

Nature's Toughest—and Tastiest— Cancer Solutions

***5 Simple Secrets to
Fight Cancer From
Your Own Kitchen***

Introduction..... 1

Chapter 1: Windowsill
Herb Wards Off
Prostate Cancer 2

Chapter 2: Fruit
Compound Kills
Cancer, Leaves Healthy
Cells Unharméd 4

Chapter 3: The Morning
“Vice” that Can
Prevent Cancer 6

Chapter 4: This Simple
Snack Lowers Your
Cancer Risk by 35
Percent 9

Chapter 5: The
“Dairy Case Secret”
to Combating Breast
Cancer 10



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Introduction

It's one of the biggest killers in America. And as we've told you many times before, mainstream cancer treatments often do a lot more harm than good.

Surgery...chemotherapy...radiation. The side effects are devastating. And while they can kill cancer cells, these therapies are so aggressive, they damage healthy cells too.

That's why we here at the Institute for Natural Healing are always searching for non-toxic alternatives. Natural solutions that are far safer, much less expensive... but still backed by real, scientific studies.

In this report, we've pulled together the simplest weapons for warding off cancer. You won't need to visit any special clinics. You don't need to place an order online. These solutions don't even require a trip to the natural food store. In fact, you most likely have each and every one of these already in your home...

And they may just save your life.





Chapter 1

Windowsill Herb Wards Off Prostate Cancer

As if you needed a reason to eat that slice of pizza, or your other favorite Italian dish...

Along with flavor, the herb **oregano** (often used as a seasoning in traditional Italian recipes) offers several health benefits. It has antibacterial and anti-inflammatory properties.¹ Studies indicate that it even helps fight breast cancer.²

And research shows it may benefit men battling prostate cancer.

One out of six men are diagnosed with prostate cancer. Most don't die. But they do undergo treatment and surgeries with harsh side effects.

But Professor Supriya Bavadekar, PhD from Long Island University in Brooklyn, NY may have found a new type of treatment in the form of oregano.³ "We're hoping this translates into a drug with lesser adverse effects in patients," Dr. Bavadekar said.

Dr. Bavadekar and her team studied the effects of the natural herb using different concentrations. They exposed prostate cancer cells to oregano in three different time periods: 24 hours, 48 hours, and 96 hours.

The results? The oregano killed the cancer cells. But even better...

The oregano didn't just kill some of the cells. In 96 hours the drug produced almost 100% inhibition. "We're thinking this compound could be used by itself or in combination with other agents," Dr. Bavadekar said. Best of all?

Oregano proves to be nontoxic. Meaning...no harsh side effects.

"Its effects on cancer cells can really elevate the spice to the level of a super-spice, like turmeric," Dr. Bavadekar said. "If the study continues to yield positive results, this super-spice may represent a very promising therapy for patients with prostate cancer."

But what is causing the cells to die?

It's called carvacrol... This compound is found in an array of plants and herbs including wild bergamot, thyme, and pepperwort. But it's most abundant in oregano. Carvacrol induces apoptosis or cell suicide in prostate cells. The higher the concentration, the more cell death.

Researchers from India also tested the effects of carvacrol on cancer cells.⁴ Just as it did in the first study, carvacrol produced cell suicide. At a 500 ml concentration carvacrol induced cervical cancer cell death up to 80%. Again, the higher the concentration, the higher the cell death.

Studies on carvacrol as a form of cancer treatment are still in the early stages. Dr. Bavadekar said she is optimistic about what they will uncover in future studies.

Not only that, but oregano also contains a phytochemical known as carnosol. It too is being studied for its anti-cancer properties. Researcher Dr. Jeremy Johnson confirms that this compound shows "promising results" for not only prostate and skin cancer, but also breast, leukemia, and colon.⁵

You can start benefiting from the super spice now. Oregano is safe. It's natural. And it's easily





available. You can even grow it at home.

Make it a cooking staple. Start by sprinkling a little oregano on your favorite healthy dishes. A dash here, a dash there. Don't care for the spice in food? You can still benefit.

You can find oregano oil capsules at your local health food store. Or they can easily be bought online. Oregano oil contains a high concentration of carvacrol.

Oregano won't just add flavor to your dishes. It could add years to your life by helping keep prostate cancer at bay.

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Chapter 2

Fruit Compound Kills Cancer, Leaves Healthy Cells Unharm

For thousands of years, people have harvested **grapes**. But not just because they taste great. As Hippocrates—the Father of Medicine—noted, these gem-like fruits have miraculous healing properties.

And modern science has proven him right. Scientists have discovered more than a hundred biologically-active compounds in grapes. And while the flesh might be the sweetest and tastiest part, the skin and seeds have the greatest nutritional value.

In fact, research shows that nutrients extracted from grape seeds can provide powerful protection against many forms of cancer. That includes stomach, breast, colon, lung, skin, and prostate cancer.

Here's how it works...

Selective cytotoxicity is the most promising area of cancer research. It simply means that a compound can kill cancer cells, while leaving healthy cells unharmed. Unfortunately, chemotherapy drugs fail to meet this standard. But there are natural compounds that can wipe out cancer cells and leave healthy cells to thrive.

Xianglin Shi, PhD from the University of Kentucky is a researcher who looks for compounds like this. “What everyone seeks is an agent that has an effect on cancer cells but leaves normal cells alone,” says Dr. Shi.

And he just may have found it in the seeds of a grape...

According to the journal *Clinical Cancer Research*, Shi exposed and treated leukemia cancer cells with a commercially available grape seed extract (GSE) in different doses.¹ He found that grape seed extract caused cancer cells to self-destruct. The higher the dose, the more cancer cells died.²

And even better, GSE killed 76% of cancer cells within 24 hours, while leaving the healthy cells completely unharmed.

Dr. Shi says these results might be enough to start using agents such as GSE to prevent and treat cancer.

Another study, published in the journal *Carcinogenesis*, confirms his findings.³

Rajesh Agarwal, PhD conducted the study on mice with mouth or nasal cavity cancer. The mice received GSE in their feed. And just like in the previous study, cancer cells died. The healthy cells remained unharmed. The mice also showed no toxicity to GSE.

“Cancer cells have a lot of defective pathways,” said Dr. Agarwal. “And they are very vulnerable if you target those pathways.”

That's just what the GSE did. But how?

Researchers in both studies found that the anti-cancer effect is due to GSE's activation of a protein in our body called JNK. Once activated, JNK damages the DNA of cancer cells. This causes them to self-destruct. It does not have this effect on healthy cells.⁴





In cancer treatment, cell suicide is important. But keeping healthy cells alive is just as vital. Chemotherapy doesn't exclusively target cancer cells. It damages and destroys healthy cells too. Perhaps even worse, according to a recent study in *Nature Medicine*⁵ (among others), chemotherapy can actually *cause* cancer.

These studies on grape seed extract are great news for anyone who wants to treat and prevent cancer. But it doesn't mean you should fill your grocery cart with grapes. The grapes that Hippocrates called "medicine" were very different from the grapes you'll find in the store today. Most commercial grapes—especially the green seedless variety—were bred to be sweet and juicy. They are full of sugar and have little nutritional value.

If you do enjoy grapes, choose smaller varieties with red or purple skin. And always buy organic. Conventional grapes are loaded with pesticides.

But for the greatest nutritional benefit, consider taking a high quality grape seed extract supplement. They usually come in capsule form. And they can be easily found online. Also, while grape seed oil might be good for cooking, it does not contain the anti-cancer compounds found in the extract. So it should not be used as a substitute.

GSE is perfectly safe to consume. And research proves that it kills cancerous cells. It's a win-win. It might just keep cancer—and chemo—at bay.

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Chapter 3

The Morning “Vice” that Can Prevent Cancer

Health “experts” say this drink is bad for you. But we uncovered a ton of evidence to the contrary...

Drinking four or more cups of it a day can cut your risk of oral cancer in half. And if you smoke or ever did, you’ll really want to pay close attention because you’re at the most risk.

Using data from the Cancer Prevention Study II, researchers analyzed almost a million people.¹ At the start of the study, none had cancer. And after 26 years the people who drank four to six cups of this popular beverage every day reduced their risk of dying from cancers of the mouth and upper throat by 49%.

A review published by the journal *Cancer Epidemiology, Biomarkers & Prevention* confirms the results.² Using data from nine studies, researchers found a 39% reduced risk of oral and throat cancer among the people who indulged in this drink.

In fact, it is the No. 1 source of antioxidants in the U.S. diet.³ And now you can enjoy it without any guilt...

We’re talking about **coffee**.

Coffee is one of the most popular beverages in the world. It contains a specific type of antioxidant called polyphenols. Polyphenols combat toxic free radicals. They also affect key enzymes that improve cellular communication.⁴ Poor cell signaling can lead to cancer, diabetes, and more.

But coffee’s cancer fighting powers don’t end there...

It has over 1,000 biologically active compounds. They all work together to help fight off the progression of cancer. Two main ones—cafestol and kahweol—are especially effective.⁵ They help protect against oxidative DNA damage. They also increase cellular activity. And at the same time they induce cell suicide while stopping the spreading of cancerous cells.⁶

More specifically...

In 2011, a Harvard study found that men who drink 1-3 cups daily reduce their risk of prostate cancer by 30%. Not only that...

The popular drink has protective effects even if you’ve already been diagnosed with prostate cancer. A new study by Fred Hutchinson Cancer Research Center shows it lowers the risk of a recurrence and slows down the progression by as much as 59%.

The studies are especially good news when it comes to aggressive prostate cancer. Another study published in *Nutrition Journal* looked at men who drank more than three cups a day. Compared to men who didn’t drink coffee, the coffee drinkers had a 55% lower risk of developing prostate cancer.

And get this... In the studies done so far, the more coffee the men drank, the higher the protection. The men who drank the most (six or more cups a day) had a 60% lower risk of developing lethal prostate cancer.

Even so, the beverage continues to have a notoriously bad stigma.





Mostly, coffee has a bad reputation because of its high caffeine content. And six or more cups of caffeine a day sounds excessive, especially if you have hypertension. On the other hand, a small to moderate amount of caffeine can be good for you. Caffeine is an anti-cancer compound in itself.

Research from Boston's Brigham and Women's Hospital and Harvard Medical School shows coffee lowers the risk of basal cell carcinoma by 20 percent.⁷

This could be huge. This is the most common form of skin cancer diagnosed in the U.S. It affects roughly 2.8 million Americans a year.⁸

Of the almost 113,000 subjects in the study, 22,786 developed basal cell carcinoma. The people who consumed the most coffee had the lowest risk of developing this form of skin cancer.

But it wasn't the coffee per se that offered the protection.

Researchers found a link between all coffee consumption and the risk of basal cell carcinoma. But they also found a link between intake of caffeine from other dietary sources including coffee, tea, cola (which we do not recommend), and chocolate.

"These results really suggest that it is the caffeine in coffee that is responsible for the decreased risk of basal cell carcinoma associated with increasing coffee consumption," said study author Dr. Jiali Han.

There was no link between decaffeinated coffee and a lower skin cancer risk. And it's not the first time researchers have come to this conclusion.

In an earlier study of more than 90,000 women, scientists found that with each additional cup of coffee consumed there was a five percent decreased risk of skin cancer.⁹ That means six cups of coffee equals a 30% lowered risk. And again, decaf coffee had no effect.

In yet another study, researchers found caffeine kills off human cells damaged by UV rays.¹⁰

"We have found what we believe to be the mechanism by which caffeine is associated with decreased skin cancer," said lead researcher Dr. Paul Nghiem.

Dr. Nghiem and his team found that cells damaged by UV rays self-destruct due to the halt in production of a protein called ATR. ATR helps initiate cell repair. And caffeine appears to suppress ATR. That, in turn, causes suicide in damaged cells.

But that doesn't mean you should start guzzling coffee. And Dr. Nghiem agrees. Everything in moderation.

But he does believe this may offer hope in the idea of a topical application of caffeine as a form of sunscreen.

While it's clear that coffee has beneficial bioactive compounds that stave off disease, a quick word of caution... Coffee is acidic. Drinking too much can cause stomach upset. We've said it before, and we'll say it again: Consuming too much of anything, even healthy foods, isn't always a good thing.

You'll get the most benefit if you drink coffee black and leave out the cream and sugar. Choose organic. And, of course, coffee will give you the most benefit if you're already eating a healthy diet with lots of vegetables.





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Chapter 4

This Simple Snack Lowers Your Cancer Risk by 35 Percent

Pancreatic cancer one of the deadliest forms of the disease—but one common snack food can reduce your risk of developing it by 35%. And it only takes a handful twice a week.¹

Of course, if you're inactive, smoke, or have a high BMI, your cancer risk goes way up. But a study in the *British Journal of Cancer* shows that, even with all those risk factors, this powerful food still lowers your chances of developing pancreatic cancer.

If your diet is high in organic vegetables and fruits, you lower your risk even more. But if you want a cheap shortcut to prevent pancreatic cancer, add a mere two ounces of **nuts** to your diet.

Yes, nuts. They are more potent than some antioxidants in preventing cancers. Tree nuts like almonds, Brazil nuts, walnuts, and pecans are full of healthful fats, protein, and antioxidants. In fact, the antioxidants in walnuts are up to 15 times more potent than those in vitamin E.²

Tree nuts are also full of protein and minerals. Raw almonds, for instance, pack over six grams of protein per ounce and they're also a great source of calcium, iron, selenium, magnesium, and zinc.³

The study points out that the nuts prevent cancer regardless of other risk factors. But making sure that you live an active lifestyle and eat a diet rich in green vegetables will lower your risk more than just adding the nuts to an already unhealthy diet.

Don't go overboard with the amount you eat each week. You don't want the health benefits to be reversed by adding too many calories. And they can add up easily. A single ounce of walnuts has about 200 calories.

You also want to avoid nuts that are covered in chocolate or salt. Always buy your nuts raw and organic.

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Chapter 5

The “Dairy Case Secret” to Combating Breast Cancer

Breast cancer may be the single most-feared disease among women. More than 260,000 American women get it every year. It kills more than 40,000 of them.¹

Mastectomies and chemotherapy are the first-line treatments.

Mastectomies are disfiguring and traumatic. And if the cancer isn’t caught early before it spreads, they often do little good.

Chemo can slow the disease. But the side effects can damage the quality of what little life a patient may have left.

Some women with a genetic predisposition for breast cancer are so worried that they get pre-emptive mastectomies. They surgically remove their perfectly healthy breasts to prevent the disease.

Dr. Rachael Rigby and her colleagues say there is strong evidence that inflammation triggered by bacteria is linked to breast cancer.²

The researchers concluded: “There is a simple, inexpensive, potential preventive remedy, which is for women to consume natural **yogurt** on a daily basis.”

How does yogurt prevent breast cancer?

It has long been known that women who breastfeed have a lower risk for breast cancer. Each year of breastfeeding lowers breast cancer risk by 4.3%.

Breast milk contains beneficial bacteria that displaces the bad bacteria that causes inflammation. Yogurt contains protective bacteria similar to that in breast milk, Dr. Rigby said.

In fact, past studies have found a link between yogurt consumption and reduced breast cancer risk.

The Healthiest Kind of Yogurt

All yogurts may look alike, but they aren’t. Before buying, read the label. You want yogurt that has as few ingredients as possible: milk, bacterial cultures, and that’s about it.

Avoid yogurt that contains added sugar (that includes sucrose, high fructose corn syrup, fruit juice, and cane sugar) or artificial sweeteners. If you want to add flavor, mix in nuts, or a fruit like blueberries or sliced apples.

And get full fat. Non-fat may have fewer calories, but full-fat will leave you feeling more satisfied. Plus, it’s actually better for you. The fat in yogurt is called linoleic acid. Studies show it may lower inflammation and reduce the risk of heart disease. It can also improve blood sugar control.³

If you’re a woman, you can add lower breast cancer risk to those benefits. It’s a great reason to make yogurt a regular part of your diet.





One more thing...

If you're lactose intolerant, you're not out of luck. Many probiotic supplements contain *Lactobacillus acidophilus*. That's the same bacterial strain that's in yogurt.

You can get them from health food stores and online retailers. (Look for probiotics that contain at least one billion CFUs per serving. That's a measure of potency.) It's best to take probiotics with a meal, especially breakfast.

Big Pharma may not want you to know about these solutions... And your doctor may not even know about them. But the fact is, the first step to fighting cancer may be as simple as stepping into your own kitchen.

Oregano...Coffee... Grapes... Nuts... Yogurt. It doesn't get much simpler than that.

If you or a loved one have cancer, or if you're simply hoping to avoid it, we strongly recommend incorporating each of these natural "treatments" into your regular routine.

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