

**CANCER: A SUMMARY PAPER
DISTILLING SOME OF THE IMPORTANT
IDEAS AND RESEARCH BEING DONE,
ESPECIALLY WITH TREATMENT OF BREAST CANCER**

by

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*Much of this paper depends on the knowledge gleaned from one man, Dr. Russell Blaylock.¹ I've quoted extensively from his book, **Natural Strategies for Cancer Patients** and highly recommend this book to everyone, whether you have someone in your family fighting cancer or not. It promotes a life-style change that could save your life, or the life of someone very dear to you. This paper provides a tiny fraction of the valuable information to be gleaned from his book. I am convinced that this man and others like him are leading the way in discovering "cures" for cancer. I'm also convinced that he will be one of those quoted extensively by the lawyers once the Plaintiff's bar finally gets the "scent" and begins the wars against the pharmaceutical manufacturers and the medical community who have closed their minds and stopped their ears from seeing and hearing the truth about cancer treatment.²*

1. Diet. It became apparent in my research that diet played the most critical part in the long term treatment of cancer. Over 70% of all cancers are related to diet. On a scale of 1-10, diet ranks at a 10, the highest.

Dr. Russell Blaylock is a cancer researcher and advocate of combining natural remedies with any necessary cancer treatments, including surgery, chemo and radiation. He is convinced from the hundreds of studies and research conducted over the years, that those who have built up a good defense within their body from the ingesting of particular foods that have cancer-fighting properties (such as broccoli), manage to reduce and sometimes even eliminate the negative effects of those treatments. Blaylock says that "The vast majority of the complications and side effects of the conventional treatments can be avoided by using simple nutritional methods."³

Maximize the fruits and vegetables. Blaylock says that in his treating of cancer patients for over 30 years with nutritional supplements, he has "never seen a single incident of tumor growth acceleration or interference with conventional treatments." He cites scientific studies that show antioxidants and supplements actually *increase the killing of cancer cells* and states that a large number of "epidemiological⁴ studies have shown that people who eat a lot of fruits and vegetables have much lower cancer rates than those who eat few or none."⁵

The doctor noted that "By combining...special supplements and diet, you can supply your body with a very powerful brew of cancer-fighting nutrients."⁶ Blaylock cites a scientific paper that wrote about a study which reviewed 206 of the best human cancer studies and 23 animal studies. In that paper, they

1 <http://www.russellblaylockmd.com/>

2 See, *Big Pharm & The Doctors vs. The Tort Lawyers*,
<http://legalspaghetti.blogspot.com/2008/05/big-pharm-doctors-vs-tort-lawyers.html>

3 Blaylock, Russell L., *Natural Strategies for Cancer Patients*, New York: Twin Streams Books p. 4

4 The branch of medicine dealing with the incidence and prevalence of disease in large populations and with detection of the source and cause of epidemics of infectious disease.

5 Blaylock, p. xvii

6 Blaylock, p. 4

noted that of all the dietary factors considered in relation to reducing cancer development at all of its stages, the most important was the intake of fruits and vegetables.⁷ Indeed, the studies revealed that cancer rates were reduced 50% in the people who ate the most fruits and vegetables, with the greatest reduction being found in a variety of cancers, including breast cancer. Blaylock notes that in order to kill or make dormant the cancer cells, there must be an interruption of the mechanism on which the cancer cells depend. He says, "Nutritional supplements do this more effectively than either chemotherapy or radiation treatments, and with little or no effect on normal cells, except to make them stronger."⁸

Therefore, identifying those foods that kill cancer cells and then getting them into the body in sufficient quantities and quality becomes part of the overall goal. But, identifying those food and food elements that actually promote cancer within the body (such as omega-6 fatty acids), and which may even accelerate cancer, is also vital.

Black beans have high levels of phytic acid, which is shown to be a cancer fighting component.⁹ Other important elements are fiber and saponins, which are chemicals which reduce the cancer cells ability to proliferate. Since they are an excellent source of protein, they can be used to reduce or replace the consumption of red meat. Other legumes are also very good for cancer fighting. You should eat a half cup of beans four times a week. A single cup of soybeans, navy beans, or kidney beans provides between 200 and 1,000 milligrams of omega-3s, which works out to 0.2-1.0 gram. Tofu can also provide more omega-3 to the diet. A four-ounce serving gives about 0.4 grams of omega-3. Thus, these can provide between 10% and 50% of the National Institutes of Health recommendation.¹⁰

Blueberries are excellent sources of antioxidants. They have high levels of anthocyanidins, which are compounds that protect cells from the free radicals which damage DNA. Broccoli and garlic are two of the most powerful antioxidant plants in existence. They are linked to risk reduction for several cancers, including breast cancer.¹¹ Walnuts are rich in omega-3 fatty acids which is a known anti-cancer oil, as are almonds and hazelnuts. Mixing walnuts with flaxseed is one way to obtain an excellent supplement of omega-3 to your diet. One-quarter cup of flaxseeds contains about 7 grams of omega-3 fatty acids while one-quarter cup of walnuts contains about 2.3 grams. By combining one-quarter cup of walnuts with a tablespoon of flaxseed, you can come pretty close to 4 grams of omega-3 fats to your diet. Other sources of omega-3 are fish, winter squash, and olive oil (But, never cook with this oil as it destroys the omega-3.)

2. **The amounts & the role of supplements.** The studies show that an individual who is to remain cancer-free must take in at least five servings of fruits and vegetables a day.¹² Blaylock says that "Several studies have shown that eating large amounts of fruits and vegetables, especially vegetables, not only retards the growth of cancers, but can convert very aggressive cancers into much more benign tumors."¹³ He calls this a "remarkable finding," because previously, the medical profession believed that once a cancer had formed, its prognosis was as follows: "aggressive cancers stayed aggressive and less aggressive cancers could become more aggressive, but never the reverse."¹⁴ New studies suggest that

7 Blaylock, p. 1

8 Blaylock, p. 7

9 *Health Breakthroughs 2008*, Bottom Line Books, Stamford: 2007, p. 67

10 *The World's Healthiest Foods*, <http://www.whfoods.com/genpage.php?tname=george&dbid=75>

11 *Health Breakthroughs 2008*, p. 68

12 Blaylock, p. 5

13 Blaylock, p. 5, citing Caltgirone S, Rossi C., et al, *Flavonoids apigenin and quercetin inhibit melanoma growth and metastatic potential*. In *J. Cancer* 87:595-600, 2000

14 Blaylock, p. 5

some cancer cells can be transformed into normal cells “using specific nutrients.” He also suggests only eating a small amount of fruit a day, no more than half a cup, but if you have cancer, until the cancer is under control, he suggests avoiding fruit completely. ¹⁵

Eating that much (5 servings or more) vegetables and fruits can be difficult, if not impossible, for most Americans. Time and energy are a factor. If you’re a cancer patient, you often do not have the energy to spend washing, cooking and preparing that much food, especially if you are alone, or if you have a spouse who works; and it becomes even more difficult if you have small children at home.

Another aspect to the intake of a large quantity of fruits and vegetables has to do with the ability of our body to extract the valuable nutrients that are contained behind the often tough cell walls of the vegetables. Our body is unable to do it because we lack the enzymes to digest certain of these tough, fibrous cells. The only practical solution is either a powerful blender or a juicer.

Blaylock has recounted in some interviews about a study that was conducted of those cancer patients who were advanced, or near-terminal, but who survived in spite of having what ordinarily amounted to a death sentence. These were patients who’d been told to go home and die, but they didn’t die. They lived. Blaylock and others wondered why they survived. He wondered what commonalities existed in the group. He discovered that those who survived changed their diet by selecting cancer-fighting fruits and vegetables and juicing them or putting them into a blender. ¹⁶

Alpha-carotene has been shown to be important in fighting breast cancer. It is a powerful antioxidant. It is found in high amounts in carrot juice and pumpkins (even pumpkin pie), but also is found in squash, as well as other vegetables. Orange and yellow vegetables like carrots and winter squash are rich sources of alpha- and beta-carotene. Supplements can be a good source. Apples are good cancer fighters, but vary in their effectiveness from variety to variety, with the McIntosh having the highest level of a chemical called “chlorogenic acid,” which is a powerful anti-cancer agent.

Blaylock strongly advises *against* using the following supplements: those that contain aspartate, glycine or amino acid chelates (because many of these amino acids chelates are excitotoxins which can affect the brain); gelatin capsules because gelatin is high in glutamate, which is a powerful excitotoxin. ¹⁷ Low levels of folate can increase the risk of certain cancers, especially breast cancer, and low Vitamin C levels increase the risk level of cervical cancer in women. Use of birth control pills lower folate and Vitamin C levels (30% of C levels in one study). ¹⁸

3. **Preparing the Food.** According to Dr. Blaylock, the vegetable blender is better than a juicer simply because in juicing, you often lose some of the nutrients and phytochemicals found only in the skins of the vegetables. Thus, with a blender, you do not lose anything from the vegetable. Blaylock recommends one of the most powerful vegetable blenders on the market, the Vita-Mix 5000.¹⁹ He advises that it is easy to use and easier than a juicer to clean. However, if you don’t have such a machine, use what you have. If you have a juicer, use it.

Dr. Lorraine Day, a breast cancer survivor, advises just the opposite, but for a reason that would seem to make sense, namely, that the “pure juice allows you to get large amounts of natural, concentrated

15 Blaylock, p. 26

16 Blaylock, p. 9

17 Blaylock, p. 14

18 Blaylock, p. 20

19 Blaylock, p. 29

nutrients into your body without your body having to digest food all day.”²⁰ Dr. Day says there is nothing wrong with the blended fruit or vegetables, but she noted during her recovery, she drank an 8 oz glass of fresh vegetable juice every hour, but never drank it all at once. Instead, she would spread it out through the hour. It makes sense that the less your body had to work to digest the food, the easier it would be on the body.

Wash your vegetables good. Don't fry anything. Some foods cook up with very little loss of cancer-fighting nutrients, while others lose much of the nutrients.²¹ Fluoridated water is bad for cooking because a large concentration of fluoride can remain in or on the vegetable. It is best to cook or steam your vegetables and if you cook in water, use distilled water.

4. **Foods to Avoid.** All red meats. Eat broiled (never fried) *natural* chicken (those that have not been commercially raised and/or processed). Beware of eating a lot of fish, since fish, particularly the older, larger fish, since fish can have mercury and other harmful chemicals in their tissues, absorbed from the polluted waters in which they lived. If you're going to eat meat, make sure you eat vegetables with the meat since the flavonoids in the vegetables will react to neutralize the carcinogens in the meat, particularly seared meats; and they will assist in reducing the absorption of iron (which can cause cancer to spread more rapidly).

Avoid milk products, sugar (even in honey), commercial fruit juices/drinks, plastic containers (which releases estrogenic-like compounds which can promote breast cancer, among other things), aspartame, hydrolyzed vegetable protein, and soy protein or the additive carrageenan (commonly used in ice cream and baked goods), which is a potent promoter of cancer growth and its spread.²²

All commercially prepared foods present several dangers. Many restaurant foods are dosed heavily with salt, which has been linked to high blood pressure. The fat content of many commercial meals is dangerously high, as well. Desserts with high levels of high fructose corn syrup and other sugar-heavy “delights” are often too delicious to pass up. (Is it any wonder that diabetes is rampant?) Michael Castleman, author of the book *Blended Medicine*,²³ said, “Type 2 diabetes is strongly associated with a lack of exercise and a poor diet—one that’s low in fiber and high in sugar, fat and animal products.” Restaurants are literally killing us, one bite at a time, and we let them do it with a smile of gratitude, even tipping those who deliver the deadly mixes to our table.

But, perhaps the greatest danger from eating in restaurants has to do with a chemical food additive. Virtually every meal is going to contain monosodium glutamate (MSG), which is a very dangerous chemical that “lives” under over one hundred different names. A very large and credible number of scientific studies have been made which show that this chemical food additive (called a “flavor enhancer”), may be linked to Alzheimer’s disease and to may be linked to Alzheimer’s disease

20 Dr. Lorraine Day, *Getting Started on Getting Well*, p. 203; Dr. Day also has several videos out, including the acclaimed *Cancer Doesn't Scare Me*. Her web site is to be found at: <http://www.drday.com/>

21 Blaylock, p. 30-31

22 Blaylock, p. 27

23 Michael Castleman, *Blended Medicine*, Rodale Press 2000

and to cancer. Scientific studies have been made which show that Scientific studies have been made which strongly suggest that cancer is indeed, linked to MSG. ²⁴

The FDA has approved MSG, deeming this food additive to be relatively harmless in “ordinary” quantities, in spite of the fact that a 1995 report the FDA contracted to have done, found the following:

“An unknown percentage of the population may react to MSG and develop MSG symptom complex, a condition characterized by one or more of the following symptoms:

- * burning sensation in the back of the neck, forearms and chest
- * numbness in the back of the neck, radiating to the arms and back
- * tingling, warmth and weakness in the face, temples, upper back, neck and arms
- * facial pressure or tightness
- * chest pain
- * headache
- * nausea
- * rapid heartbeat
- * bronchospasm (difficulty breathing) in MSG-intolerant people with asthma
- * drowsiness
- * weakness.”

5. **Pre-Surgery.** Blaylock stresses the importance of making sure the immune system is functioning at its highest level for recovering cancer patients. In order to do this, one absolutely must immediately begin a nutritional program. ²⁵ Of particular importance is magnesium levels. A high level of magnesium can protect the recovering patient from blood clots, sudden cardiac arrest, and other postsurgical complications. ²⁶

Delaying Chemo after surgery can be vital. Studies show a patient can wait for up to 12 weeks, safely. ²⁷ This was the findings from a new study from a Canadian team of researchers who analyzed the records of nearly 2600 breast cancer patients. Dr. Caroline Lohrisch, a medical oncologist with the British Columbia Cancer Agency said: “Our findings can reassure women with early-stage breast cancer that it is okay to take some time before they start chemotherapy to gather information and be actively involved in treatment decision-making.” ²⁸ It is also *very* advisable for a patient to ramp-up on the supplements and diet to ward off the negative effects of the chemo treatments.

6. **Breast Cancer.** Women with breast cancer have been shown (in studies) to have high levels of MMP-2, which is a protein-dissolving enzyme which dissolves the collagen surrounding blood vessels. ²⁹ One of the body’s defenses against tumor invasion is to surround the tumor with collagen barriers. Several nutrients improve the strength of these barriers and enable them to ward off the cancer

24 See, Adrienne Samuels, **The Toxicity/safety of Processed Free Glutamic Acid (Msg): A Study in Suppression of Information**, *Accountability in Research (1999) Vol 6*, pp. 259-310; <http://www.truthinlabeling.org/l-manuscript.html>. She shows the suppression by the FDA and others of studies that contradict the FDA’s position that MSG is not harmful to humans

25 Blaylock, pp. 32-37

26 Id..

27 *Health Breakthroughs 2008*, p. 55

28 *Health Breakthroughs 2008*, p. 56

29 Blaylock, pp. 55-56

attacks. These are vitamin C, zinc, magnesium, flavonoids³⁰ and Procyanidins³¹ (grape seed extract and Pycnogenol).³² Breast cancer is sensitive to body fat since fat cells can manufacture estrogens.³³ The evidence is mounting showing a connection between breast cancer and estrogen, indicating that this female hormone actually shields breast cancer cells from attack by the body's natural immune cells seeking to destroy the cancer cells.³⁴ A recent study of 2987 breast cancer patients showed that women who walked 3-4 hours a week had a 50% lower risk of dying from breast cancer than women who did little or no exercise.³⁵ According to Dr. Carolyn M. Kaelin,³⁶ a breast cancer survivor herself, women with breast cancer should take daily calcium supplements (1000 mg), plus at least 200 IU of vitamin D.³⁷

Scientists have developed a breast cancer vaccine which stimulates an anti-tumor T-cell response that seems to identify and prevent the spread of breast cancer cells.³⁸ A study was conducted at the Mayo Clinic in Rochester, Minnesota. In tests on female mice who had the cancer-producing oncogene *HER-2neu*, the vaccine either slowed or stopped the progression of breast cancer in all the mice.³⁹ (For more information on vaccines for cancer go to the web site of the National Cancer Institute at <http://cancer.gov/newscenter/pressreleases/cancervaccines>.)

7. **Reducing the Tumor.**⁴⁰ In addition to the blenderized or juiced fruits and vegetables, you must drastically decrease your intake of omega-6 oils⁴¹ and increase your intake of omega-3 oils,⁴² especially docosahexaenoic acid (DHA). Take supplements that include magnesium ascorbate, citrate or citramate to a level of 1000 milligrams; 25 milligrams of zinc every other day; 100 milligrams of grape seed extract three times a day (which prevents destruction of blood vessel barriers and is a very powerful antioxidant), or if you prefer, 50 milligrams of Pycnogenol three times a day; 100 milligrams of bilberry extract three times a day (also strengthens the walls of the blood vessels); horsechestnut

30 Flavonoids are polyphenolic compounds that are ubiquitous in nature and are categorized, according to chemical structure, into flavonols, flavones, flavanones, isoflavones, catechins, anthocyanidins and chalcones. Over 4,000 flavonoids have been identified, many of which occur in fruits, vegetables and beverages (tea, coffee, beer, wine and fruit drinks). The flavonoids have aroused considerable interest recently because of their potential beneficial effects on human health—they have been reported to have antiviral, anti-allergic, antiplatelet, anti-inflammatory, antitumor and antioxidant activities.

31 Chocolate can be a great source, if it's the right kind of chocolate. Here's some of the best chocolate. <http://mxi.myvoffice.com/breviachocolates/>

32 Blaylock, pp. 55-56

33 Blaylock, p. 241

34 *Health Breakthroughs 2008*, p. 60

35 *Health Breakthroughs 2008*, p. 65

36 Author of *Living Through Breast Cancer* and co-author of *The Breast Cancer Survivor's Fitness Plan*, McGraw-Hill

37 *Health Breakthroughs 2008*, p. 56

38 *Health Breakthroughs 2008*, p. 58

39 *Health Breakthroughs 2008*, p. 58

40 Blaylock, pp. 56-57

41 Corn, safflower, soybean, sunflower, peanut and canola oil

42 Omega-6 fatty acids are considered essential fatty acids (EFAs), which means that they are essential to human health. They cannot be made in the body but must come from food. A healthy diet should consist of roughly one omega-3 fatty acids to four omega-6 fatty acids. A typical American (and other Western countries) diet, however, tends to contain 11 to 30 times more omega-6 than omega-3 fatty acids. This kind of an imbalance contributes to long-term diseases such as heart disease, cancer, asthma, arthritis, and depression. In contrast to the typical American diet, a Mediterranean diet is made up a good balance between omega-3 and omega-6 fatty acids. The Mediterranean diet includes a healthy portion of whole grains, fish, olive oil, and garlic, as well as a goodly portion of fresh fruits and vegetables. There is little meat in the diet, which is high in omega-6 fatty acids.

extract once a day (most come in 300 milligram capsules)' ⁴³ 500 milligrams of curcumin ⁴⁴ three times a day; 500 milligrams of luteolin (artichoke extract) twice a day; 500-1000 milligrams of **quercetin** every day.

Dr. Lorraine Day, a breast cancer survivor whose cancer was in the terminal stages, and who has written and lectured extensively on the subject, is very adamant about having the correct diet and supplementation. She rejects a diet that is high in protein because "protein is very difficult to digest and it requires a lot of water for digestion thus causing dehydration of the body. This suppresses the immune system even more. I tried the macrobiotic diet early on in my attempts at recover and it did not make me better, in fact, my tumor continued to grow." ⁴⁵ She believes that cancer is something we give ourselves, one day at a time, from the foods we eat, or don't eat. She concludes that "Cancer is the result of long-term malnutrition, dehydration and stress." ⁴⁶

8. **Chemotherapy.** There are various chemicals used but in each of them, some supplements and herbs are important in combating the negative effects of the treatment. L-Carnitine, CoQ10, Melatonin, **Quercetin** and Selenium are some that work to thwart the negative impact of Chemotherapy. ⁴⁷ It is best to begin a regime of these prior to the therapy. If you undergo radiation treatment for breast cancer, **Astragalus** (15g to 25g of powdered for, daily), with **ligustrum**, a Chinese herb also known as Chinese privet (10g to 15 gr in powdered form, daily) may increase the survival rate. ⁴⁸ Dr. Latty Altshuler recommends Green tea, Garlic, **Quercetin**, Vitamin K, Flaxseed oil, Beta Glucans ⁴⁹ and Elligatannins (from red raspberries) to help in the fight against cancer. ⁵⁰

Summary: Fighting cancer involves a dynamic life-style change that involves a radical change of diet, including the infusion of herbs, supplements and exercise. It may also require some medical treatments, including chemotherapy, but combined with the dietary and life-style changes, the odds of long-term survival are very good.

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Will a sexual predator visit your church? You need to read "*Protecting Your Church Against Sexual Predators*," by Attorney Voyle A. Glover (Kregel 2006). <http://brevia.com>

43 Do not use if you're on a blood-thinner, even aspirin, or coumadin, ginger, garlic or curcumin

44 Turmeric curcumin is an over-the-counter dietary supplement derived from the same sources as the Indian spice of the same name, and is available at most vitamin stores.

45 *Getting Started on Getting Well*, p. 171

46 *Getting Started on Getting Well*, p. 173

47 Latty Altshuler, MD, *Balanced Healing*, Bottom Line Books, p. 153-154. Different chemo treatments may require different herbs and supplements.

48 *Balanced Healing*, p. 154

49 Beta glucan is a scientifically proven biological defense modifier (BDM) that nutritionally potentiates and modulates the immune response.

50 *Balanced Healing*, p. 156