

# 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