



# Best Herbal Remedies for Common Ailments

DR LEE WELLARD

# Disclaimer



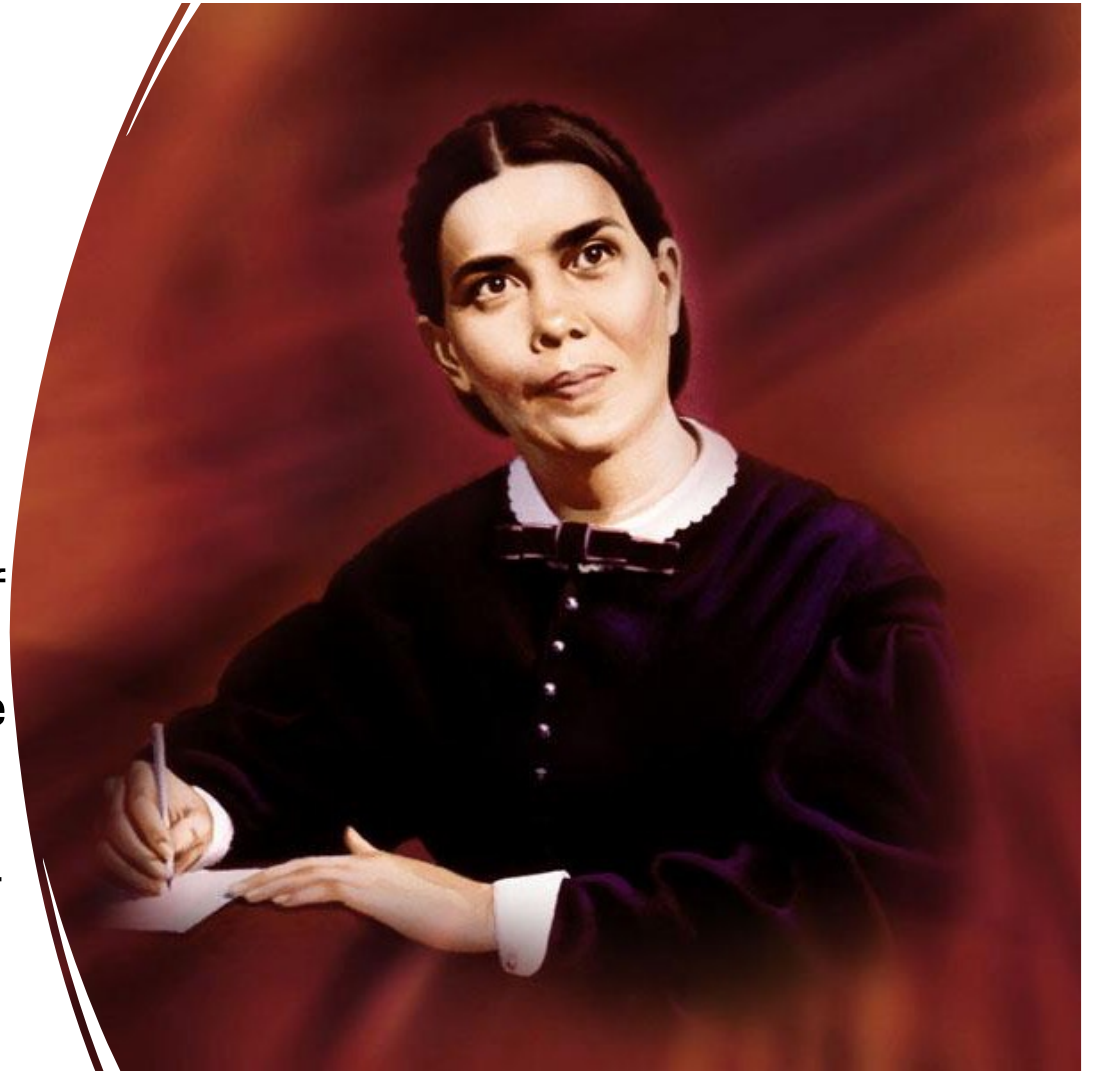
- This information presented is for educational purposes only. No information given is intended to be used as a substitute for good lifestyle habits, or well-informed medical advice. Please use your own common sense in applying what is said place, remember that herbal remedies are not a cookie cutter approach to every condition. What herb may work for one may not for another, and what may be good in certain situations may be not recommended in other situations. There are no panaceas, and there is no one size that fits all. Herbs have their place, and they also have their limitations, however if used correctly they can help solve a lot of issues that may require medical intervention if not used at all. Any health advice can be harmful if not placed in its proper setting, so do your own due diligence that success may attend to your efforts.



# God's Method

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- "This is God's method. The herbs that grow for the benefit of man, and the little handful of herbs kept and steeped and used for sudden ailments, have served tenfold, yes, one hundred fold better purposes, than all the drugs hidden under mysterious names and dealt out to the sick. {PH144 12.2}





- There are simple herbs and roots that every family may use for themselves and need not call a physician any sooner than they would call a lawyer. {2SM 279.1}

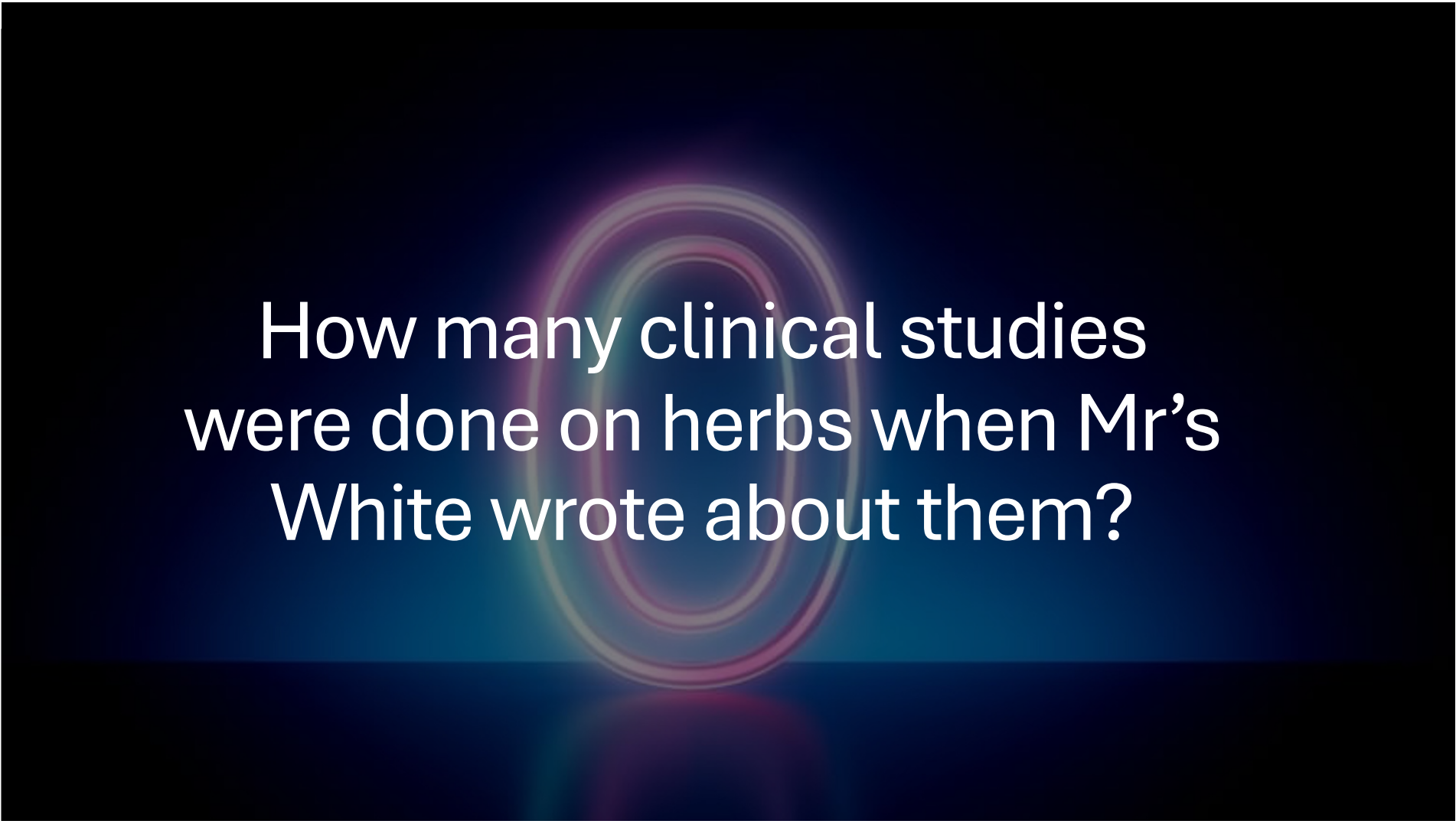


# Every family educated

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- The Lord has given some simple herbs of the field that at times are beneficial; and if every family were educated in how to use these herbs in case of sickness, much suffering might be prevented, and no doctor need be called. These old-fashioned, simple herbs, used intelligently, would have recovered many sick who have died under drug medication. {2SM 294.1}






How many clinical studies  
were done on herbs when Mr's  
White wrote about them?



# Things to be cautious about when it comes to Herbal Research

- Keep in mind that drug companies do a lot of clinical studies on Herbal products and produce a biased slant.
- Make sure there is no conflict of interest when viewing the study, that includes studies from herbal companies.
- Keep in mind that even the best studies are only giving probabilities and not certainties.
- Understand that clinical studies are undertaken to get personal or institutional funding.
- Don't take double blind studies as irrefutable evidence.
- Make sure you understand the limitations of the study.
- Read the whole study before you jump to conclusions

LETTER ▶ Br J Cancer. 2005 Feb 22;92(5):873–875. doi: [10.1038/sj.bjc.6602420](https://doi.org/10.1038/sj.bjc.6602420) 

## Mutagenicity of comfrey (*Symphytum Officinale*) in rat liver

[N Mei](#)<sup>1</sup>, [L Guo](#)<sup>2</sup>, [P P Fu](#)<sup>3</sup>, [R H Heflich](#)<sup>1</sup>, [T Chen](#)<sup>1,\*</sup>

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PMCID: PMC2361893 PMID: [15726100](https://pubmed.ncbi.nlm.nih.gov/15726100/)

### Abstract

Comfrey is a rat liver toxin and carcinogen that has been used as a vegetable and herbal remedy by humans. In order to evaluate the mechanisms underlying its carcinogenicity, we examined the mutagenicity of comfrey in the transgenic Big Blue rat model. Our results indicate that comfrey is mutagenic in rat liver and the types of mutations induced by comfrey suggest that its tumorigenicity results from the genotoxicity of pyrrolizidine alkaloids in the plant.

[https://doi.org/10.1038/sj.bjc.6602420](#) transgenic rat, cH gene, pyrrolizidine alkaloid, tandem base substitution

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## CENTRAL NY NEWS

What's in herbal supplements? Maybe rice, beans, but no herbs, investigation shows

Published: Feb. 03, 2015, 1:26 p.m.

- As part of its investigation, the AG's office conducted DNA testing which it says shows 79 percent of the samples of supplements tested either did not have any of the ingredients listed on their labels or contained other unlisted plant materials.
- Only 4 percent of the tested products from Walmart contained plants listed on the products' labels.





Inspiration is above scientific blinds  
studies





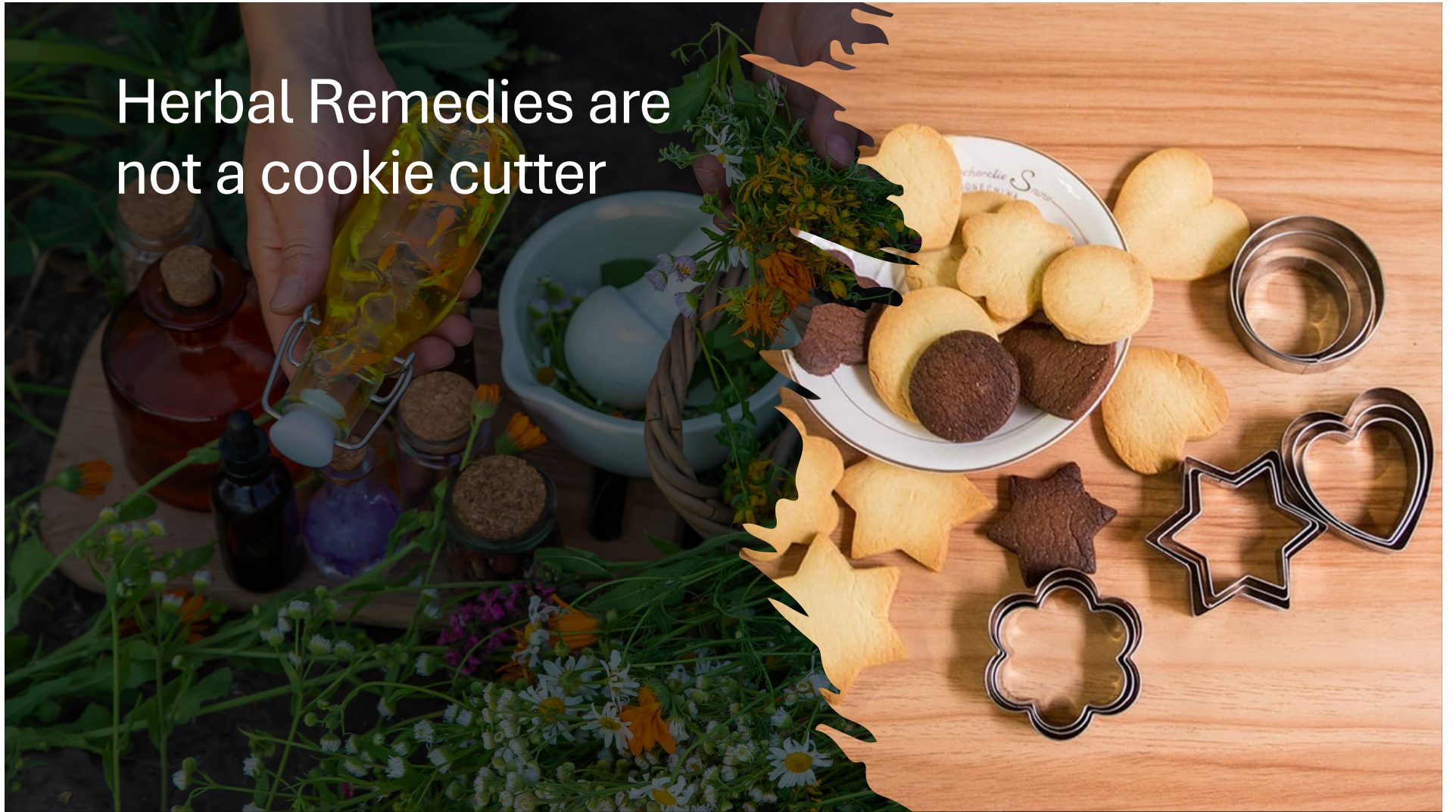
## Principles of Herbal Medicine

- Herbs must be preserved to maintain effectiveness.
- Herbal teas and extracts are the best ways to take herbs.
- Herb dosages vary depending on herb used, weight of person, form they are taken in and condition of person.

## CONT...

- Herbs are best used if the cause of disease is ascertained.
- Herbs are not a substitute for poor lifestyle habits.
- Herbs should be used intelligently, and in therapeutic levels deemed appropriate for the condition.
- Herbs are not to be relied upon continually, unless they are used for nutritional support.

Herbal Remedies are  
not a cookie cutter







Natural remedies can't harm you right???





## Detoxing Dangers

- Any detox should not cause the following: Headaches, migraines, bloating, pain in the stomach, dizziness, heart palpitations, weakness, pain, discoloration of the skin, disorientation, diarrhea, back pain, nausea, vomiting, insomnia, extreme hunger, exhaustion or emotional distress.

## What should a cleanse do?

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- The idea of a cleanse should be to return the organ or system to its natural, normal function by providing it with foods or herbs that are conducive to that natural condition.
- The cleanse should never make the organ or organ system do something other than it does naturally. Excesses and extremes are rarely beneficial to the body.





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## Herbal Cleanse Errors

- There is no reason for any cleanse to cause undo discomfort. You should be able to go about your daily life and activities even while cleansing.
- If your liver cleanse has curled you up on the bathroom floor moaning in agony for half the night, it's probably doing you more harm than good.



# Detox Red Flags

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- Avoid Cleanses that:
- Advertise a quick fix
- Are so extreme that they require preliminary steps to condition your body...to prepare for the shock.
- Require restoration, or replenishing or recovery to your digestive system.





# Cont...

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- Require a significant decrease in calories.
- Put stress on the body or mind.
- Eliminate whole foods groups that God has given us to enjoy.
- Counsel you to abstain from exercise, drinking enough fluids or are intemperate in nature.





Olive Oil Cleanse



# The detox promises

- Lose weight quickly
  - Eliminate toxins
  - Rids body of gallstones
  - Cleanses the liver
  - Increase energy and vitality
  - Removes debris from the brain
- 
- It's Natural, what could go wrong???



## How might a liver cleanse cause side effects?

- Depending on the "recipe" one follows, cleansing may have different adverse effects. For example, a lot of individuals cleanse their livers using olive oil. When consumed in excess, this may have a laxative effect.
- The following symptoms are possible for some people to experience after a gallbladder cleanse:





Cont...

- Diarrhea vomiting nausea
- Depending on the herbs or other things someone utilizes in their cleanse, there could be additional negative consequences.



## “Normal” Side-effects

- 24-48 hours of Diarrhea
- Nausea
- Vomiting
- Headaches
- Gas
- Fatigue
- Dizziness



## A typical Juice Cleanse Regimen

- The Ease In
- Day 1 – Salads, soups, smoothies, juices.
- Day 2 – Soups, smoothies, juices
- Day 3 – 1 liter of orange juice (add 2 T of maple syrup, for extra calories).
- The 10 day Diet





## Cont...

- Drink 6-12 cups of lemonade made with fresh lemons, cayenne and maple syrup. Drink as much water as you want, this will help you feel less hungry, don't exercise as you are too weak.
- The Ease Out
- Day 1 – 1 liter of orange juice
- Day 2 – Fruit or veggie juice
- Day 3 – Raw fruits and vegetables
- Day 4 – Regular diet, but add lots of probiotics, because the diet wipes out all the beneficial bacteria in your gut (I'm not making that up, it's on their website.)

Grains used for porridge or "mush" should have several hours' cooking. But soft or liquid foods are less wholesome than dry foods, which require thorough mastication. {CD 314.4}



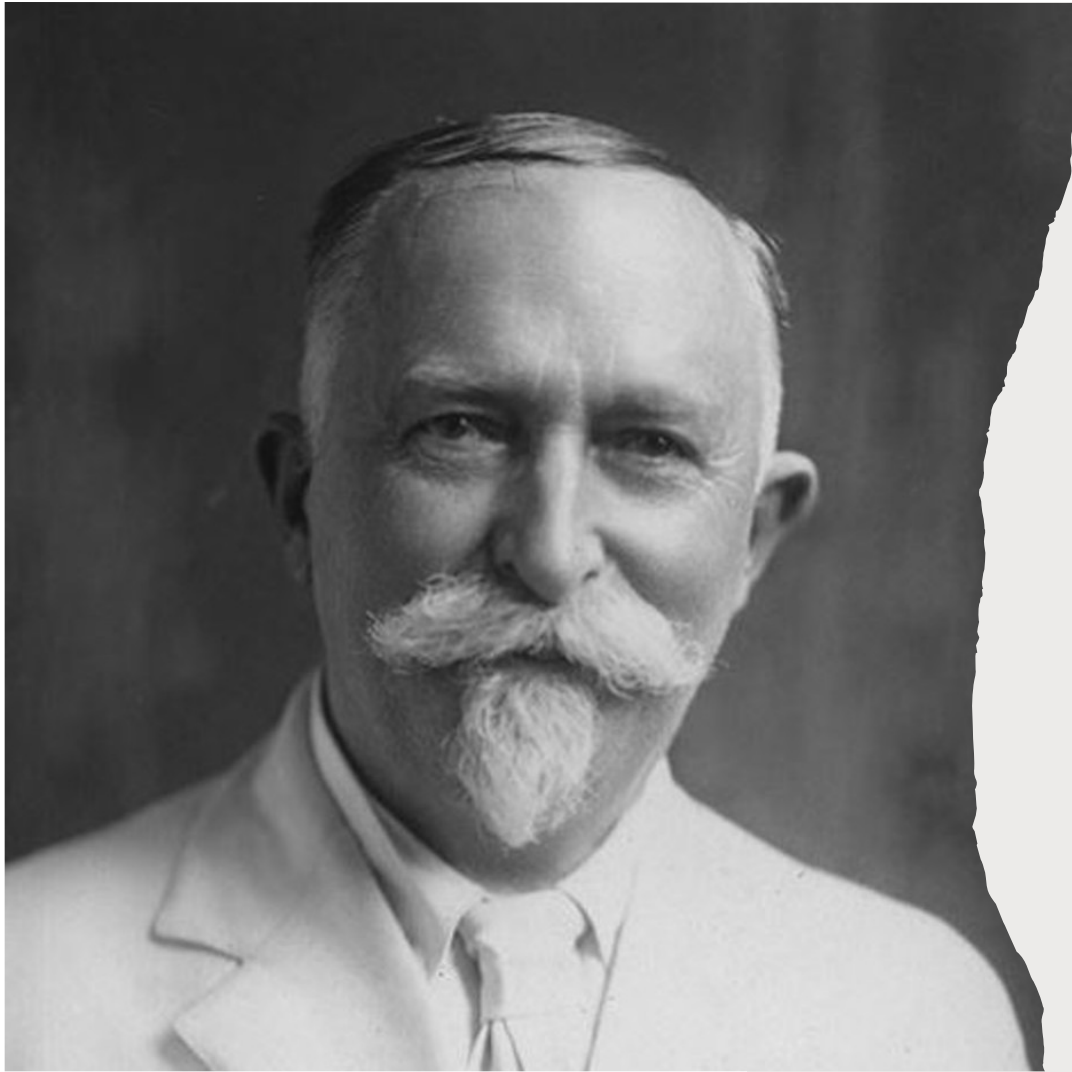


## Important Note

- You will have to use a strong laxative every day to induce bowel movements, since you are not getting any fiber in your diet and this will halt peristalsis. The recommended method is a saltwater flush. 2-3 hours of intense cramping expected.







## Dr John Kellogg

- "There are men who make a specialty of treating the rectum, and some feel that they have been greatly benefited. But I have been instructed that this treatment, as well as many surgical operations, leaves with many a serious weakness." The Paulson Collection 217



Does the Liver Store Toxins?  
Yes, No?





Poison or  
protector



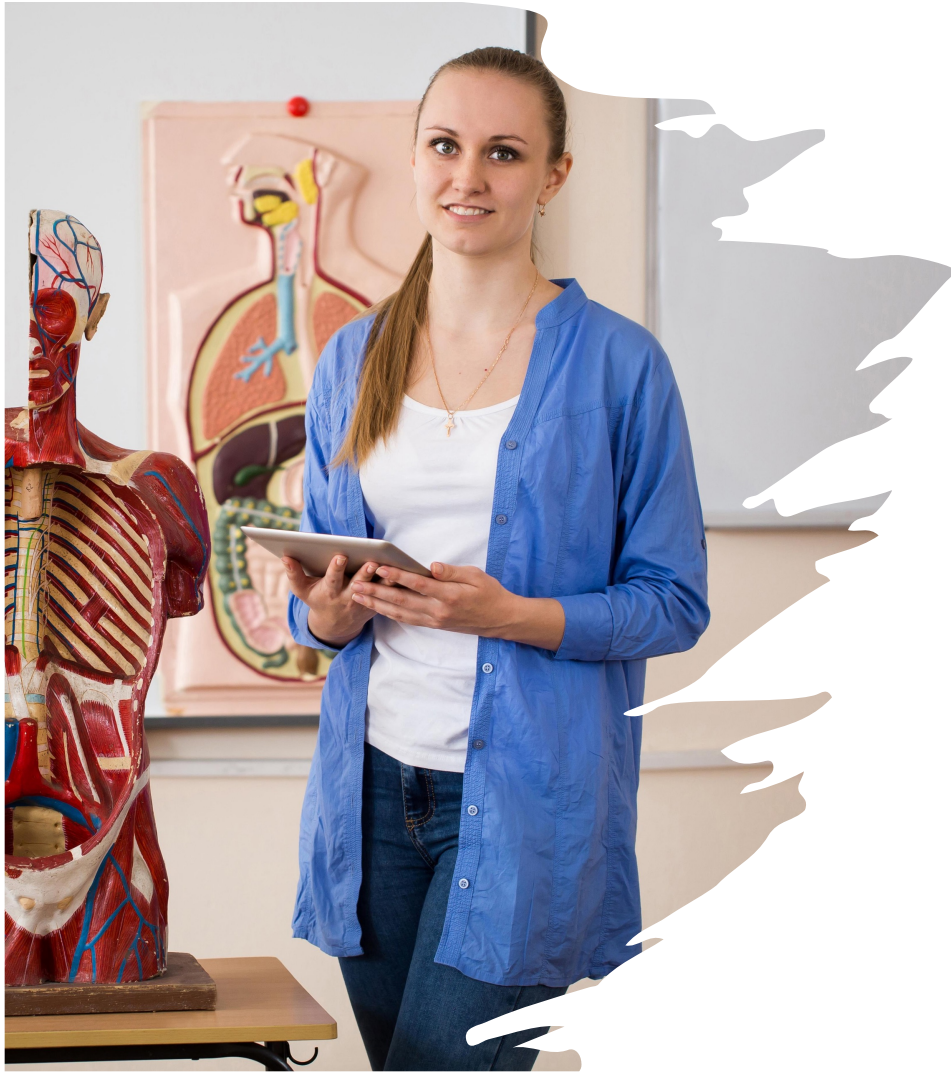






## Tea & Coffee Dangers

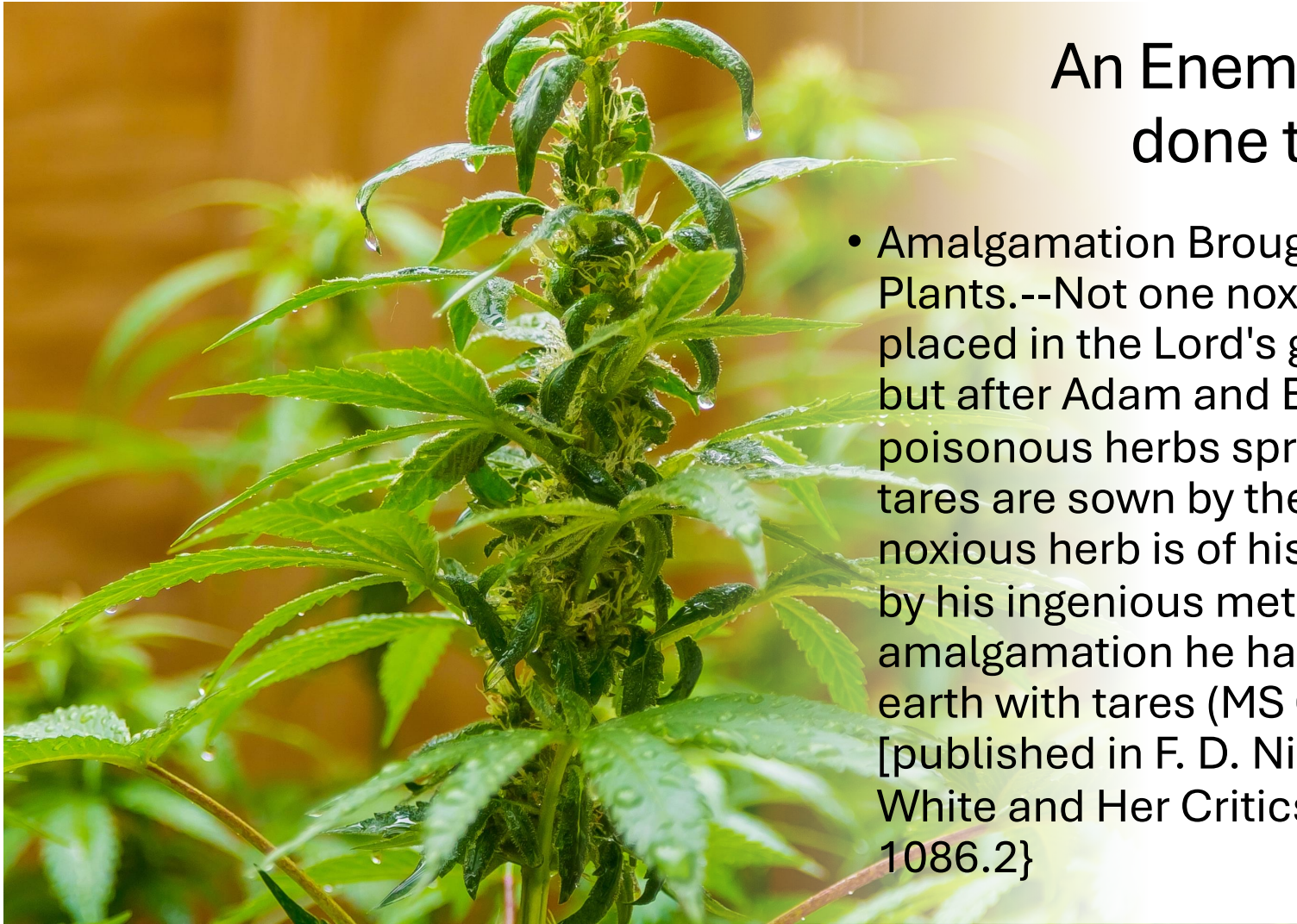
- The effect of tea and coffee, as heretofore shown, tends in the same direction as that of wine and cider, liquor and tobacco. {CTBH 34.2}
- Tea is a stimulant, and to a certain extent produces intoxication. ..The second effect of tea drinking is headache, wakefulness, palpitation of the heart, indigestion, trembling, and many other evils. {CTBH 34.3}



## Study Physiology

- Those who understand physiology and hygiene will, in their ministerial labor, find it a means whereby they may enlighten others in regard to the proper and intelligent treatment of the physical, mental, and moral powers. Therefore those who are preparing for the ministry should make a diligent study of the human organism, that they may know how to care for the body, not by means of drugs, but from nature's own laboratory. {RH, January 14, 1902 par. 7}





## An Enemy hath done this

- Amalgamation Brought Noxious Plants.--Not one noxious plant was placed in the Lord's great garden, but after Adam and Eve sinned, poisonous herbs sprang up...All tares are sown by the evil one. Every noxious herb is of his sowing, and by his ingenious methods of amalgamation he has corrupted the earth with tares (MS 65, 1899) [published in F. D. Nichol, Ellen G. White and Her Critics]. {1BC 1086.2}





## Herbal Remedies for Insomnia





Sunshine

Fresh Air

Rest

Trust in God





Herbal Pe... lie



## Hormone related diseases are on the increase

- Statistics show that 80 percent of women suffer from hormonal imbalance. Some women live with these imbalances without even realizing it; in fact, 70 percent are unaware of conditions like PCOS that may have manifested due to hormonal irregularities. Christine Mullin (MD, FACOG, IVF Director at Northwell Health Fertility)





Hormones are to  
act like a  
symphony



# We live in a plastic world

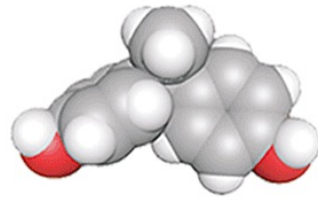


Look for BPA-free signs



**6**

Prefer fresh, organic produce



## TIPS TO AVOID BPA IN FOOD AND WATER



**2**

Prefer glass or stainless steel over plastic



**5**

Avoid canned foods

**4**

Discard damaged plastic



**3**

Do not heat or microwave



[Int J Environ Res Public Health](#). 2021 Feb; 18(4): 1464.  
Published online 2021 Feb 4. doi: [10.3390/ijerph18041464](https://doi.org/10.3390/ijerph18041464)

PMCID: PMC7913912  
PMID: [33557243](https://pubmed.ncbi.nlm.nih.gov/33557243/)

## Endocrine Disruptors Acting on Estrogen and Androgen Pathways Cause Reproductive Disorders through Multiple Mechanisms: A Review

[Saira Amir](#),<sup>1</sup> [Syed Tahir Abbas Shah](#),<sup>1</sup> [Charalampos Mamoulakis](#),<sup>2,\*</sup> [Anca Oana Docea](#),<sup>3,\*</sup> [Olga-Ioanna Kalantzi](#),<sup>4</sup> [Athanasios Zachariou](#),<sup>5</sup> [Daniela Calina](#),<sup>6</sup> [Felix Carvalho](#),<sup>7</sup> [Nikolaos Sofikitis](#),<sup>5</sup> [Antonios Makrigiannakis](#),<sup>8</sup> and [Aristidis Tsatsakis](#)<sup>9,\*</sup>

Artur Wdowiak, Academic Editor and Joanna Jurewicz, Academic Editor

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### Associated Data

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SHAI

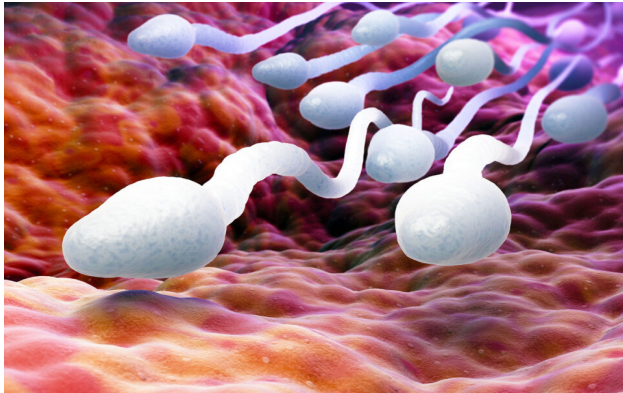


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March-April 2023

## Article Contents

### Abstract

Introduction

Methods

Results

Discussion

Supplementary data

Data availability

two groups of continents: NEA and SAA. These analyses were repeated for data collected post-2000. Multiple sensitivity analyses were conducted to examine assumptions, including linearity.

### OUTCOMES

Overall, SC declined appreciably between 1973 and 2018 (slope in the simple linear model:  $-0.87$  million/ml/year, 95% CI:  $-0.89$  to  $-0.86$ ;  $P < 0.001$ ). In an adjusted meta-regression model, which included two interaction terms [time  $\times$  fertility group ( $P = 0.012$ ) and time  $\times$  continents ( $P = 0.058$ )], declines were seen among unselected men from NEA ( $-1.27$ ;  $-1.78$  to  $-0.77$ ;  $P < 0.001$ ) and unselected men from SAA ( $-0.65$ ;  $-1.29$  to  $-0.01$ ;  $P = 0.045$ ) and fertile men from NEA ( $-0.50$ ;  $-1.00$  to  $-0.01$ ;  $P = 0.046$ ). Among unselected men from all continents, the mean SC declined by 51.6% between 1973 and 2018 ( $-1.17$ :  $-1.66$  to  $-0.68$ ;  $P < 0.001$ ). The slope for SC among unselected men was steeper in a model restricted to post-2000 data ( $-1.73$ :  $-3.23$  to  $-0.24$ ;  $P = 0.024$ ) and the percent decline per year doubled, increasing from 1.16% post-1972 to 2.64% post-2000. Results were similar for TSC, with a 62.3% overall decline among unselected men ( $-4.70$  million/year;  $-6.56$  to  $-2.83$ ;  $P < 0.001$ ) in the adjusted meta-regression model. All results changed only minimally in multiple sensitivity analyses.

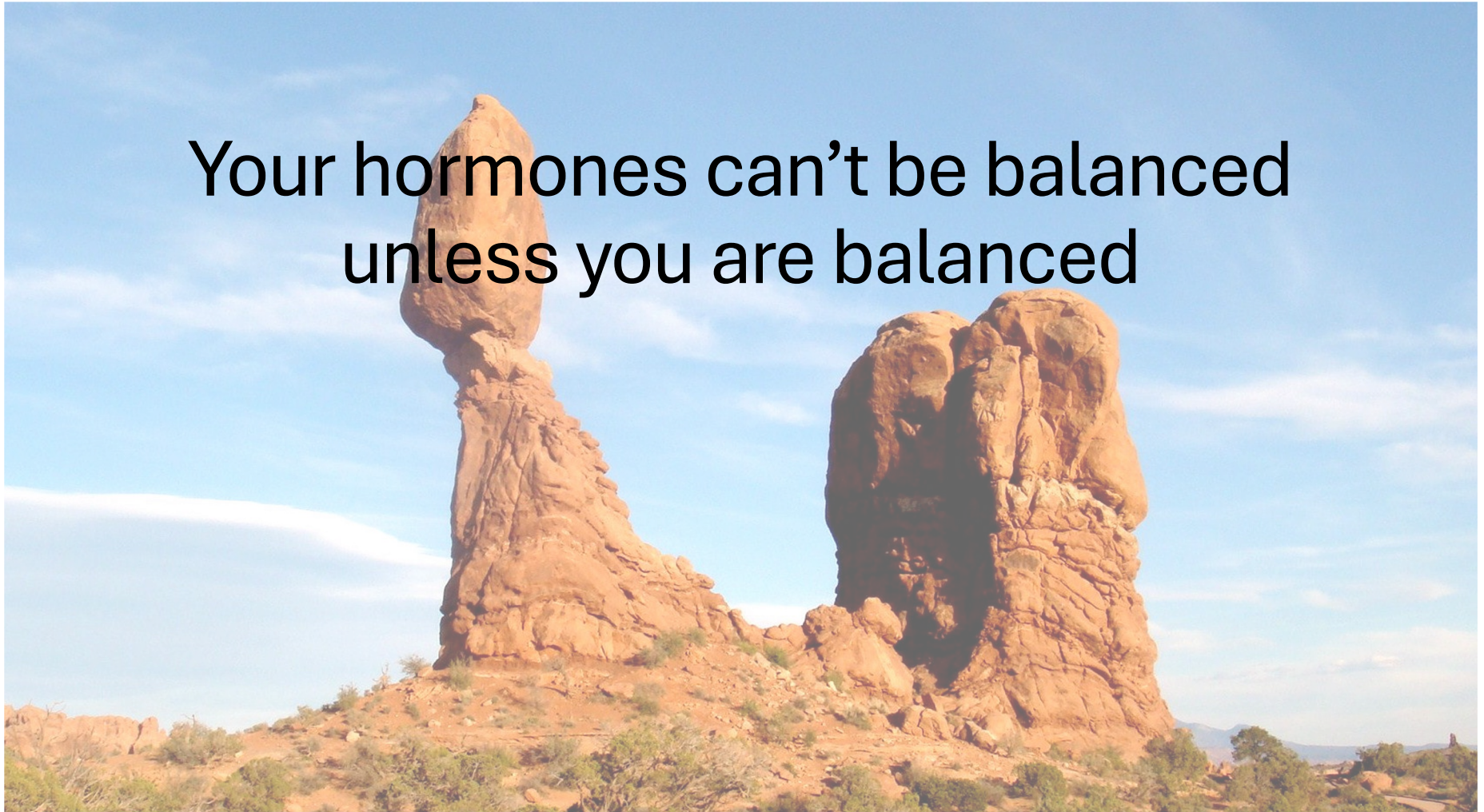
### WIDER IMPLICATIONS







Your hormones can't be balanced  
unless you are balanced











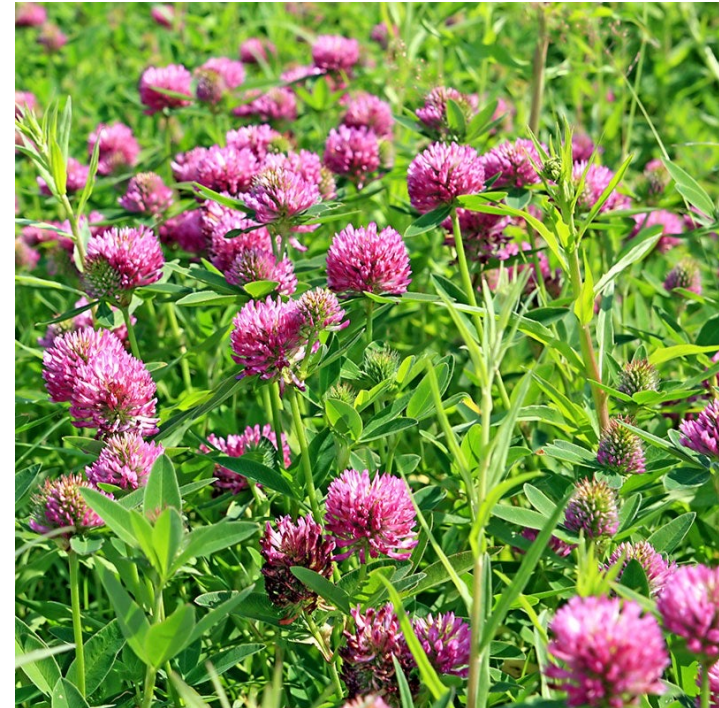
## Phytoestrogens derived from red clover: An alternative to estrogen replacement therapy?

V. Beck<sup>a</sup>, U. Rohr<sup>b</sup>, A. Jungbauer<sup>a</sup>  

### Phytoestrogens and breast safety

Isoflavones have estrogenic properties and risk of promoting breast cancer was raised by concerned scientists [152].

New data support the concept that dietary factors such as phytoestrogens may have an impact on the sensitivity of breast cancer cells to Vitamin D<sub>3</sub> analogs and protect breast cancer cells against proliferation [153]. Other factors like aromatase inhibition or affinity to estrogen receptor  $\beta$  might also contribute to the beneficial effects of phytoestrogens. The mammographic density ...



I have always used red-clover top, as I stated to you. I offered you this, and told you it was a good, simple, and wholesome drink.... {2SM 302.3}





Vitex Agnus Castus contains many active substances such as flavonoids, and this explains its role in regulating menstrual cycles (in terms of oligomenorrhoea and dysmenorrhoea) and in contrasting premenstrual symptoms. Vitex Agnus Castus is a dopamine agonist, so it can improve breast tenderness [9], and it can be used against mild hyperprolactinemic disorders [10]. Also, it can reduce neurovegetative climacteric symptoms – by promoting  $\beta$ -endorphin and melatonin synthesis [11] – and the ones related to PMS [12]. In particular, Vitex Agnus Castus efficacy has been proven to lower the number of headache attacks in a high percentage of women who had taken it for at least 3 months [13].

The third plant with proposed phyto-progestin activities is Damiana, which has a weak progestinic activity [14], resulting in its aphrodisiac, diuretic and anxiolytic properties [15], though the evidence on these effects is only preliminary and limited.

Research Article

**Phyto-progestins for the treatment of abnormal uterine bleeding without organic cause in women at high risk for breast cancer and breast cancer survivors: a prospective, pilot study**

Giovanni Grandi ✉, Fabio Facchinetti, Chiara Melotti & Alice Sgandurra  
Article: 2239936 | Received 15 Mar 2023, Accepted 17 Jul 2023, Published online: 26 Jul 2023





# American Herbal Pharmacopoeia™ and Therapeutic Compendium

## Cramp Bark

*Viburnum opulus*

ANALYTICAL, QUALITY CONTROL,  
AND THERAPEUTIC MONOGRAPH

FEBRUARY 2000  
EDITOR: ROY UPTON HERBALIST  
Associate Editor  
Catharine Petrone  
Research Associate  
Diana Swisher BA

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Kenmore, WA



Cramp bark (*Viburnum opulus*) is one of the most important herbs used for female reproductive health in Western herbal traditions. Native to North America, it is widely employed by medical herbalists, naturopathic physicians, and midwives.

Although cramp bark is commonly used as a uterine antispasmodic, it is also used as a general antispasmodic, such as for bronchial spasms. From a quality perspective, cramp bark is often adulterated with the closely related black haw (*Viburnum prunifolium*).

While black haw is used in a manner similar to cramp bark, it is much less expensive than cramp bark. Analytical methodologies for differentiating between the species are provided in the AHP monograph.



*Benefits of*

# **MACA ROOT**

Boost energy levels

Improve mood

Enhance sexual health

Treat fatigue, depression

Improve cognitive function

Treat sexual dysfunction

Increase energy

Balance hormone

Improve fertility

Help reduce symptoms of menopause



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OCT 1, 2005

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# Milk Thistle

[PDF](#) [Print](#) [Comments](#)

FRANCINE RAINONE, D.O., PH.D., M.S.

[i](#) *Am Fam Physician.* 2005;72(7):1285-1292[📄](#) Author disclosure: Nothing to disclose.

Milk thistle has been used as a cytoprotectant for the treatment of liver disease, for the treatment and prevention of cancer, and as a supportive treatment of *Amanita phalloides* poisoning. Clinical studies are largely heterogeneous and contradictory. Aside from mild gastrointestinal distress and allergic reactions, side effects are rare, and serious toxicity rarely has been reported. In an oral form standardized to contain 70 to 80 percent silymarin, milk thistle appears to be safe for up to 41 months of use. Significant drug reactions have not been reported. Clinical studies in oncology and infectious disease that are under way will help determine the efficacy and effectiveness of milk thistle.





# Saw Palmetto for Prostate Disorders

 PDF  Print  Comments

ANDREA E. GORDON, M.D., AND ALLEN F. SHAUGHNESSY, PHARM.D

 *Am Fam Physician.* 2003;67(06):1281-1283

Saw palmetto is an herbal product used in the treatment of symptoms related to benign prostatic hyperplasia. The active component is found in the fruit of the American dwarf palm tree. Studies have demonstrated the effectiveness of saw palmetto in reducing symptoms associated with benign prostatic hyperplasia. Saw palmetto appears to have efficacy similar to that of medications like finasteride, but it is better tolerated and less expensive. There are no known drug interactions with saw palmetto, and reported side effects are minor and rare. No data on its long-term usage are available. The herbal product also has been used to treat chronic prostatitis, but currently there is no evidence of its efficacy.

















---

## Three Powerful Herbs For Rheumatoid Arthritis



HerbalRemedie

---





# Effectiveness of Boswellia and Boswellia extract for osteoarthritis patients: a systematic review and meta-analysis

Ganpeng Yu <sup>1</sup>, Wang Xiang <sup>2 3</sup>, Tianqing Zhang <sup>4 5</sup>, Liuting Zeng <sup>6</sup>, Kailin Yang <sup>7</sup>, Jun Li <sup>8</sup>

Affiliations + expand

PMID: 32680575 PMCID: PMC7368679 DOI: 10.1186/s12906-020-02985-6

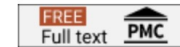
## Abstract

**Background:** Osteoarthritis (OA) is the commonest form of inflammatory joint disease. Unfortunately, to date, there is no appropriate treatment for OA. Boswellia serrata was considered as a potent anti-inflammatory, anti-arthritic and analgesic agent that may be a drug for OA.

**Methods:** In this meta-analysis, data from randomized controlled trials were obtained to assess the effects of Boswellia or its extract versus placebo or western medicine in patients with OA. The primary outcomes included visual analogue score (VAS), WOMAC pain, WOMAC stiffness, WOMAC function and lequesne index.

**Result:** Seven trials involving 545 patients were included. Compared with the control group, Boswellia and its extract may relieve the pain [VAS: (WMD -8.33; 95% CI -11.19, - 5.46; P<0.00001); WOMAC pain: (WMD -14.22; 95% CI -22.34, - 6.09; P = 0. 0006)] and stiffness [WOMAC stiffness: (WMD -10.04; 95% CI -15.86, - 4.22; P = 0. 0007)], and improve the joint's function [WOMAC function: (WMD -10.75; 95% CI -15.06, - 6.43; P<0. 00001); lequesne index: (WMD -2.27; 95% CI -3.08, - 1.45; P<0. 00001)].

**Conclusion:** Based on current evidence, Boswellia and its extract may be an effective and safe treatment option for patient with OA, and the recommended duration of treatment with Boswellia and its extract is at least 4 weeks.



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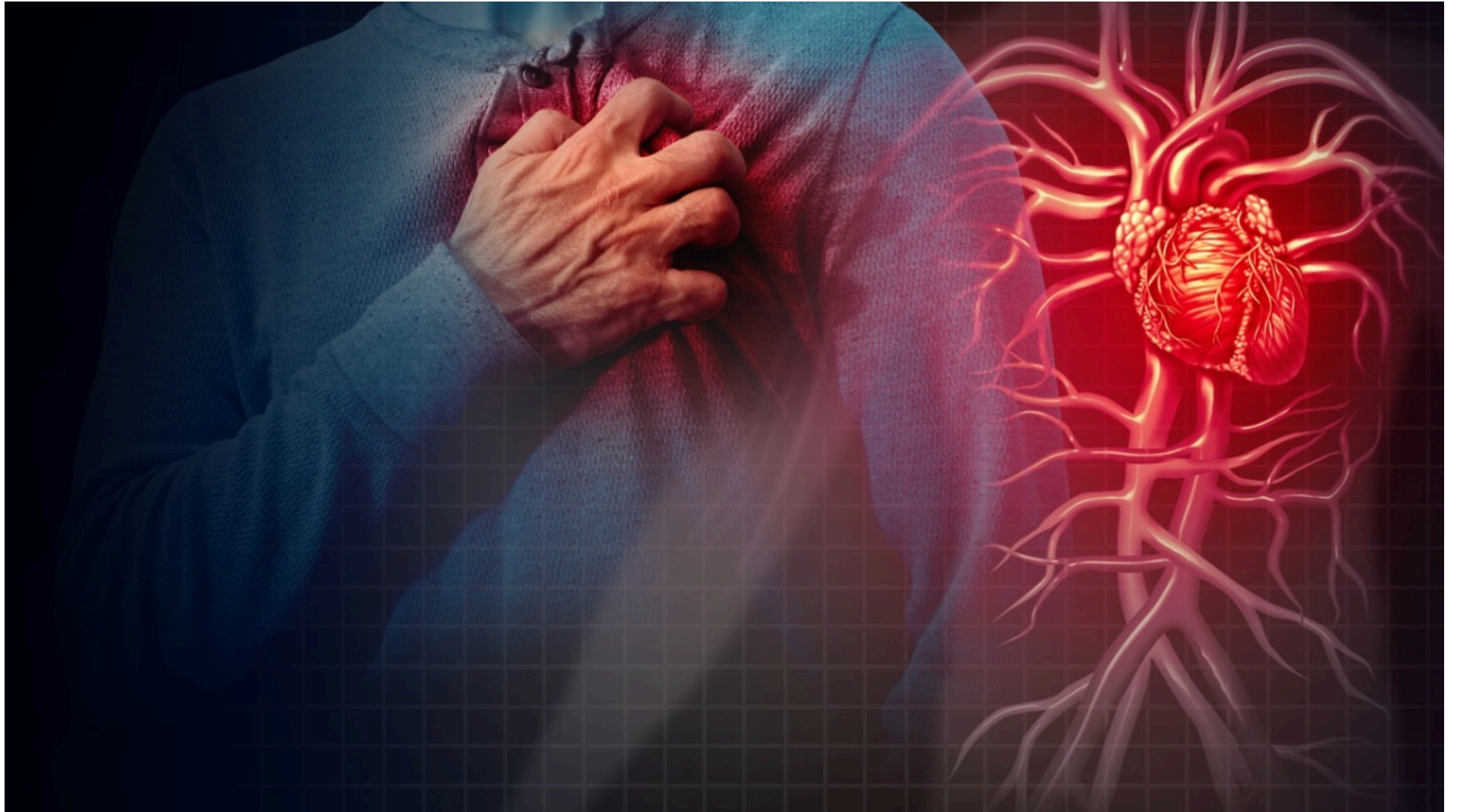












## Three Powerful Herbs For the Heart























# DIABETES

Treatment with Ayurveda



# Cedar Berries & Diabetes

- Dr. Christopher discovered the wonderful medicinal qualities of cedar berries by accident. He had a patient with a kidney problem who couldn't void his urine. Dr. Christopher told him to use juniper berries to clear up the problem. When the man came back and informed Dr. Christopher that the juniper berries weren't working they discovered the berries he was using weren't true juniper berries, they were cedar berries. Cedar berries have one stone and juniper berries have 3 to 7 stones. The man told Dr. Christopher that the berries weren't doing anything for his kidney condition, but since he had been taking them he noticed he did not have to use as much insulin. Dr. Christopher then began to experiment with cedar berries and discovered that it helped his patients that had diabetes and the ones who had hypoglycemia.



> J Med Food. 2023 May;26(5):307-318. doi: 10.1089/jmf.2022.0146.

# Juniper Berries Regulate Diabetes and Obesity Markers Through Modulating PPAR $\alpha$ , PPAR $\gamma$ , and LXR: *In Vitro* and *In Vivo* Effects

Hee-Sung Chae<sup>1</sup>, Olivia Dale<sup>1</sup>, Tahir M Mir<sup>1</sup>, Mohammad K Ashfaq<sup>1</sup>, Bharathi Avula<sup>1</sup>, Larry A Walker<sup>1</sup>, Ikhlas A Khan<sup>1,2</sup>, Shabana I Khan<sup>1,2</sup>

Affiliations + expand

PMID: 37186895 DOI: 10.1089/jmf.2022.0146

## Abstract

The berries of *Juniperus communis* have been traditionally used for therapeutic purposes. They have been reported to possess various pharmacological effects such as anti-inflammatory, hypoglycemic and hypolipidemic activities. In this study, a methanolic extract of *J. communis* berries (JB) was evaluated for its effects on peroxisome proliferator-activated receptors alpha and gamma (PPAR $\alpha$  and PPAR $\gamma$ ), liver X receptor (LXR), glucose uptake and lipid accumulation using various cellular systems. At a concentration of 25  $\mu$ g/mL, JB caused 3.77-fold activation of PPAR $\alpha$ , 10.90-fold activation of PPAR $\gamma$ , and 4.43-fold activation of LXR in hepatic cells. JB inhibited (11%) the adipogenic effect induced by rosiglitazone in adipocytes and increased glucose uptake (90%) in muscle cells. In high-fat diet (HFD) fed mice, JB at a dose of 25 mg/kg body weight exhibited a 21% decrease in body weight. Fasting glucose levels in mice treated with 12.5 mg/kg of JB were significantly decreased (39%) indicating its efficacy in regulating hyperglycemia and obesity induced by HFD thus ameliorating the symptoms of type 2 diabetes. A series of energy metabolic genes, including Sirt1 (2.00-fold) and RAF1 (2.04-fold), were upregulated by JB, while rosiglitazone regulated the hepatic PPAR $\gamma$  only.

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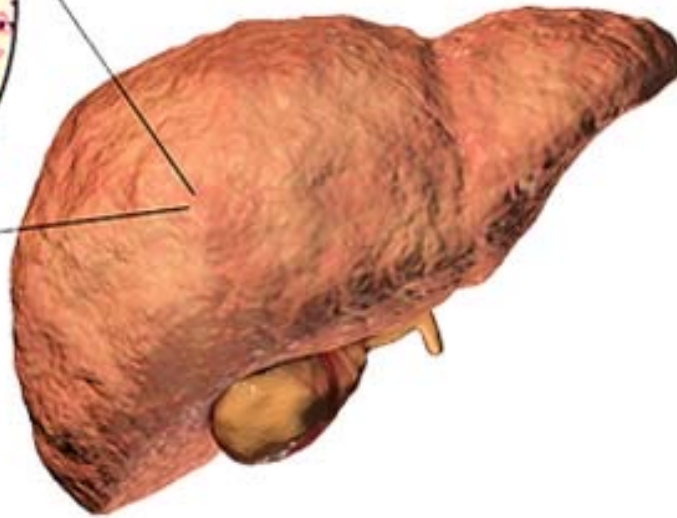
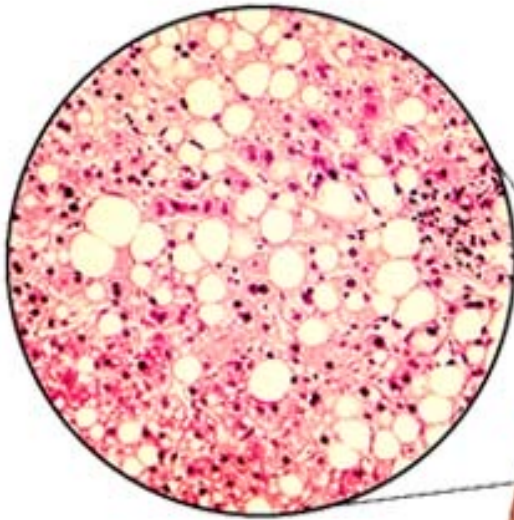












**Fatty Liver**  
(non-alcoholic fatty liver disease)



Editorials

# Milk thistle to treat non-alcoholic fatty liver disease: dream or reality?

Ludovico Abenavoli & Stefano Bellentani

Pages 677-679 | Published online: 10 Jan 2014

“ Cite this article <https://doi.org/10.1586/17474124.2013.842893>

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Non-alcoholic fatty liver disease (NAFLD) is the most common liver disease worldwide. The prevalence of NAFLD in the western countries is around 25% in the general population, and it is estimated that 2–3% present an active disease with inflammation (non-alcoholic steatohepatitis–NASH), which may progress to advanced fibrosis, liver cirrhosis and hepatocarcinoma [1]. The incidence of NAFLD is rising rapidly because of the ongoing type 2 diabetes and obesity epidemic burden [2]. The mechanism involved in the occurrence of

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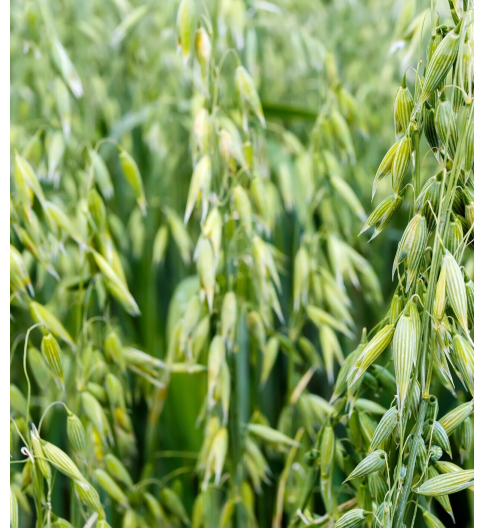
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Lungwort  
(*Pulmonaria*  
*Officinallis*)





## Many ways herbs can help cancer

- Decreasing inflammation
- Increasing apoptosis
- Increasing nutrition
- Enhancing immune response
- Decreasing Angiogenesis
- Protecting against Metastasis
- Improving organ functions
- Preventing DNA damage and mutation



# Herbs that are angiogenesis inhibitors



Panax Ginseng



Artemesia Annua



Cinnamon



Turmeric





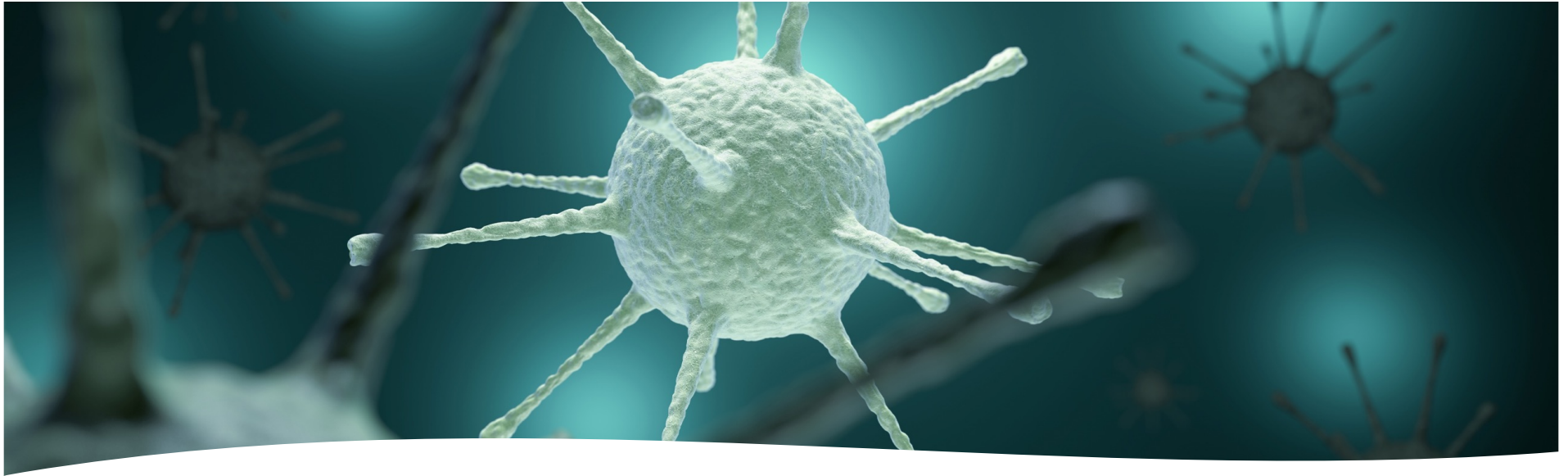
## Garlic & Onion

- Garlic, onion and other members of the genus *Allium* contain a sulfur rich compound called allicin which is an effective cancer fighter and immune stimulant. Be sure to chop them fine and eat them raw to maximize your benefit.





Contraindications



## Herbal Actions of interest that help fight cancers

- **Immune System Modulation** Many herbs stimulate the immune system to more efficiently or aggressively fight cancer. This can be accomplished by increasing immune system chemicals like cytokines, interferons, tumor necrosis factors etc... Herbs can also increase the activity of white blood cells that destroy or devour (phagocytosis) cancer cells. Astragalus, Echinacea, Cordyceps, ashwagandha, Siberian ginseng and others fall into this category.
- **Differentiation Inducers** Cancer is basically a problem of cell replication. Immature cells become confused (often due to errors in the DNA) and remain in their juvenile, rapidly-proliferating state instead of maturing and differentiating into normal, well-behaved adult cells. This is why cancer cells replicate so aggressively and form tumors. Many plants stimulate the differentiation of cancer cells into normal healthy adult cells. Plants with this action include burdock, red clover, frankincense, and plants high in berberine such as Oregon grape, goldenseal and barberry.



## Inhibitors of Local Invasion

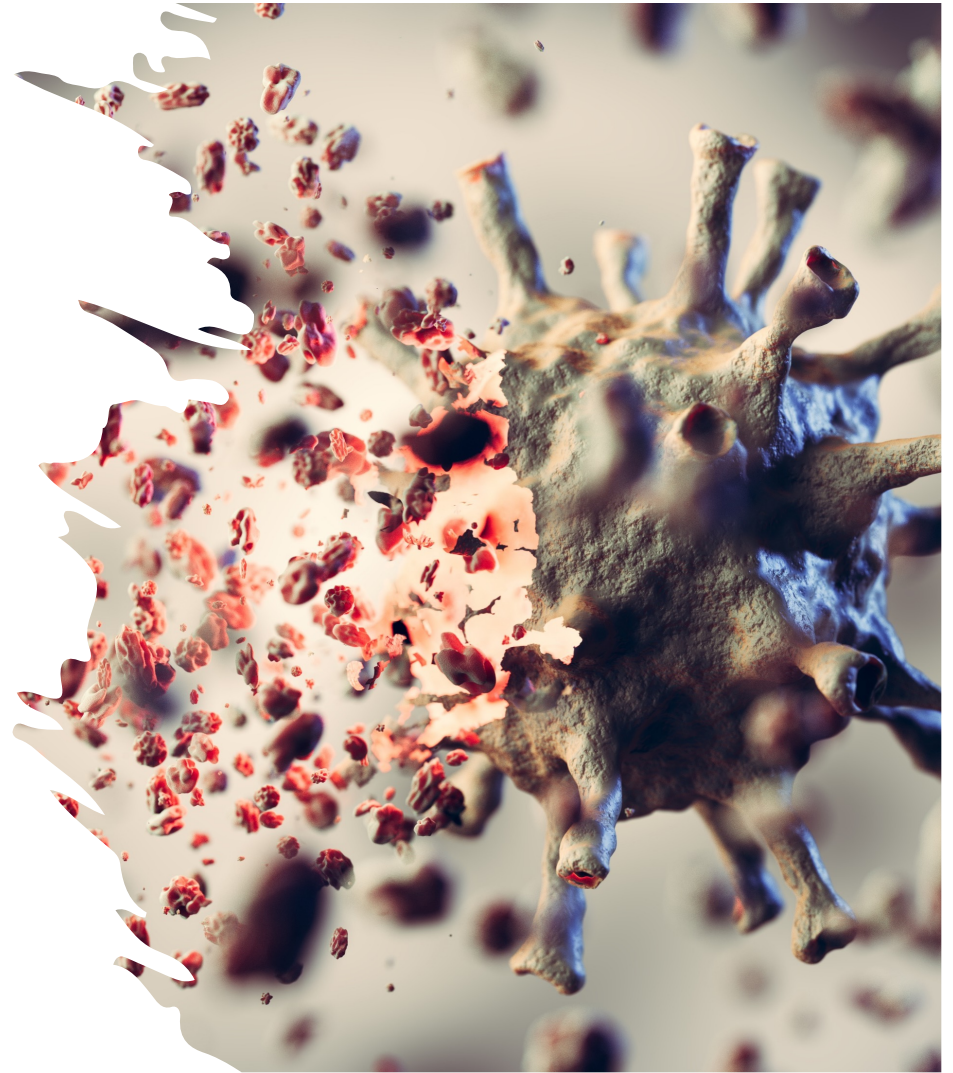
Cancer cells often secrete enzymes like hyaluronidase and elastase to break down local tissue and allow themselves to spread. Some herbs inhibit these enzymes or interfere with cancer cell migration in other ways.

Included in this group are bilberry, butcher's broom, dong quai, Echinacea, gotu kola, hawthorn, Panax ginseng, and turmeric



# Inhibitors of Metastasis

- Metastasis is the spread of cancer cells via the bloodstream or lymphatics. The following plants help inhibit metastasis; Aloe vera, Astragalus, Cordyceps, dong quai, garlic, green or black tea, feverfew, turmeric and Reishi mushrooms





## Specific Herbs for Specific Cancers



# Lung Cancer

- Chaste Tree Berry has been shown to decrease metastasis. (Ohyama, 2003)
- Grape Seed also significantly reduces metastasis. (Martinez, 2005)
- Cruciferous vegetables. Mice fed dried cabbage and collard greens had significantly lower rates of lung metastasis from mammary cancer cells. (Scholar, 1989)
- Flax Seed. Mice injected with melanoma cells had significantly decreased lung metastasis and reduced tumors size when fed flax seed. (Yan, 1998)
- Aloe Vera & Melatonin combined have been shown to significantly increase survival rates of patients with solid mass tumors of the lungs (Lissoni, 1998)



# Breast Cancer

- Calendula. Mice whose mammary tissues were injected with mammary cancer cells had significantly decreased incidence of cancer and decreased tumor size when fed Calendula. (Chew, 1996)
- Chaste Tree Berry inhibits estrogen uptake by mammary cancer cells and interferes with their development. (Ohyama, 2003)
- Garlic inhibits growth of mammary cancer cells due to its sulfur content. (Sundaram, 1993)
- Grape Seed inhibits development of mammary cancer cells by preventing local estrogen biosynthesis. (Eng, 2003)
- Milk Thistle seed has been shown to inhibit DNA synthesis and cell growth in breast cancer cells. (Bhatia, 1999) Flax Seed is known to significantly inhibit metastasis and growth of mammary cancer cells. (Chen, 2002)
- Dandelion root, in addition to containing vitamins, minerals and anti-oxidants beneficial to cancer cases, also causes apoptosis (intentional cellular suicide) in breast cancer cells.
- Aloe Vera & Melatonin combined have been shown to significantly increase survival rates of patients with solid mass tumors of the breast. (Lissoni, 1998) Kidney Cancer Black Cumin improved kidney function and decreased the incidence of tumors

# Kidney Cancer

- Kidney Cancer Black Cumin improved kidney function and decreased the incidence of tumors in mice injected with kidney tumor cells. (Khan, 2005)
- Mistletoe stimulates the immune system in ways beneficial to all cancers but has specific activity for kidney and testicular tumors. (Burgur, 2001)
- Astragalus is thought to augment phagocyte and lymphocyte (white blood cells) activity against cancer cells. In one study, mice injected with astragalus extracts had a recovery rate of 57% from kidney cancer (Lau, 1994).



# Prostate Cancer

- St. John's Wort significantly reduced tumor growth and metastasis of prostate cancer in mice. (Martarelli, 2004)
- Milk Thistle has been shown to inhibit DNA synthesis and cell growth in prostate cancer cells. (Bhatia, 1999)
- Red Clover is high in estrogen and therefore interferes with testosterone utilization by prostate cancer cells. It also triggers apoptosis (cell death). (Jarred, 2002)

# Brain Cancer

- Frankincense (Boswellia). Studies show that Boswellia decreases brain tumor growth and increases apoptosis (cell death) of cancer cells. (Winking, 2000) It is a specific for meningiomas.
- Aloe Vera & melatonin combined have been shown to significantly increase survival rates of patients with untreatable solid mass tumors of the brain. (Lissoni, 1998)
- Mistletoe has been shown to lengthen relapse intervals and survival rates in people with glioma. (Lenartz, 2000)



# Bone Cancer (Osteosarcoma)

- Red clover increases tumor cell differentiation. In other words, it causes cells to differentiate into mature, normal cells rather than remaining as cancer cells (Wende, 2004).
- Wild Yam and Fenugreek contain a chemical called diosgenin which has been shown to inhibit cell growth in bone cancers and increase apoptosis (cell death) of osteosarcoma cells. (Moalic, 2001)
- Pokeweed was shown to be highly active against osteosarcoma. It significantly decreased progression of tumors and increased tumor free survival times. (Ek, 1998).

# Stomach & Intestinal Cancers

- Aloe vera & Melatonin combined have been shown to significantly increase survival rates of patients with solid mass tumors of the intestines (Lissoni, 1998).
- Panax ginseng was shown to significantly reduce cancers of the mouth, esophagus, stomach, liver pancreas, colon, ovary and rectum (Yun, 2003).
- Ginger inhibits the growth of the bacterium *Helicobacter pylori* which is a causative agent in stomach and intestinal ulcers as well as in cancers of those organs (Mahady, 2003).
- Astragalus inhibited gastric tumor cell growth and induced apoptosis (cell death) in stomach cancer cells (Lin, 2003).



# Colon Cancer

- Panax ginseng was shown to significantly reduce cancers of the colon. The effect was markedly enhanced when ginseng and turmeric were combined (Volate, 2005).
- Fenugreek seeds have been shown to inhibit colon cancer growth (Devaseena, 2003).

# Liver Cancer

- Panax ginseng was shown to significantly reduce cancers of the liver (Yun, 2003).
- White peony (*Paeonia lactiflora*) induced significant apoptosis (cell death) in hepatoma cancer cells (Lee 2003).
- Curcuma extract (from turmeric) suppressed hepatic tumor growth when taken orally. It also inhibited angiogenesis (blood vessel recruitment by tumors) and decreased metastasis of liver cancers (Ohashi, 2003).



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to me...



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Better

