

# CANCER AND NATUROPATHIC TREATMENT

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## DISCLAIMER:

This paper is for educational purposes only and its contents are not a substitute for medical diagnosis and treatment.

Neither the conventional treatments nor the Naturopathic approach may always provide a full answer to arthritis cure. However, working in conjunction with one another, they do offer a more complete and robust answer to controlling pain whilst minimizing side effects.

## 1. Introduction

According to Jemal A, Siegel R, Ward E, Hao Y, Xu J, Thun MJ - Cancer Surveillance, Surveillance and Health Policy Research, American Cancer Society, Atlanta, Georgia 30303-1002, USA:

“Incidence and death rates are standardized by age to the 2000 United States standard million population. A total of 1,479,350 new cancer cases and 562,340 deaths from cancer are projected to occur in the United States in 2009. Overall cancer incidence rates decreased in the most recent time period in both men (1.8% per year from 2001 to 2005) and women (0.6% per year from 1998 to 2005), largely because of decreases in the three major cancer sites in men (lung, prostate, and colon and rectum [colorectum]) and in two major cancer sites in women (breast and colorectum).

Overall cancer death rates decreased in men by 19.2% between 1990 and 2005, with decreases in lung (37%), prostate (24%), and colorectal (17%) cancer rates accounting for nearly 80% of the total decrease. Among women, overall cancer death rates between 1991 and 2005 decreased by 11.4%, with decreases in breast (37%) and colorectal (24%) cancer rates accounting for 60% of the total decrease.”

## 2. Causes of Cancer

### General

A cancer-causing agent - chemical, biological, or physical - is termed a carcinogen. Substances are labelled carcinogens if, when administered to a population of previously untreated organisms, they cause a statistically significant increase in the incidence of neoplasm<sup>1</sup> compared with the incidence in subjects that are left untreated. According to Dr Matthias Rath, severe nutritional deficiencies in cells and tissues – for example – vitamins, minerals, amino acids, and substances found in botanic plant and fruit – called ‘phytochemicals’ - are implicated with cancer causes. Dr Rath claims that the uncontrolled release of degrading enzymes in cancer can be blocked by the natural amino acid lysine. He also says that a high daily intake of lysine – in particular in combination with vitamin C – can block cancer cells from spreading.

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<sup>1</sup> A tumour; an abnormal local multiplication of some type of cell. A neoplasm may be either benign; if it shows no tendency to spread, or malignant; if the growing cells infiltrate surrounding tissues and spread in to other parts of the body.

### Chemical Agents

Chemicals that cause cancer have a variety of molecular structures and include complex hydrocarbons, aromatic amines, and certain metals, drugs, hormones, and naturally occurring chemicals in moulds and plants. Many nitrosamines - simple organic oxides of nitrogen - are carcinogenic and may be produced within the human body.

Hydrocarbons and nitrosamines are components of cigarette smoke and may be the carcinogenic agents; contributing to lung cancer in smokers. Certain aromatic amines, especially 2-naphthylamine, were originally used in the dye industry for dyeing cloth and other materials.

After it became apparent that this chemical caused a high incidence of bladder cancer in workers, it was no longer used industrially. Another industrial chemical gas; VINYL chloride, has been implicated as the causative agent of sarcoma of blood vessels in the livers of exposed workers.

### Biological Agents

Various forms of parasites have been associated with many animal and plant cancers. Since humans are an integral part of nature's food chain, it makes a logical sense that we are linked to these parasites, and can be infected by some of them. Although the actual linking mechanisms remain a subject of debate, the research and book of Dr Hulda Regehr Clark<sup>2</sup> suggests this is the case at least in some instances.

Accordingly; cancer-causing viruses can be divided into DNA and RNA viruses depending on their structure.

**DNA: Deoxyribonucleic Acid.** The double-stranded chemical instruction manual for everything a plant or animal does: grow, divide, even when and how to die. It's very stable, has error detection and repair mechanisms. It stays in the cell nucleus and can make good copies of itself.

**RNA: Ribonucleic Acid.** Single-stranded where DNA is double-stranded, messenger RNA carries single pages of instructions out of the nucleus to places they're needed throughout the cell. No error detection or repair; makes flawed copies of itself. It evolves ten times faster than DNA and transfer RNA helps translate the mRNA message into chains of amino acids in the ribosomes.

### Physical Agents

Ultraviolet and high-energy radiation is also causative factors in human and animal cancer. A correlation exists between exposure to the sun's ultraviolet rays and the occurrence of skin cancer in humans. Cancers caused by radiation include leukaemia as well as cancer of the thyroid, breast, stomach, uterus, and bone. Thus, such routine diagnostic tools as the X ray are used with care so that a person is not overexposed; physicians also caution people using sunlamps, which employ ultraviolet rays, to take precaution against excessive exposure.

### Inherited Cancer

While it is unclear why cancer develops in some individuals and not in others, heredity appears to play a role in certain cancers. For this reason, the family history - a record of diseases and the cause and age of death of family members - may be important in predicting and diagnosing cancer. Some hereditary cancers include familial polyposis of the colon, which comprises small benign tumours of the large intestine that invariably develop into

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<sup>2</sup> The Cure for All Cancers, Promotion Publishing

colon cancer; retinoblastoma, which is a tumour of the retina occurring in children; and a type of breast cancer that arises before the age of 40.

### Mechanism of Cancer Spread

In her book; *Picture of Health*<sup>3</sup>, Helen Graham writes as follows: “ More serious disorders such as schizophrenia also arise [like neurosis] from a failure to make distinction between the self and the non-self. ... [likewise] the cancer cell acts as though it were schizophrenic<sup>4</sup>. A normal cell will, in the process of growth, be impeded through contact with other cells; the separating membranes serving as a barrier against the intrusion of one cell into the other. Cells are thus normally permitted to grow, and simultaneously maintain integrity of form and function.

The cancer cell however, fails to respect these boundaries and grows unimpeded by cellular contact inhibition<sup>5</sup>, assisted through the collusion of adjoining cells in allowing their barrier membranes to yield to this intrusion. The cancer cells are not qualitatively different from normal cells initially. Normal cells, when young, divide but remain undifferentiated, just as cancer cells do, but at this point cancer cells begin to manifest their pathology. Instead of maturing into specialised cells with a specialised function, the cancer cell remains in a state of undifferentiation. It has thus become stuck in an immature phase.”

Once a cancer cell goes wild, it is very difficult to contain, remove, or reverse its status into a normal cell.

## **3. Naturopathic Cancer Therapies**

### Mind-Over-Matter

Mind-body interactions do not necessarily guarantee a cure but they can and do affect what happens in our bodies, according to the department of mind-body medicine at Cancer Therapy Centers of America's Midwestern Regional Medical Center.

When a patient is faced with destructive therapy procedures, such as chemotherapy and radiotherapy, stress levels can rise and may aggravate some of the side effects of therapy, such as nausea, fatigue, and low energy.

Creating a sense of relaxed control over your situation and emotional state will be useful in combating cancer and other morbid illness.

Examples of mind-body medicine to fight cancer embrace deep breathing, progressive muscle relaxation, guided imagery, yoga, tai chi, Reiki, acupressure, deep-tissue massage, listening to relaxing music and enjoying nature.

Religion and belief in G-d and prayer can be likewise most powerful and beneficial.

At the Swedish Cancer Institute in Seattle, staff members, as well as cancer patients and their families, are encouraged to take advantage of mind-body therapies.

Cognitive-Synergy Therapy™ and meditation exercises described in the book *COGNITIVE-SYNERGY YOUR POTENT HEALING POWER* by Dr Abe Abrahami, particularly visualisation of cancer cells being destroyed by the good immunity cells, using physical picture or otherwise, can be most powerful.

Our mind has a powerful influence on our bodies, for good or bad.

Accessing negative emotions, releasing them, and reaping the positive benefits on the immune system, can be good according to integrative medicine experts.

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<sup>3</sup> Judy Piatkus (Publishers) Ltd, London

<sup>4</sup> Goldberg, 1983, page 23

<sup>5</sup> Lowenstein, 1966

*From conception to perception to realization!*

Phytochemicals:

According to Ohio State University Extension Fact Sheet, Family and Consumer Sciences, HYG-5050-98, Sereana Howard Dresbach, Amy Rossi, these food substances have cancer-fighting properties.

*Phytochemicals* are non-nutritive plant chemicals that contain protective, disease-preventing compounds. More than 900 different Phytochemicals have been identified as components of food, and many more continue to be discovered today.

It is estimated that there may be more than 100 different Phytochemicals in just one serving of vegetables.

As early as 1980, the National Cancer Institute Chemoprevention Program of the Division of Cancer Prevention and Control began evaluating Phytochemicals for safety, efficacy, and applicability for preventing and treating diseases.

Researchers have long known that there are Phytochemicals present in plants, but only recently that they are being recommended for protection against cancer, diabetes, cardiovascular disease, and hypertension.

Most Commonly Studied Phytochemicals indicate their presence in the following food:

- Allium vegetables - (garlic, onions, chives, leeks)
- Cruciferous vegetables - (broccoli, cauliflower, cabbage, Brussels sprouts, kale, turnips, bok choy, kohlrabi)
- Solanaceous vegetables - (tomatoes, peppers)
- Umbelliferous vegetables - (carrots, celery, cilantro, parsley, parsnips)
- Compositae plants - (artichoke)
- Citrus fruits - (oranges, lemons, grapefruit)
- Glucarates
- Other fruits (grapes, berries, cherries, apples, cantaloupe, watermelon, pomegranate)
- Beans, grains, seeds - (*soybeans*, oats, barley, brown rice, whole wheat, flax seed)
- Protease inhibitors
- Herbs, spices (ginger, mint, rosemary, thyme, oregano, sage, basil, tumeric, caraway, fennel)
- Licorice root
- Green tea
- Polyphenols

Although Phytochemicals are not yet classified as *nutrients*, substances necessary for sustaining life, they have been identified as containing properties for aiding in disease prevention.

Soybeans:

A substance found in soybeans may reduce the risk of colon cancer, the third most common form of cancer in the world.

It claims that soy glycosylceramide has been found to be effective in reducing the formation and growth of tumour cells in the gastrointestinal (GI) tract in mice, according to research published in the Journal of Nutrition.

”Soy is known to have a number of health benefits, including the suppression of cancer. Based on our results, some of this benefit may be due to a group of molecules known as sphingolipids,” - said Al Merrill, a researcher at Georgia Tech and leader of the research

team, which also included scientists from Emory University and the Karmanos Cancer Institute in the US.

Merrill and his colleagues had already shown that milk sphingolipids can suppress tumour formation, but this study was the first to establish that the sphingolipids of plants - which are structurally different - can also inhibit colon cancer, the researcher claimed.

#### **4. Nutrients to Defeat Cancer**

According to Walter Last, the following supplements consisting of high quality foods and nutrients may be helpful with cancer:

##### Acidophilus and bifido cultures:

These are essential to restore a healthy intestinal flora, especially at the start of the program and after any antibiotics and chemotherapy.

If you cannot use homemade yogurt, take powdered cultures sold in refrigerated brown glass bottles or high-potency capsules. Keep them refrigerated.

##### Alpha-lipoic acid (ALA):

This is a strong antioxidant and helpful to improve immune functions and overcome viral infections, especially hepatitis and AIDS, may be taken in conjunction with vitamin C.

##### Bee-pollen, Bee-propolis, spirulina and ground linseed:

These nutrients are highly recommended as part of an anti-cancer diet, due to their cleansing and strengthening qualities and properties.

##### Beetroot (fresh or cooked but not tinned)

This humble vegetable is useful for headache, coughs, cold, to improve one's sex life, and boost the body's immune system, as it is rich in many important minerals and micronutrients.

##### Ginger:

This is an excellent anti-inflammatory remedy and also stimulates digestion and helps to prevent nausea. Use fresh ginger in your vegetable juices.

##### Ginseng and Coenzyme Q10:

These help to stimulate the metabolism and increase energy levels. Good-quality Q10 supposedly has a deep orange color, while less potent varieties are paler and yellow.

##### Grape Seed Extract

This contains Proanthocyanidins - a group of antioxidants that chemically belong to the class of bioflavonoids. They strengthen connective tissue and reduce or prevent inflammation that surrounds invasive tumours. Commercially it is extracted from maritime pine bark and grape seeds.

##### Inositol:

This is a vitamin-like substance. On its own or combined with phytic acid (inositol-hexaphosphate) it has been used to slow the growth of cancer cells and blood vessels in tumours, it also seems to initiate a suicide mechanism in cancer cells.

##### Kelp:

This supplies essential minerals and especially iodine required to produce thyroid hormones from the amino acid tyrosine. Many cancer sufferers have an under-active thyroid.

#### Lactoferrin:

It is derived from colostrums<sup>6</sup>, stimulates the immune system. Also propolis (see above) is highly recommended as a natural antibiotic. Best suck tablets between meals or chew and keep in the mouth for some time.

#### Lecithin:

It supplies essential nutrients and helps to absorb lipids and cleanse the liver. Mix half or one teaspoon of lecithin granules with meals; you may also add some to fresh juices to improve the absorption of carotenes and flavonoids. Instead of granules you may take lecithin capsules.

#### Maca:

This is a Peruvian root powder, assists in normalizing our endocrine glands or hormonal systems. It is especially effective for improving thyroid function and balancing sex hormones. It may also noticeably improve energy levels.

#### Microhydrin:

This is a strong antioxidant containing negative hydrogen. You may use it to improve the quality of drinking water by adding a capsule to a glass of pure water several times a day.

#### Amino Acids:

Sulfur amino acids *taurine*, *L-cysteine* and *L-methionine* assist detoxification and oxygen metabolism. Alternatively, or in addition, use plenty of sulfur-rich foods, such as onions and vegetables of the cabbage family, especially broccoli and red cabbage.

*DLPA* or *DL Phenylalanine* may be used for persistent pain, and when the pain eases, reduce the intake.

*L-glutamine* is another amino acid, assists if one is underweight and weak, and cannot gain any weight.

With lack of energy try *L-carnitine*. It is required to produce energy from fatty acids and can be deficient with vegetarian diets, or liver problems, or if elderly, and especially in vegetarians with type O blood group.

The essential amino acid *L-lysine* is an important component of collagen but in addition it also inhibits the proteolytic enzymes that allow the cancer to spread.

#### Anti-Angiogenesis and Enzyme Inhibition:

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<sup>6</sup> Bovine colostrums are the "early" milk produced by cows during the first several days post-parturition. This "pre- milk" liquid has a nutrient profile and immunological composition that differs substantially from "mature" milk. Included in the nutrient profile are higher amounts of immunoglobulins, growth factors, cytokines, and nucleosides than are found in milk. Bovine colostrums are also rich in oligosaccharides, antimicrobials, and immune-regulating factors. Available evidence suggests a beneficial effect of supplementation of bovine colostrums in improving body composition, aspects of athletic performance, diarrhea in persons with immune-deficiency syndromes, NSAID-induced gastrointestinal disturbances, and aspects of the acute phase response that occurs secondary to surgery. Specific hyperimmune bovine colostrums, produced to have high neutralizing titer activity against measles, rotavirus, and infectious disease.

Tumours can only grow by developing new blood vessels. This process is called angiogenesis. To grow, tumours also need to dissolve the surrounding connective tissue or collagen with the help of special enzymes.

This same enzyme activity may also allow the formation of metastases. Blocking these two processes, angiogenesis and enzymatic invasion of surrounding tissue, goes a long way to overcome the cancer. (These should NOT be confused with digestive enzymes)

#### Glucosamine and chondroitin:

Commonly used as sulfates, are important basic building blocks in the formation of cartilage and other connective tissue. They strengthen the connective tissue around a tumour to make it less invasive and also have anti-inflammatory properties.

These sulfates are also beneficial for arthritic conditions.

Other remedies that inhibit the formation of new blood vessels and the spread of cancer are zinc, vitamin B2, green tea, turmeric and alkalizing the body.

#### Digestive Enzymes:

Supplementation with digestive enzymes is highly recommended, especially in difficult or advanced conditions. Protein-digesting enzymes or proteases, preferably in addition to lipase, the fat-digesting enzyme, not only digest food, but also tumours.

If the digestion is weak, in advanced conditions, and with any cooked meals, use digestive enzymes during each meal. However, as a tumour-destroying agent, digestive enzymes should be taken in high doses well before meals and at bedtime. Best use a combination of pancreatin, bromelain, papain, as well as fungal proteases.

#### **WHAT TO DO NEXT:**

For more information go to [www.Peach-Rejuvenation-Clinic.org](http://www.Peach-Rejuvenation-Clinic.org)