

Preventing Cancer: The Role of Plants

Practical Clinical Guides



Module 2.1 – Course Overview and Context

Cancer prevention; who is it for?

- You, your friends and your family
- Patients who want to take measures to ensure a long and healthy life (primary prevention)
- Patients who have a family history or genetic risk of specific cancers
- Patients recovered from cancer wanting to take all measures to avoid a relapse (tertiary prevention)
- At risk patients identified by medical testing, for example those with precancerous states (secondary prevention)

The three pillars of cancer prevention

1. Avoid cell damage
2. Repair cell damage (or induce cell suicide)
3. Maintain a healthy tissue environment (terrain)

The 10 current recommendations from the World Cancer Research Fund for the prevention of cancer

- 1. Be a healthy weight**
Keep your weight within the healthy range and avoid weight gain in adult life
- 2. Be physically active**
Be physically active as part of everyday life— walk more and sit less
- 3. Eat a diet rich in whole grains, vegetables, fruits and beans**
Make whole grains, vegetables, fruits and pulses (legumes) such as beans and lentils a major part of your usual daily diet

- 4. Limit consumption of “fast foods” and other processed foods high in fat, starches or sugars**
Limiting these foods helps control calorie intake and maintain a healthy weight
- 5. Limit consumption of red and processed meat**
Eat no more than moderate amounts of red meat, such as beef, pork and lamb.
Eat little, if any, processed meat
- 6. Limit consumption of sugar-sweetened drinks**
Drink mostly water and unsweetened drinks
- 7. Limit alcohol consumption**
For cancer prevention, it’s best not to drink alcohol
- 8. Do not use supplements for cancer prevention**
Aim to meet nutritional needs through diet alone
- 9. For mothers: breastfeed your baby, if you can**
Breastfeeding is good for both mother and baby
- 10. After a cancer diagnosis: follow our recommendations, if you can**
Check with your health professional about what is right for you

Managing toxic burden

- Avoid
- Protect
- Repair
- Eliminate

Module 2.2 – Cellular/Hallmark Targets for Prevention

Summary of Halifax Project findings

Number of hallmarks targeted by phytochemical:

- 11 for curcumin, EGCG and silibinin
- 10 for perillyl alcohol, melatonin, berberine, isothiocyanate, oleanolic acid, gossypol and carotenoids
- 9 for resveratrol, withaferin A, luteolin, Ganoderma polysaccharide (PS) and anthocyanins
- 8 for lycopene, EPA, Lentinus PS
- 7 for enterolactone, gamma linolenic acid (GLA), kaempferol and piperine

Dietary sources of some key phytochemicals:

- Enterolactone: flaxseeds (linseeds), sesame seeds (hummus), whole grains
- Lycopene: tomato paste
- Isothiocyanate: cabbage family (including radishes)
- Anthocyanins, oleanolic acid: berries
- Piperine: long and black pepper
- Supplements: evening primrose oil (GLA) and fish oil (EPA)

Key herbs:

- Turmeric (curcumin)
- Green tea (EGCG)
- Broccoli sprouts and other cabbage family (isothiocyanates such as sulforaphane)
- Polygonum/Fallopia (resveratrol)
- Ashwagandha (Withania) (withaferin A)
- Medicinal (and dietary) mushrooms (beta-glucan polysaccharides)

Sources of phytochemicals

Walnuts, peanuts, coffee, apples, cherries, Goji berry, tomato, capsicum, thyme, sage, St John's wort, licorice and peppermint.

Chaste tree is a natural melatonin inducer.

Modules 2.3 to 2.6 – Ten Master Preventative Strategies, with Major Herbal Initiatives: Parts 1 – 3

Ten key strategies for cancer prevention

1. Inflammation ↓
2. Immune surveillance ↑; general resistance to infection ↑
3. Oxidative stress ↓; detoxification ↑, Nrf2 ↑
4. Maintain a healthy microbiome
5. Insulin resistance/blood sugar ↓; growth factors, such as IGF-1 ↓
6. “Thinner” blood, healthy vascular endothelial responses, improved tissue perfusion
7. Healthy methylation and epigenetic/genomic stability ↑
8. Maximising ketosis/mitochondrial therapy
9. Encouraging a tissue state that is hostile to tumor growth
10. Delaying cellular aging

Main herbs for the ten key strategies for cancer prevention

1. Turmeric/curcumin; willow bark/salicin; Boswellia, Ginkgo
2. Echinacea root; mushrooms, Astragalus
3. Green tea; rosemary; broccoli sprouts; garlic
4. Bowel Flora Protocol
5. Gymnema; Nigella; Polygonum/resveratrol; Korean ginseng
6. Garlic; Ginkgo; Turmeric/curcumin; green tea; microcirculation diet
7. Green tea; broccoli sprouts; Korean ginseng; Ginkgo Turmeric/curcumin
8. Polygonum/resveratrol; Ginkgo; Turmeric/curcumin; Korean ginseng
9. Microcirculation diet; Strategies 1, 2, 6, 8 and 10
10. Garlic, rosemary, Korean ginseng, Turmeric/curcumin, Polygonum/resveratrol

Bowel Flora (GI Flora Balance) Protocol

- Key antimicrobial herbs such as oregano and anise oils, Phellodendron and (optionally) garlic or myrrh provide the weeding
- Slippery elm provides the feeding treatment, done in conjunction with grape seed and green tea to depress pathogenic bacteria
- Combine with the appropriate diet depending on the pattern of dysbiosis and optionally
- Use an evidence-based probiotic (twice a day in the feeding phase) to enhance clinical results

With Emphasis on These in the Diet

1. Foods rich in carotenoids: carrots, dark green leafy vegetables, sweet potatoes, tomatoes, pumpkin
2. All the elements of the microcirculation diet
3. Foods rich in flavonoids: apples, onions, citrus fruit, chamomile tea
4. Mushrooms of all kinds, especially as soup
5. Foods rich in anthocyanins: berries, cherries, dark grapes, plums, purple vegetable varieties
6. Foods rich in phytoelatonin: coffee, cherries, apples, tomatoes, peppermint tea
7. Cruciferous vegetables: broccoli, kale, cabbage
8. Fiber, fiber, fiber!!!

Microcirculation Phytonutrient Diet

1. Boost dietary nitrate: beet (root), spinach
2. Increase cocoa intake: 90% chocolate
3. Increase berry anthocyanin intake: a cup of berries a day
4. Raw crushed garlic: 1/2 to 1 clove/day
5. Increase herbs and spices: especially green tea, turmeric and ginger

These statements have not been evaluated by the Food & Drug Administration.
This course is not intended to diagnose, treat, cure or prevent any disease.

Triphasic oral therapy

1. Ayurvedic oil pulling with coconut or sesame oil
2. Followed by cleaning teeth
3. Followed by an herbal mouth rinse (twice a day)
 - Mouth rinse examples: equal parts Propolis, Myrrh and Calendula;
or equal parts Echinacea, Sage and Thyme
 - 2.5 mL in 25 mL water swilled around the mouth, tongue and gums for 60 seconds