

DR. MICOZZI'S

***INSIDERS'* CURES**

The *Tane Secret* that could finally put Cancer in the Crosshairs

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The Tane Secret that could finally put Cancer in the Crosshairs

The story of what I call the *Tane Secret* (pronounced Tah-Neigh) is one of the most fascinating in all of natural medicine—and highlights a very important point about the true nature of scientific research.

As I've always said, for the truest advancements in medicine, *follow the science no matter where it leads*.

But what many researchers, doctors and certainly pharmaceutical skills often fail to see is that science will usually point to the past for some of the breakthroughs that will change our future.

A better name for a new revelation

So why *Tane*? Tane is the Polynesian god of nature and in an even broader sense, the god of good.

I feel it's a fitting name because as you'll see...this natural wonder that has been helping the peoples of the South Pacific for centuries, and is now astonishing scientists in the world's most modern laboratories. And yet, it *still* had its traditional name dragged through the mud for nearly a decade.

I'd like to do my small part in righting a huge medical wrong.

The Tane Secret revealed: Kava

Kava root extract is the medical secret that could revolutionize modern medicine. Its specific origin within the South Pacific is highly debated, but most recent work places the origin and domestication of kava (*piper methysticum*) on a tiny cluster of islands known as Vanuatu.

Widely recognized as one of the premier unspoiled scuba diving destinations on the planet, and known traditionally for the daring “tower jumpers” who leap from great heights held back only by tree vines that let them fall within inches of the ground far below, Vanuatu may someday be better known as the birthplace of a true cancer prevention breakthrough.

Religion within the Polynesian culture is intertwined with many aspects of everyday life. Of course, when one thinks of far away South Pacific islands, the mind immediately recalls the famous heads first discovered on Easter Island by the Dutch in 1722.

These statues likely represent supreme chiefs, vital to the history and growth of this ancient civilization. Over 800 of them still stand on likely burial grounds and help exemplify the passed-down dedication to religion throughout the South Pacific.

Today, as a result of thousands of missionaries from Europe at the end of the 19th century, Christianity is the prevailing religion. However, whether it is the polytheism of sun gods and ocean gods or the monotheism of Christianity, kava has always persisted within the culture of the South Pacific.

What looks like an ordinary shrub, this hardy plant is fast-growing with multiple light to dark green stems. But the root system is its most-sought asset.

These roots (fresh or dried) are pulverized and brewed into a tea, traditionally used as a stress reliever, with many drinking it at the end of nearly every day. Forget about those fake “Polynesian” cocktails with the paper umbrellas—this is the real “Polynesian Cocktail Hour.”

On the other side of the Pacific, the citizens of Vanuatu take their cultivation of kava very seriously. In fact, exportation is strictly regulated only to strains deemed as “noble” varieties. Their laws also mandate that exported kava must be cultivated at least five years and farmed organically.

I am up-to-date with the latest observations on traditional use of kava from my research associate who just came back from doing field work in the South Pacific.

New research in the 1980's changed everything

In 1985, *The Hawaii Medical Journal* baffled scientists by publishing a paper, the likes of which few scientists had ever seen before.

Just a few years prior, The South Pacific Commission Cancer Registry was formed. Its mission was to survey and monitor cancer rates for men and women throughout the Pacific Island nations. The researchers used Los Angeles Caucasians as a point of reference.

What it found absolutely confounded the commission.

Following are the cancer incidence rates per 100,000 males in the areas surveyed...

Los Angeles—307.2

Western Samoa—90.2

Fiji—75.0

Vanuatu—70.9

For nearly a decade following the initial survey, medical professionals tried to figure out what could possibly be making such an impact on the citizens of these island nations. Their diets were analyzed, smoking rates were analyzed, even the kind of tobacco commonly used was analyzed. And yet...researchers could not explain these incredibly low cancer rates.

Having done my own scientific field work in the South Pacific during the late 1970s, I had worked with many of these same researchers on other studies regarding diet and health in the Pacific during the 1980's and early 1990's.

The kava connection unfolds

As it turned out, just as the South Pacific Commission was completing their survey, statistics were being gathered for a growing industry within the South Pacific—the kava industry.

And when these two surveys were looked at side-by-side—cancer rates and kava consumption—a breakthrough correlation began to form.

In every country where both these figures were studied, the more kava consumed, the lower the cancer incidence.

This inverse relation was measured in kilograms of kava consumed per year versus cancer incidence per 100,000 males.

So let's recap—the lung cancer rates in Fiji during the 1980's were 76 percent lower than those in Los Angeles at the time. In Vanuatu it was even lower—Seventy seven percent less.

And it appears one of the primary reasons may very well be this time-tested, culturally-renowned herbal tea.

So what happened? Why hasn't so much more already been accomplished on researching this time-tested, natural cancer breakthrough?

A tempest in a teapot...

Supplement sales for all kinds of herbs and vitamins began to really boom in the 1980's, and kava was no exception.

But before too long the brakes were slammed on operations amid a controversy which some still hotly debate to this day...

And new emerging science continuously calls the origin of this controversy into question.

Liver toxicity reports caused the United Kingdom's FDA counterpart to ban kava sales in the 1990's. Suddenly, the kava industry shrank by 50% and all of the promise behind kava and its active compound, *kavalactones* seemed to vanish from the mainstream.

Luckily, botanical researchers kept its potential alive with bold new studies. The kava industry fought hard to clear its name, refuting the earlier studies that were using unproven and unverified forms of kava. And citing centuries of traditional use with no adverse reports.

In 2003, I asked leading European researchers to prepare a review of scientific studies showing the lack of toxicity of kava and published it in the premier volume of my scientific review journal, *Reviews in Integrative Medicine*, published by the same medical publisher as my leading textbook. That review found that observations on kava were confounded by patients taking prescription drugs that are toxic to the liver. It wasn't the herb that was at fault, it was the drugs!

But perhaps the strongest case for kava comes from the current crop of studies using verified kava, which show no adverse effects regarding liver toxicity.

And these studies are finally revealing kava's true potential...

20 years later—science finally prevails

The floodgates are now open and kava is finally prepared to take its place in the medical limelight. We could begin almost anywhere with this torrent of medical research. To date, over seven forms of cancer have been tested in preliminary studies, all with positive results.

Bladder cancer: Studies using mouse models performed at UC Irvine in 2002 and funded in part by the National Cancer Institute revealed an active component within kava, flavokawain A. Researchers found that flavokawain A encourages cell death in pre-cancerous cells by overcoming the effects of mutated proteins. This property is similar to a chemopreventative effect. All three bladder cancer mouse models responded well...and unsurprisingly, there was no evidence of toxicity from the flavokawain A.

Bone cancer: Likewise, a report published in 2013 highlights another active component of kava, flavokawain B. This compound was shown to halt osteosarcoma cell lines and promote cell death. This was shown to be a chemotherapeutic and chemopreventive compound. In other words, it may help prevent *and* treat cancer.

Colon cancer: An animal model designed to determine whether kava consumption reduces markers of colon cancer opened eyes even further in 2012. This 14-week trial revealed that kava-consuming groups had significantly fewer precancerous lesions compared to the control group. The results support that kava may help reduce colon cancer risk and that kava is safe to consume.

Lung cancer: Another mouse-model study was conducted at the University of Minnesota. Researchers

used a mouse model that is routinely used to predict lung cancer behavior in humans. The results were astounding. Researchers identified naturally occurring components of kava that appear to prevent the formation of up to 99% of cancer cell lines.

One of the leading researchers called this research “**truly unprecedented in its potential impact.**”

And all of this research is just the beginning...

What YOU can do now

It is great news that while medical research on kava went into a near 20-year hibernation period, the production of kava never did.

Traditionally, people in Fiji drink quite a bit of kava tea every day. It can add up to anywhere from 1 to 4 kg of kava per year. That comes out to a whopping 11,000 mg per day—essentially a small bucket-full of kava tea.

So a more practical approach, if you aren't able to incorporate so much of any tea into your daily life... would be to take a kava supplement along with drinking the tea. You can buy raw kava root and make your own tea at home. It's simple to do, but most American palettes might not find the flavor to their liking. For recipes, visit, www.gokava.com and visit their recipe page for teas, smoothies and even a French press recipe.

For use as an everyday supplement, I recommend at least 400 mg a day and always an organic, preferably grown in the South Pacific. To find a form that meets all of these requirements, visit www.herbal-island.com and look for their Kava Kava root extract.

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