therapists were

ICACT
International Congress on Anti-Cancer Treatment

A World Leading Educational Meeting

Paris, France
Palais des Congrès

CANCER
Large Scale Study of the Safety and Efficacy
of the SCD device
Chief Editor
Andreas Tulle, MD, DAIEEE
http://www.downloads.imune.net/medicalbooks/3D%20views%20on%20natural%20cancer%20therapies.pdf

http://www.youtube.com/watch?v=FbWORLtvOTw QED and Cancer

http://www.youtube.com/watch?v=sFweuK_Xzzw child cancer

http://www.youtube.com/watch?v=lukLJNBTz88 radiation and cancer
AFTER YEARS OF TELLING PEOPLE CHEMOTHERAPY IS THE ONLY WAY TO TRY AND ELIMINATE CANCER, JOHNS HOPKINS IS FINALLY STARTING TO TELL YOU THERE IS AN ALTERNATIVE WAY ...

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.

2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.

3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.

4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.

5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.

6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastro-intestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs. There is no such thing as a safe X-ray and ionizing radiation causes cancer. X-ray tests for cancer can cause cancer.

8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.

9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.

10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.

11. An effective way to battle cancer is to STARVE the cancer cells by not feeding it with foods it needs to multiple.

What cancer cells feed on:

a. Dextrose Sugar is a cancer-feeder. By cutting off high glycemic sugar and synthetic sugars like nutrasweet and high fructose corn syrup it cuts off one important food supply to the cancer cells. Note: Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses but only in very small amounts. Table salt has a chemical added to make it white in color and thereby bad. Better alternative is Bragg’s aminos or sea salt.

b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk, cancer cells will starved.

c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.

d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells.

To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).

e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water--best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.
12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines will become putrefied and leads to more toxic buildup.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Flor-ssence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the body's own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor.

Anger, unforgiving and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

“All truth passes through three stages. First, it is ridiculed, second it is violently opposed, and third, it is accepted as self-evident.”

- Arthur Schopenhauer German philosopher, 1788-1860.
Cancer increases since 1975 along with increases in SINthetic Chemicals.
Childhood Cancer rises alongside sugar use. Dextrose Processed Sugar weakens the cancer immune defense.

PROTECT CHILDREN FROM TOBACCO EXPOSURE

A Campaign by RCG-SL
EMAIL: rowaca cancercancersl@gmail.com

We are the future... Protect us!!
Truth and Criticism are Bitter Pills that Help People to Heal their Souls

When one knows how to take criticism, one knows the art of life and death. When the criticism has truth, it makes extra pain. Truth and Criticism tests one’s maturity and the ability to improve and do better in life. The best of friends at times could be one’s worst enemies because the friend might remind you of a truth that hurts. When the truth hurts, it makes some people strike out at the truth’s source to deal with the pain. Weak minds always shoot the messenger of a truth that hurts.

The truth is that the 5-5-11 firmware was never tested for biofeedback functions. Regardless of who did not do it, the absolute truth is the indigo biofeedback functions were not tested in the 5-5-11 firmware till June 2012. This is an undeniable fact that makes great pain for the people responsible. The next obvious truth is that only with the 12-12-12 version and the BIG does the indigo do biofeedback to compliance levels. This truth came as unwanted criticism to the QWV TQA people. Right after getting this news certain of them left and abandoned the rest to deal with it. The rest choose to not deal with it as adults but rather as hurt children they decided to shoot the messenger.
QWV and TQA have taken this above undeniable truth and criticism in a negative way and tried to hide and twist the truth. That is doing them great harm; and shows they are not in a position to understand themselves or to deal with this truth. This truth and the Criticism have come as a bitter pill but it could prove good for you. As Winston Churchill rightly said “Criticism may not be agreeable, but it is necessary. It fulfills the same function as pain in the human body. It calls attention to an unhealthy state of things.”

Desire’ and BHO have given them an opportunity to show that they can be a good persons and magnanimous hearts even under adverse and trying circumstances. But so far negativity and bitterness have been shown and nothing else. No display of honor or integrity but whining and twisting lies to cover the truth. And the final proof of the dodge of truth by QWV has been that they have cut-off communication with Desire’ and BHO. The undeniable sign of an inability to deal with truth and criticism is when you cut-off communication with the critic and messenger of truth.

Joni Job made shoddy harnesses and thus reacted violently to cover up her incompetency. Susan McKay does not deny representing a fraudulent competitor which explains her violent attacks on the messenger. Monica E. was an employee for the company and her sour grapes defense are thus exposed. Gage took over the head of QWV and here we see why she is trying so hard to hide the faults of the company. Judging from the other cranks or Fem-Nazis as some have called them, their negative comments come mostly from bigotry and hurtful spite.

If we hit back with mindless negatively at messages we don’t like, then we just bury the truth deeper and the bad Karma grows. QWV had a big problem and they wanted to pass on the problem on to someone else. In ignoring the problem they lost face with so many. Only a few ignorant cranks and bigots stood by them. We say ignorant because they ignored the truth. And when the truth is not completely dealt with No one is a winner; all are losers because the “negativity” will pull all down further. No success by ignoring truth and law remains or can be a permanent success.

QWV has become like a palace of sand likely to fall from the first blow of the wind. In most eyes they have fallen already. Liver is the seat of anger. Bitterness is the cure for the liver. Bitterness cures anger, but there comes a time to let go. Healing takes time, but since this situation has gone past one year, it is quite enough time.

Perhaps all of us love to be praised; and only a few of us tolerate to be criticized. There is nothing wrong with a “shower of praise” by our so-called well-wishers and bigots. What is wrong is that QWV and TQA became “falsely bloated” after a wash of public pity they thought was praise. And therein lays the first step to emotional downfall.

Norman Vincent Peale, the author of The Power of Positive Thinking, had this to say, “The trouble with most of us is that we would rather be ruined by false praise than saved by true criticism.” That only means that if one knows how to handle, truth and criticism is by far better than only listening to false praise.

The moral: One who tries to avoid truthful criticism is a person who tries to shirk any work of importance. He says nothing and does nothing; and as someone had said, he “becomes nothing”! QWV has become nothing.

This is from Laima Jonasiene MD, deal with the message rather that the messenger. But that is what you should do anyway; at least that is what intelligent adults do. They rationally deal with the message.

“There is only one way of victory over the bitterness and rage that comes naturally to us--To will what God wills brings peace.”
– Amy Carmichael
“Bitterness is like drinking rat poison and waiting for the rat to die.”
– John Ortberg Jr., Everybody's Normal Till You Get to Know Them

A Lie is always bitter in the end. No matter how sweet that you made at the beginning.

Gisell Rifmily quotes

Don't be bitter; bitterness enslaves you, but God is prepared to remove your bitterness and replace it with His peace and joy.

Buddha

"Three things cannot be long hidden: the sun, the moon, and the truth."

So the truth stares us all in the face once again. The 12-12-12 and the BIG is a mandatory for all indigo users. How this came about is not important.
BHO has tried over and over again to open communications and heal this tragedy. I have seen BHO try everything they can to help heal the industry, but QWV stubbornly holds onto bitterness. It remains to be seen if QWV can ever let go and move on and accept the truth. Stop shooting the messenger.

Jonas, Brad, Laima, Brunno and Desi at the 2013 conference
Some powerful spiritual orbs appeared at the congress on our parties and celebrations. Spiritual angels of great power and messages of power and truth became apparent for the future.
The largest orbs we ever saw appeared at our conference.
What are Orbs?
Orbs have many names including globes, globules, balls of light, and hovering round balls. They appear in all ranges of brightness from bright-&-glowing to faded-&-barely-visible. They are usually quite fast and follow an erratic pattern of flight. Positive orbs are believed to be the spirits of the dead by many. However, other theories suggest that they might be separate life forms or even nature spirits. The problem is that many orb photos are false positives.

What percentage of orb photos are false?
As you might know there is a controversy concerning orbs in regards to authenticity. Although a lot of them are believed to be authentic, there are still many showing up as a result of airborne particles (dust) at the time of the flash. This happens in both indoor & outdoor shots. Because of this, it's making it really hard to disassociate the false positive orbs from the real ones. An example of airborne particles would be like opening a heavy curtain inside of a dark room to let in the light. Have you ever done that and seen all the dust in the beam of the light? Well dust can show up in pictures as orbs, especially when dust is close to the lens, and most especially with digital cameras. That's just one example, moisture (humidity), mold, & pollen are also contributors of false positive orb photos. Because of this, there is no real way to confirm authenticity with our present knowledge, therefore the consensus would have to be that most orb photos are false positives. When orbs appear in a particular location, it's also a sign that angels are hovering nearby and the location is particularly blessed.

What should I look for in an orb photo?
As mentioned above there is no official way to determine authenticity of an orb within a photo but here are a few key elements to keep in mind. 1. A bright orb is more likely to be real than a faded one. 2. Multiple orbs in a single photo are most likely dust motes. 3. Orbs that are bright and show a vibrating effect within the photo are likely to be real. 4. A slight trail is also something to look for in determining true orbs.
We live in a fast-paced world where immediate results are yearned for. If we are sick, we want to have a prescription within hours and medicine to cure our symptoms in a day or so. We do not care about the cause of a disease. We want the symptoms to go away. But is this Health Care? Do we have a choice of natural versus synthetic drugs?

All over the world citizens are endlessly relying on the power of medicine. We all want to make sure our loved ones are healthy, and decline to believe that modern medicine could actually harm them.

For years, modern medicine has ruled Western culture. It has become part of our customs as we continuously obtain medicine on a daily basis. From a simple dose of aspirin to more intense treatments like chemotherapy and daily medical visits, we cannot help but feel drawn to such assistance. After all, medicine has the ability to heal, fix, and alleviate problems that afflict billions of people each year. So why not jump on the bandwagon and hand over your life to modern medicine? Think before you leap. There is evidence for synthetic drugs but side effects for being harsh. There is a logic of natural medicine but little evidence. And there are wars in both camps ready to lie to make money.

“My voice is weapon”

Desiré Dubounet
LOOK!!!
I just found a Natural Cure for Cancer

What? No Patent?
and cut off our funding?!
and upset our profit
the hell you have...