

# 21 *Natural Medicine* PROTOCOLS FOR CANCER



# 21 Natural Medicine Protocols for Cancer

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## INTRODUCTION

In 2018, there were over 18 million new cases of cancer globally<sup>[1]</sup>. And with increasingly sedentary lifestyles that push us to consume toxic, processed foods, this figure will no doubt continue to climb.

Cancer can strike anyone at any time, and its consequences are often devastating.

Many cancer patients have discovered that conventional treatments encompass harsh therapies, including chemotherapy, drugs, radiation, and grueling surgeries.

Effective natural protocols do exist, however, and given how painful conventional approaches are — and how severe their side effects can be — a natural treatment plan can be a better option.

The human body is designed to be a naturally self-healing organism, so boosting its ability to prevent and fight cancer needs to be explored.



### KNOW YOUR ENEMY — WHAT IS CANCER?

*Cancer* is a term used to describe the out-of-control division of abnormal (disease) cells that invade nearby healthy tissues. The spread of cancer cells to other parts of the body (metastasis) occurs through the lymph system and bloodstream. There are several types of cancer:

**Carcinoma** – a type of cancer that starts on the skin or the tissues lining or covering internal organs

**Sarcoma** – a type of cancer that begins in bone cells, fat, cartilage, blood vessels, muscle, or other supportive or connective tissues

**Leukemia** – a type of cancer that starts in the tissue responsible for blood formation like bone marrow

**Lymphoma and multiple myeloma** – cancers that start in cells related to the immune system

**Central nervous system cancers** – those that start in the spinal cord and brain tissue

### CAUSES OF CANCER

Cancer has been linked to gene mutations. The DNA in every cell contains a huge number of individual genes. Each of those genes holds a unique set of instructions, communicating to the cell the functions it should perform, as well as the instructions on how to divide and grow. Proto-oncogenes help cells to grow. However, they can mutate and get out of control, thereby becoming cancerous.

A mutated gene can give instructions to a healthy cell to grow and divide rapidly. This causes a rapid progression of mutated cells. These cells do not know when to stop growing, because they have lost their tumor suppressor genes<sup>[2]</sup>. Within time, mutated genes accumulate to form cancerous tumors. Mutations in our DNA repair genes (whose job is to correct errors) lead to cancerous cells as well. Many other gene mutations have been linked to different types of cancers.

What causes gene mutations? You can either be born with them or you may develop them later in life. Most times, gene mutations are developed in later life and are likely triggered by factors such as smoking, radiation, carcinogens, viruses, obesity, chronic inflammation, hormonal changes, and a consistent lack of exercise.

A research study published in the journal, *Genetics*, showed that diet plays a role in correcting unhealthy gene mutations<sup>[3]</sup>. University of California, Berkeley researchers concluded that further studies were needed to close the gap on diet and its impact on genetic expression and mutations. This will help paint a clearer picture of the relationship between dietary changes and cancer treatment.





## 21 NATURAL MEDICINE PROTOCOLS FOR CANCER

For now, though, the good news is that according to the World Health Organization, between 30-50% of all cases of cancer are preventable<sup>[4]</sup>. Prevention offers the most cost-effective way of controlling cancer, and it is of vital importance that people implement healthy living strategies to limit their exposure to carcinogens<sup>[5]</sup>.

Natural medicine treatments for cancer aim at restoring the body's ability to heal itself. Lifestyle factors (diet, smoking, excess weight, and lack of exercise) play a key role in the development of most types. As such, positive lifestyle changes help the body's healing process. They do not merely aim at slowing down the progression of cancer, but they also address the root cause of the disease and how to mitigate the risks. The prescribed treatments are much cheaper than conventional cancer treatments, which can take an enormous toll on the body.

Increasingly, more Americans are turning to alternative therapies for the management of cancer and other chronic conditions<sup>[6]</sup>. Diet modifications play a central role in natural cancer protocols. Indeed, several studies have been done around diet and cancer<sup>[7]</sup>. Although results are not always conclusive, preliminary reports indicate great potential in the use of a proper diet to manage most types of cancer.

### WHAT CAN YOU DO TO PROTECT YOURSELF FROM CANCER?

Studies conducted on lifestyle changes have conclusively proved that adopting a simple, healthy diet can help prevent 30 to 50% of cancers<sup>[8]</sup>. Whereas physical inactivity has been linked to 7% of all cancer cases<sup>[9]</sup>, a poor diet has been linked to 30 - 35% of cancer deaths<sup>[10]</sup>.

Evidence shows that dietary habits play an important role in exposure to cancer-causing agents. This explains why nutrition is a crucial factor in preventing, treating, and coping with this dreaded disease<sup>[11]</sup>. Although some things are beyond our control, such as environmental factors and genetics, there are many risk factors that we can manage with a proper diet.

Researchers at Harvard have studied the correlation between diet and cancer, noting their cause and effect relationship<sup>[12]</sup>. While there is no 100% guarantee that certain foods will inhibit cancer cells or protect us from cancer definitively, science has proved that certain dietary habits have a much greater influence on the body than others in stimulating or preventing cancer<sup>[13]</sup>.

### WHAT DIETARY HABITS HAVE BEEN LINKED TO CANCER?

#### Eating Processed and Red Meat

Processed meat includes fermented or smoked products. This includes meat processed with nitrates or salt for enhanced flavor. Those who consume red or processed meat just four times a week have a 20% higher risk of colorectal cancer. The recommended daily intake of red meat for healthy adults is just 500g/week or 70g. In short, processed meats should be avoided altogether. Meat such as bacon, ham, and frankfurters have been classified by the World Health Organization (WHO) as Group 1 carcinogens<sup>[14]</sup>.

A pair of studies were conducted in Europe and the US<sup>[15]</sup>. They tracked 478,000 adults who were cancer-free when the study began. The participants were followed up for 5 years during which 1,329 people were diagnosed with colon cancer. Those who ate more than 5 ounces of red meat per day were three times more likely to develop colon cancer than those who ate less than an ounce a day on average.



### Overconsumption of High Glycemic Index Foods

The Glycemic Index is a measure of how quickly the body can turn carbohydrates into sugar in the bloodstream. A study found that when people consume food with a high glycemic index, they suffer from a much greater risk of prostate cancer<sup>[16]</sup>. High glycemic index foods include refined carbohydrates that quickly increase blood sugar, such as fruit juices, soft drinks, and processed items like pizza or white bread.

Incidentally, lower glycemic index foods like legumes, beans, and lentils have been shown to lower the risk of prostate cancer by 32%<sup>[17]</sup>. A study published in the journal *Cancer Epidemiology, Biomarkers, and Prevention* showed that a high GI diet has also been linked to lung cancer, which happens to be the second most common cancer amongst men<sup>[18]</sup>.

### Weight Gain and Cancer

Diet also impacts how efficiently you can manage your weight, and it is directly linked to cancer prevention and control. A 2014 study published in *The Lancet* found that the higher the body mass index, the higher the risk of getting cancer<sup>[19]</sup>.

In one of the largest studies ever done in the world, scientists concluded that of the 5 million people analyzed, gaining as little as 34 pounds can increase the risk of getting kidney, liver, or gallbladder cancer by 10%. The simple reason is that body fat is linked to creating hormones that increase inflammation in the body, and thereby, tumor cell growth.

The question is — how can you ensure that your diet is as nutritious and balanced as possible to safeguard against cancer risk?

Fortunately, there are some very affordable and readily-available options when it comes to natural medicine. You can fortify your body with the right nutrients in vegetables, fruits, protein, vitamins, minerals, and antioxidants.

We will now look at some of the healthiest foods that have been scientifically studied and proven to give you a fighting chance against cancer.



## 21 NATURAL MEDICINES FOR CANCER PREVENTION

### 1. Broccoli

Broccoli is full of sulforaphane, a compound found in cruciferous plants and vegetables, which has been shown to have strong anti-cancer properties<sup>[20]</sup>. Studies conducted on this compound have demonstrated that it is effective in reducing the size and count of breast cancer cells<sup>[21]</sup>.

There are several studies on broccoli and its beneficial properties in fighting cancer and inflammation. An animal study found that this green vegetable can help eliminate prostate cancer cells and reduce tumors by half<sup>[22]</sup>.

Broccoli should be a must-have ingredient in any grocery basket and included in your diet in any form preferred, raw, or cooked. Include it in just a few meals per week and reap the benefits of its anti-cancer properties.

Why is it touted as a natural medicine? Broccoli contains a high amount of fiber and antioxidants, which can reduce inflammation in the body and keep bowel movements regular. This, in itself, does a lot to prevent cancer cells from growing.

#### **Tips:**

- Broccoli is often made into a creamy soup
- It may be incorporated into an Asian-style stir-fry
- Try adding it raw to a salad, or eat it as a snack with a healthy dip like hummus
- Unless you buy organic broccoli, wash it carefully to get rid of pesticides

### 2. Soy

Soy is a consistent part of the traditional Japanese diet, where it is included in at least one meal each day. The benefit of soy comes from isoflavones, an important anti-cancer compound that may help fight against breast cancer and even stop it from recurring<sup>[23]</sup>.

There has been no indication that consuming soy harms the body in any way. In fact, studies confirm that it is safe to consume in high doses by breast cancer patients who should get 100 milligrams of isoflavones each day<sup>[24][25]</sup>. Although soy gets a bad rap for affecting the estrogen response of target tissues and causing hormonal issues in women, studies conducted on soy have not shown any related evidence.

Whether you like soy milk, soybeans, or fermented foods like natto, soy can give you a daily dose of fiber and the essential vitamins and minerals crucial for healthy cell growth.

#### **Tips:**

- The best soy products for the diet include soy nuts, tofu, soy milk, cooked soybeans, edamame, and tempeh but avoid refined soy products and soy “fast food” like burger patties if made with artificial additives
- Toss firm or extra firm tofu into your favorite stir-fry
- Try soy yogurt or soy puddings for a healthy snack
- Mix ice cubes, soy milk, and fresh fruit for a tasty smoothie treat
- Make a healthy trail mix with roasted soybeans (soy “nuts”) and dried fruit



### 3. Ginseng

Ginseng is a plant that mainly grows in China, Russia, Japan, and Korea. Active substances in this plant are known to block or reduce the progression of the tumor necrosis factor. Tests done on mice blocked the propagation and metastases of cancerous skin cells, and also stimulated cell differentiation and the level of interferon. A 2015 meta-analysis revealed that consumption of ginseng reduces the risk of cancer and that the effect is not organ-specific<sup>[26]</sup>.

While ginseng is not widely known in the US for its anti-cancer properties, it has been used for centuries in Asian medicine. A study conducted on 905 cancer cases in Korea suggested that ginseng intake was able to significantly reduce the cancer incidence in patients<sup>[27]</sup>.

While eating fresh slices of ginseng, or consuming it in juices or teas provide benefits, extracts and powders are the most potent way to fight cancer cells in the body.

#### **Tips:**

- You can consume ginseng root in various ways — steam it lightly or eat it raw
- Steep fresh ginseng in hot water for a few minutes to brew tea
- Take the powder as a medicine by mouth with a glass of water



### 4. Carrots

For many, carrots are already part of our daily diets. Make sure to include them in a couple of meals every week to keep your body fortified and safe. In addition to being linked to maintaining good eyesight, carrots also help prevent cancer.

Many studies have analyzed the effect of carrots as a medicinal food. An analysis considered five of these studies and concluded that eating carrots can reduce stomach cancer risk by 26%<sup>[28]</sup>. This is one of the most aggressive and untreatable forms of cancer, and it has a high fatality rate.

Another study on the effect of carrots on cancer cells found that they can fight against prostate cancer, reducing the possibility of getting it by 18%<sup>[29]</sup>.

That's not all — one significant study conducted on 1266 participants consisting of people with and without lung cancer found that smokers who do not consume carrots are three times more likely to develop lung cancer. People who eat carrots more than once per week did not have such a high risk<sup>[30]</sup>.

#### **Tips:**

- Carrots are delicious as a standalone snack if you feel hungry between meals. Their high fiber content makes you feel full
- Add them to your next smoothie
- They are perfect in lentil stews, casseroles, roasted veggie dishes, and stir-fries
- The “skin” is a source of nutrients; another reason it makes sense to buy organic

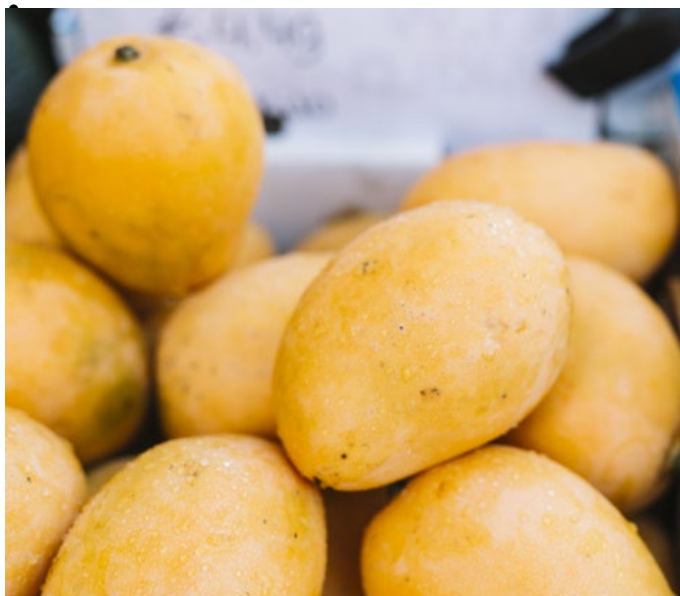
### 5. Mango

This tropical fruit not only tastes delicious, its fruit pulp extract and peel extract have anti-cancer properties. A study conducted on mango peel extracts showed that it inhibited the growth of tumor cell formation in colon cancer<sup>[31]</sup>. By contrast, it did not affect normal human noncancerous cells in any way. This is very promising.

This aromatic fruit is not only a great source of fiber, but its seeds and peels have high polyphenolic and carotenoid content, which can help fight cancer. They also have a very high vitamin E content — another potent anti-cancer compound.

#### ***Tips:***

- Enjoy mangoes on their own or blend them into smoothies
- Add them to oatmeal with a hint of cinnamon (another wonder food)
- Include mangoes in your salads — both green and fruit varieties
- Fill a mango “boat” with peppers, onions, and an herb of your choice: cilantro, basil, or mint. Sprinkle with lime for extra zest.



### 6. Saffron

Although saffron is a precious and exotic spice not yet common in Western cuisines, its beautiful golden color, distinctive aroma, and flavor have grabbed the world’s attention.

A study conducted on saffron showed that in its concentrated form, it could reduce the viability of malignant cells in humans<sup>[32]</sup>. This means it could stop cancer cells from growing or spreading in the body, especially with lung cancer.

An animal study conducted on rats with gastric cancer showed that the consumption of saffron stopped the progression of cancer cells into the gastric tissue<sup>[33]</sup>. 20% of the rats in the study were completely normal by the end. None of the rats in the saffron treatment group had an adenoma at the conclusion of the study, as compared to the placebo group.

The main component of saffron that helps fight cancerous cells is crocin, which has been shown to play a role in protecting against lung and colon cancer. And as colorectal cancer is one of the most prevalent in the United States, adding spices with cancer-fighting properties can help boost your body’s natural defenses.

#### ***Tips:***

- Add it to rice dishes and stir-fries
- The best way to extract its unique flavor is by soaking the threads in lukewarm water before adding to the dish
- To get the pure saffron flavor, crush it with a mortar and pestle and soak the threads in boiling water for 5-10 minutes

### 7. Allspice

Despite the common belief, allspice is not a mixture of different spices, but rather it is made from the dried berries of a plant in the myrtle family. Its distinctive flavor brings to mind a mixture of nutmeg, cinnamon, cloves, and a hint of pepper.

It is widely found in Mexico and Central America and many other warm regions of the world. It is known by different names in different places. You might have encountered *Jamaica pepper*, *new spice*, *pimento*, or *Myrtle pepper* on the grocery shelves and never realized that it was allspice.

Allspice contains essential minerals that can fortify the diet. A study conducted on inflammation showed that allspice plays a role in protecting against cancer<sup>[34]</sup>. When allspice was added to the diet of rats in an animal study, the spice suppressed the growth of malignant cells. It also was able to fight against some necrotizing agents such as sodium chloride or ethanol, which offers enormous benefits to our health.

If you love enhancing your food with delicious spices, allspice may become your new favorite spice, supplementing those other items on your shelf in some of your recipes.

#### **Tips:**

- Use allspice to season vegetable dishes, soups, and vegan (curry) stews. Its peppery overtone adds depth. (It is generally added at the beginning of the cooking).
- It works well in desserts and fruit smoothies too. A pinch on roasted veggies adds a nice warmth.
- Add allspice berries when making glühwein or chai tea.
- It can be used in sweet dishes where you want a bit more spiciness such as gingerbread, apple pie, or dark chocolate desserts.

### 8. Green tea

Green tea is an excellent antioxidant. Studies show that its properties help protect against the metastasis of certain cancers. Green tea contains polyphenols that have antioxidant and anti-inflammatory properties.

Scientists have been studying the benefits of green tea in cancer prevention for over 30 years. Their studies indicate that green tea contains notable cancer-fighting properties.

For instance, a cohort study revealed that just half a cup of freshly brewed green tea, ten times a day, could delay cancer onset for up to 7.3 years in female patients<sup>[35]</sup>.

Another study showed that when people supplement their diet with green tea tablets, it can reduce tumor size in patients with colorectal cancer.

#### **Tips:**

- Consume a cup of tea between each meal
- Do not drink green tea along with food or straight after a meal as it can affect the absorption of certain nutrients, particularly iron
- There are many varieties, in bags or loose form; try to buy organic green tea whenever possible





### 9. Beans

Beans have been found to help protect against colorectal cancer because they are high in fiber, a key factor in regulating intestinal health. There are endless varieties to be explored from navy and black beans to lentils and lima beans and more.



They are excellent sources of dietary fiber, protein, B vitamins, and many other important vitamins and minerals. Plus, they help reduce blood sugar, improve cholesterol levels, and support a healthy gut.

A study of around 2,000 people showed that participants who had a history of colorectal tumors had a reduced risk of recurrent tumors when they consumed cooked and dried beans<sup>[36]</sup>. There was also a study done on rats that conclusively showed that black beans and navy beans support the body against colon cancer and stop cancer cell generation by almost 75%<sup>[37]</sup>.

#### **Tips:**

- Beans fill you up with healthy protein, fiber, and other important nutrients
- Beans pair well with chopped tomatoes and onions for a delicious salad

### 10. Berries

Anthocyanins are the powerful antioxidants in berries, which give them their gorgeous bright colors and healing benefits. They are known to help reduce inflammation and the risk of cancer.

A promising human study of 25 people who had colorectal cancer showed that when they consumed bilberry extract for seven days, their cancer cells were reduced by 7%<sup>[38]</sup>.

There have been many other studies on berries and how they fight cancer<sup>[39]</sup>. Studies on freeze-dried black raspberries have shown that they can help block out certain cancer markers in people with oral cancer.

Berries have a long list of health benefits, including providing fiber, improving blood sugar and insulin response, lowering cholesterol levels, and improving the skin.

#### **Tips:**

- Berries are plentiful throughout the year, either fresh or frozen
- Add a couple of servings a day to your diet through smoothies
- Top cereals, salads, or just eat them as a standalone snack
- Blueberries are touted as having the highest levels of antioxidants



### 11. Nuts

There is great news regarding nut consumption and a reduced risk of cancer. A study done on around 20,000 people showed that when one group consumed nuts regularly, they reduced their cancer risk<sup>[40]</sup>.

Another human study, conducted on more than 30,000 people over a 30-year period, found that eating nuts played a role in decreasing the risk of endometrial, pancreatic, and colorectal cancers<sup>[41]</sup>.

Whether you love snacking on almonds, walnuts, or pistachios, you can receive anti-cancer benefits. Some are particularly medicinal, including walnuts, which can help reduce breast cancer cells by 80% and tumors by 60%<sup>[42]</sup>.

Nuts contain lots of fiber and protein to help keep you full for a long time — making them a good mid-afternoon snack.

In short, nuts are a nutrient powerhouse and contain many vitamins and minerals such as vitamin E, magnesium, zinc, and more — all of which are essential for regulating hormones and body functions.

#### **Tips:**

- Add nuts to steamed vegetables or stir-fries
- Mix them into your breakfast muesli, or use them to season salads
- Make sure you buy unsalted nuts at the supermarket; you can season them with herbs and spices at home
- Nuts are very healthy in moderation; however, they are high in calories and may contain a lot of fat like cashews. Almonds are equally tasty and contain less.

### 12. Cinnamon

Cinnamon has been used as a natural medicine for thousands of years. This sweet, aromatic spice helps to regulate blood sugar, reduce inflammation, and fight the spread of cancer cells.

Cinnamon has potent antioxidant and anti-cancer properties that can help to reduce the growth of tumors. This bodes well for a spice that is already so popular for its delicious taste and aroma.

A test-tube study done on cinnamon extract demonstrated that the spice not only reduced the propagation of cancer cells, but it also killed them<sup>[43]</sup>.

More human research is being done to understand exactly how cinnamon fights against the spread of cancer in human cells.

#### **Tips:**

- Enhance your breakfast cereal or oatmeal by adding half a teaspoon of cinnamon
- Add some to your coffee or tea to give it a lovely warm flavor.
- Enjoy a cinnamon stick with your herbal tea or spiced cider for a cozy treat
- Add cinnamon to roasted butternut squash, pumpkins, and sweet potatoes



### 13. Turmeric

When we talk about natural medicines and supplements turmeric — a golden Indian ‘super spice’ — is at the top of the healthy food list. The active ingredient in turmeric is curcumin, a compound known for its anti-inflammatory and anti-cancer properties.

A study conducted on patients with lesions in their colons found that curcumin reduced the number of lesions by 2/5ths within only 30 days. The daily amount of curcumin consumed by these patients was around 4 grams. This was not a one-time result<sup>[44]</sup>.

Curcumin has been at the center of many cancer studies. One test-tube study found that it can help reduce the spread of colon cancer by targeting an enzyme responsible for cancer cell growth.

Turmeric has been shown to protect the body against lung, prostate, and breast cancers in test-tube studies. If you are at high risk for prostate and breast cancer — due to having genetic markers for them — consuming turmeric regularly can help fortify your body.

#### ***Tips:***

- You can put the spice in all kinds of savory dishes. Add black pepper to it to increase absorption.
- You can brew a nice tea out of it; add ginger and honey for extra enjoyment. Sip this delicious tea before bedtime to heal your body with the powerful antioxidants
- Turmeric now comes in capsules for easy medicinal ingestion. It is cheaper to purchase a batch of empty capsule containers and fill them with turmeric powder to make your own supplements.

### 14. Citrus fruits

Citrus fruits are delicious, varying from sweet to tangy. The most common citrus fruits are oranges, grapefruits, lemons, limes, and the sweeter tangerines.

Citrus fruits are known to be powerhouses of vitamin C and antioxidants. Many studies have investigated their effects against cancer. One study found that the participants who consumed a very high amount of citrus fruits were at low risk of getting cancer of the stomach and the respiratory tract<sup>[45]</sup>. Citrus fruits have also been shown to reduce the risk of stomach cancer by 28%<sup>[46]</sup>.

Researchers also found citrus fruits to provide health benefits against pancreatic cancer, according to the findings of nine different studies on citrus fruit<sup>[47]</sup>.

The ideal amount targeted in a cancer-prevention diet is at least three servings every week. How does it work?

Citrus fruits empower the body to detox and get rid of harmful chemicals. They also help regulate blood sugar, and foster clearer skin and healthier hair.

#### ***Tips:***

- Vitamin C is always recommended at the first sign of a cold. You can take a supplement or eat citrus fruit.
- Citrus is a refreshing part of a fruit or green salad
- Instead of buying fruit-flavored drinks, add slices of lemon to a pitcher of water, and let the water absorb the lemon flavor throughout the day.
- Squeeze lemon or lime juice over on vegetable dishes for a refreshing burst of flavor.



### 15. Flaxseed

Flaxseeds are extremely high in fiber, and they contain a host of heart-healthy fats that should be incorporated into a healthy diet.

What does that have to do with cancer?

The fiber in flaxseed helps reduce the growth of new cancer cells and even kills existing ones.

A study of 32 women who had breast cancer showed that consuming a flaxseed muffin daily reduced the markers of tumor growth in the women eating the flaxseed muffin versus those who consumed the placebo<sup>[48]</sup>.

Another study done on over 150 men showed flaxseed to have protective benefits against prostate cancer<sup>[49]</sup>. It not only reduced the growth of these cells but also successfully stopped them from spreading to other parts of the body. The high fiber content of flaxseed is also very effective in fighting against colorectal cancer.

The essential fatty acids in flaxseed improve hair and skin health and can help support the body's natural production of collagen.

#### **Tips:**

- Add a tablespoon of ground flaxseed to cereal, smoothies, or any baked goods
- Use ground flaxseeds as a substitute for breadcrumbs
- Roast and sprinkle them on salads
- Did you know that flaxseeds can be substituted for eggs in recipes? One tablespoon of ground flaxseeds and 3 tablespoons of water replace an egg

### 16. Tomatoes

Tomatoes get their vibrant red color from a compound called lycopene, a potent antioxidant with anti-cancer properties.

Tomatoes are a great source of vitamin C, potassium, folate, and vitamin K. But as a form of protection, the lycopene in tomatoes is highly effective against prostate cancer.

Many enjoy the hothouse, vine grown, grape, cherry, and heirloom varieties. But you can just eat the regular tomatoes raw, cooked, or sun-dried with optimal benefit.

Over 17 studies have proved that tomatoes effectively reduce the risk of prostate cancer<sup>[50]</sup>. Men are highly advised by medical professionals to partake in quantity. Consuming homemade tomato sauce has the same effect in lowering the risk of prostate cancer as other forms of the fruit.

#### **Tips:**

- Include fresh tomatoes in salads, wraps, and pitas
- Use them to make pasta sauces or delicious, sugar-free homemade ketchup
- Make your own tomato juice at home. Store-bought kinds are loaded with sodium
- You can buy lycopene separately as a supplement, but they don't have all the nutritional benefits of eating tomatoes (such as fiber)



### 17. Garlic

Garlic is a vital ingredient in many savory recipes, and an essential part of the Mediterranean diet — one of the most heart-healthy and nutritious ways of eating<sup>[51]</sup>.

The main, active component of garlic is allicin. Over the years, health researchers have conducted numerous studies to better understand the well-established health benefits of this popular herb.

One study conducted on more than half a million people showed that those who regularly consumed allicin-containing vegetables — such as garlic, leeks, and onions had — a lower risk of suffering from stomach cancer than people who didn't consume them<sup>[52]</sup>.

While another study found that homemade garlic extracts inhibit the growth of several different cancer cells<sup>[53]</sup>.

#### **Tips:**

- Combine roasted garlic cloves with chickpeas, lemon juice, olive oil, and dill for a rustic hummus spread. Serve with assorted veggies.
- Make salsa with mashed roasted garlic, diced red pepper, green onion, oregano, and olive oil
- Sauté roasted garlic cloves with your choice of greens: bok choy, asparagus, broccoli, green beans, or snow peas
- Mash roasted garlic and spread it over a baked potato in place of butter



### 18. Avocado

Avocado has gained substantial popularity in recent times because of its unique antioxidant and healthy fat content. In a time when everyone wants to avoid trans fats and hydrogenated oils — which can severely impact our arteries and heart, and cause cellular damage — avocado is a breath of fresh air because of all the healthy fat it contains.

While it is refreshing and delicious, science has found that avocados have anti-cancer properties. Their antioxidants have pharmacokinetic properties that are highly bioavailable. In simple terms, avocado helps your body fight inflammation, diabetes, cardiovascular diseases, microbial diseases, and even cancer.



Avocados also have a high potassium content, providing 60% more potassium than bananas. The beta carotene, lutein, and zeaxanthin are responsible for fighting the free radicals produced in our bodies — the reason our cells become damaged<sup>[54]</sup>. From the peel to the leaf, the whole fruit is full of antioxidants.

#### **Tips:**

- Half an avocado contains a good dose of protein, fiber, and healthy fats
- Sprinkle avocado with lemon or lime juice to brighten the flavor and prevent the cut avocado from going brown
- Use it as a dip with crackers, enjoy it in salads, or use it as a 'boat' for finely chopped veggies or herbs (add them to the hollow after the pit is removed)

## 21 NATURAL MEDICINE PROTOCOLS FOR CANCER

### 19. Selenium

Selenium is an essential mineral that is important for many functions in the body. For instance, it helps the thyroid, regulates reproductive hormones, and fights free radicals. This is what helps make selenium an effective defense against cancer.

Free radicals are the unstable molecules produced in the body when eating, exercising, working, as well as other routine daily activities. They break down cells and make us age faster, especially when we are under a lot of stress.

By destroying free radicals, selenium has been found to be effective in cancer prevention. Studies conducted on esophageal, colon, liver, and lung cancers have found it to be beneficial.

The daily recommended dose of selenium is 55 micrograms, for reducing particular forms of cancer and to boost the body's immunity<sup>[55]</sup>.

#### **Tips:**

- Selenium is found in cereals, grains like long-grain brown rice, and Brazil nuts. Eating these foods will naturally increase your selenium levels.
- If you are unable to ingest an adequate amount of the mineral in your diet, look for a supplement that contains selenium



### 20. Vitamin D

Vitamin D is produced in the body when the skin is exposed to sunlight. The melanin pigments in the skin react with the sun's UV rays and create this vitamin.



Vitamin D helps boost immunity, strengthen the bones and muscles, and keep the nervous system functioning correctly.

In short, vitamin D is essential for the immunity and structural integrity of our bodies. In a study conducted on breast cancer, it was revealed that patients with low levels of vitamin D had an increased risk of developing breast cancer<sup>[56]</sup>.

The daily amount of vitamin D needed to sustain the body is 15 mcg, which many people can get by regularly spending time outdoors. However, others (particularly in northern countries), struggle to meet this. In addition to geographical location, this is due to the increased use of sunscreens and spending more time indoors.

#### **Tips:**

- Did you know that the body better absorbs calcium when vitamin D is present?
- Eat more mushrooms: portobello, maitake, morel, button, and shiitake mushrooms are all high in vitamin D
- Consume soy and almond milk fortified with vitamin D



### 21. Vitamin E

Vitamin E is an excellent antioxidant with known cancer-fighting properties.

Studies show a clear benefit. In fact, it has been proven that if you have a low amount of vitamin E in your body, it may increase your chance of getting cancer<sup>[57]</sup>.

Vitamin E also helps fight infection and boost the immune system. And vitamin E extract helps heal skin irritations.

Including vitamin E-rich foods into your diet is the optimal way to absorb this vitamin, as you also get the benefit of fiber. You can also use it as a supplement to decrease the risk of prostate, lung, and colon cancer.

#### **Tips:**

- The amount of vitamin E needed to stay healthy is 15 mg per day
- Eat an avocado once or twice a week
- Add a few nuts (almonds, hazelnuts, and peanuts) and sunflower seeds to salads
- Increase your consumption of green leafy vegetables (spinach and broccoli)



### ADDITIONAL TIPS FOR BOOSTING YOUR BODY AGAINST CANCER RISKS

#### **Ditch Sugar**

Every cell in the body uses sugar as a source of energy; however, cancer cells use 200 times more sugar than healthy cells. This means that in the absence of sugar, cancer cells are likely to starve. Apart from this fact, consuming foods high in sugar may lead to diabetes, which increases the risk of cancer. Sugar is also directly associated with certain types of cancers such as esophageal cancer<sup>[58]</sup>.

#### **Avoid Food Sensitivities**

Food sensitivities, such as gluten sensitivity, may increase the risk of cancer. A major study by the *Journal of the American Medical Association* indicated that a hidden gluten sensitivity increased the risk of death by 35 to 75 percent among participants, mainly by causing cancer and heart disease<sup>[59]</sup>.

#### **Stop Inflammation**

Inflammation appears to be the common denominator in most chronic diseases, including cancer.

What most people may not be aware of is that inflammation is a normal response to injured tissue. When there is an injury to a tissue, the body releases inflammatory molecules to the injury site to initiate tissue repair and healing.

However, some inflammations may arise even when there is no injury and they persist for over three months. This is referred to as chronic inflammation, and it may lead to DNA changes and gene mutations that trigger cancer<sup>[60]</sup>.

### Improve Gut Health

Cancer often starts in the gut. This is true not for just colon cancer, but also many others. The gut microbiome is currently being studied in relation to breast and prostate cancers<sup>[61][62]</sup>. Apart from avoiding inflammatory foods, add phytonutrients like curcumin, prebiotics, and resveratrol (found in grapes) to your diet. The consumption of fermented foods like dairy-free kefir also increases the beneficial bacteria in the gut.

### Stop Smoking

Smoking tobacco, which contains more than 7,000 chemicals, is the number one risk factor for lung cancer<sup>[63]</sup>. Apart from this, smoking is connected to several other types of cancer. Stopping now reduces the chances of getting cancer in the future.

### Avoid Too Much Sun Exposure

Dangerous ultraviolet (UV) rays damage skin cells and increase the risk of skin cancer. Avoid too much direct sun and wear protective clothing (some are specially designed for this purpose).

### Exercise Frequently

Regular exercise is associated with lower cancer risk<sup>[64]</sup>. A study published in the Journal of Clinical Oncology found a link between exercise and seven types of cancer<sup>[65]</sup>. 755,459 participants (with a median age of 62 years) were followed for about ten years. During this period, over 50,000 incidents of cancers occurred.

After analysis, the researchers concluded that engagement in recommended physical activity was associated with a reduced risk for seven types of cancers including colon, breast, and liver. Healthy adults should engage in 7.5-15 hours of moderate exercise per week.

### Maintain a Healthy Weight

Obese or overweight people have more fat than lean muscle tissue. This causes a myriad of complications such as increased insulin and estrogen levels, chronic low-level inflammation, and food addictions. All these factors increase the risk of different types of cancers.

### Schedule Regular Cancer Screening Exams

Discuss the types of screening you need with your doctor based on your risk factors. This will help you catch any abnormalities early on and start to deal with them.

### Avoid Too Much Alcohol

Excessive alcohol consumption has been linked to liver cirrhosis and liver cancer<sup>[66]</sup>. If you opt to drink, limit yourself to one drink a day if you are a woman or man of above 65 years of age and 2 drinks if you are a younger man.

### Eat More Fat from Plants than Animals

Plant fats such as olive oil have been linked to a reduced risk of certain types of cancers<sup>[67]</sup>. Animal fats on the other hand have been linked to a higher incidence of cancer. A study carried out in the UK showed that diets high in animal fats can increase the risk of breast cancer<sup>[68]</sup>.

### Increase Your Fiber Intake

Colorectal cancers are the third leading cause of cancer mortality rates in the US with 104,610 new cases of colon cancer and 43,340 new cases of rectal cancer reported in 2020<sup>[69]</sup>. There is evidence linking the consumption of a high-fiber diet from whole grains and cereals to a lower risk for colon cancer<sup>[70]</sup>. Fiber also improves satiety and prevents overeating. It also prevents obesity, which is linked to higher cancer risk. Healthy sources of fiber include barley, beans, nuts, fruits, and peas.

### Lower Your Consumption of Saturated Fats

Saturated fats are usually solid at room temperature. They increase the risk of cardiovascular disease as well as the incidence of certain cancers such as lung cancer<sup>[71]</sup>. Butter, lard, chicken skin, and cheese are full of saturated fats.

### Avoid Processed Foods

Processed foods may be tasty, but they cause more harm than good. A study published in the *British Medical Journal* showed a 12% increase in cancer risk related to the consumption of processed foods<sup>[72]</sup>. These foods are also a trigger for excess weight gain and obesity, major contributing factors to increased cancer risk.

### Limit Salt Intake

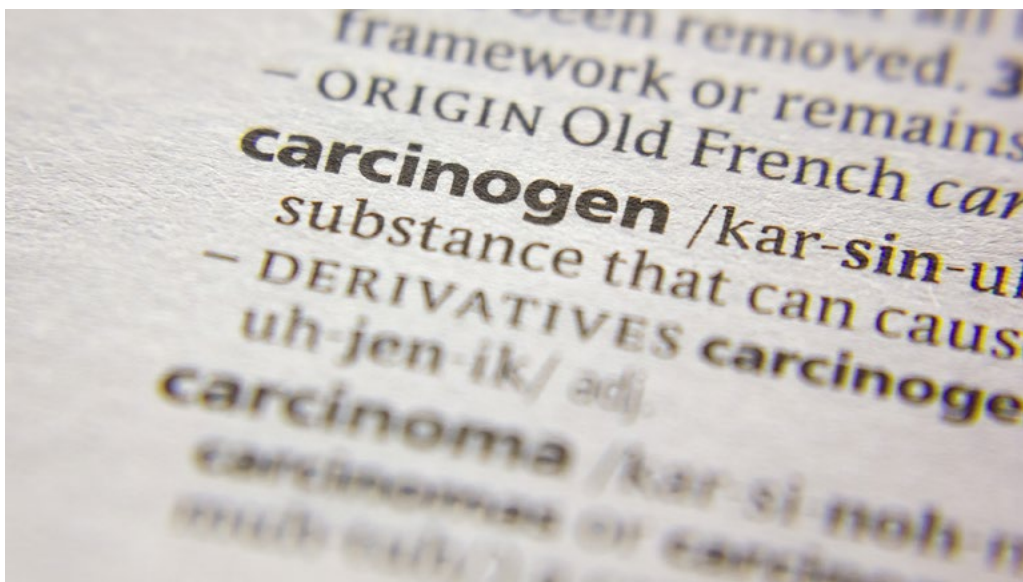
We consume salt from certain foods we eat such as processed and packaged foods, soups, bread, and cereals, among others. Not only does salt increase the risk of gout, but it also increases the risk of stomach cancer. The Cancer Council of Australia issued a statement indicating their position on salt and cancer risk<sup>[73]</sup>.

This statement indicated epidemiological evidence linking increased salt intake with a higher risk for stomach cancer. It is advisable to limit salt consumption to no more than 2300 mg of sodium (6 g of salt) per day. Opt for foods with no added salt or low-salt foods when purchasing groceries at the supermarket. At home, avoid adding salt to cooked food, or use sea salt in place of table salt.

### Reduce Exposure to Toxins

Studies have found that newborns can be exposed up to 287 chemical pollutants via the umbilical cord blood by the time they are born<sup>[74]</sup>. In fact, they are exposed to different chemicals including pesticides, bisphenol A, phthalates, flame retardants, and heavy metals like lead, mercury, and arsenic.

This, of course, gets worse as the child grows. Such toxins damage the nervous system and increase the risk of cancer<sup>[75]</sup>. Adopting a clean and green approach means limiting exposure to environmental toxins.





### CONCLUSION

The journey of cancer treatment is long and arduous, and a lot about it is still not well understood. However, we do know that adopting a healthy, natural lifestyle and diet for both the prevention and treatment of cancer seems a really good bet considering all of the serious side effects that conventional cancer treatment can have on the body.

The elimination of unhealthy foods and the reduction of exposure to toxins goes a long way in ensuring that we are in optimal health and have a reduced cancer risk. It is also apparent that in treating cancer, interactive therapies and natural products can be much more effective and less costly than taking modern anti-cancer drugs, with the added benefit of fewer side effects.

It is important to note that if you are undergoing a conventional treatment plan, some supplements could be contra-indicative with the treatment. Therefore, consult with your doctor before taking any such items. The decision on which protocol to use ultimately lies squarely with the patient, but it is important to seriously consider your doctor's advice at the same time.

## ABOUT JONATHAN OTTO



Jonathan Otto is an investigative journalist, natural health researcher, documentary filmmaker, and humanitarian.

Throughout his career, Jonathan has turned his attention to seeking truth and exposing errors in conventional medicine.

He has created and produced several groundbreaking self-hosted docuseries — ***Depression, Anxiety & Dementia Secrets, Autoimmune Secrets, Natural Medicine Secrets, and Women's Health Secrets*** — covering innovative, effective natural remedies for cancer, autoimmune disease, neurodegenerative disease, mental health, and heart disease.

These docuseries represent Jonathan's unceasing quest to discover the true root cause of debilitating diseases by gathering stories and protocols from world-renowned natural medicine doctors, health experts, and their patients.

In response to this life-saving knowledge, Jonathan created **Well of Life**, a line of doctor-formulated, 100% natural supplements specially designed to detox and fortify the body.

Jonathan's greatest reward has been hearing the testimonials from people whose lives have literally been saved with the natural medicines and protocols he discovered.

His work has been featured in international TV broadcasts, print media, national news, and radio broadcasts. He received the awards, *Young Citizen of the Year* and *International Volunteer of the Year*, by the Australian government for international humanitarian contributions, which he continues to support.

Jonathan and his wife, Lori, welcomed their first son, Asher, in January 2019.

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