


Dr. Micozzi's AUTHENTIC ANTI-CANCER PROTOCOL



**No-Nonsense, All-Natural Secrets
for Lifetime Prevention and Survival**

*Plus: Life-Saving but Little-Known Facts about
Useless Screenings, Reckless Over-diagnosis
and Toxic Treatments*

BONUS REPORT

Nature's top 10 anti-cancer herbs hiding in plain sight

Nature's top 10 anti-cancer herbs hiding in plain sight

According to the World Health Organization, cancer causes more than 7.6 million deaths each year. Plus, they project that cancer deaths will continue to rise through the year 2030, at which point the crystal ball gets cloudy based on current statistics.

Does that sound like we are winning the government war on cancer? The government started waging this war in 1971, spending more than one trillion taxpayer dollars (and counting) on failed research. Plus, the costs of cancer screening, diagnosis and treatment add trillions more.

The mainstream government-industrial cancer industry sticks with failed screening programs. It over-diagnoses and over-treats about half of all cases wrongly labeled as "cancer." And it continues to use surgery, radiation and chemotherapy as the first-line treatments.

In the meantime, they continue to neglect the many natural compounds with scientifically demonstrated anti-cancer activities. In fact, research suggests that cancer relates to a build-up of toxins, which reduces cell oxygenation and damages DNA. It also causes inflammation, hormonal imbalances, and other problems that increase cancer risk.

Some studies suggest cancer also relates to energetic and emotional-spiritual imbalances.

In fact, mounting evidence suggests that cancer is preventable. Not an inevitable consequence of aging.

The real answers to preventing cancer lie in eating clean, antioxidant-rich foods, drinking pure water, and keeping intestinal function clear. These approaches help reduce and counteract exposures to chemicals, medications, dyes, carcinogens, heavy metals, pesticides, and other environmental toxins.

In addition, research shows 10 herbal remedies have potential for cancer prevention. They can also play an adjunct role in conventional cancer treatment.

1. Black Pepper

Black pepper reduces chronic inflammation and has other anti-cancer activities. It also may increase the effectiveness of certain anti-cancer medications. This finding suggests that cancer patients could potentially receive lower doses of toxic chemotherapy when given in combination with black pepper. Crude extract of pepper also helps GI function. So ☐ generously use black pepper as a seasoning for your foods.

2. Dandelion

Research shows dandelion kills cancer cells. (It also has other health benefits, as I often report.) You can make a salad with fresh dandelion or add it to other fresh vegetables such as broccoli, lemon, and raw pumpkin seeds, which also have anti-cancer properties. You can also find dandelion extract in supplement form.

3. Echinacea

Echinacea (purple coneflower) is one of the most widely used herbal remedies in the world today. It helps the body heal from the debilitating, metabolic effects of cancer. It also helps relieve anxiety and fatigue. In addition, when you feel yourself coming down with a cold or flu, use Echinacea to reduce the severity and duration. There is no standard dose and it is typically brewed as an herbal infusion or tea.

4. Ginger root

Ginger root has potent anti-inflammatory and anti-cancer activities. It also aids digestion and reduces nausea and vomiting caused by cancer chemotherapy drugs.

It inhibits growth of ovarian cancer cells. You can make fresh ginger root tea with lemon, honey (which is a healthy natural food that also reduces cancer cell proliferation), and other ingredients, steeped in hot water. It is also useful for upper respiratory infections.

5. Grape seed

Grape seed extract outperforms some chemotherapy drugs in killing cancer cells. It also inhibits cancer cells that have grown resistant to cancer drugs. Plus, unlike chemotherapy, it does not harm your normal cells.

6. Basil

Holy basil counteracts chemically induced cancers. You can consume it by diluting the standardized extract in water.

7. Licorice

Licorice root has soothing, anti-inflammatory effects. Plus, it detoxifies the liver, your first line of defense against many dietary and environmental carcinogens. It is commonly found in Chinese herbal mixtures for treating cancer. In the U.S., it is also used for menopausal hot flashes.

8. Parsley

Parsley can help prevent oxidative stress, which relates to a wide variety of conditions. It contains quercetin, a plant pigment found in green, leafy vegetables. Quercetin can inhibit the growth of cancer cells. So □ add a handful of chopped parsley to virtually any dish. And when it appears as a garnish on your plate, eat it.

9. Turmeric

Turmeric also has many anti-cancer effects. It fights cancer cells as effectively as a dozen different cancer drugs. It works against breast, colon, and melanoma skin cancer cells. You can add turmeric as a seasoning in soups, salads, meat, and vegetable dishes. You can also find it as an ingredient in dietary supplements for its anti-inflammatory and joint health benefits.

10. Watercress

Watercress is an aquatic plant that supports detoxification and inhibits carcinogenesis. Watercress extract effectively fights against colon and stomach cancer cells. Plus, smokers given watercress showed elimination of carcinogens in their urine.

And I would be remiss if I didn't also mention one of the most promising, but little-known herbal cancer fighters on earth. It's called *Sutherlandia frutescens*, but in its native Africa, it goes by a more common name — cancer bush.

In fact, in South Africa, it's so revered they immortalize it on their nation's postage stamp — and for good reason...

It has the unique ability to halt the deadly “wasting” process that so many terminally ill patients experience, called cachexia.

Sutherlandia works as an *adaptogen*, an herb that has the unique ability to help your body adapt to changes, both internal and external. Research studies show that it works broadly among the body systems. It's also an immune stimulant. And studies also indicate significant antioxidant activity, another important anti-cancer property. (For more on *Sutherlandia*, refer to Lesson 19 in my *Authentic Anti-Cancer Protocol*.)

You rarely see any of these natural approaches used in high-profile clinical treatment trial studies, despite all the evidence. But, as you've seen here—and throughout my *Authentic Anti-Cancer Protocol*, there is a world of natural anti-cancer remedies awaiting you.

Of course, you should always work closely with a physician skilled in natural and botanical medicine when incorporating herbal therapies into your treatment regimen. He or she will be able to help determine which herbs best suit your particular needs, as well as the appropriate dose.

**For more about Dr. Micozzi's Authentic Anti-Cancer Protocol, visit:
www.ovhlearning.com and www.drnicozzi.com**

ABOUT DR. MICOZZI

Marc S. Micozzi, M.D., Ph.D. was the founding editor-in-chief of the first U.S. journal in Complementary and Alternative Medicine and organized and edited the first US textbook in the field, *Fundamentals of Complementary & Integrative Medicine* in 1996. He has published nearly 300 articles in medical literature and is the author or editor of over 25 books. Dr. Micozzi served as Senior Investigator of cancer prevention at the National Cancer Institute, where he published the original research on diet, nutrition, and chronic disease. He continued this line of research as the Associate Director of the Armed Forces Institute of Pathology and Director of the National Museum of Health and Medicine.

In recent years, Dr. Micozzi has served as the Founding Director of the Policy Institute for Integrative Medicine in Bethesda, MD, working to educate policy makers, the health professions, and the general public about the opportunities for integrative medicine and the need for clean, clear science within our modern medical establishment. Dr. Micozzi writes a monthly newsletter called *Insiders' Cures* as well as a free e-letter called *The Daily Dispatch*.

© Copyright 2018, OmniVista Health Media, L.L.C. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including recording, photocopying, or via a computerized or electric storage or retrieval system without permission granted in writing from the publisher. The information contained herein is obtained from sources believed to be reliable, but its accuracy cannot be guaranteed.

All material in this publication is provided for information only and may not be construed as medical advice or instruction. No action or inaction should be taken based solely on the contents of this publication; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being.

The information and opinions provided in this publication are believed to be accurate and sound, based on the best judgment available to the authors, and readers who fail to consult with appropriate health authorities assume the risk of any injuries. The publisher is not responsible for errors or omissions.

For additional copies or questions, please contact Reader Services at 100 W. Monument Street, Baltimore MD 21201. You may also call (630) 236-4617 or send a fax to (410) 230-1273.