

## **THE BEST HERBAL TEAS FOR CANCER AND 1 IS NIGELLA SATIVA...**

[https://www.nigella--sativa.com/herbal-teas.html?mc\\_cid=174bf377c8&mc\\_eid=850f25fcd4](https://www.nigella--sativa.com/herbal-teas.html?mc_cid=174bf377c8&mc_eid=850f25fcd4)

Cancer is one of the deadliest, and most terrifying, diseases. Even in developed countries, it sits on the second rank. Experts are attempting their best to lower its risk or prevent it. But, it still steals the life of 35% of its patients. There are many types of cancer treatment. Some patients rely on one treatment, while others have a combination of treatments. However, there is another option which is 100% natural - Herbal Teas. Herbal teas have been widely used throughout history as cancer therapy.

They prevent cancer, lower the risk of it, and don't let it spread significantly...

It doesn't matter whether you are an advanced or newly diagnosed cancer patient. You can count on a herbal tea. It is a long term curing method; far more concerned with the quality of herbs. It has always been higher rated among herbalists, who perceive how to supercharge their treatment. They comprehend that there are some herbs that have powerful anti-cancer properties. Their properties help a person fight against cancer, without the damaging side effects. Especially, when used in tea, they cause cancer cells to shrink and kill themselves. In fact, this process begins within 24 hours of use. There are certain types of herbal teas which cancer patients have found to be helpful. Allow us to reveal their herbs and show how they stop growth of cancer cells.

**Nigella Sativa...**

Nigella Sativa Tea, known as black seed tea too, is one of the best natural remedies for cancer. These days, it is coming more and more on media because of its plethora of benefits associated with cancer. Black seeds of Nigella Sativa possess extracts of a very special compound - thymoquinone (TQ). This compound triggers apoptosis (programmed cell death process). It doesn't only slow cancer progression, but also reverses it. It compels the cancerous and damaged cells to kill themselves. Patients who opt for it experience improvement within 1-2 weeks. Nigella Sativa herbal tea preparation is relatively simple. All you need is to add two teaspoons of black seeds in one and a quarter cup of water. Boil this combination for a few minutes in a small pot and remove from the heat and relish the goodness. The key advantage of Nigella Sativa herbal tea is that the heated seeds of it contain the same potency as raw seeds. Boiling doesn't diminish its compounds or nutrients that are essential to cure cancer. For me (the nigella-sativa author of this article) I always recommend Kevala Black Seeds and Panaseeda Black Seed Oil.

**Dandelion...**

Dandelion herbal tea is frequently used by professional herbalists to treat cancer. Several lab studies have shown that it has anti-cancer properties, which have immense effects on humans. Experts tested its extracts on a group of 30 patients with end-stage blood cancer. And, the results were spectacular! The strong antioxidant properties of dandelion roots averted cancer. They were effective even for pancreatic cancer, which is said to have almost a 100% mortality rate. Research shows that antioxidant properties aren't the only thing that make it a powerful herb against cancer. It induces autophagy too. Autophagy is a process in which the body maintains homeostasis by eliminating damaging or malignant cells. Preparing dandelion tea is simple too. Boil dried root set or chopped roots in water for at least 5 minutes, or until they slowly infuse in simmering water. You can add chopped leaves of a fresh dandelion plant in boiling water too.

**St. John's Wort...**

St. John's Wort herbal tea is also known for its healing properties against cancer. It doesn't just facilitate in curing cancer, but also heals mental and physical exhaustion. The anti-depressive effect of it relaxes you and eases different symptoms of cancer as well. In order to make John's

Wort tea, add 2 teaspoons of dried herb/cup and boil it for 5-10 minutes. The recommended dosage by the experts is 2 cups per day. In case you are thinking why this herb is in the list, as it is famous more for anti depressive effect, it is because researchers have found a direct link between depression and the development of cancer. In 2017, experts from the University of London canvassed the data of 160,000 patients. They discovered that patients who struggle with depression always have a 32% more chance of cancer growth. But, this is just one aspect. One of this herb main component is 'hyperforin'. Like thymoquinone (TQ), hyperforin is also responsible for apoptosis (programmed cell death process). First, it inhibits the grow of cancer, and then pushes cancerous cells towards death. Warnings on St. John's Wort - it is not ideal for pregnant or breastfeeding women, since it's linked to drowsiness and increased risk for colic to the baby. It should also be avoided by people suffering from severe mental illnesses such as depression, schizophrenia, dementia or bipolar disorder.<sup>21</sup> St. John's Wort tea could cause harmful drug interactions when taken with antidepressant medications. You should also avoid the tea at least two weeks before surgery, as its calming effects could interfere with anesthesia and trigger heart complications. St. John's Wort tea may induce photosensitivity, especially if used topically. Although these side effects are rare, it's best to have full knowledge of possible side effects and warnings of St. John's Wort tea.

#### Red Clover...

Red clover is a special herb that treats countless diseases - including cancer. It is also famous as one of the most powerful herbs with strong healing properties. Perhaps, that's why, as a herbal remedy, its use goes back centuries. Why is it so popular against cancer? Well, it is because it contains four phytoestrogens - Biochanin A, Formononetin, Daidzein, and Genistein. All these phytoestrogens prevent the growth of cancerous cells and tumors. They show an impressive array of anti-cancer properties. It isn't a theory. It has been indeed researched and proven by the National Cancer Institute and lots of other Universities all around the world. In Asia, the use of Red Clover in diet is high. Therefore, the incidence of cancer in those specific countries are far lower, compared to west. To make red clover herbal tea, add one tablespoon of dried red clover blossom in eight ounces of boiling water. And, let it steep for 10 minutes before relishing it.

#### Concluding Thoughts...

The important point is, you should seriously consider the use of these herbs in herbal teas. They have cancer fighting program that make serious difference in cancer patients' life. Most of these above herbs are available in dried form so that one can use them for herbal teas. In addition, it would be easy for you too to follow package description for the best use and preparation of the product. Just make them the part of your anti-cancer diet. And, we assure you, you will experience positive results, and live a cancer free life - forever.

#### Sources...

<http://www.care2.com/greenliving/10-powerful-cancer-fighting-herbs.html>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3252704/>  
<https://thetruthaboutcancer.com/cancer-fighting-medicine-in-your-yard/>  
<https://articles.mercola.com/herbs-spices/st-johns-wort.aspx>

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**Black Cumin Seed...**

by Ingrid Naiman...article excerpts...2003...

[http://www.kitchendoctor.com/herbs/black\\_cumin.php](http://www.kitchendoctor.com/herbs/black_cumin.php)

**Culinary Uses...**

Black cumin seeds are small. They can be used to make tea by simply pouring hot water over the seeds and letting the brew steep for 10 minutes, about a tablespoon makes a nice cup of tea, but it is better to keep the cup covered until ready to drink so as to prevent the aroma from escaping. Some people add a few seeds to their favorite tea or coffee. The seeds can also be added to casseroles or breads, used in canning, or extracted in wine or vinegar. Some people grind the seeds and mix them with honey or sprinkle them on salads. They make a nice addition to salad dressings and even stir fry dishes, especially when combined with lemon, cilantro, and tahini. Black cumin seeds mixed with honey and garlic are excellent tonics for people with asthma or coughs as well as those who want to enhance their immunity during cold and flu season or when an infection is setting in.

PS: from [FactorReady.com](http://FactorReady.com) : Per first article you can find various brands of Raw Nigella Sativa (Black Cumin) Seeds and Oil at amazon via the [nigella-sativa.com](http://nigella-sativa.com) link: <https://www.nigella-sativa.com/store.html>...Also see our Health tab article for other anti-cancerous tips and resources. Important Note: Dr. Bradford S. Weeks advises black cumin seeds have the ability to eliminate cancer “stem” cells, which are known to instigate, regenerate and spread cancers. Please note too, that traditional chemo and radiation may reduce tumor cells but reportedly do not destroy these. See our pdf Stem Cell Killers article under Downloads (in Health Tips folder) for more details on this vital subject. He fully recommends eating these tiny cumin seeds with husks intact. For a proprietary seed liquid blend, Rain International offers their Soul product, along wth their Fused blend coffee micro-grounds. Other teas that are said to help with cancer, would certainly include Essiac tea and the Rene Caisse original formula such as found at [HerballyGrounded.com](http://HerballyGrounded.com) under the Angel Tea name (and visit owner, [AngelaHarris.com](http://AngelaHarris.com) web pages for good herbs- vs-cancer info). Tea capsules, extract and powder formulations are also offered at [essiacproducts.com](http://essiacproducts.com). Stay Well, Stay Prepared and Stay Prayed Up!