

Functional Herbal Therapy and Cancer: Module 2

Preventing Cancer: The Role of Plants

Professor Kerry Bone's Reading Assignment



Module 2.6 – Key Herbs and Protocols

1. Ginseng and Cancer

Kerry Bone

2. Ginseng References

3. Rosemary and Time

Parry, Lizzie (2016, September 5) Rosemary and Time. Retrieved from <https://www.thesun.co.uk/living/1727352/italian-village-where-one-in-10-residents-lives-to-be-100-reveals-the-secret-to-a-long-life-is-eating-a-med-diet-and-rampant-sex/>

Advanced Reading

1. Anti-Cancer Effects of Gynostemma Pentaphyllum

Li, Y., Lin, W., Huang, J., Xie, Y., & Ma, W. (2016). Anti-cancer effects of Gynostemma pentaphyllum (Thunb.) Makino (Jiaogulan). *Chinese medicine*, 11(1), 43.

2. Fasting and Cancer: Molecular Mechanisms and Clinical Application

Nencioni, A., Caffa, I., Cortellino, S., & Longo, V. D. (2018). Fasting and cancer: molecular mechanisms and clinical application. *Nature Reviews Cancer*, 1.

3. Positive Effect of Daylight Exposure on Nocturnal Urinary Melatonin Excretion in the Elderly: a Cross-Sectional Analysis of the HEIJO-KYO Study

Obayashi, K., Saeki, K., Iwamoto, J., Okamoto, N., Tomioka, K., Nezu, S., ... & Kurumatani, N. (2012). Positive effect of daylight exposure on nocturnal urinary melatonin excretion in the elderly: a cross-sectional analysis of the HEIJO-KYO study. *The Journal of Clinical Endocrinology & Metabolism*, 97(11), 4166-4173.

4. The Roles of UVB and Vitamin D in Reducing Risk of Cancer Incidence and Mortality: A Review of the Epidemiology, Clinical Trials, and Mechanisms

Moukayed, M., & Grant, W. B. (2017). The roles of UVB and vitamin D in reducing risk of cancer incidence and mortality: A review of the epidemiology, clinical trials, and mechanisms. *Reviews in Endocrine and Metabolic Disorders*, 18(2), 167-182.

5. A Review of the Evidence Supporting the Vitamin D-Cancer Prevention Hypothesis in 2017

Grant, W. B. (2018). A review of the evidence supporting the vitamin D-cancer prevention hypothesis in 2017. *Anticancer research*, 38(2), 1121-1136.