

Cancer Stem Cell Killing Foods and Herbs, Smarter than Chemo and Radiation...

by Toni (2015)

<http://www.healthiestalternative.com/cancer-stem-cell-killing-foods-and-herbs-smarter-than-chemo-and-radiation/>

Nature offers thousands of natural compounds that have been tested for their anticancer activity, but only a small part of them have been shown to target and kill cancer stem cells, which are considered to be at the heart of most every cancer malignancy. For instance, turmeric's active compound curcumin is one of the compounds that have the ability to target only cancer stem cells. In fact, a recent study has found that curcumin is more superior at killing colon cancer stem cells, compared to the chemotherapy drug 5-fluorouracil (5-FU), which is the most commonly used chemotherapeutic agent against various forms of cancer including breast, skin, colorectal, esophageal, pancreatic cancer, etc. Also, more recently researchers have found that ginger contains a compound that is more effective at killing breast cancer stem cells, compared to the chemotherapy drug Taxol (Paclitaxel). Even foods like blueberries are rich in ellagic acid, which possesses cancer stem cell killing properties.

A recent research published in the journal Anticancer Research titled Natural Products That Target Cancer Stem Cells, composed a special category of cancer killers by reviewing the literature available and composed the list of the top 25 substances, in this category...

1. Epigallocatechin-3-gallate (EGCG) – Green tea
2. Baicalein – Chinese skullcap
3. Beta-Carotene –carrots, leafy greens
4. Curcumin – Turmeric
5. Delphinidin – Blueberry, raspberry
6. Ellagic acid – Green tea, blueberries, blackberries, raspberries
7. Glucoraphanin – Cruciferous vegetables (broccoli, cabbage, cauliflower)
8. Gossypol – Cottonseed (do not use the plant)
9. Genistein – Fermented organic soy, red clover
10. Guggulsterone – Commiphora (Myrrh tree)
11. Indole-3-carbinol – Cruciferous vegetables (broccoli,cabbage, cauliflower)
12. Lycopene – Tomato, grapefruit
13. Linalool – Mint
14. Parthenolide – Feverfew
15. Piperine – Black pepper
16. Perylil alcohol – Mint, cherry, lavender
17. Psoralidin – Psoralea Corylilyfolia
18. Placycodon saponin – Playycodon Grandifloruim
19. Quercetin – Capers, onion, black tea
20. Resveratrol – Red grapes, plums, berries
21. Silymarin – Milk Thistle
22. Salinomycin – Streptomyces Albus
23. Ursolic acid – Thyme, basil, oregano
24. Vitamin D3 – Fish, egg yolk, beef, cod-liver oil, sunlight
25. Withaferin A – Withania Somnifera (ashwagandha)

Why are these substances so important?

The primary reason, why conventional treatments like chemotherapy and radiation failed to make some significant improvements in cancer survival rates is because cancer stem cells are resistant to these types of treatments. In fact, chemotherapy and especially radiation make cancer stem cells even more aggressive, and at the same time cause well-known side effects and further damaging the immune system. Killing cancer stem cells is the future of the modern

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oncology, and we all should focus on that because according to the American Cancer Society, 9 out of 10 cancer patients die from the metastatic tumors, not from the primary tumor. All this makes these natural compounds a powerful medicine that every cancer patient should consider using.

Important PS from FactorReady.com : Here is another article site we urge you to visit concerning cancer stem cells: Title: Fight Cancer Stem Cells with Food, Not Drugs...as found at: <http://naturalmentor.com/fight-cancer-stem-cells-with-food-not-drugs/> ...
...One paragraph excerpt stated the following: The mainstream oncology industry would have you believe that dangerous and invasive treatment methods like chemotherapy, radiation therapy, and surgery are the only options for fighting cancer. But a mountain of research says otherwise—a growing community of experts are beginning to recognize that conventional cancer treatments are unnecessarily risky, and that there's a better way. More than 600 different functional foods and natural compounds have exhibited anti-cancer properties in research settings (and even more have been used in folkloric settings for thousands of years). Needless to say, these natural cancer fighters work their magic without the debilitating side effects of chemotherapy and radiation. And the real kicker that has researchers in awe is that a handful of phytonutrients found in common foods are capable of directly targeting cancer stem cells (CSCs), the normally untouchable “mother cells” that control the growth and proliferation of cancer cell colonies. We talked before about how this CSC-fighting capacity gives both turmeric and ginger an advantage over chemotherapy.

Continuing our Factor Ready PS: With cancer now striking 1 to of 2 American males and 1 in 3 females It would make common sense to help prevent and/or aid recovery from this rampant disease with various known ingredients that can destroy cancer “stem” cells. These are the so-called mother cells that create daughter cells that reconstitute and spread cancers. Unfortunately they are not normally dealt with via chemo or radiation, which can reduce cancer tumor cells, but reportedly can make the stem cells even more resistant, aggressive and subject to cause cancer reoccurrences. Additional substances said to delete such type stem cells we are now aware of would include...

Vitamin C (per Dr. Mark Stengler, Dr. Ronald Hunninghake and others)
Black Cumin (Raw Nigella) Seeds & Oil & Rain “Soul” proprietary seed per Dr. Bradford Weeks)
Bromelain (as found in pineapple stems, per GreenMedInfo)
Ginger (A major compound contained in ginger is 6-gingerol. per Dr. David Jockers)
Eggplant extract (per Curaderm BEC5 skin cream researcher Dr. Bill E. Cham)
Isothiocyanates (synthesized in our bodies by compounds with strong antioxidant potential.
One such form is sulforaphane found in Cruciferous vegetables per Dr. David Jockers).
Anthocyanins (Over 600 types occur in plants such as berries, especially bilberries, grapes, eggplant, tea and certain types of oranges per Dr. David Jockers).

Note: In particular, the extracts from plants in the Solanaceae family such as eggplant, tomato, potato, bell peppers are the compounds that have the ability of killing cancer cells without harming the healthy tissue (per NaturalNews.com). We went to the Amazon web site and under their Health category entered all the various supplement names in the above first article. A good selection of different supplement brands was displayed under most of the content names. Therefore, if these ingredients not consumed via food, most of them may be obtained as types of supplements and are readily available via Amazon and/or other health outlets. We would especially encourage the use of curcumin, black cumin seeds, and Vitamin C and Vitamin D for their broad anti-cancer benefits. It would behoove all of us to at least take various ones of these from time to time, as well as full time employ a whole food plant-based diet such as set out at the web site NutritionStudies.org. Suggested books include “The China Study” by Dr. T. Colin Campbell and “Stop Feeding Your Cancer” by Dr. John Kelly. Fresh juicing of

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organic fruits and vegetables can particularly and quickly establish any prompt nutrition needed. Please visit our site and review the main Health tab article as well as specific pdf articles under the Downloads section. Stay Well, Stay Prepared and Stay Prayed Up! Most cancers are thought to result from a weak immune system due to any or all of the following; inadequate diet nutrition, defective dental work system poisons, excessive toxin exposures, and/or dampened immune with excessive long term stress, medication side effects, chemo and radiation. We suggest use of a good all natural multi-vitamin (not synthetic) with every meal. Also (take on empty stomach once daily) to safely boost immune system strength and abilities. a proven pure enhancer such as the Transfer Point Beta Glucan 1,3D. Foods that can help too, include vitamin C, garlic and local Honey. Plus, rotation of many of the special anti-cancer substances named herein should be highly helpful in cancer prevention and recovery efforts. Remember, Hosea 4:6 says, "My People Perish From Lack of Knowledge..." So Stay health abreast and visit web sites often such as ours and ChrisBeatCancer.com, as well as TheTruthAboutCancer.com and especially see and read Ty Bollinger's interview with Dr. Brad Weeks on the stem cell subject as posted at: <https://thetruthaboutcancer.com/kill-cancer-stem-cells-video/> And yet another good site to explore is CancerTutor.com, with details on various recognized cancer alternative protocols.