

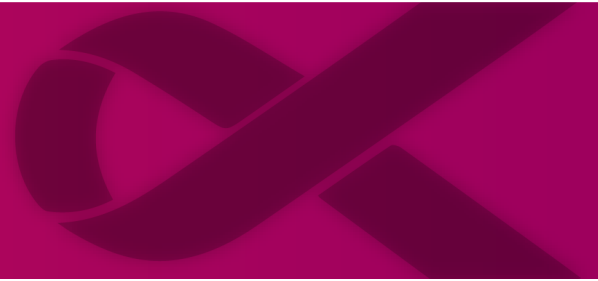


27 SCIENCE BACKED CANCER SOLUTIONS

by Nathan Crane



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ABOUT THE AUTHOR



Nathan Crane

Nathan Crane is an award-winning author, inspirational speaker, plant-based athlete, event producer and 20x award-winning documentary filmmaker.

Nathan is the Founder of the Panacea Community, Creator of the Global Cancer Symposium, Host of the Conquering Cancer Summit, and Director and Producer of the documentary film, Cancer; The Integrative Perspective. Nathan has received numerous awards for his contribution to health, healing, and personal development including the Accolade Film Competition 2020 Outstanding Achievement Humanitarian Award and the Outstanding Community Service Award from the California Senate for his work in education and empowerment with natural and integrative methods for healing cancer.

With more than 15 years in the health and wellness field, Nathan has reached millions of people around the world with his inspiring messages of hope, healing and transformation.

His website is NathanCrane.com

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Curcumin



Curcumin is a powerful anti-cancer ingredient that can easily be added to most meals. Curcumin extracted from the rhizomes of *Curcuma longa* also known as Vietnamese yellow turmeric, belongs to a group of bioactive natural compounds,

particularly used in the treatment of various cancer types.¹ Curcumin is an antioxidant, anti-inflammatory, antimicrobial, and anti-cancer compound and has low inherent toxicity. The formation and spread of tumors can be prevented with a curcumin compound. It's an anticancer herb that has the ability to target different cell signaling pathways including growth factors, cytokines, transcription factors, and genes modulating cellular proliferation, and apoptosis. In addition, it plays a crucial role in hindering the formation of cancer and has the ability to trap unstable molecules or free radicals.²

One of the most commonly used spices in the world is black pepper. Black pepper is high in an antioxidant called piperine, has anti-inflammatory properties, and improves blood sugar control. Furthermore, it can lower cholesterol levels, reduce the growth of colorectal cancer cells,

and stop the expression of pro-tumor genes.³ Piperine has been found to inhibit proliferation and survival of various cancer cell lines and exhibit antimutagenic activity.⁴

Black Pepper



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Boswellia



Boswellia is a resin extracted from the Boswellia Serrata tree, has been used for centuries in Asian and African folk medicine, and has been used to treat chronic inflammatory illnesses and other health conditions. It can be a resin, pill, or a cream, and is used to treat osteoarthritis, rheumatoid arthritis, asthma, and inflammatory bowel disease.

Boswellia is an effective anti-inflammatory, can prevent loss of cartilage, and is found to be useful in treating cancers such as leukemia and breast cancer and can even limit the spread of brain tumor cells. Most doses of Boswellia call for taking the remedy orally 2-3 times per day.⁵

Various forms of medicinal mushrooms have been shown to reduce certain side effects from chemotherapy and radiation such as nausea, bone marrow suppression, anemia, and lowered resistance. Various mushrooms have been identified to have a number of bioactive molecules, especially anti-tumor agents. The bioactive compounds

of mushrooms include polysaccharides, proteins, fats, ash, glycosides, alkaloids, volatile oils, tocopherols, phenolics, flavonoids, carotenoids, folates, ascorbic acid enzymes, and organic acids. The properties responsible for the most anti-cancer potential are lentinan, krestin,

Mushrooms



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hispolon, lectin, calcaelin, illudin S, psilocybin, *Hericium* polysaccharide A and B (HPA and HPB), ganoderic acid, schizophyllan, and more which are active components in mushrooms. Many mushrooms have shown good anti-tumor effects while inducing apoptosis. ¹⁶

Jogging



One of the most important things to do to lessen or treat cancer is to exercise. Exercises like walking, jogging, swimming and cycling reduce inflammation, help regulate blood sugar and sex hormones, and improve metabolism and immune system function. Many studies have shown the benefits of exercises like walking and jogging to

include reduced depression, increased energy, reduced pain, better sleep, and trigger strong anti-tumor activity. Start with light easy exercising 30 minutes per day and work your way up to one hour per day 5-6 days per week. ⁷

Meditation

Meditation can be used together with conventional treatment for profound health improvements. It uses concentration to relax the body and calm the mind, and is incredibly safe. Symptoms, including hot flashes, sleep and mood disturbances, stress, muscle and joint pain can be



reduced with the help of meditation programs. It can also lessen anxiety, depression, fatigue, and improve sleep and mood for cancer patients. ⁸

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Additionally, improvements in psychosocial and immune recovery were shown in mindfulness meditation studies improving T cell activation. A daily meditation practice should be a part of everyone's healing journey.¹⁶

Sleep 7 - 9 Hours



Melatonin is produced by the brain during sleep and has antioxidant properties that prevents damage to cells that can lead to cancer. The need for sleep increases as the body repairs itself during cancer treatment. Sleeping for 7-9 hours helps the body heal itself from chronic illness, stress and cellular damage.¹⁰ You should consider consistent deep sleep as a crucial

part of your cancer patient treatment plan.¹¹

Juicing green vegetables can help fight cancer because they are great sources of antioxidants. Elaine Gibson used green juice as one of her main protocols to help reverse stage 4 cancer. Adding green vegetable juice increases your intake of essential vitamins and minerals needed for the body to heal.¹² (But only juice vegetables, don't juice fruits, as juicing fruits removes the fiber and leads to excessive sugar intake)

Green Vegetable Juice



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Kale



Kale supplies necessary nutrients to keep your body healthy and help fight cancer. It has a high concentration of Vitamin C and Vitamin K, and is a cruciferous vegetable which are known to help your body protect cells from DNA damage, inactivate carcinogens, have anti-inflammatory effects, and induce

(apoptosis) cell death. Add some lemon, salt and a splash of olive oil to kale along with garlic, turmeric, black pepper and other cruciferous vegetables for a nutritious and delicious cancer-fighting salad.¹⁷

Beans are rich in fiber, phenolics, peptides, and phytochemicals. Certain compounds in beans have shown an amazing ability to help fight cancer. They contain several potent phytochemicals that can protect cells against cancer. One study found that eating beans and lentils significantly reduced risk of prostate cancer, and one study with rats inhibited colon cancer by 57%. Furthermore, beans are one of the most common foods eaten among some of the healthiest people in Blue Zones around the world including the Costa Rican blue zone in the Nicoya Peninsula.¹⁷¹⁷



Beans

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Blueberries



Blueberries have potent antioxidants that can support good health and help fight cancer. These antioxidants help rid free radicals from the body before they damage healthy cells. Blueberries contain phytochemicals and nutrients which show anti-cancer effects. Blueberry extract alone has

shown a reduction of up to 25% of cancer cells.¹⁷

Cacao is a highly nutritious food that has bioactive compounds known to promote health-protective qualities. The extracts from the cacao bean contains a complex mix of several bioactive compounds including anti-cancer agents such as flavonoids and polyphenols. In addition to reducing intestinal illnesses

such as colon cancer, eating cacao can also lower blood pressure, reduce inflammation, and protect against other cancers such as breast cancer. Researchers concluded that cacao can stop cell-signaling pathways involved in tumor formation and seems capable of reducing oxidative stress.¹⁶

Cacao



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Qigong



Qigong is an ancient Chinese exercise and healing technique that involves meditation, controlled breathing, and movement exercises. It is a combination of body movements, muscle relaxation, meditation, and breathing to improve physical, mental, and emotional health. Blocked or

disturbed flow of qi (energy) can produce discomfort and illness according to traditional Chinese medicine. Free flowing energy in the body is associated with better health. Practicing qigong can have positive effects specifically for people with cancer, chronic illnesses, and breathing problems. Improved lung function, mood, sleep, and quality of life, along with reduced stress, pain, anxiety, and fatigue are many of the reported benefits of qigong.¹⁷

Yoga has been shown to be an effective practice for helping reduce cancer risk. Yoga brings balance and alignment to all body parts and systems: muscles, bones, organs, and the mind. It focuses on interconnection and is a holistic path to wellness. Yoga has been shown to help

strengthen the immune system and strengthening the immune system is proven to be helpful in fighting cancers.¹⁸

Yoga



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Forest bathing has been shown to boost the activity of natural killer

Forest Bathing / Fresh Air



cells to help fight off cancer, lower cortisol levels to help reduce stress, and improve mood and overall wellbeing. The natural aromatic substances provided by trees and plants have been linked with lower inflammation and brain health benefits. Walking for 15-20 minutes in a nearby park or mountain trail each day is all you need to reap the benefits. [.19](#)

Vitamin D has shown a significant effect for lowering the risk of death from cancer. Vitamin D is an essential nutrient for many bodily functions including bone health, controlling cell growth, immune function and inflammation. Vitamin D has proven to be safe with little to no side effects and is recommended to absorb it from daily sunshine and/or supplementation to help the body fight cancer naturally.¹⁷

Vitamin D / Sunshine



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Vitamin C



One of the most important advances in improving human nutrition has been the discovery of vitamin C. High doses of Vitamin C have been shown to kill cancer cells. If tumor cells with low levels of catalase are exposed to high doses of vitamin C then they are more prone to damage and death.

The high doses of Vitamin C produce high amounts of hydrogen peroxide in the body, which have shown to not effect healthy tissue, but instead, damage tumor tissue.[21](#)

Some parasitic infections have been recognized to contribute to carcinogenic effects within the human body, while other parasites have shown an anti-cancer activity. Parasites shown to be carcinogenic due to chronic inflammation, metabolic oxidative stress, and tissue damage include *S. haematobium*, *O. viverrini*, and *C. sinensis* which are highly carcinogenic while other infectious species of the genera *Opisthorchis* (*O. felineus*) and *Schistosoma* (*S. japonicum* and *S. mansoni*) show carcinogenic potential. It is important to get tested for parasites to find out which parasites might

Detoxing from Parasites



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be hiding in your body so you can implement an effective solution for detoxing them out safely.¹⁸

Detoxing from Mold



Molds produce spores and grow in filaments producing mycotoxins which can be absorbed by the body through our skin, mouth and nose. If our body is exposed to molds long enough, it can lead to chronic inflammation. Chronic inflammation if left unchecked, can lead to cancer. The first step is to have your home tested for mold. Additionally, you

can utilize specific air purifiers that have been proven to kill mold, eat an anti-inflammatory diet, and use herbs like garlic and cordyceps to stimulate your immune system to fight against mold.¹⁸

Cancer patients generally have a weak immune system, therefore they are prone to infections because of chemotherapy, radiation, surgery or poor lifestyle choices. Certain bacterial infections have been linked to cancer by two mechanisms: chronic inflammation and bacterial metabolites which are carcinogenic. Focusing on nutritional support from herbs

Detoxing from Bacterial Infections



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like ginger, echinacea, and oregano to increase your immune system can help fight off bacterial infections.¹⁸

Weight Training



One study has shown that you can reduce your chances of death from cancer by 31% if you weight train twice a week. Exercising is one of the key factors to prevent cancer because it lowers the hormone levels such as estrogen and insulin. A person diagnosed with cancer can yield positive outcomes when he/she engages in an active

lifestyle. Exercise like weight training helps in reduction of inflammation and can improve the immune system. It is proven that exercise can reduce one's risk of cancer such as breast cancer and colon cancer.²⁵

Swimming enhances muscle strength, improves endurance, and keeps you in good shape. It also improves your mood, relaxes your mind and calms your body. It has benefits that cancer patients receive before, during and after treatment. It also decreases pain, fatigue, and peripheral neuropathy. Furthermore, swimming is a great form of exercise to keep your body healthy. Get lessons to learn proper technique and enjoy swimming. ²⁶

Swimming



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Rebounding



One of the best and low impact activities to boost the immune system to fight cancer is rebounding. Jumping (rebounding) on the trampoline can activate the body's lymphocytes which are white blood cells that can destroy cancer cells and eradicate tumors. It is essential to have a highly functioning lymphatic system to be

able to fight cancer. Our body can't remove the toxins effectively without the lymphatic system functioning properly. Furthermore, jumping can increase our intake of oxygen which also helps fight cancer. When the human body is well oxygenated it can resist cancer because cancer thrives in an anerobic environment.¹⁸

One study says that after a year of gardening, people can do much better with physical tasks. Also cancer patients tend to eat healthier because when growing your own food you tend to eat and enjoy the benefits of freshly grown fruits, berries and vegetables. Working in a garden can also improve your mental health. Gardening makes people connected with their health and the many benefits of nature, and improves the quality of life. Furthermore, gardening can be an aerobic exercise by pulling weeds, digging in the dirt, and pushing a wheelbarrow that can burn calories.²⁸

Gardening



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Research says that people who eat organic food are less likely to

Organic Food



develop cancer than those who eat foods sprayed with chemical pesticides, herbicides and fertilizers. Organic food avoids the potential dangers that chemical laden conventional foods pose against the health of the body. One large cohort study showed that participants in the group that ate organic foods most of the time versus those who didn't eat any organic foods were 75% less likely

to develop cancer.¹⁸

Plant based foods such as fruits, vegetables, whole grains, nuts, beans, berries, mushrooms, onions and seeds have high amounts of vital nutrients, anti-inflammatories, and antioxidants that can lower the risk of cancer. Phytochemicals are produced by plants which can help protect cells and prolong life. Additionally, boosting your fiber intake by

consuming plant based foods can help prevent cancer. Aim for a large salad filled with fresh greens, nuts, seeds and vegetables, 1 cup of berries, a bowl of vegetable soup and a cup of lentils or beans each day to

increase fiber and nutrient density in your diet to reduce your cancer risk and help your body heal. [30](#)

Plant-Based Food





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