

Herbs Traditionally Used For People Dealing With Cancer

Please note that without specialist knowledge, it is not recommended that you treat yourself for cancer using herbs. Please consult a Medical Herbalist for help and understand that due to the Cancer Act 1939, it is illegal for alternative and complimentary practitioners to say that they can help you to heal cancer. This explains why many people meet with hesitancy when they ask their complimentary health provider if they will be able to help.

A Medical Herbalist will focus on treating the whole of you by supporting your body with the appropriate herbs and this holistic approach will include herbs which directly address, inhibit and reduce tumour activity.

The following information is not to be taken as medical advice and anybody considering using herbs needs to understand that no treatment should be undertaken without first consulting your oncologist.

To find a Medical herbalist, go to: http://www.nimh.org.uk/?page_id=1627

You may also contact the National Institute of Medical Herbalists (NIMH) and ask for a practitioner in your area.

The following are my preferred cancer herbs, which can be used as part of a holistic protocol.

Tumour Breakdown - addressing the tumour directly using oral, rectal and local applications of herbs and supplements. Chapparral, Red clover, Golden seal, Calendula, Pau d'Arco. Cats Claw, Garlic, Curcumin, Apricot kernels.

Please note that herbs are a very useful adjunct to conventional medicine and can greatly improve outcomes if used properly.

Chaparral - Larrea divaricata / Larrea Tridenta (Creosote Bush)

Constituents: Two guaiuretic acids, lignins (including nordihydroguaiaretic acid - NDGA - 1-1.5%),

Essential oil (incl. Limonene, Pinene, Eudesmol, Calamene), 18 flavanoids (incl. Quercetin), Larreic acid, free steroids (incl cholesterol, Stigmastrol, Sitosterol), gums, resin, protein acids.

Actions: Antibiotic, powerful blood cleanser, bactericidal, anti-inflammatory, alterative, respiratory and urinary antiseptic, anti-oxidant, anti-psoriasis, anti-arthritis: Contains NDGA a powerful parasiticide. Anti-tumour, anti-microbial. Strong bitter. All body cells feel its influence. Of low toxicity.

Uses: Regarded as a 'cure-all' by the Arizona Indians. Found abundantly in California, Nevada, Arizona and New Mexico, the Chaparral bush exudes a characteristic fresh, spicy-green creosote-like scent.

It has always been valued by Native American tribes as a good anti-infective and antiseptic remedy.

Chaparral protects itself against predators and microbes with its essential oil and resins.

According to 'Herbal Medicine, Healing and Cancer' Donald Yance, NDGA inhibits aerobic and anaerobic glycolysis (the energy producing ability) of cancer cells. The flavonoids present in Chaparral have strong anti-viral and anti-fungal properties. Ingrid Naiman sites in her book "Cancer salves" research done at NCL which showed Chaparral is "very active against cancer". It has been described by many as an "industrial strength liver cleanser" that radically mobilises liver congestion.

Preparation of Chaparral: Native Americans prepared it by placing the leaves and twigs in a vessel and pouring boiling water over them, letting the brew stand overnight. They drank a small amount before meals and at bedtime.

"Antiseptic, anti-inflammatory and astringent ointments, washes, compresses are all excellent for topical use, which includes skin eruptions, tumours, (including cancer), boils, ulcers, wounds and haemorrhoids" (Peter Holmes - Western energetics of herbs).

Vaginal douches and sponges are effective for vaginal infections and discharges of most types.

The dose of Chaparral is 4-8 g daily / 1-2.5 ml tincture.

Red Clover - Trifolium pratense

Constituents: Caffeic, silicic, oxalic, salicylic acid and other acids, essential oil, flavanoids, isoflavones, resins, coumarins, vitamins, minerals.

Actions: Deobstructant, anti-spasmodic, alterative, sedative, expectorant. Mild stimulating and relaxing alterative with affinity for mouth and salivary glands (Priest). Anti-inflammatory, reported anti-neoplastic for reduction of tumours and hard swellings, especially in the ovaries and breast.

Uses: Excellent alterative, one of the main herbs in the Hoxey formula. Mouth ulcers and sore throat, skin diseases, eczema and sores that refuse to heal.

Recent investigation of this plant has found it to be rich in isoflavones, such as biochanin A and genistein, which exert powerful anti-oestrogen, anti-cancer, and antiangiogenic effects, Red clover seems to be most active against prostate, breast and colon cancers and melanoma.

Coumarin has been shown to stimulate macrophages and reduce the recurrence of metastatic melanoma.

Twenty-seven patients who had recently undergone surgical excision of malignant melanomas received either 50mg a day of coumarin or a placebo in a randomized double-blind trial During a follow-up period of two and a half to three years, there were two recurrences of melanoma in the thirteen patients treated with coumarin compared to ten recurrences in the fourteen patients given a placebo

The dose of Red clover is 10 - 16 g or 2-5ml tincture

Goldenseal - Hydrastis canadensis

Constituents: Berberine, hydrastine, canadine, resin.

Actions: Alterative, choleric, antiseptic, anti-inflammatory, anti-microbial, bacteristatic, bitter diuretic, haemostatic, powerful stomach and liver tonic, detoxifier, increases blood supply to the spleen.

Uses: Berberine has potent anti-tumour activity, particularly against malignant brain tumours.

Mucous membranes generally. Ulceration of the mouth, throat and intestines.

Heartburn, chronic dyspepsia, gastric and duodenal ulcer.

Standard dose 0.5 - 1g daily.

Marigold - Calendula officinalis

Constituents: volatile oil, flavanoids, triterpenes

Actions: Immune stimulant, anti-inflammatory, anti-fungal, anti-spasmodic, anti-anti-cancer (Thomas Bartrum Encyclopaedia of Herbal Medicine), menstrual regulator.

Uses: A remedy which should follow all surgical procedures. Enlarged and inflamed lymphatic glands, gastric and duodenal ulcer, jaundice, gall bladder, vaginal thrush.

Standard dose 1-4 g or equivalent daily.

As an infusion, can be used as an enema for inflammation within the large intestine and to support the lymph-clearing ability in the pelvic cavity.

Pau d'Arco - Lapacho tree

Constituents: lapachol (suppresses tumour formation and reduces tumour viability), flavones, quercetin and quinones.

Actions: Alterative, choleric, antiseptic, anti-inflammatory, anti-microbial, bacteristatic, bitter diuretic, haemostatic, powerful stomach and liver tonic, detoxifier, increases blood supply to the spleen.

Uses: American research has shown that Pau D'arco inhibits some solid tumours. It is also a mild analgesic for some cancer patients and is completely safe as a whole herb. Pau D'arco has been proven to be particularly effective against leukaemia (Donald R Yance). The best way to take the herb is as a tea - drinking up to 1 quart of tea daily (EM McKelvey et al 1979). The tea has an anti-mitotic action.

Standard dose 0.5 - 1g daily.

Uno de Gato (Uncaria tomentosa)

Constituents: isopteropodine, campesterol, quinoline, indole.

Actions: Anti-microbial, anti-viral, astringent, digestive aid.

Uses: Mild anti-tumour activity. In the 1970s, the National Cancer Institute in the USA, tested Uno de gato for its potential use in cancer. But as is often the case with herbs, they could not identify a single patentable agent, so the study was dropped. The traditional way of preparing the herb is of most benefit; add 1 ½ to 2 tablespoons of the herb to a pan of boiling water (about a litre), reduce heat and simmer for 2 - 3 hours until the original amount has been reduced to about one third (about 350 mls)

Goldenseal - Hydrastis canadensis

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Allium Sativum - Garlic

Constituents: Volatile oils, B group vitamins, minerals, Allicin, Allithiamine, Biotin, Essential oil, Selenium, Germanium. Gurwitch rays: Emitted by Garlic, these are an unusual type of ultraviolet radiation called Mitogenic Radiation. The rays can rejuvenate the whole body

Uses: Prevents build up of cholesterol in the blood. Amphoteric action for blood pressure. Anti-tumour activity reported by Y. Kimura and K. Yamamoto. Thins the blood, increases the circulation and reduces blood platelet clumping and stickiness.

Destroys fungi, viruses, bacteria and parasites.
Normalises blood pressure whether high or low.
Helps lower high cholesterol and triglyceride levels.

Balances high and low blood sugar levels.
Helps neutralize and remove heavy metals from the body.
Assists the immune system in many ways, partly by calming and repairing the entire system.
Treats auto-immune diseases such as; rheumatoid arthritis, where there is excessive inflammation of an imbalanced immune system.

A Russian electrobiologist, Professor Gurwitch, discovered that Garlic emits a type of ultraviolet radiation called Mitogenic Radiations. Now referred to as Gurwitch rays, they have a cell-stimulating growth capability and a generalized rejuvenating effect on the body. Finally, Bernard Jensen at the University of California, Los Angeles, found that Garlic extract retarded the growth of skin cancer cells.

Immune & Systemic Support Coriolus versicolor, Astragalus Membranoseous, Thuja, Apricot Kernals, Curcumin (Turmeric).

Coriolus versicolor - Turkey Tail Mushroom

is the most ubiquitous mushroom in the world. It grows on fallen trees and stumps from the sub-arctic to the tropics.

Considering the vast array of bacteria and other fungi it has to compete with for space, it stands to reason that it must possess a powerful immune system.

Known active compounds: β -glucans Ergosterol (provitamin D2) derivatives PSK (protein bound polysaccharide, β -(1-4)-D-glucan protein) PSP (polysaccharopeptide)

Uses: *Coriolus versicolor* is the most widely researched immune-enhancing mushroom. This mushroom is ranked Number 1 by John Boik in his highly acclaimed book entitled *Natural Compounds In Cancer Therapy*.

Physiological Effects of Coriolus, Promotes the proliferation of T cells and pre-T cells, Increases thymus weight, Increases the biological effects of radiation. Possesses direct cytotoxic effects to tumor cells and inhibits tumor

growth. Increases the production of IL-2, IgG, C3, and interferon. Raises the activities of NK cells and macrophages, Maintains and raises white blood cell count, Lessens the side effects of chemotherapy and radiotherapy, reduces pain in terminal patients. Prevents liver injuries induced by CCl₄ (carbon-tetrachloride-based drugs).

Astragalus Membranoseus - Huang chi root In China, it is used in hospitals to enhance the effectiveness of chemotherapy and radiation. It protects the heart, liver and kidney from the toxicity of chemotherapy. Astragalus possesses antitumour activity and prevents platelet aggregation. Astragalan, an extract from Astragalus has demonstrated immune-enhancing abilities, but the active constituents of Astragalus are believed to be the result of a combination of ingredients rather than one single agent. It has been shown to increase tenfold lymphokine-activated killer cells (tumour fighters).

Thuja Occidentalis Active Constituents: Thujone, flavanoids

Uses: "Thuja exercises a peculiar influence over abdominal growths and tissue degeneration, especially that of an epithelial character. It is a positive remedy for cancers of different varieties, tumours, warts, fungoid growths of the skin or mucous membrane" (Dr Finlay Ellingwood). Used for cancer of the womb by Eclectic School of Physicians - late 19th century. Recently, German research has reported results demonstrating that Thuja enhances immune system by increasing interleukin-2 production and stimulating T-Lymphocytes. Thuja also possesses antiviral and immune-modulating abilities that may allow for greater tolerance of chemotherapy and radiation.

Apricot kernels Cancer cells contain enzymes in their mitochondria which break down the B17 in Apricot kernels and this process produces cyanide. The cyanide then destroys the cancer cells - healthy cells are left untouched. No more than five should be taken at one time and no more than 5 within a ninety-minute period. For cancer prevention, according to researcher Philip Day, take 6 a day to prevent cancer and up to 40 a day for people who have cancer. Less than this for people with liver cancer. Please consult an experienced physician for advice here. The dose is 1 per 10lb of body weight. Buy from www.credence.org or Nutri-centre tel: 0845 6027197

Curcumin (from Turmeric - Curcuma longa) Inhibits angiogenesis with an 'anti veg - f' mechanism. This cuts off the blood supply to the tumour. The recommended amount is 1500 - 3000 mg a day. It also has an anti-inflammatory action and supports digestion as well as being highly anti-oxidant. It also causes apoptosis (natural cell death).

Ovarian Cancer research paper - Dr Sood (MD Anderson)

<http://clincancerres.aacrjournals.org/content/13/11/3423.full.pdf>