

# **Top 10 Natural Cancer Preventions and Treatments**



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## Introduction

Cancer cells exist in every human being. In the normal situation, the immune system recognizes and kills the cancer cells as they form. As long as there is a balance between the cancer cells and the immune system in the human body, the cancer cells will not grow out of control, and there is no cancer. Human cancers are resulted from imbalance between the cancer cells and the immune system.

The traditional cancer treatments, such as chemotherapy, radiation, and surgery, are intended to destroy the cancer cells, but also damage the normal cells, including immune cells. These treatments may provide temporary balance between cancer cells and immune system.

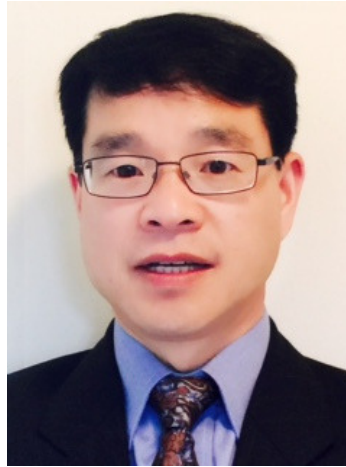
The natural cancer preventions and treatments are evolving thousand years. Before the emergency of the current traditional cancer treatments few hundred years ago, the natural medicines were the exclusive reagents for cancer preventions and treatments. Over thousands of years, all nations in the world have their unique natural cancer prevention and treatment products. The Top 10 Cancer Preventions and Treatments are selected among thousands all over the world. They are generally safe, provide cancer prevention and treatment benefits based on the documented studies, and maintain the balance between cancer cells and immune system.

## **Disclaimer**

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## About the Author



Dr. Anthony Hu had his medical education in China, PhD training in biomedicine in Sweden, and post-doctoral training in biomedicine in US. He has been working in biotech industry for more than 20 years. He participated in research, development, and generation of anti-cancer products. In 2004, he founded Kcancer, a social network for cancer patients, and created a rendezvous where cancer patients and their loved ones could interact, communicate, generate and harness the power of cancer knowledge to start the healing journey. During the years operation, Kcancer accumulated huge amount of data, which clearly indicates that besides the conventional cancer treatments, such as surgery, radiation and chemotherapy, cancer patients in the Kcancer social network paid even more attention to natural cancer preventions and treatments. There are numerous cancer patients who showed us the exciting stories fighting cancer with natural approaches with surprisingly satisfactory outcome. This ebook lists 10 most popular natural cancer preventions and treatments..

## **Gerson Therapy**

### **1. Background**

The Gerson therapy was developed by Dr. Max Gerson, a German-born American medical doctor. He began to use the therapy for cancer treatment in 1928. In the past 100 years, the therapy has been continuously modified and improved. It is one of the widely used alternative and complementary cancer treatment in the world today.

### **2. How the Gerson Therapy Works**

The Gerson therapy is based on that the accumulation of toxins in the human body results in the genesis of cancer. The emerging of cancer in the human body indicates that toxins reach dangerous level and the detoxification organs, particularly liver, are already damaged and debilitated. The Gerson approach is to flush out accumulated toxins from the human body tissues, to rejuvenate the human body with essential nutrients, and mobilize the human body to fight the cancer. Here are the 4 key components of Gerson therapy:

#### **1) Detoxification**

Coffee enema is employed to remove toxins from the bloodstream. During one 15-minute coffee enema, the entire human body's blood supply filters through the liver 5 times. This allows the human body to expel harmful toxins rapidly. You may select the appropriate enemas that best suit your conditions.

## 2) The Diets

The Gerson diet is plant-based, and contains a variety of organic fruits, vegetables and sprouted ancient grains. The diet is low in fat, proteins and sodium, and rich in vitamins, minerals and enzymes.

Here are the examples of anti-cancer diets:

<http://kcancer.com/2017/02/05/kcancer-top-10-anti-cancer-diets/>

## 3) The Juices

The Gerson juices are derived from fresh vegetables, including raw carrots, apples and green-leaf, and provide the easiest and most effective way of high quality nutrition absorption.

Here are the examples of fresh vegetables to get juices:

<http://kcancer.com/2017/01/27/anti-cancer-fruit-and-salad/>  
ne

## 3. Safety

Gerson therapy is generally safe, if following the standard operation procedures. The common side effects are electrolyte imbalances and colitis (inflammation of the bowel).



## Hydrogen Peroxide

### 1. Background

Since its discovery, H<sub>2</sub>O<sub>2</sub> was widely used in medicine and employed to treat many diseases, such as whooping cough, cholera, typhoid fever, ulcers, tuberculosis, and asthma.

### 2. How the Hydrogen Peroxide Works

It is well-established that tumor cells survive well under low level of oxygen, a situation known as tumor hypoxia. The consumption of hydrogen peroxide, either orally or by injection, results in increasing of oxygen content of the blood and body tissues dramatically.

Here is the suggested hydrogen peroxide application procedure:

- 1) Purchase 35% food grade hydrogen peroxide.
- 2) Prepare 1% hydrogen peroxide solution and drink 100 ml 1% hydrogen peroxide solution daily for one week.

### 3. Safety

Please remember that the hydrogen peroxide that is available at your local pharmacy (3% hydrogen peroxide) should not be ingested orally, since it contains many stabilizers. The only grade recommended for internal use is 35% Food Grade Hydrogen Peroxide, which must be properly diluted down to 3% or less with water.

## Hydrazine Sulfate

### 1. Background

Cachexia, or body wasting, is one of the major signs of advanced cancers. The causes of cachexia are: 1. Reduction in food intake; 2. Metabolic changes caused by cancer. It is known that cancer cells stimulate gluconeogenesis, an important factor contributing to cancer cachexia. Dr. Joseph Gold proposed to use hydrazine sulfate for treating cachexia in cancer patients.

### 2. How Hydrazine Sulfate Works

Hydrazine sulfate interrupts the ability of the liver to convert lactic acid from tumors into glucose, thereby stops gluconeogenesis cycle, reduce cachexia, limits the ability of tumors to take in glucose, starve the tumors and inhibit their ability to metastasize. Here is the suggested hydrazine sulfate usage:

- 1) 60 mg every day for the first three days.
- 2) 60 mg twice a day for the next three days.
- 3) 60 mg three times a day thereafter.

### 3. Safety

Hydrazine sulfate is generally safe when used with prescribed dose. Since it is a monoamine oxidase inhibitor, don't use together with alcohol, sleeping pills and other psycho-active drugs.

## Baking Soda

### 1. Background

Cancer cells flourish in an acidic environment and acidic environment stimulates cancer cell growth. A healthy body has a blood pH level of 7.4, slightly alkaline. Maintenance of proper pH of human body prevent cancer cell growth.

### 2. How the Baking Soda Works

Baking soda, or sodium bicarbonate, is a natural substance, has pH of approximately 9.0, and is used to increase the pH of cancer patients, thus to prevent cancer growth. Here is the suggested baking soda usage:

- 1) Test and monitor both saliva and urine pH and make sure that the pH is below 8.0 before using the baking soda. pH paper can be bought from internet or health food stores.
- 2) Add 3.5 g baking soda to 250 ml pure water. Drink it after the baking soda is completely dissolved.
- 3) It is necessary to maintain pH around 8 for one or two weeks, then stop and repeat the process again.
- 4) Don't take it with meal since it interferes with the hydrochloric acid needed for food digestion.

### 3. Safety

Baking soda is generally well tolerated. However, overdoses may result in metabolic alkalosis and may cause headache, nausea, vomiting, and muscle spasms etc.

## The Budwig Protocol

### 1. Background

The Budwig protocol was developed by Dr. Johanna Budwig, a German biochemist, and was based on her research on fatty acids, which contributed cancer cell growth. The cancer cells could be eliminated by altering the fats in the diets.

### 2. How the Budwig Protocol Works

The Budwig protocol is based on a lacto-vegetarian diet. The major components of the diets are freshly ground flaxseed or flaxseed oil, mixed with cottage cheese. It proposes meals with raw and lightly cooked and high in fruits, vegetables, and fiber; and avoids sugar, refined grains, animal fats, salad oil, meats, butter, and the processed foods. Here is the suggested Budwig protocol:

- 1) Stop consuming processed fats and oils.
- 2) Prepare Budwig diet:
  - 200 g Cottage cheese.
  - 20 g ground flax
  - 5 g flaxseed oil
- 3) Mix all the ingredients together in bowl or blender and consume once daily.

### 3. Safety

The main side effects are bloating and laxative effects from the flaxseed. Following this diet for a long period of time can also cause Vitamin B12 deficiency.

## Gonzalez Regimen

### 1. Background

The Gonzalez regimen was developed by Dr. Nicholas Gonzalez, and was based on the theory that pancreatic enzymes are the body's main defense against cancer, help body get rid of toxins, and can be used as a cancer treatment.

### 2. How the Gonzalez Regimen Works

The Gonzalez regimen involves taking certain pancreatic enzymes thought to have anticancer activity. The regimen also includes specific diets, vitamin and mineral supplements, and coffee enemas. Here is the suggested Budwig protocol:

1) Pancreas products: hallmark of Gonzalez regimen is pancreas products made from pig pancreas containing naturally occurring enzymes. Cancer patients take up to 45 grams of pancreas product a day orally.

2) Diet: eat primarily organic foods, fresh vegetable juice. Avoid synthetic and refined foods such as white flour and white sugar.

3) Supplements: include a variety of vitamins, minerals, trace elements, and anti-oxidants.

4) Detoxification: perform detoxification procedure, such as the coffee enema, to enhance liver function and to excrete metabolic wastes. The coffee enemas are performed twice daily.

### 3. Safety

Gonzalez is generally safe, if following the procedures. The common side effect is colitis (inflammation of the bowel).

## **Laetrile**

### **1. Background**

Laetrile is also known as Amygdalin or Vitamin 17, and is found in the pits of many fruits and in numerous plants. Cyanide is thought to be the active anticancer ingredient of laetrile.

### **2. How the Laetrile Works**

Laetrile is known for helping prevent cancer development through the production of hydrogen cyanide, which is released into the body's tissues, targets, and destroys cancer cells.

Here is the suggested Laetrile protocol:

1) Eat 25 – 40 apricot kernels per day for cancer prevention.

### **3. Safety**

Overdose may cause cyanide poisoning, including nausea, vomiting, headaches, dizziness, and discoloration of the skin.

## **Essiac**

### **1. Background**

Essiac was developed as a cancer treatment by Rene Caisse, a Canadian nurse. It is marketed worldwide as dietary supplements.

### **2. How the Essiac Works**

The Essiac help detoxify the body, make the immune system stronger, and fight cancer. It contains a number of plants, such as burdock root, sheep sorrel, Indian rhubarb and turkey rhubarb. While the detailed components of Essiac are known, the exact proportions of the herbs in Essiac are not clear. It is not suggested for patients to make their own Essiac, since it is convenient to purchase it from manufacturer.

### **3. Safety**

Essiac is generally safe.

## **Turmeric Curcumin**

### **1. Background**

Tumeric is a root crop known for its brown skin and bright orange flesh. It has the potential for prevention and treatment of cancer.

### **2. How the Turmeric Curcumin Works**

Turmeric curcumin blocks cancer growth enzyme and inhibits cancer growth and spread.

### **3. Safety**

Tumeric curcumin is generally safe. Some people have allergic reactions to tumeric curcumin with mild itchy rash.



## **Green Tea**

### **1. Background**

Green tea is rich in polyphenols, particularly epigallocatechin (EGCG), which are antioxidant.

### **2. How the Green Tea Works**

Green tea contains about 40% polyphenols which inhibit enzymes for cancer growth and kills cancer cells.

### **3. Safety**

Green tea is generally safe.

## Resources

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