

# Smart Cures - They Can Contribute to the Prevention of Cancer

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## Abstract

It is phenomenal what plants and nature as a whole achieve in terms of synthesis. They are not inferior to a chemical laboratory. After all, this is how mankind has managed to live and survive even under adverse conditions. Plants and animals, for example, defend themselves against enemies with the help of molecules that have a deterrent or even a killing effect. It therefore makes sense to make use of this experience of nature and to use therapeutically those plants that prevent cells from dividing uncontrollably. A list of plants that possess such abilities is presented here. Predominantly they are food, especially spices. They can be integrated into the daily food intake without any problems. It is logical to achieve prevention of cancer.

## Introduction

Scientific reviews [1,2] have found out and identified the best foods and herbs that can kill cancer stem cells at the root cause of their cancer malignancy. Or they can cause apoptosis of cancer cell telomeres ("programmed cell death"). On the other hand, they should not be agents that have a cytostatic effect on all cell types. The therapies should enable the immune system to recognize cancer cells, i.e. to unmask and kill them. Substances are also being tested that are designed to disrupt the repair mechanisms and defense strategies of cancer cells.

There are thousands of natural compounds that have detectable anti-cancer activity (more than 600 on the Cancer Research Database [3]), but only a small subset have been shown to target and kill cancer stem cells. This applies, for example, to curcuma, which has been found several times to have a "smart-kill property" that targets only the center of cancer tumors. More recently, research regarding ginger has found that it contains a compound that is up to 10,000 times more effective than the cytostatic drug Taxol in killing breast cancer stem cells. Taxol = Paclitaxel is a substance from the taxane group found in the bark of the Pacific yew tree (*Taxus brevifolia*), thus a primary natural remedy, but in use in orthodox medicine.

Even common foods like blueberries have cancer-causing properties, as discussed in a previous article for GreenMedInfo, "Research: Radiation Therapy Causes Cancer, Blueberry Kills It" [4].

A new study published in Anticancer Research titled Natural Products That Target Cancer Stem Cells [5] has greatly simplified the task of identifying this particular category of cancer killers. They are listed below, along with some of their commonly known food sources. What makes this list special is that it is not based on assertions, but rather that scientific evidence (the often-requested "evidence-based-medicine") is available in each case.

## Spices

If you look at the following list, you will notice that spices are disproportionately represented. These have been used since ancient times in warm countries to preserve food and kill pathogens in food. These are not only bacteria, but especially parasites such as worms and protozoa.

Taking this into consideration, an association comes up, namely that of alternative theories of carcinogenesis. Among others, Enderlein, Naessens, Alfons Weber, Hulda Clark or Tamar Lebedewa should be mentioned here. Although they differ in the naming of the parasites or pathobionts, they agree insofar that tumors are not only caused by parasites, but may even consist of them. Accordingly, tumor cells are unicellular parasites of the protozoan type (amoebae, lamblia, plasmodia, toxoplasmae, trichomonads, etc.) that have joined together and mimic body cells. However, they have left the swarm intelligence of healthy body cells and have founded a new, own and selfish swarm intelligence.

From the point of view of orthodox medicine, it might be noticeable here that malaria drugs can be cancer drugs at the same time. One thinks here of Artemisin/Artemisinin, Artesunat from the plant group of wormwood, mugwort and absinthe. It should also give pause for thought that salinomycin, an antibiotic, is carcinotoxic. The killing of microorganisms here is done by the same substances that fight cancer stem cells. This should not be a coincidence.

### Vitamin D3

A research group has carried out an epidemiological study of how the incidence of cancer is distributed around the world. It was found that there is a correlation between proximity to the Arctic or Antarctica and cancer incidence. This was attributed to the fact that the intensity and duration of solar radiation appear to be effective against cancer. It follows that vitamin D3 has a preventive and curative effect on cancer and that, conversely, a lack of vitamin D3 promotes cancer. It is therefore all the more incomprehensible that the recommended substitution doses in Europe are surprisingly low (e.g. 1,000 IU/day), whereas in more open countries up to 10,000 IU/day are given.

One could extend these certainly correct assumptions by comparing consumption of hot spices with cancer incidence. Countries with high consumption, whose populations are thus accustomed to eating spicy foods, are significantly less likely to have cancer. These are the same countries that have high sun exposure, which activates the pineal and pituitary glands. These glands suffer from blockages in our country, due to e-smog, fluorides, titanium and aluminum.

What does this tell us? We should make sure we get plenty of sunshine, take vitamin D3 vigorously as a substitute (except in the summer months). And we should eat as many hot spices as we can just tolerate. By the way: spices commonly used in this country, such as onions, garlic, mustard, marjoram, pomegranate and horseradish, do not have such pronounced cancer therapeutic effects as, for example, wormwood, ginger and curcuma, but they have many positive effects against our civilization diseases. We should not just add a pinch of salt and pepper to our food, as we usually do, but learn to eat spicy food.

### Parasites and protozoa

Returning to the theory of parasites and protozoa causing cancer, if of the 29 natural anticancer agents listed below, approximately half are spices that can eliminate these organisms, this theory becomes much more likely. If under the microscope the diagnosis of cancer cells is linked to certain pathological criteria, these assessments can also describe the foreignness of the cell interior of pathobionts.

Another: surprisingly, it has been shown that taking mebendazole against parasites [6] as well as metronidazole against trichomonads [7] has cancer therapeutic effects. This is a further confirmation of the above theory. Direct therapeutic consequences could also be drawn here.

In the case of spices, it is necessary to reconsider where they should act. In pure form, they largely remain in the intestine and eliminate parasites there. Cancer prophylactically quite reasonable, but less cancer therapeutically. If one wants to achieve an absorption in the intestine and a transfer into the blood, a combination with oils is appropriate, since finest oil droplets (e.g. micelles) or nanoparticles can act as transport vehicles. This is generally known for beta-carotene: if you eat and chew a pure

carrot, only a little will reach the blood, if you drink carrot juice mixed with oil, you will reach a good concentration in the blood.

Recommendation: Eat spicy food, add good oils and prefer the foods in the list.

### Now the list

The following natural substances have been proven to fight cancer cells:

1. 6-gingerol - ginger root
2. Artemisinin - mugwort, wormwood, absinthe
3. Astragalosides - Astragalus propinquus/membranaceus - root of Mongolian tragacanth
4. Beta-carotene /provitamin A - carrot juice and green leaves
5. Baicalein /wogonin - Chinese skullcap
6. Cordycepin - cordyceps sinensis / Tibetan caterpillar fungus
7. Curcumin - turmeric
8. Delphinidin /anthocyanins - blueberry, blackberry, black currant, acai, chokeberry
9. Epigallocatechin-3-gallate (EGCG) - green tea, carob seeds
10. Flavonoids (genistein) - soy fermented, red clover, coffee
11. Guggulsterones - Commiphora/Opopanax (myrrh tree).
12. Humulones ( $\alpha$ -hop bitter acids) - Humulus lupulus / hops
13. Isothiocyanates / mustard oils - cruciferous vegetables, e.g. broccoli, mustard, horseradish
14. Linalool / monoterpenes - true peppermint
15. Lycopene - tomato, grapefruit, bitter orange, rosehip
16. Oleuropein - olive leaf extract
17. Parthenolide - motherwort
18. Perilyll alcohol - mint, lavender, sage, lemongrass
19. Piperine/capsaicin - black pepper
20. Platycodone saponin - platycodone grandiflorum, balloon flower
21. Psoralidin - Psoralea corylifolia, babchi - seed
22. Quercetin - capers, blue onions
23. Resveratrol/salvestrol - grape skins, plum skins, berry seeds
24. Salinomycin - Streptomyces albus
25. Silibinin - silymarin / milk thistle fruits
26. Ursolic acid - thyme, basil, rosemary, oregano, catmint
27. Vitamin D3 / cholecalciferol - fish, egg yolk, beef, cod liver oil
28. Withaferin A - withania somnifera (ashwagandha), sleeping berry, Indian ginseng
29. Cinnamic acid / cinnamaldehyde - cinnamon tree bark.

Naturally, this list should not lead to the conclusion that a diagnosed cancer should be treated with these agents. They are to be used only additively. However, since tens of thousands of cancer cells are generated in every human being per day, mostly as a result of DNA breaks, it is possible to make it easier for the immune system, e.g. the macrophages, to cope with them.

### Conclusion

Despite all efforts, the incidence of cancer is constantly increasing. Part of this has to do with living and environmental conditions that are not natural and not conducive to health. From this point of view, one can only be in favor of the existence of foods and plants that can have a preventive effect. The above list allows a selection that can be used as a guide.

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