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## Wellness Trading Post

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Clinical Herbal Therapy

Bach Flower Remedies

Reflexology

Reiki

Energy Healing

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## Notes on Cancer

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## Foods that are beneficial during cancer treatment

<b>Food</b>	<b>Description</b>
Garlic	Strong anti-cancer properties. Garlic is also strong natural antibiotic and antimicrobial (anti-viral, anti-fungal, anti-bacterial).
Soybeans	Strong anti-cancer properties.
Ginger	Strong anti-cancer properties.
Licorice	Strong anti-cancer properties.
Vegetable in the mustard family (Brassicaceae or Cruciferae family).	Broccoli, cauliflower, brussels sprouts, cabbage, collard and kale, kohlrabi, mustard greens, mustard seeds. The sulfur and histidine in these vegetables inhibit the tumor growth, prevent colorectal cancer, increases the body's ability to fight cancer, and detoxifies the body. Cabbage leaves also help protect against radiation damage.
Beets	Apparently beets have strong anti-cancer properties, and have been successfully used to treat and cure a variety of cancer in by Dr. Alexander Ferenczi in Hungary. Beet root concentrated have also been successfully used on breast cancer.
Onions	Moderate anti-cancer properties.
Linseed	Moderate anti-cancer properties.
Citrus fruit	Moderate anti-cancer properties. Grapefruit, Kumquat, lemon, lime, orange, tangerine,
Turmeric	Moderate anti-cancer properties.
Vegetable in the Solanaceae family	Moderate anti-cancer properties. Peppers (bell peppers, chilies, cayenne, etc), potatoes, tomatoes, eggplants.
Cucumbers	Modest anti-cancer properties.
Culinary herbs	Modest anti-cancer properties. Mint, rosemary, thyme, oregano, sage, basil, and parsley. Parsley contains as much as ¼ tsp of Vit. A as Cod-liver oil, 2/3 of Vit. C found in oranges, contains histidine, which inhibits formation of tumor.
Beans & grains	Bean and grains (black beans, soybeans, lentils, brown rice, oats, whole wheat, etc) contain certain molecules that inhibit a type of enzymes (protease) that break down protein, which has been associated with production and development of some cancer tumors. These enzyme inhibitors also reduce free radical formation, inhibit radiation-induced cancer, and increase the resistance of tissue against the invasion of tumor cells. Soybean has strong anti-cancer properties. Whole wheat reduces the risk of liver, small intestine, and colon cancers, increases bowel movement, and reduces blood sugar level and cholesterol.
Figs	Contain benzaldehyde, which has the ability to reduce tumors. Benzaldehyde is also found in Shiitake mushrooms, and sweet almond oil.
Green-Yellow vegetables	Research in Australia reports that people that eat frequently green-yellow vegetables (pumpkins, squashes, carrots, broccoli, green bell peppers) have lower risk of developing cancer.
Radishes	According to scientific reports radishes and radish seeds have been used in cancer treatment with success. Strong tea of the seeds has been use to reduce stomach cancer, and topically for breast cancer.

## **“Quack Salad” by Dr. James Duke**

### Salad Ingredients:

- 1 cup washed, unpeeled, raw, grated beet.
- Handful of chopped unsalted walnuts.
- $\frac{3}{4}$  cup coarsely diced celery.
- $\frac{1}{2}$  cup washed, snipped endive.
- 1 medium-to-large washed, unpeeled, sliced cucumber.
- $\frac{1}{4}$  tsp cumin.
- 1tbsp flaxseed.
- 1 peeled and chopped garlic clove.
- Pinch of powdered cayenne pepper.
- $\frac{1}{2}$  peeled, chopped white onion.
- Handful of shelled, chopped peanuts (not canned, salted or dried).
- $\frac{1}{2}$  tsp sage.
- 2 medium-sized, washed, quartered, ripe tomatoes.

### Dressing:

Mix 2.5 cups of lemon juice,  $\frac{1}{4}$  tsp kelp, and 1 finely minced garlic clove.

### Preparation:

Lightly toss everything together in a large wooden salad bowl until thoroughly mixed.

Add dressing.

Eat and enjoy it.



B-Complex	50–100 mg 2–3x/day	<p><b>B-vitamins</b> are water-soluble vitamins and work together synergistically, so it is best to take them together and a B-Complex offers that. They are needed for the health and proper functioning of the nervous system, eyes, skin, liver, and more. They are also needed for the production of energy, cell replication; and for the metabolism of fats, carbohydrates and protein.</p> <p><b>Vit. B<sub>1</sub></b> participates in the synthesis of the neurotransmitter acetylcholine, and linked to learning capabilities, and growth in children. Important for the muscle tone of the stomach, intestines, and heart.</p> <p><b>Vit. B<sub>2</sub></b> needed for normal cell growth, cell respiration. Helps with fatigue and lack of vitality.</p> <p><b>Vit. B<sub>3</sub></b> is essential for the production of energy; needed for synthesis of sex hormones (as estrogen), production of adrenal hormones. The Niacinamide form has shown to have antioxidant properties and to inhibit autoimmune in DM type-I (in high dose, short-term, it can damage liver).</p> <p><b>Vit B<sub>5</sub></b> is considered the anti-stress vitamin; it is required for the manufacture of adrenal hormones; participates in the synthesis of the neurotransmitter acetylcholine.</p> <p><b>Vit-B<sub>6</sub></b> is needed for the manufacture of neurotransmitters such as serotonin, dopamine, adrenaline, noradrenaline, GABA. Participates in the synthesis and functioning of DNA &amp; RNA, helps with the electrical functioning of the nerve and muscles. Protects against neuropathies, and improve immune function.</p> <p><b>Folic acid and B<sub>12</sub></b> are needed for DNA division of cells (deficiencies can lead to some types anemia, memory loss, irritability, depression). Vit. B<sub>12</sub> is essential for the metabolism of the nerve tissue, and the health of the nervous system.</p> <p><b>Inositol</b> participates in the proper functioning of neurotransmitters in the brain including serotonin and acetylcholine.</p> <p><b>Biotin</b> – a coenzyme; helps with the formation of DNA and RNA.</p> <p><b>Choline</b> or Phosphatidyl choline is an integral part of the acetylcholine neurotransmitter. It is important for the health of the myelin sheath covering the nerves. Helps with liver and gallbladder functions.</p> <p><b>Cancer notes:</b> <b>Vit B<sub>6</sub></b> reduces cancer cell growth (esp. those with atypical growth). Reduces risk or protect against metastatic of melanoma. Best taken as P5P (pyridoxal-5-phosphate), 50-100 mg 1-2 x/day.</p> <p><b>Food sources</b> depend on the type of vitamins. Food rich in various types of B vitamins are brown rice, egg yolk, fish, legumes, liver, poultry, beef, whole grains, oatmeal, nuts &amp; seeds, dried fruits (raisin, figs, prunes), milk, yogurt, Brussels sprouts, dandelion greens, leafy green vegetables, brewer’s yeast, avocados, cheese.</p>
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<p>Vit E</p> <p>Succinate ester (dried form)</p>	<p>400 - 800 IU a day.</p> <p>50 mg per day</p>	<p>Fat-soluble vitamin. Powerful antioxidant, enhances immune functions (esp. affected by long term stress), protects against cancer and cardio-vascular disease, improve circulation, needed for tissue repair, normal blood clotting and healing, participates in healthy nerves and muscles, strengthen capillary walls.</p> <p>This is a dried “esterized” form of Vitamin E.</p> <p>Vit. E supplement best taken with fatty foods (good fats containing foods). Selenium and vitamin E works synergistically&gt; Thus, if taken Selenium supplement, then take it together with Vit. E together. For cancer prevention/treatment, Vit. E should be taken with other antioxidants such as Vitamin C, Selenium, and Zinc</p> <p><b>Cancer notes:</b> protects against cancer, reduces the risk of prostate cancer, and colon cancer. Topically, protect against Ultra Violet light. Together with Selenium protect from chemotherapy damage</p> <p><b>Food sources:</b> cold pressed vegetable oils (olive, soy, corn, canola, sunflower, safflower, sunflower, palm oils), nuts (almonds, peanuts, hazelnuts, pistachios, walnuts), seeds (corn, soy, lentils, barley, rice, wheat, oats), whole grains, dark green leafy vegetables, eggs, milk, and oatmeal.</p>
<p>Selenium</p>	<p>100 – 200 mcg day</p>	<p>Helps inhibit the oxidation of lipids. Antioxidant that works synergistically with Vit. E and together help in the production of antibodies and maintaining a healthy heart &amp; liver. Protects the immune system by preventing the formation of free radicals. Helps regulate the effects of thyroid hormones on fat metabolism. Needed for pancreatic function and tissue elasticity.</p> <p><b>Cancer notes:</b> it has anti-tumor activity, helps protect against formation of tumors. Together with Vit E and zinc help with enlarged prostate.</p> <p><b>Food sources:</b> meat, grains, brazil nuts, brewer’s yeast, broccoli, brown rice, dairy products, garlic, liver, blackstrap molasses, seafood, chicken.</p>
<p>Zinc (Zn)</p>	<p>30 – 50 mg daily</p>	<p>Needed for many body functions. It promotes wound healing by helping collagen formation, helps the skin oil gland function. It may help in the utilization of Vit. A (helping maintain healthy skin). Needed for the growth of the male sex organs and reproductive fluids (esp. the prostate glands). It supports immune function (improve antibody response, cell-mediated immunity, production of T lymphocytes), is a constituent of insulin, and participates in the acuity of taste and smell.</p> <p>As part of enzymes or a cofactor, it is involved in the clearance of alcohol in the liver, energy production, bone formation, protein digestion, synthesis of nucleic acid of DNA and RNA, antioxidant effects,</p> <p><b>Cancer notes:</b> cancer patients often are low in zinc (esp. the elderly). It helps reduces some radiation effects (as decrease taste).</p> <p><b>Food sources:</b> brewer’s yeast, egg yolks, fish, kelp, nuts/seeds (esp. pumpkin seeds), lime beans, soybeans, whole grains, lamb, meats, liver, oysters, poultry.</p>

Nutrient	Dose	Description
Acidophilus	As directed on label	To restore normal flora of the bowel; act as immune enhancer, improve digestion.
<u>EFAs:</u> Flax seed oil Evening Primrose oil Fish oil	1–2 tsp/day 500 mg 2–3 x/day 1000 mg/day	Essential Fatty Acids (EFAs) are critical nutrients to our body. They are needed for the normal growths of the body, and are used to make up the membrane of every cell of our body. EFAs are vital for a healthy brain and immune function. They are needed for the normal development of the brain; help with nerve transmission, cells & organs respiration, used in the lubrication of tissues (skin, joints), support adrenal, and thyroid activity. EFAs also aids digestion, and are used for the production of anti-inflammatory prostaglandins. <b>Food source</b> – cold water fish (tuna, salmon, mackerel), Flax seeds.
Quercetin (Bioflavonoid)	500 mg 3x/day	A flavonoid that helps stabilize the cell walls and inhibits release of histamine, increases immunity, scavenges free-radicals, inhibits irritation of intestinal smooth muscles, and reduces the damage caused by food allergens. <b>Food sources</b> (bioflavonoids in general): colorful fruit and vegetables such as peppers, buckwheat, black currant, apricots, blackberries, cherries, grapefruit, grapes, plums, prunes, rose-hips, hawthorn berries.
Coenzyme Q <sub>10</sub> (Co-Q <sub>10</sub> )	100 mg 2 to 3x/day	Increases oxygenation to heart and brain, increases production of energy, helps immune system.

## Herbs that are beneficial in cancer treatment

<p><i>Latin name</i> <b>Common name</b></p> <p>Medicinal properties</p>	<p>PU = part used [family] Tincture strength &amp; dose Other form of administration.</p> <hr/> <p>Cautions, contraindications, toxicity</p>	<p>Uses</p>
<p><i>Camellia sinensis</i> <b>Green Tea</b></p> <p>Anti-tumor, antioxidant.</p>	<p>PU: aerial [family] <i>Infusion:</i> 1 tsp/cup water; infuse 5 min. Drink 1 cup 3 x/day.</p> <hr/> <p>None</p>	<p><u>Immune:</u> reduces risk of various cancers such as lung, skin, liver, esophageal, colon, ovary, and bladder. It has antioxidant properties (free-radical exchanger)</p>
<p><i>Carduus marianus or Silybum marianus</i> <b>Milk Thistle</b></p> <p>anti-tumor, antioxidant, anti-depressant, digestive tonic, liver-protector, liver tonic, anti-viral, anti-cholesterol, antilithic (breaks/reduces stone formation), galactagogue</p>	<p>PU: Fruit [Asteraceae/Compositae] Tincture: 1 tsp (5 ml) 2 – 3x/day. Cold infusion: 2 tsp/cup water; let it sit overnight; drink 1 cup 3x/day. Crashed fruit (4-9g/day); Std-extract; Leaves as part of salads</p> <hr/> <p>Caution during organ transplant.</p>	<p><u>Immune:</u> decreases growth of breast/ovarian tumors, &amp; topically decreases tumor formation; help reduce side effects of chemotherapy. It increases kupffer cells (white blood cells), good before/after surgery to cleanse drugs from body. Reduces damage from toxic compounds. <u>Digestive:</u> Beneficial for hepatitis, liver damage, jaundice, cirrhosis, cholesterol, to express/expel gallstone; detox &amp; cleanse heavy metals.</p>
<p><i>Curcuma longa</i> <b>Turmeric</b></p> <p>anti-tumor, antioxidant, anti-bacterial, anti-inflammatory, stimulate liver bile flow.</p>	<p>PU: Rhizome [Zingiberaceae] Tincture: 1 tsp (5 ml) 2 – 3x/day. Decoction: 1 tsp/cup water; simmer 20 min.; drink 1 cup/day</p> <hr/> <p>None</p>	<p><u>Immune:</u> Reduces risk of cancer. <u>Digestive:</u> Promote liver functions, increases bile production and secretion; it has protective action on liver and stomach. <u>Cardiovascular:</u> As a blood thinner, it helps reduce risk of heart attack and stroke. <u>Respiratory:</u> Beneficial for asthma (due to anti-inflammatory. effects). <u>Skin:</u> Beneficial for eczema, psoriasis, fungal infections. Musculo-skeletal: due to its anti-inflammatory effects, it's beneficial for rheumatic conditions.</p>
<p><i>Echinacea angustifolia</i> <i>E. purpurea, E. pallida</i> <b>Echinacea</b></p> <p>Immuno Modulator, blood cleanser, anti-microbial, anti-viral, antibiotic, anti-inflammatory, anti-catarthal.</p>	<p>PU- root [Asteraceae/Compositae] Tincture: 1:5 @45%; 1-4 ml tid. Decoction: 1 tsp/cup water; simmer 20 min.; drink 1 cup/day</p> <hr/> <ul style="list-style-type: none"> <li>- May need right dose to see effects. For acute infection, dose can be increase.</li> <li>- Use with caution with transplant, and immuno-suppressive drugs.</li> <li>- avoid or with caution with autoimmune conditions.</li> </ul>	<p><u>Immune:</u> In Germany it is used in cancer treatment to reduce tumors. It has a long reputation for its ability to boost the immune system. It helps combat infections such as bacterial, viral, fungal infections; boils, septicemia, colds, flues. <u>Ears, eyes, nose, throat:</u> for nose/sinus catarrh, laryngitis, pharyngitis, tonsillitis, as mouthwash for gingivitis, pyorrhea. <u>Respiratory:</u> for upper respiratory tract infections <u>Urinary:</u> for cystitis <u>Skin:</u> Topically for sores, cuts, boils <u>General:</u> <i>E. purpurea</i> flower is often used for infections.</p>

<p><b><i>Geranium Robertianum</i></b> <b>Herb Robert</b></p> <p>Astringent, hemostatic, vulnerary</p>	<p>PU: Aerial parts &amp; root [Geraniaceae ]  <i>Dried herb:</i> 1 – 2 g/day  <i>Tincture:</i> (root) 1:5 @45%; 2–4 ml 3 times/day  <i>Infusion:</i> 1 – 2 g/cup; infuse 10-15 min. Drink 1 cup 3 x/day.</p> <hr/> <p>None</p>	<p>Rarely use therapeutically, and when use is usually for its wound healing (vulnerary) and astringent properties.  <u>Immune:</u> treat cancer, applied externally to resolve swollen breasts and other tumors, intermittent fever, hemorrhages  <u>Digestive:</u> It has used as a gargle in affections of the throat, treatment of stomach ulcers, oral inflammations, jaundice.  <u>Reproductive:</u> inflammation of the uterus,  <u>Urinary:</u> nephritic complaints</p>
<p><b><i>Trifolium pratense</i></b> <b>Red clover</b></p> <p>anti-tumor, mild sedative, antispasmodic, blood cleanser, nutritive, mild expectorant</p>	<p>PU: flower [Fabaceae]  <i>Tincture:</i> 1 tsp (5 ml) 2 – 3x/day.  <i>Infusion:</i> 1 tsp/cup water; infuse 15 min; drink 1 cup 3x/day  <u>Baths, hair rinse, eyewash, gargle, douche.</u></p> <hr/> <p>Avoid in estrogenic dependent cancer.</p>	<p><u>Immune:</u> as part of a cancer treatment. Topically for breast cancer. Promotes cleansing via lymphatic system. Beneficial for debilitating or chronic diseases such as mono and hepatitis. As a blood cleanser/purifier.  <u>Eyes:</u> As part of eyewash for conjunctivitis.  <u>Skin, Musculo-skeletal:</u> Decreases the wear and tear of tissues. Beneficial for boils, acne, eczema, psoriasis, and dermatitis.  <u>Respiratory:</u> for coughs, dried and/or irritated throat.  <u>Reproductive:</u> for menopause, vaginitis.</p>
<p><b><i>Viola odorata</i></b> <b>Sweet violet</b></p> <p>anti-tumor, blood cleanser, anti-inflammatory, diuretic, antiseptic, expectorant, mild analgesic.</p>	<p>PU: Leaves &amp; flowers [Violaceae]  <i>Tincture:</i> ½ tsp (2.5 ml) 3x/day  <i>Infusion:</i> 1 tsp/cup water; infuse 15 min; drink 1 cup 3x/day</p> <hr/> <p>None</p>	<p><u>Immune:</u> as part of cancer treatment due to its anti-tumor properties. As a blood cleanser/purifier.  <u>Urinary:</u> For urinary tract infections  <u>Respiratory:</u> as cough remedy, beneficial for bronchitis, and upper respiratory catarrh.  <u>Skin:</u> Topically for eczema</p>

## Other herbs that are beneficial in cancer treatment

<p><i>Latin name</i> <b>Common name</b></p> <p>Medicinal properties</p>	<p><b>PU</b> = part used [family] Tincture strength &amp; dose Other form of administration.</p> <hr/> <p>Cautions, contraindications, toxicity</p>	<p><b>Uses</b></p>
<p><i>Astragalus membranaceus</i> <b>Huang Qi</b></p> <p>Immuno enhancer, heart tonic, vasodilator, stress support, anti-viral, circulatory stimulant, hypoglycemic, hypotensive (↓ BP), diuretic.</p>	<p>PU: Root [Fabaceae /Leguminosae] Tincture: 1 tsp (5 ml) 2 – 3x/day Decoction</p> <hr/> <p>Avoid in skin disorders or fever (too stimulating)</p>	<p><u>Immune</u>: a warming tonic, increases stamina, endurance, and resistance to cold. For ME/chronic fatigue, HIV, cancer. Stimulate production of interferon. Helps relieve fluid retention. To stop bleeding. <u>Nervous system</u>: for sleep, night sweats, excessive sweating. <u>Respiratory</u>: for upper respiratory tract infections as colds/fluës. <u>Reproductive</u>: for prolapsed organs (esp. uterus). <u>Digestive</u>: increases appetite, reduces thirst.</p>
<p><i>Avena sativa</i> <b>Oats</b></p> <p>Nervous system restorative, anti-depressant, heart tonic, nutritive, soothing to digestive tract</p>	<p>PU: Aerial [Graminaceae] Tincture: 1 tsp (5 ml) 2 – 3x/day Cold/hot infusion: 1 tsp/cup water; drink 1 cup 3x/day Bath, food, face mask</p> <hr/> <p>Avoid gluten sensitivity or with caution</p>	<p><u>Nervous system</u>: feeds/nourishes nervous system, increases stamina. Good for nervous system exhaustion (illness/stress), during addiction withdrawal (esp. nicotine). <u>Cardiovascular</u>: good for a weak heart, for nervous palpitation. <u>Skin</u>: topically for skin irritations/inflammations, psoriasis, itchiness, insect bites. <u>Musculo-skeletal</u>: to promote uric acid excretion.</p>
<p><i>Bupleurum falcatum</i> <b>Thorowax</b></p> <p>immune enhancer, adrenal tonic, liver protector, anti-inflammatory, anti-viral, diaphoretic.</p>	<p>PU: Root [Apiaceae/Umbelliferae] Tincture: 1 tsp (5 ml) 2 – 3x/day Dried root (6g/day)</p> <hr/> <p>Caution: slightly sedating in some, may increase bowel movement, flatulence, nausea/vomiting.</p>	<p><u>Immune</u>: for inflammatory and/or chronic diseases. (esp. involving the liver, kidneys, adrenals), autoimmune diseases. (lupus, Multiple sclerosis), colds/fluës. <u>Urinary</u>: for nephrosis/inflammatory diseases involving kidneys. <u>Digestive</u>: acute/chronic liver disease. Toxic liver damage.</p>
<p><i>Crataegus oxycantha</i> <b>Hawthorn</b></p> <p>Heart restorative, strengthen heart, Astringent, Diuretic, antioxidant, hypotensive (↓BP)</p>	<p>PU: Flower, berries, leaves [Rosaceae] Tincture: 1 tsp (5 ml) 2 – 3x/day Infusion/decoction: 1 tsp/cup water; infuse or decoct 15 min; drink 1 cup 3x/day As flavoring agent in liqueur</p> <hr/> <p>Avoid if low blood pressure (↓ BP) or bradycardia</p>	<p><u>Cardiovascular</u>: to improve coronary circulation, for coronary artery diseases, angina pectoris, heart arrhythmias, tachycardia, heart or valvular diseases or insufficiency, ischaemic, SOB. <u>Respiratory</u>: for difficulty breathing or shortness of breath associated with heart conditions. <u>Digestive</u>: protect from diet-induced nigh</p>

<p><b><i>Ganoderma lucidum</i></b> <b>Reishi mushroom</b></p> <p>nervous system relaxant, hypoglycemic, immune tonic, anti-viral, stress support, anti- allergic, anti-tumor.</p>	<p>PU: fruiting body [Bacidiomycetes] Tincture: ½ tsp (2.5 ml) 2 – 3x/day Raw mushroom, powder (1-2 tsp), capsules.</p> <hr/> <p>In some, it may cause dizziness, skin eruptions, sore bones, itchy skin, increase bowel movement.</p>	<p><u>Immune</u>: for HIV/AIDS (inhibit growth of virus), for cancer treatment (increases WBC, hemoglobin, protects from chemo/radiation). <u>Digestive</u>: for hepatitis; protects livers from tetrachloride damage; prophylactic for hepatitis and necrosis. <u>Endocrine</u>: for diabetes (↓ blood sugar, enhances blood glucose utilization, increases plasma insulin). <u>Cardiovascular</u>: to lower high blood pressure</p>
<p><b><i>Eleutherococcus senticosus</i></b> <b>Siberian Ginseng, Eleuthero</b></p> <p>adrenal tonic, antioxidant, stress support, heart tonic, chemo- protector, immuno enhancer</p>	<p>PU: Root [Araliaceae] Tincture: ½ to 1 tsp (2.5 to 5 ml) 2 – 3x/day Powder (2-4 g/day, div. Dose). Caps (100mg/cap; 200-400 mg/day in div. Dose)</p> <hr/> <p>None</p>	<p><u>Immune/endocrine</u>: alleviate chronic stress; increases the length &amp; quality of life, an adrenal tonic. Reduces chemo/radiation side effects. Beneficial for chronic infections, as part of cancer therapy, reduces metastasis of cancer. Reduces heavy-metal damage. <u>Nervous system</u>: increases energy, memory, concentration, and feeling of well-being <u>Cardiovascular</u>: for chronic cardio-vascular conditions. <u>Respiratory</u>: for pneumonia, infections, to ↑ appetite.</p>
<p><b><i>Galium aparine</i></b> <b>Cleavers</b></p> <p>Lymphatic tonic, astringent, Blood cleanse, diuretic, anti-fever</p>	<p>PU: Seeds [Rubiaceae] Tincture: 1 tsp (5 ml) 2 – 3x/day infusion, juice, compress, hair-rinse</p> <hr/> <p>Caution if diabetes due to strong diuretic action.</p>	<p><u>Immune</u>: detoxifying agent, beneficial for skin cancer/tumors (specially on breast). A lymphatic tonic, thus, good for congested/swollen lymph glands (e.g. tonsillitis, lymph nodes), glandular swelling of TB, glandular fever, prostate disorders. <u>Urinary</u>: specific for obstruction of urinary organs as from stone/gravel. Soothing/relaxing diuretic. <u>Skin</u>: for eczema, psoriasis, seborrhea. As a wash for sunburns, to blanch freckles.</p>
<p><b><i>Glycyrrhiza glabra</i></b> <b>Licorice</b></p> <p>adrenal tonic, soothing to digestive tract, anti-inflammatory, expectorant, anti-spasmodic (muscle relaxant), anti-viral, mild laxative</p>	<p>PU: Rhizome, rootlets, stolons [Fabaceae.] Tincture: ½ tsp (2.5 ml) 2 – 3x/day Infusion, Decoction</p> <hr/> <p>- Avoid in Pregnancy - Avoid in anemia, ↑ BP (or with caution) - Long use may decrease thyroid function &amp; basal metabolic rate.</p>	<p><u>Immune/endocrine</u>: for adrenal insufficiency as Addison and diabetes insipidus. Good for inflammatory conditions, autoimmune diseases, herpes simplex. <u>Urinary</u>: for urinary tract infections. <u>Respiratory</u>: as expectorant &amp; soothing agent, for TB <u>Digestive</u>: for inflammatory conditions on the digestive tract such as gastritis, ulcers, acidity, constipation, viral hepatitis. <u>Musculo-skeletal</u>: for arthritis, muscle spasm.</p>
<p><b><i>Lentinus edodes</i></b> <b>Shiitake</b></p> <p>Immune enhancer, hypoglycemic, Immune stimulant, anti-viral, Anti-tumor, anti-bacterial Nutritive, hypotensive (↓ BP)</p>	<p>PU: fruiting body [Bacidiomycetes] Tincture: 1 tsp (5 ml) 2 – 3x/day Infusion, powder (5g/day), 1 mushroom/day, soups/cooking Best take with Vit-C ( increases absorption)</p> <hr/> <p>None</p>	<p><u>Immune/endocrine</u>: for chronic diseases such as HIV/AIDS, diabetes, adrenal problems, cancer. It reduces metastases of cancer, reduces chemo/radiation side effects. Increases resistance to stress, beneficial for chronic fatigue, to increase longevity. <u>Digestive</u>: for gastric &amp; colorectal cancers. To reduce cholesterol. <u>Cardiovascular</u>: to reduce high blood pressure (by reducing cholesterol). <u>Musculo-skeletal</u>: for arthritic conditions.</p>

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**Note:** ordered alphabetically by last name of 1<sup>st</sup> author.