The Ultimate Cancer Survival Guide

Compiled by the Health Sciences Institute research team.
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An endangered cancer-fighting miracle makes its exclusive U.S. debut

Antrodia camphorata. I’d guess that, unless you live in Taiwan, you’ve probably never even heard of it.

I certainly hadn’t—which took me by surprise, considering the fact that cancer-fighting mushrooms like this one are such a hot topic in natural medicine these days. But in the course of my research, the reasons for its obscurity became clear as day.

Like a lot of the breakthroughs I’ve shared with you, there’s a big catch. Bigger than most, in fact. You see, this particular fungus is practically extinct.

An endangered medicine from the mountains

Antrodia camphorata grows in the remote Taiwanese mountainside, as high as 1500 meters above sea level, where the upper branches of the slow-growing Cinnamomum kanehirai Hay tree are its sole hosts.

But this fungi’s towering natural habitat isn’t the only thing that makes it nearly impossible to find—the Hay tree also happens to yield the best-quality lumber in the country. So much so, in fact, that the fragile species is now teetering toward extinction—a trend that led to its current protected status, which the Taiwanese government put into place 25 years ago.

That’s right. In Taiwan, harvesting this wild cancer miracle at the expense of its endangered host is criminal. So it shouldn’t come as a surprise when I tell you that specimens of the mushroom are so rare that they sell for the equivalent of $600 an ounce.

So why am I telling you about a cure that you may never get your hands on? Well, with the sweeping advances in culturing technologies over the past decade, scientists at Taipei’s Well Shine Biotechnology Development have discovered a way to grow this mushroom in mass. And unlike those before them, they’ve produced a product that is nearly a perfect genetic match (99.97 percent, to be exact) to wild Antrodia camphorata.
But before I get into what this mushroom can do for you, let me explain a little bit about its long (and very impressive) history.

**A Taiwanese healing secret for over two centuries**

It was 1773 when the famous Chinese doctor Wu-Sha arrived at Formosa, the main island of Taiwan. At the time, many local inhabitants were plagued by alcoholism, and Dr. Wu immediately observed unusually high incidence of headaches, hepatitis, cirrhosis, and other complications of the disease. But more perplexing was the swiftness with which the Formosans recovered—an anomaly that, he would later discover, was directly linked to the peoples’ reliance on Antrodia camphorata.

Dr. Wu’s future studies of the treatment revealed that Antrodia camphorata was far more effective than any of the other herbs typically used in Traditional Chinese Medicine—especially against pain, bacterial infections, poisons, liver failure, and cancer. Today, Antrodia camphorata remains an invaluable mainstay of the Taiwanese people—and its price and protected status have been assigned accordingly.

With this lengthy folk history, it’s a wonder that the mushroom’s scientific name wasn’t even confirmed until 1997—and that the majority of formal studies on this mushroom have only been performed in the last 10 years.

But despite its slow start, research on Antrodia camphorata continues to pick up steam. In fact, I dug up dozens of studies documenting its powerful effects against conditions like inflammation and toxicity—and most notably, its ability to target, revert, and even destroy cancer cells.

**Reverses liver cirrhosis, wipes out cancer —and even saves your brain cells**

The early 2000s ushered in the first published studies of Antrodia camphorata—most of which primarily demonstrated the extract’s antioxidative and hepatoprotective qualities. In one study, researchers from Taipei Medical University compared preparations of Antrodia camphorata to an isolated flavonoid found in milk thistle called silymarin, a popular treatment for liver toxicity and cirrhosis.

Results showed that the mushroom stood up to the powerful flavonoid and offered significant liver protection to mice that were treated with it—most likely, the scientists theorized, due to its strong free radical scavenging abilities.¹

Later research served as further confirmation for these early findings —only in these instances, studies revealed that the extract wasn’t just preventing liver damage, but was actually inducing apoptosis in several human liver cancer lines and inhibiting cancer cell growth.²,³

But liver cancer cells weren’t the only ones that extracts of Antrodia camphorata stood up to in the laboratory. Research conducted as recently as this year has shown that this fungus can not only prevent metastasis in bladder cancer cell lines,⁴ breast cancer cell lines⁵, leukemia cell lines⁶, and lung cancer cell lines⁷—it can even reverse and obliterate them.

If all that’s not enough, studies have shown that it can help to preserve your brain, too. In an analysis published in *The Journal of Natural Products* in 2006, seven different neuroprotective compounds were identified in Antrodia camphorata. Their activity was evaluated, and results showed that they were able to repel neuron damage in-vitro by up to 39 percent.⁸

The mechanism for Antrodia’s unparalleled healing powers, scientists propose, is its remarkably high composition of naturally occurring polysaccharides, adenosine, chitin, superoxide dismutase, vitamins—and an especially huge quantity of cancer-fighting plant compounds called triterpenoids.
Selenium Intake May Reduce the Risk of Cancers

Don’t underestimate the dirt beneath your feet. Especially if you’re standing on farmland soil in the western U.S.

Soil contains a trace mineral called selenium. When you consume food that’s grown in selenium-rich soil, your body is replenished with a nutrient that has been shown to help fight autoimmune disorders, increase insulin efficiency, and curb the mutation of viruses.

And if this were a late night infomercial, right about now I would say, “But wait! That’s not all you get!” Because selenium also has excellent antioxidant qualities, it boosts the antioxidant power of vitamin E, and it’s been shown to reduce the risk of several types of cancers by triggering the activity of a tumor-suppressing gene.

Researchers at the University of Arizona (UA) wanted to expand on previous research, which had indicated that selenium may reduce the risk of developing colorectal tumors.

The UA team used data combined from three trials: the Wheat Bran Fiber Trial, the Polyp Prevention Trial, and the Polyp Prevention Study. Each of these projects examined the effects of different nutritional factors on the prevention of benign colorectal tumors in patients who previously had such tumors removed during colonoscopy.

Medical records and blood tests of more than 1,700 subjects were analyzed to determine tumor developments and selenium concentrations. When the subjects were grouped ranging from least blood concentration of selenium to greatest, results showed that subjects with the highest blood selenium values had “statistically significantly lower odds” of developing a new tumor when compared to subjects with the lowest blood selenium values.

The researchers also noted that each of the three trials individually indicated selenium’s protective effect against the recurrence of tumors, and that those with the very highest blood selenium value had more than a 40 percent reduced risk of tumor recurrence compared to subjects with the very lowest levels of selenium.

In the UA study, the researchers note that, given the limitations of the data from the three trials, they were not able to pinpoint the selenium sources in the subjects’ blood samples. Therefore they couldn’t draw any conclusions about supplementing with selenium.

Selenium is highly concentrated in the soil of only six states: North and South Dakota, Utah, Colorado, Montana and Wyoming. Anyone who lives in these states and eats ample amounts of locally grown fruits and vegetables daily is probably getting a good selenium intake. But the rest of us are probably not, unless we’re taking a selenium supplement or a multivitamin that contains selenium.

The U.S. RDA for selenium is 55 mcg for women and 70 mcg for men, but the average diet falls far short of that amount—especially if you don’t eat produce from one of the six states mentioned above. Research into the cancer-preventive qualities of selenium indicates that a daily intake needs to be around 200 mcg to ensure adequate prevention.

Which brings up the issue of selenium toxicity. Selenium comes with a general warning about high intake of this nutrient. And while it’s true that mega-dosing might create problems, you would have to get more than 2,500 mcg of selenium per day for an extended period to receive a toxic amount, so the actual chances of getting a dangerous dose are extremely slim.

In addition to fruits and vegetables, bread, fish and meat all contain selenium. The real selenium powerhouse, however, is the Brazil nut, delivering more than 800 mcg of selenium per ounce.
The popular medicinal mushroom Ganoderma lucidum, for example, boasts about 20 to 50 different forms of this particular compound (at a total content of about 1 to 3 percent). But chemical analysis shows that Antrodia camphorata contains over 200 different kinds of triterpenoids, resulting in a total content of about 20 to 45 percent—that’s nearly 50 times greater.

A miracle mushroom—with only one source

This research is just a small sampling of what’s out there—so it’s easy to see why Antrodia camphorata’s widening availability, both in the U.S. and abroad, is such a huge breakthrough. And with all of this hard science, it’s only a matter of time before the market is flooded with versions of the mushroom, right?

Well, not exactly…

While tracking down more information about this miracle mushroom, I had a chance to speak with Roland Li, from the Khong Guan Corporation—he’s the one who introduced me to Antrodia at the Natural Products Expo in Anaheim. He’s also the man who spearheaded this product’s U.S. launch.

According to Li, there are two ways to produce fungus in a laboratory. Using a liquid medium (aquaculture), you can replicate the mushroom’s mycelium (a web-like structure on which the actual fruit grows) but not the fruit itself. Earlier attempts at reproducing the elusive mushroom usually took this form. With this method, however, it’s far too difficult to yield an amount suitable for mass production and sale—much less a product with the amount of triterpenoids necessary to make for a bonafide natural cancer killer.

But this problem has been solved with the innovation of “solid-culturing.” In this case, scientists grow the actual fruiting body of the mushroom. And when matched with a pristinely controlled environment, the result is a product that is the closest thing available to wild Antrodia camphorata—in triterpenoid content, and consequently, disease-fighting capacity too.

After extensive toxicity and safety testing, we now have access to the same supplement successfully used as a complementary cancer therapy in Taiwan for almost a decade now. It’s called Vital-sail. Each capsule is 100 percent solid-cultured Antrodia camphorata, and it’s now being imported exclusively.

I’ll end with one word of caution—and it’s one that you might have already guessed by now: Vital-sail’s price is on the steep side.

The recommended dosage is 2 to 3 capsules one to four times a day—and at $79.35 per 60-capsule bottle, you could be shelling out quite a bit to include this mushroom in your daily supplement regimen. Even so, that’s mere pennies compared to the market price of its wild cousin—and as safe, natural treatments for cancer go, I don’t think it’s an exaggeration to say that it’s worth every cent. Yes, Vital-sail is expensive—but I challenge anyone to find me a cheap cure for cancer.

You’ll find more details on your exclusive source for this endangered (and very hard-to-find) breakthrough in the Member Source Directory.
For more than a decade, we’ve been telling you about the evils of Big Pharma. But even we were shocked at the shameless greed behind the Graviola scandal, when a major drug company covered up news of the miraculous cancer cure just because it couldn’t figure out a way to profit from the discovery. If it weren’t for the fateful conversation between a secret insider and one brave woman, the world might never have learned about this astounding breakthrough.

Enter Leslie Taylor—a modern jungle-trekking medicine woman who spends most of her days in the company of Amazonian tribesman. She soaks up their generations-old wisdom so she can bring their secrets home to all of us. For Taylor, talking to natives and exploring the heart of South America’s untouched tropical forests is just another day on the job.

So it’s no surprise she was a key player in the Graviola exposé.

When a confidential source with access to Graviola’s secret studies buckled under the weight of his conscience, he contacted Taylor with the truth about the tree’s healing properties. Digging deeper, she discovered that there was a small body of published research out there that actually corroborated these conclusions. So she put together a harvesting operation to collect Graviola’s potent leaves and stems, manned by indigenous South American tribes and located deep within the heart of the Amazon.

The silver lining that became apparent by the end of this whole ordeal is that we were able to put you in touch with a fantastic source of the miracle plant. And since we first told the world about it in 2001, Graviola has been the subject of dozens of published studies touting its unmatched power against a whole army of cancer cell lines: liver, lung, breast, skin, kidney, prostate, colon…and that’s just to name a few.

But Taylor’s research has continued. And recently, she told me about another form of Graviola that’s just been uncovered—one that’s taking the original’s tumor-fighting properties to a whole new level.
A new tropical tree introduces 26 additional cancer-fighting chemicals

Mountain Graviola is a new species of the genus Anonna, the active compounds of which are called acetogenins — and Taylor discovered it herself during a visit to her South American harvesting site. Though strikingly similar in appearance to the original species of Graviola (also known as Annona muricata), she noticed that natives never ate the fruit of this new tree— while the fruit, stems, and leaves of its close relative were regularly consumed by local tribes for medicinal purposes. After questioning them as to the reason, she was told that, unlike Graviola, the fruit from the Mountain Graviola tree (or Anonna montana) was far too sour to be edible.

But a closer look at the plant’s structure revealed that this substitution had been coming at a price. Although the sweeter Graviola does in fact deliver potent curative properties, the less-palatable Mountain Graviola has nearly 26 novel acetogenins that you won’t find in its relative— and even more of the acetogenin annonacin, which has been the focus of most of the published studies on account of its demonstrated cancer-fighting abilities and lack of toxicity.

Unlike its counterpart Annona muricata, research on the specific components of Mountain Graviola has only begun to pick up in the last few years.

Novel compounds target— and destroy— ovarian and liver cancer in laboratory tests

Among the first published pieces was a pair of studies conducted in 2001 and 2002, in which Japanese scientists isolated novel acetogenins from Mountain Graviola to test their cytotoxicity against lung cancer cell lines in-vitro. The chemotherapy drug Andriamycin was used as a control. Results showed that several of these unique compounds (with a specific focus on the acetogenin montanacin) demonstrated potency in tumor growth inhibition. Results showed that it selectively killed colon cancer cells at “10,000 times the potency of Adriamycin.”

Additional compelling evidence has detailed Mountain Graviola’s specific cytotoxicity against liver and ovarian cancer, as demonstrated by the string of studies conducted by a research team from Kaohsiung Medical University in Taiwan— two of the more recent of which were conducted in late 2004. The first tested a range of nine new acetogenins present in Mountain Graviola. Findings demonstrated that the isolated compounds acted selectively against the human ovarian cancer line 1A9 and liver cancer Hep G2 cells.

In the second study, published one month later, two of these new acetogenins (montacin and cis-montacin) were isolated and tested along with four already-known acetogenins. Results further confirmed that the new compounds selectively inhibit the proliferation of human ovarian cancer cells.

In another more recent study conducted by the same research team in 2005, two types of acetogenins were isolated from Mountain Graviola and were again subjected to a cytotoxicity assay against eight human cancer cell lines. While select compounds demonstrated moderate cytotoxic activities against six of these cancerous cell lines (including lung), all of the compounds once again showed significantly more powerful activity when pitted against cell lines of ovarian cancer, and most especially liver cancer.

New, super-strength combo wipes out deadly cancers in less than a year

While no clinical trials have been conducted for either Graviola or Mountain Graviola, I did have the benefit of reading a whole host of testimonials forwarded to me by Taylor.
One woman, who was diagnosed with colon cancer for the second time in May of 2006, opted against chemotherapy after her tumor was surgically removed—choosing instead to begin a rigorous regimen of supplementation. According to her husband, her report seven months later was extremely encouraging, with all indicators pointing to what appears to be a full remission.

"I can truthfully say that had I not begun to use Graviola, I most likely would not be alive today," began the striking testimonial of another woman, who was diagnosed with esophageal cancer in January 2006. At the time of her diagnosis, she had been unable to consume anything but liquids.

She began supplementing with the product during her chemotherapy and radiation visits—eight months later, she was in complete remission, and able to eat solid foods once again. Today, she's cancer-free, and continues to supplement with Graviola Max.

Though it might be a while before we’re actually able to see the long-term results of treatment with Graviola, these initial reports are more than promising. And when combined with the incredible stories of recovery we’ve heard from longtime Graviola users, these accounts add an entire new dimension to the already compelling in-vitro laboratory evidence.

Because Graviola is so strong, Taylor doesn’t recommend that it be used as a preventative. She also cautioned that reports of nausea have climbed 20 percent with this product—a common side effect of the formula’s main cancer-fighting chemical, annonacin. Admittedly, it’s a small price to pay for survival.

Cancer treatment has come a long way since the use of mustard gas derivatives in the early 1900s—or has it? When doctors discovered during World War I that mustard gas destroyed bone marrow, they began to experiment with it as a way to kill cancer cells. Although they had little success with the mustard gas, it did pave the way for modern chemotherapy—which involves the most toxic and poisonous substances anyone deliberately puts in his body. These treatments kill much more than cancer cells—they have a devastating effect even on healthy ones.

Sometimes it seems as if only a miracle could provide a cure that’s both safe and effective. And a miracle is just what Dr. Mate Hidvegi believed he found when he patented Avemar, a fermented wheat germ extract. Studies have shown that Avemar reduces cancer recurrence, cuts off the cancer cells’ energy supply, speeds cancer cell death, and helps the immune system identify cancer cells for attack.

A miracle in the making

Back in World War I, Dr. Albert Szent-Györgyi (a Nobel Prize recipient in 1937 for his discovery of vitamin C) had seen the effects of mustard gas up close and personal and was determined to find a safer alternative for cancer treatment. His goal was to prevent the rapid reproduction that is characteristic of cancer cells. He theorized that supplemental quantities of naturally occurring compounds in wheat germ called DMBQ would help to chaperone cellular metabolism, allowing healthy cells to follow a normal course but prohibiting potentially cancerous ones from growing and spreading. His early experiments, published in the Proceedings of the National Academy of Sciences USA in the 1960s, showed effects of naturally occurring and synthetic DMBQ against cancer cell lines, confirming his theory.

But it was then that the science community shifted its focus to killing cancer outright—at any cost. His approach, seen as negotiating with the enemy as opposed to destroying it outright, was cast to the side.
It wasn’t until the fall of communism in Hungary in 1989—when scientists were allowed for the first time to pursue independent, personal interests—that Dr. Hidvegi picked up where Szent-Györgyi left off.

But when Hidvegi’s funding ran out, it seemed as if the research would once again be set aside. He had no money, he had no prospects, and his wife insisted he give up his research and find a paying job.

They were desperate. Yet he did still have one thing at that time—faith. Being a devout man, Dr. Hidvegi prayed to the Virgin Mary for guidance—and an investor.

Miraculously, the very next day a stranger wrote Hidvegi a check somewhere in the $100,000 range. With that money, he was finally able to patent a technique of fermenting wheat germ with baker’s yeast. He named this fermented product Avemar in tribute to the Virgin Mary (Ave meaning hail and Mar meaning Mary). It became the standard compound for research and later commercialization because it assured a longer shelf life while maintaining its live food status.

Avemar is supported by more than 100 reports (written for presentation or publication) conducted in the U.S., Hungary, Russia, Australia, Israel, and Italy and is validated by the publication of more than 20 peer-reviewed publications describing in vitro, in vivo, and human clinical trials.

Reduce cancer recurrence

Since 1996, over 100 studies done on Avemar have impressed oncologists and cancer researchers. Studies have shown that when Avemar is used as an adjunct treatment, it enhances the effects of the standard treatment agents. It’s particularly effective in reducing the chances of cancer recurrence.

In a controlled study, 170 subjects with primary colorectal cancer either had surgery and standard care with chemotherapy or the same plus 9 g of Avemar taken once a day. Only 3 percent of the people in the the Avemar group experienced a recurrence, vs. more than 17 percent of those in the chemo-only group. The Avemar group also showed a 67 percent reduction in metastasis and a 62 percent reduction in deaths.

In a randomized study, 46 stage III melanoma patients with a high risk of recurrence either had surgery and standard care with chemotherapy or surgery plus standard care and 9 g of Avemar taken once a day. Those taking Avemar showed approximately a 50 percent reduction in risk of progression.

In a one-year, non-randomized trial of 43 patients with oral cancer, 21 patients received surgery and standard care while 22 others received the same plus Avemar. The Avemar group showed an 85 percent reduced risk of overall progression. Plus, only 4.5 percent of the patients in the Avemar group experienced local recurrences as opposed to more than 57 percent of the people in the standard care group.

Avemar also reduced the frequency and severity of many common side effects, including nausea, fatigue, weight loss, and immune suppression.

Cut off cancer cells’ energy supply

One of Avemar’s most unique benefits is that it cuts off cancer cells’ energy supply by selectively inhibiting glucose metabolism. Cancer cells love glucose: It fuels the voracious growth and spread of tumors. In fact, cancer cells utilize glucose at a 10 to 50-times higher rate than normal cells do.

Cancer cells that have a higher rate of glucose utilization have a greater chance of spreading. It’s on these cells that we see Avemar’s most dramatic effects. In fact, the greater the metastatic potential of the cancer cell line tested, the higher the glucose utilization rate and the more dramatic Avemar’s effect.

Typical cancer treatments like chemotherapy kill off all cells—cancerous and healthy ones alike. But because of how Avemar interacts with glucose, it can selectively attack cancer cells while leaving healthy cells alone. Studies have shown that it would take a 50 times higher concentration of Avemar than is in a normal therapeutic dose to inhibit glucose utilization in normal healthy cells.
Avemar speeds cancer cell death

The second way Avemar works against cancer is to keep cancer cells from repairing themselves. Cancer cells reproduce quickly and chaotically, producing many breaks and other mistakes in the cellular structure. Because of this, cancer cells need a lot of the enzyme known as PARP (poly-ADP-ribose) to repair breaks in DNA before the cells divide. Without adequate PARP, cancer cells cannot complete DNA replication. When there's no PARP to repair the damage, an enzyme called Caspase-3 initiates programmed cell death.

Avemar has been shown to speed up the death of cancer cells by inhibiting the production of PARP and enhancing the production of Caspase-3.\(^5\)

Researchers at UCLA also showed that Avemar reduces the production of RNA and DNA associated with the rapid reproduction of cancer cells. It also restores normal pathways of cell metabolism and increases the production of RNA and DNA associated with healthy cells.\(^4\)

**Undercover cancer cells exposed**

Avemar also acts as a biological bounty hunter for disguised cancer cells. Healthy cells have a surface molecule called MHC-1 that tells natural killer (NK) cells not to attack. Virally infected cells don't display this molecule, which makes them targets.

But cancer cells have also been shown to display the surface molecule MHC-1, which means that cancer cells can actually hide from NK cells. Avemar helps the immune system identify cancer cells for attack by suppressing their ability to generate this MHC-1 mask, which allows the NK cells to recognize it as a target for attack.\(^5\)

**Children with cancer get a fighting chance**

Possibly one of the most powerful studies on Avemar shows its effectiveness on children with cancer. Most forms of pediatric cancer have high cure rates from chemotherapy as compared with adult cancers, but one of the limiting factors in using chemotherapy to treat children is the infection that can often occur during treatment.

Infection often sets in because chemotherapy kills large numbers of the child's infection-fighting white blood cells and destroys many of the bone marrow cells that produce them.

Doctors aware of the immune-enhancing properties of Avemar wanted to learn if it could possibly prevent the life-threatening infections that often occur in pediatric cancer patients.

A recent study published in the prestigious medical journal *Pediatric Hematology Oncology*, showed that such infections and the fever that accompanies them (called febrile neutropenia) were reduced by 42 percent in the children given Avemar after chemotherapy, compared to those not getting Avemar.\(^6\)

Avemar has this effect because it helps rebuild the immune system, increasing the number and activity of functioning immune system cells. It's clear that, unlike conventional cancer therapy, Avemar does not produce side effects—it reduces them. It also allowed the children in the study to take more cycles of chemotherapy, increasing the chance of a cure.

**As toxic as a slice of bread**

As dangerous as Avemar is for cancer cells, it won't harm the rest of your body. In fact, according to an independent panel of medical, food safety, and toxicology experts: “Avemar is as safe as whole wheat bread.”\(^8\)

In Hungary, where it was developed and is manufactured, it is classified as a “dietary food for special medical purposes, for cancer patients” and is a standard therapy for patients with cancer.
It is available as a food or dietary supplement in several other countries as well, including Austria, Australia, Switzerland, Italy, Slovakia, Czech Republic, Russia, Israel, and South Korea.

Avemar is made using a patented process that yields a uniform, consistent, all-natural dietary supplement. Although it is not certified organic, it is free of chemicals and synthetics. There is simply no comparison between their product and other wheat germ products on the market because it is the only one supported by research demonstrating its effectiveness in maintaining normal, healthy cellular metabolism and immune regulation.\(^9\)

But since this is a wheat product, there is the potential for allergic response. Although the process of making the product removes all gluten, the principal allergen in wheat, the product can still come in contact with gluten-containing wheat. American BioSciences says that Avemar should not be consumed by people who have had an organ or tissue transplant, those who have malabsorption syndrome, or those with allergies to foods containing gluten, such as wheat, rye, oats, and barley.

It’s also not recommended for people with fructose intolerance or hypersensitivity to gluten, wheat germ, or any of the components or ingredients of this product.

If you suffer from bleeding ulcers, you should stop using Avemar two days before undergoing a barium X-ray contrast examination and resume taking it two days after the completion of the examination. This precaution is necessary because wheat germ contains lectin, which can potentially cause red blood cells to clump.

If you are currently taking medications or have any adverse health conditions, you should consult with your pharmacist or physician before taking Avemar.

**Unique delivery system makes fighting cancer easier—and even tasty**

The Avemar product our contacts at The Harmony Company offer is an instant drink mix called AvéULTRA, which combines Avemar with natural orange flavoring and fructose in pre-measured packets.

As a dietary supplement, the recommended usage is one packet per day mixed with 8 oz. of cold water (or any other beverage containing less than 10 mg of vitamin C). I found that the best way to mix it is to shake it in a closed container. When I tried it, it reminded me of Tang, though it wasn’t quite as sweet.

You should consume it within 30 minutes of mixing a batch. Also note that it’s a good idea to take AvéULTRA one hour before or after a meal and two hours before or after any drugs or other dietary supplements.

If you weigh over 200 pounds, use two packets per day. If you weigh under 100 pounds, only use half of a packet per day. Consult with a healthcare professional for recommended usage levels for children, for guidance on alternative usage levels, and for use in combination with other dietary supplements.

Most people who use AvéULTRA daily notice an effect within three weeks, reporting improvements in appetite, energy, and general quality of life.

If you work with your health care professional to use AvéULTRA as an adjunct cancer treatment, you should know that it will take a good three months before you will see a change in objective measurements—such as blood markers, CAT scans, MRIs, etc. Although some people reported uneasiness in their stomachs during the first few days of using Avemar, the effect only lasted a few days. No vomiting, diarrhea, or any other symptoms were reported. See the Member Source Directory for ordering information.
You might say that a variety of fruits were on the “menu” at a recent Phoenix conference titled (take a deep breath) the American Association for Cancer Research Second Annual International Conference on Frontiers in Cancer Prevention Research. (Whew!)

Three different research projects exploring natural methods for treating skin cancer were presented at the conference. Two of the studies were conducted on mice, and the third was a laboratory study using human skin cells. But each of the studies had one thing in common: the active agents that were tested all came from fruits.

One study showed the skin cancer-fighting effectiveness of perillyl alcohol, a compound found in tart cherries and the peel of citrus fruits; another study demonstrated how the polyphenol, resveratrol, found in grapes might limit skin cancer growth; and the third study indicated that the polyphenols in pomegranate fruit extract may be effective against the disease as well.

Of course, each of these studies is preliminary and requires further research before anyone can reasonably suggest that we should start rubbing down our skin with pomegranate juice and orange peels. Fortunately, however, we already know about one natural botanical treatment that shows great potential in addressing a common condition that often leads to skin cancer.

**Heading it off at the pass**

More than a million new cases of skin cancer will be diagnosed in the U.S. this year. And by some estimates, nearly everyone who reaches their “golden” years will experience keratoses; those patches of scaly, sun-damaged skin that often become cancerous.

But if your doctor should tell you that your have skin cancer, don’t assume the worst.

The most common types of skin cancer are basal cell cancer and squamous cell cancer, both of which appear on the skin as small lumps or sore spots that don’t heal properly. These are superficial and non-life-threatening cancers unless allowed to advance over many years. And the removal of squamous and basal lesions is one of the most common outpatient surgeries performed today.
But before basal or squamous cells develop, there may be a way to head these conditions off by treating keratoses.

**Hard target**

Glycoalkaloids are chemical compounds found in an Australian botanical called the devil’s apple plant. Historically, the use of glycoalkaloid-rich plants (members of the Solanum family) in addressing skin conditions goes back to the second century A.D.

As a treatment for keratoses, glycoalkaloids are thought to work by exploiting structural differences between healthy and sun-damaged skin cells. As skin cells become damaged, the cell walls become more permeable, allowing glycoalkaloids to penetrate into abnormal cells. Once inside the cell walls, glycoalkaloids release enzymes that apparently break down the cells from the inside out. As the abnormal cells die, they’re replaced by healthy skin cells, which don’t absorb the glycoalkaloids, thus avoiding their destructive effects.

In a therapy of this kind, the ideal is a “targeted therapy”—one that attacks abnormal cells while sparing healthy cells. And that appears to be what glycoalkaloids may be able to do when applied to sun-damaged skin.

**Catch it early**

For more information about using glycoalkaloids for keratoses, there are several Internet sources that sell glycoalkaloid products; just search using the phrase “sun-damaged” along with “glycoalkaloids.” I’ve also seen it on the shelf in my local health food store. Information on a product called SunSpot ES is included in the Member Source Directory.

In whatever way you may choose to address sun-damaged skin, the important thing is to treat it early. So if you’re concerned about rough or flaky spots on your skin, talk to your doctor to come up with a plan to treat those spots before they turn into more serious problems.

And one last note: The focus on keratoses and the highly treatable skin cancers that follow that condition is intentional. Of far greater concern is the skin cancer called melanoma. This is a very dangerous cancer, especially when it’s not diagnosed early. Melanoma is usually associated with moles, so if you experience any irregularity in a mole—such as changing shape, color, or size—call your doctor immediately. Melanoma cannot be reversed with any of the extracts mentioned above.
Hybridized mushroom extract destroys cancer cells and provides powerful immune protection

Until now, the only way to get access to this remarkable immune booster was to live in Japan. For the last five years in Japan, people with cancer, AIDS, and other life-threatening illnesses—as well as healthy people who want to stay that way—have been revving up their immune systems, destroying tumor cells, and preventing cancer and other illnesses with a powerful extract called AHCC (activated hexose correlate compound). Now, AHCC is available to consumers in the United States.

AHCC is an extract of a unique hybridization of several kinds of medicinal mushrooms known for their immune-enhancing abilities. On their own, each mushroom has a long medical history in Japan, where their extracts are widely prescribed by physicians. But when combined into a single hybrid mushroom, the resulting active ingredient is so potent that dozens of rigorous scientific studies have now established AHCC to be one of the world’s most powerful—and safe—immune stimulators.

In vitro animal and human studies confirm that AHCC effectively works against and, in some cases, even prevents the recurrence of liver cancer, prostate cancer, ovarian cancer, multiple myeloma, breast cancer, AIDS, and other life-threatening conditions, with no dangerous side effects. In smaller doses, AHCC can also boost the immune function of healthy people, helping to prevent infections and promote well-being.

Calling up your first line of defense

Our immune systems stand between us and the rest of the world. Without it, our bodies would be overrun by bacteria, viruses, parasites, fungi, and other invaders, infections would rapidly spread, and cancer cells would proliferate. Like a highly responsive and well-coordinated army, our immune systems are composed of a variety of specialized immune cells that identify, seek out, and destroy microbes, pathogens, and tumor cells.
First on the scene of possible trouble are the phagocytes and natural killer (NK) cells, which respond quickly to potential threats. Often referred to as the body’s “front-line defense,” these cells are constantly on the look out for any suspicious substances. NK cells latch onto the surface of substances or the outer membranes of cancer cells and inject a chemical hand grenade (called a granule) into the interior. Once inside, the granules explode and destroy the bacteria or cancer cell within five minutes. Itself undamaged, the NK cell then moves onto its next victim. In its prime, a NK cell can take on two cancer cells at the same time, speeding up the process.

Recent research shows that as we age, our immune systems function less efficiently. In particular, the ability of our NK cells to respond quickly and effectively declines with age and illness. When NK cells lose their ability to recognize or destroy invaders, health can deteriorate rapidly. Moderately low to dangerously low NK cell activity levels have been found in people with AIDS, cancer, immune deficiency, liver disorders, various infections, and other diseases. Because measurements of NK cell activity are closely correlated with one’s chances of survival, anything that helps increase NK cell activity may help people treat, recover from, and/or prevent these illnesses.

Research finds remarkable immune system boost in multiple ways

Scientific studies of the extract AHCC, published in respected peer-reviewed journals such as International Journal of Immunology, Anti-Cancer Drugs, and Society of Natural Immunity, have established the health benefits and safety of AHCC more conclusively than nearly any other natural supplement. What is especially remarkable about AHCC is that it consistently and effectively boosts immune system function. Specifically, AHCC:

- stimulates cytokine (IL-2, IL-12, TNF, and INF) production, which stimulates immune function.
- increases NK cell activity against diseased cells as much as 300 percent.
- increases the formation of explosive granules within NK cells. The more ammunition each NK cell carries, the more invaders it can destroy.
- increases the number and the activity of lymphocytes, specifically increasing T-cells up to 200 percent.
- increases Interferon levels, which inhibits the replication of viruses and stimulates NK cell activity.
- increases the formation of TNF, a group of proteins that help destroy cancer cells.

These dramatic immune effects translate into profound health benefits. A 1995 clinical trial reported in the International Journal of Immunotherapy showed that 3 grams of AHCC per day significantly lowered the level of tumor markers found in patients with prostate cancer, ovarian cancer, multiple myeloma, and breast cancer. This study documented complete remissions in six of 11 patients and significant increases in NK cell activity in nine of 11 patients. T- and B-cell activity levels also rose considerably.

AHCC now available in the United States

After years of successful use in Japan, AHCC is available in the United States as the active ingredient in a product called ImmPower. Distributed by The Harmony Company, ImmPower comes in gelatin capsules containing 500 mg of AHCC (proprietary blend).

ImmPower can be taken in preventive or therapeutic doses and should be discussed with your personal physician. For prevention, the recommended dose is 1 gram per day taken as one 500 mg
capsule in the morning and again at night. This dose will help increase NK cell activity and support immune system functioning for good health and general well-being. For those with cancer, AIDS, or other life-threatening conditions, the research indicates a therapeutic dose of two capsules in the morning, two at mid-day and two at night for a total of 3 grams per day to jump start NK cell activity. After three weeks, the dose can be reduced to 1 gram per day (one capsule in the morning and one at night), to maintain the increased NK cell activity level. See the Member Source Directory for purchasing information.
Royal Vietnamese medicinal herb shows promise in healing prostate and ovarian disease

We talk a lot about traditional Chinese medicine and the inroads it has made as a modern approach to healing. But we never focused much on traditional Vietnamese medicine until we learned about one of its most valuable herbs called crinum latifolium. Apparently, it’s so revered in Vietnam that it used to be reserved only for royalty and was known both as the “Medicine for the King’s Palace” and the “Royal Female Herb.”

Those traditional references actually highlight one of crinum’s most unique aspects—it’s ability to target both prostate and ovarian health concerns. As we’ve often found in the course of our research, not all natural remedies good for the goose’s specific health concerns are as good for the gander’s. But crinum seems to be an equal opportunity herb. And its benefits seem to go beyond just sex-specific diseases too.

First, let’s talk about what it can do to protect you from prostate or ovarian diseases.

Picking up where PC Spes left off—without the risk

Although most of the research on crinum focuses on men, it all started when the Hoang family studied its effect on ovarian health.

Dr. Kha Hoang was the Chief Teacher and medical doctor for the Vietnamese royal family. In 1984 his daughter had so many cysts on her ovary that surgery was planned to remove it. Dr. Hoang had her start drinking a tea made with crinum leaves, and about six weeks later the cysts were gone.

Today, three generations of the Hoang family are integrated medicine practitioners. The family has used crinum together with other supportive herbs in treating a variety of prostate and ovarian conditions. Biopsies confirmed 16 cases of advanced prostate cancer were completely cured regard-
less of prostate specific antigen (PSA) levels. In fact, sometimes PSA levels go up in men taking crinum, even though testing shows that their prostate cells are normal and healthy. That is exactly what happened to Ken Malik, the co-founder and Executive Director of the Prostate Awareness Foundation, a non-profit organization based in San Francisco, California.

In his own battle with prostate cancer, Malik chose to take the natural approach—opting for a therapeutic regimen of nutrition and exercise. He also used the herbal supplement PC Spes for eight years and found doing so stabilized his condition. You might recognize PC Spes from other articles we’ve written over the years. It was marketed as an herbal formula that had shown remarkable results in treating prostate problems. Subsequently, it was pulled from the market after researchers discovered that some PC Spes products claiming to be all-natural actually contained synthetic, potentially harmful substances. Malik was one of millions of men worldwide affected when PC Spes was taken off the market. When he stopped taking it, his PSA level started to creep upward. So he began his search for a replacement. That led him to crinum.

He started taking it in January 2002, and, over the course of the next 10 months, his PSA actually continued to go up. Most of the time, this would be cause for concern. But Malik’s most recent biopsy showed only healthy tissue. His experience might add some support to recent reports that claim the PSA test might not be the best indicator of prostate cancer risk.

Malik was excited enough about his own experience to organize an informal trial with 10 members of the Prostate Awareness Foundation. Participants were told to take nine crinum tablets each day for three months. All 10 noted some kind of functional improvement.

Not everyone experiences elevated PSA levels using crinum. Sometimes its benefits follow a more predictable path, like the testimonial the manufacturer shared with me from a 58-year-old man who had a PSA of 93 when he went to his urologist for treatment. He’d waited so long that his cancer had spread to his bones, intestines, and lymph nodes. He was placed on an aggressive herbal program that included crinum. After just four months, his PSA was down to .9 and the symptoms he’d been experiencing—difficulty urinating, swelling in his legs, and extreme fatigue—had all disappeared.

92.6 percent success for BPH symptoms

Crinum isn’t just for prostate cancer or extremely advanced cases of prostate disease. It also appears to alleviate the symptoms of one of the most common male problems—enlarged prostate, or benign prostatic hyperplasia (BPH). The main symptom of BPH is frequent and sometimes painful urination. There are over 500 individual case histories of successful crinum treatment for BPH. And after seven years of research, the International Hospital in Vietnam reported that 92.6 percent of patients had good results using crinum for BPH (confirmed by measurements of prostate size and clinical evaluation by urologists). However, these results have not been confirmed in Western studies.

Reverse the symptoms of PCOS

So it appears that men are benefiting from crinum; however, as the product name implies, they aren’t the only ones. Women are finding it useful as well. Actual clinical research on women taking crinum is much more sparse, but I did talk to Dr. Tom Dorman who has been using crinum for his female patients. Dr. Dorman told me he’s seen promise in treating women suffering from specific disorders, such as polycystic ovarian syndrome (PCOS). He recounted one case history of a woman who came to his office looking for help with her PCOS symptoms, which included irregular periods, decreased sex drive, weight loss, and excessive facial hair growth stimulated by an increase in male hormones. After two months of taking crinum, her menstruation and weight normalized, her facial hair diminished, and her sex drive returned. This account is even more remarkable when you consider that crinum was the only treatment she was using. Although this one case can’t confirm that
crinum is responsible for the health benefits, it does suggest that it may provide an option for women.

**Helping your cells communicate**

As effective as crinum appears to be, there’s still no official consensus as to why or how it works. Researchers think it may have something to do with how it affects you at the simplest level—the cellular level. The human body contains about 70 trillion cells. With a few exceptions, each of these individual cells is a living entity with its own complete set of genes. Each of these cells maintains its own existence and also makes a vital contribution to your life and health. But in order for your body to function properly, all of those cells must communicate. For instance, your muscles must contract only when your brain sends a message to contract and not any other time.

Cells also communicate with one another to determine the correct balance of cell proliferation and apoptosis, or death. Basically, they’re constantly working together to regulate how many cells you have—and how healthy they are—at any given moment. But if your cells aren’t communicating properly, apoptosis may not happen the way it should, which means that unhealthy, even cancerous, cells can continue to thrive and mutate. Recent experiments show that crinum extract helps cells produce a substance called neopterin, which they send out to communicate with immune cells, calling them into action against cancer and other foreign invaders.²

**5 more ways to knock out disease**

I found a crinum supplement called Health Prostate & Ovary that also contains five other herbal ingredients—alisima plantago-quatica, astragalus, momordica charantia, carica papaya leaf, and annonana muricata leaf—all known for their immune- and energy-boosting effects as well as their abilities to regulate abnormal body functions.

Crinum is so established and widely used as a treatment for prostate and ovary diseases in Vietnam that their crops of the herb are generally prohibited from being exported. So Healthy Prostate & Ovary is one of the first crinum products we know of available in the U.S. See the Member Source Directory for complete ordering information.

If you decide to try the Healthy Prostate & Ovary formula, the recommended dose is three 600 mg tablets three times daily. And, as always, if you’re battling cancer or any other serious illness, please consult with your physician before using any product.
At present the one certainty about PSA testing is that it causes harm."

That quote comes from a British Medical Journal editorial published several years ago. And yet some doctors and many men still consider the prostate specific antigen test to be a reliable predictor of prostate cancer.

Chris Hiley, M.D., of the UK Prostate Cancer Charity recently told BBC News that further research is needed to “definitively assess the value of the PSA test.”

Let’s put that another way, and be very clear so that every man understands what’s at stake: A PSA test should not be used as a basis to proceed with invasive procedures that often do more harm than good.

**Half & half**

PSA is a protein that’s naturally produced by the prostate gland. Prostate tumors typically cause an over-production of PSA, so when a blood test reveals an elevated level of the protein, it’s a red flag that warns of possible cancer. And if elevated PSA were only caused by cancer, then we’d be talking about a truly reliable test. The problem: PSA levels also raise when the prostate becomes infected or when a benign enlargement occurs.

A new study from the Yale School of Medicine underlines the folly of assuming that the PSA test is anything close to a gold standard for prostate cancer detection.

As reported in the Archives of Internal Medicine, Yale researchers compared the medical records of about 1,000 subjects; half the men had been diagnosed with prostate cancer and died between 1991 and 1999, and half were men of the same age, chosen at random.

After researchers analyzed cases in which subjects had undergone PSA testing and/or digital rectal exam (DRE), they reported that “a benefit for screening was not found” in PSA testing and all-cause mortality.

Even more surprising, when PSA tests were combined with DREs, the results were actually worse.
Fluctuation factor

The Yale researchers concluded that the results of their study “do not suggest that screening with PSA or DRE is effective in reducing mortality.”

So are these tried and “true” methods of checking for prostate cancer worthless? Not at all. But like any tools, their value depends on how they’re used.

Healthcare pioneer William Campbell Douglass, II, M.D., has referred to PSA tests and their follow up biopsies as “the mainstream’s slash-and-burn approach to prostate cancer.” But the slashing and burning isn’t caused by the test; it’s caused by doctors who react inappropriately to the test.

When PSA is elevated, many doctors recommend a biopsy of the prostate; a painful procedure that can result in bleeding and infection. But evidence shows that a great number of these biopsies are completely unnecessary.

In the e-Alert “Screen Pattern” (7/24/03), HSI members learned about a Memorial Sloan-Kettering Cancer Center study in which researchers tested the reliability of a single PSA result. Over a 4-year period, five blood samples were collected from nearly 1,000 men over the age of 60. More than 20 percent of the subjects were found to have PSA levels that would have prompted many doctors to recommend a biopsy. But half of those men had follow-up tests with normal PSA levels.

The Sloan-Kettering conclusion: A single test that shows an elevated PSA level should be followed with additional screenings to monitor PSA fluctuation.

This research backs up another recent study: Doctors at the Fred Hutchinson Cancer Research Center estimated that PSA screening resulted in an over-diagnosis rate of more than 40 percent.

Men take note: Never trust a single PSA test, and never ever allow a doctor to perform a biopsy based on a single test.
Stimulate your immune system, hinder cancer growth, and slow the aging process using Juzen-taiho-to

When we stumbled upon Energy Kampo, we assumed it must be a mild botanical designed to put a little extra pep in a person’s day, maybe even ease the symptoms of chronic fatigue. But this product, which makes only the humble claim to help “maintain energy and well being,” is actually one of Japan’s most widely used herbal combinations that reportedly help the body cope with infections, disease, injury, and other stresses.

In Japan, this formulation of 10 herbal ingredients is called Juzen-taiho-to and is used for a wide variety of conditions. People struggling with chronic diseases (including rheumatoid arthritis, ulcerative colitis, atopic dermatitis, and chronic fatigue syndrome) take it to ease fatigue, anemia, circulatory problems, night sweats, and loss of appetite. Cancer patients take it to improve their overall condition and lessen the adverse effects of chemotherapy, radiation, and surgery.¹ It has been the subject of dozens of published studies in Asia, which have shown its potential to stimulate activity in the immune system by activating components like T-cells, lymphocytes, macrophages, spleen cells, and natural killer cells. Researchers say its immune-building properties can help people lessen the impact of lingering illness, retard the growth of cancer, and even slow the aging process.

Juzen-taiho-to proven to increase life span

Aging is caused in part by the gradual decline of T-cell activity. T-cells identify and destroy antigens (such as toxins and tumor cells) in the body, and often muster other immune responses to protect the body from disease.

One group of researchers reported that enhanced T-cell activity could even affect lifespan. Their study showed that mice fed Juzen-taiho-to lived an average of six months longer than untreated littermates.² On average, mice live for roughly two years; so this study showed that Juzen-taiho-to increased the average life span by 25 percent.
Treatment has potential to retard tumor growth and increase cancer survival rates

An enhanced immune system can help your body recover from any form of infection, disease, or injury. While some research and clinical practice has dealt with Juzen-taiho-to's ability to fight a range of diseases, the majority of the research has focused on the formula's potential to help cancer patients.

To our knowledge, there have not been any large-scale human trials examining the potential of Juzen-taiho-to. While researching this story, however, we found numerous published studies (all in Asian medical journals) documenting the formula's ability to retard tumor growth and metastases in laboratory animals.

At the Research Institute for Wakan-Yaku in Japan, researchers injected cancer cells into a group of mice, then gave them oral doses of Juzen-taiho-to (40 mg/day/mouse) for seven days. The treatment significantly inhibited tumor growth and prolonged survival compared to untreated mice.³

At the same institute, researchers set out to determine if Juzen-taiho-to could prevent colon cancer from metastasizing to the liver. They gave mice oral doses of Juzen-taiho-to for seven days prior to implanting tumors in their colons. The treatment produced a dose-dependent inhibition of cancer cells in the liver and significantly enhanced the subjects' survival rate compared to untreated mice. The treatment was not effective on mice who were already T-cell-deficient at the beginning of the experiment.⁴

However, in two separate studies, researchers documented how daily doses of Juzen-taiho-to caused old mice to develop more T cells.⁵ (Curiously, one study showed the treatment did nothing to enhance the immune functions of younger mice.) The researchers reported that the treatment proved useful in correcting impaired T-cell activity in older mice and could be recommended to older humans. They concluded that “such effects of [Juzen-taiho-to] may help prevent the development of diseases...in the elderly.”⁶

Not every experiment was successful, though. Studies showed that Juzen-taiho-to alone was not effective or only slightly effective in inhibiting the growth of certain varieties of melanoma, sarcoma, and fibrosarcoma (cancers of the skin, bone, and connective tissue), leukemia and Lewis lung carcinoma.

Formula increases power, lessens side effects of chemotherapy

While no one has suggested this 10-herb formula can replace radiation, chemotherapy, or surgery, preliminary research suggests Juzen-taiho-to can increase the power of conventional cancer treatment and lessen some of its worst side effects.

At Toyama Medical and Pharmaceutical University in Japan, researchers tested the ability of Juzen-taiho-to and the cancer drug interferon alpha (IFN-alpha) to prevent renal (kidney cell) cancer from metastasizing to the lungs of laboratory mice. They found that the combination of both treatments offered much greater results for inhibiting metastasis than either treatment had alone. Furthermore, the combined treatment did not induce any weight loss—one of the negative side effects associated with IFN-alpha therapy.⁷

Other studies reported that the combination of Juzen-taiho-to and conventional cancer drugs inhibited the growth of sarcoma, melanoma, fibrosarcoma, bladder cancer, colon cancer, leukemia, and abdominal tumors more effectively than either the formula or the drug could individually.⁸,⁹

The combination can also ameliorate the side effects of treatment. In several studies, Japanese researchers found that mice treated orally with Juzen-taiho-to for one to two weeks before receiving conventional cancer drug treatment suffered fewer side effects. Liver and kidney toxicity was significantly reduced, and the animals didn't lose as many blood cells and platelets or as much body weight as un-
treated mice. Overall, their immune systems remained stronger and their survival times were longer.

Juzen-taiho-to is sold in the United States under the label Energy Kampo. Ordering information is in the Member Source Directory.

This unique combination of herbs offers a wealth of healing potential

Juzen-taiho-to is actually an ancient Chinese medicine, and was adopted by Japanese physicians during the Kamakura dynasty (1192-1333 AD). Following extensive clinical experience and pharmacological examination, the Japanese came to regard Juzen-taiho-to as a strengthening tonic for the ill and the elderly. The formulation contains the following 10 herbs, each of which has a long history and strong reputation for its healing properties.

**Astragalus root** (*Astragali Radix*)—An antiviral agent and general immune enhancer used in traditional Chinese medicine (TCM) to ease night sweats, fatigue, loss of appetite, and diarrhea. Reportedly, it helps counteract the immune-suppressing effects of cancer treatments like chemotherapy. It also helps lower blood pressure, improve circulation, and prevent heart disease.

**Atractylodes Rhizome** (*Atractylodis Rhizoma*)—A little-known TCM botanical grown mainly in Inner Mongolia, this thistle has been used to treat digestive problems, diarrhea, bloating, fatigue, as well as pain in the joints or extremities.

**Chuangxiong** (*Cnidium Rhizome*)—A TCM herb used to promote blood circulation and relieve pain.

**Cinnamon bark** (*Cinnamomi Cortex*)—Used in TCM to treat diarrhea, influenza, and parasitic worms. Cinnamon is currently taken to ease indigestion and stimulate appetite.

**Dong quai** (*Angelicae Radix*)—In TCM, dong quai is often taken as a menopause supplement (to relieve such conditions as such as hot flashes and vaginal dryness) and as a blood tonic (to regulate blood sugar and pressure, and to prevent blood clots and anemia). Studies have produced conflicting results on its efficacy and have suggested that it may work better in multi-herb formulas.

**Panax ginseng** (*Ginseng Radix*)—Traditionally, ginseng has been used to strengthen digestion, improve lung function, calm the spirit, and increase overall energy. Modern medical research has documented its potential to strengthen immunity against colds, flus and other infections; to stimulate the mind and foster a sense of well-being; and to help control diabetes and improve physical endurance.

**Hoelen** (*Hoelen*)—A botanical that reportedly acts as a diuretic and sedative, and a moderator of high blood sugar.

**Licorice** (*Glycyrrhizae Radix*)—Licorice has demonstrated abilities to act as an anti-inflammatory, cough suppressant, and anti-viral agent. It appears to increase blood flow in the stomach, possibly preventing ulcers. Recently, it has also been suggested as a possible treatment for chronic fatigue syndrome (CFS), since it mimics the action of adrenal hormones that are underactive in CFS patients. Licorice, however, contains glycyrrhiza, which can cause fluid retention, increased blood pressure, and loss of potassium.

**Peony root** (*Paeoniae Radix*)—Considered a blood tonic, it is used to correct imbalances in the blood, including poisoning, anemia, and poor circulation. It is not recommended for people with weakened livers.

**Rehmannia root** (*Rehmanniae Radix*)—An ancient Oriental botanical used to lower blood pressure and cholesterol, improve blood flow in the brain, and ease weakness. Some reports suggest it might even help avoid premature graying and baldness.

The magic mushroom formula that can conquer breast cancer

Most traditional Asian medicine is thousands of years ahead of Western medicine... and that's glaringly obvious in the fight against cancer.

And now, one ancient remedy has been married with today's technology, creating a cancer-fighting agent so powerful that it can take on breast cancer cells before they grow and multiply—literally stopping the disease in its tracks.

In fact, if you lived in Korea instead of the United States, this potent natural cure could very well be the treatment your doctor prescribed for cancer rather than chemotherapy.

Japanese doctors have also seen remarkable results: In one breast cancer patient, doctors saw a pingpong ball-sized tumor disappear after just two months of treatment with Meshima... a medicinal mushroom brought to a new level by a few extremely insightful scientists.

And thanks to a man with a strong belief in natural medicine, you finally have access to the most powerful cancer-fighting medicinal mushroom... along with other supportive natural compounds that could help you win the fight against breast cancer, maybe even stop the disease in its earliest stages before it can fully develop.

MPI brings medicinal mushrooms to the U.S.

Other than as an occasional pizza topping or in a traditional green bean casserole, Americans don't really eat a lot of mushrooms—and when we do, it's the standard white button variety.

And while we can find more exotic mushrooms (like portabella and shiitake) in the grocery stores, medicinal mushrooms are virtually nowhere to be found—and they still might be off our radar if it weren't for the work of Maitake Products, Inc.

Back in 1991, Mike Shirota founded MPI to bring the one of the most powerful medicinal mushrooms on earth—the maitake—to the United States. Since then, the company has branched out with even more healing products... and they're now introducing one that might just wipe out breast cancer.
Breast-Mate™ was specifically formulated to support healthy breast cells—but it appears to do much more than that.

**Man on a mushroom mission uncovers potential breast cancer cure**

Dr. Daniel Sliva has a mission: To let the world know about the simplest, safest way to prevent and treat cancer. Through years of research, Dr. Sliva has come up with the answer, and he’s got stacks of proof to back it up. The answer is mushrooms, and it seems that certain mushrooms may be able to stop cancer before it gets a chance to start taking over.

After completing his post-doctoral work in Sweden, Dr. Sliva set off on a research path that surprised and amused his colleagues. “They thought I was crazy to study mushrooms,” he said. “But I went ahead, and looked to 4,000 years of medicinal mushroom use in traditional Chinese medicine. I wanted to prove that they worked on a molecular level.”

And that he did.

For ten years, Dr. Sliva studied the molecular biology of medicinal mushrooms like maitake and reishi—and found they could have stunning results when pitted against breast cancer cells. Then he came across what may be the most powerful cancer suppressor yet: phellinus linteus (PL).

In one of the most stunning studies to date, Dr. Sliva and his team found undeniable evidence in the lab that an extract of PL has a four-fold anti-breast-cancer effect:

1. It inhibits cell adhesion, meaning it keeps breast cancer cells from joining together to form tumors.
2. It restricts cell migration, so breast cancer cells can’t move to other areas of the body (known as metastases).
3. It curbs cell invasion, meaning the PL extract doesn’t let breast cancer cells take over healthy cells.
4. It suppresses angiogenesis, which is the formation of new blood vessels—something tumors can’t live without.

On top of that, the PL extract decreased cancer cell multiplication by up to 78 percent! PL extract appears to halt the invasive behavior of abnormal breast cells—it can literally stop breast cancer cells dead in their tracks.

While PL mushrooms are edible, and simply eating them might help prevent or treat cancer, the extract contains more concentrated biologically active compounds—making it that much more powerful as an anti-cancer agent. And, so far, PL extract appears to be completely safe.

Once PL has been confirmed as safe and effective in animal trials, toxicology studies will begin. After that comes human clinical trials—and hopefully a new way to treat cancer without harming patients will emerge.

And while successfully—and safely—treating cancer is critically important, Dr. Sliva is even more focused on prevention. “Help needs to start sooner. Signal pathways are activated before cancer even starts. And if we can close them down, the cancer will never get a chance to start. That is much better than treating cancer.”

**PL Mushroom extract shows off its anticancer powers**

It turns out that Dr. Sliva wasn’t the only one who’d seen phenomenal anticancer effects with PL extract:

- Back in 1970, a group of Japanese researchers induced sarcoma 180 (cancerous tumors) in mice. PL mushroom extracts caused complete tumor regression in more than half of the mice… and
demonstrated inhibition ratios (meaning that tumor growth stopped) over 95 percent... with absolutely no toxicity.

- In 2009, researchers uncovered yet another key component of PL, called hispolon, that causes apoptosis (cell death) in breast and bladder cancer cells.

- A cultured version of PL was approved as a medicine in 1997 in Korea, and has been used there as medication ever since—sometimes in conjunction with standard chemotherapy, and sometimes as a stand-alone treatment for cancer patients.

**Building on Dr. Sliva’s Success**

The MPI research and development team already knew about the powers of medicinal mushrooms, but when they learned of Dr. Sliva’s work with the meshima mushroom (the Japanese name for PL), they knew it would become the centerpiece of their new formula—Breast-Mate™.

With PL-fraction (the same extract used in Dr. Sliva’s research) as their key ingredient, the team sought out other supportive natural ingredients—all proven to have anti-cancer benefits, particularly when it comes to breast cancer. Because these natural compounds attack breast cancer at the cellular level, they make superior preventives...and potent treatments.

**Five proven cancer-fighters join the PL fraction**

While PL is the centerpiece of the Breast-Mate™ formula, it's not the only ingredient proven to have a powerful impact on breast cancer. In fact, all of the ingredients in this formula have been shown to combat breast cancer—in the lab, in animal studies, and in people. *Maitake Standardized Extract PSX Fraction™* Maitake mushrooms, the cornerstone of MPI, have a long and rich history when it comes to fighting cancer... and that includes breast cancer. But it turns out that a special extract, the PSX Fraction, can take on breast cancer from another angle entirely.

For decades, scientists have been studying the maitake's anti-cancer properties, and learning about the many different ways these mushrooms can protect you against cancer—from boosting your immune system function to taking on the tumors themselves.

Then in 2003, researchers discovered another important benefit these mushrooms could offer, this time using a distinct extract, different than the one they’d been pitting against cancer cells. This extract could lower blood sugar—even better than a prescription drug.

In fact, one study found that maitake extract (in a form called WS-fraction, which would later be concentrated and renamed SX fraction) lowered blood sugar in mice by a full 70 points in just one week... compared to a 43-point drop with popular diabetes drug glipizide.

Another study found that maitake SX-fraction improved insulin sensitivity, reducing both insulin resistance and blood glucose levels, in rats. In fact, the SX-fraction performed as well as pioglitazone (a common diabetes drug)... with no adverse side effects.

You may be wondering what lower blood sugar and increased insulin sensitivity have to do with breast cancer—I did, too, and that’s why I asked the Dr. Cun Zhuang of MPI about the choice to use the PSX fraction (an extract standardized to contain 18 percent SX-fraction) instead of the proven cancer-fighting D fraction.

“It is said that cancer feeds on sugar, and the relationship between high blood sugar and cancer (especially breast cancer) has been discussed more and more these days. Maitake SX-fraction is out proprietary extract that improves insulin resistance, making it effective for people with Metabolic Syndrome and Type 2 Diabetes.”
So I looked at the research, and it turns out there's quite a lot of evidence linking Type 2 diabetes and Metabolic Syndrome to breast cancer. In fact, according to an Israeli study, women with Type 2 diabetes appear to face up to a 20 percent higher risk of developing breast cancer... especially postmenopausal women.⁶

A review of the Women's Health Initiative found that women with Metabolic Syndrome faced nearly double the risk of developing breast cancer.⁷ And an Italian study found that women with Metabolic Syndrome were more likely to suffer breast cancer recurrence than women without the condition.⁸

Since the maitake extract included in the Breast-Mate™ formula is proven to lower blood sugar and improve insulin resistance, it may nullify the cancer-promoting effects of Type 2 diabetes and Metabolic Syndrome—giving you a unique way to conquer breast cancer.

Note: If you're taking any medication to lower your blood sugar, please consult with your health care provider before taking any supplement containing Maitake SX-fraction.

**Broccoli extract**

For your whole life, people have probably been nagging you to eat your broccoli. Turns out they were offering some very good advice—because in the fight against cancer, you definitely want broccoli on your side.

Broccoli, like its other cruciferous cousins, contains a compound known as indole 3 carbinol (I3C)—a compound that's been found highly beneficial in the fight against breast cancer. In fact, back in 1995, scientists found that I3C could actually prevent breast tumors in rodents.⁹

Then in 1999, researchers found that using I3C in combination with tamoxifen (a common chemotherapy used on breast cancer patients) better halted the growth of estrogen-dependent breast cancer cells (known as MCF-7 cells) than the drug on its own.¹⁰

Finally in 2004, scientists figured out just how it works. It turns out that I3C activates a pathway that stops the cycle of human breast cancer cells (specifically, MCF-7 cells).¹¹ It also produces a substance called DIM (3,3′-Diindolylmethane) during digestion, and DIM performs a critical job... it converts a potentially dangerous hormone into a super-safe version instead.

That's right—DIM prevents estrone from turning into its cancer-causing form, 16-hydroxyestrone. Instead, it helps the hormone turn into 2-hydroxyestrone, a completely non-cancer-causing form... stopping cancer cells before they can get started.

**Green tea extract**

Green tea is well-known around the world for its cancer-fighting properties, along with plenty of other health benefits. And over the past ten years or so, researchers have focused on the green tea-breast cancer connection.

In a nutshell, several population studies have found that people who drink green tea enjoy a decreased risk for breast cancer and cancer recurrence. One study in particular found that women with breast cancer who drank green tea had the least cancer spread... and that women who drank at least 5 cups a day before their diagnoses were less likely to have their cancer recur.¹²

Green tea seems to get its cancer-fighting powers from a component called EGCG (epigallocatechin gallate)... which has been studied vigorously in the lab, with a lot of success. Back in 1998, researchers discovered that EGCG inhibited the growth of cancer cells without doing any damage to healthy cells.¹³ And even further back, in 1995, scientists discovered that EGCG could inhibit breast cancer cells transplanted into mice by up to 99 percent.¹⁴

Fast forward to 2007, when researchers learned that EGCG along with other polyphenols found
in green tea could slow down breast cancer tumor growth, shrink tumors, and set off breast cancer cell death in mice (who'd been injected with human breast cancer cells).

And while it may seem that green tea on its own—and especially in combination with mushroom and broccoli extracts—can fight off breast cancer, the researchers at MPI took their formula two steps further.

The formula rounds out with two vitamins that have gotten a lot of press over the past few years: vitamin D3 and folic acid. Both of these nutrients have been studied and found to have connections with breast cancer.

Vitamin D’s role comes in prevention—women who get more dietary vitamin D and more exposure to sunlight seem to have a substantially reduced risk of developing breast cancer. But it also comes with a treatment component, where using vitamin D to treat breast cancer may keep tumors from growing.

Folic acid also helps lower the risk, especially for postmenopausal women and women who drink alcohol. Studies have shown that higher intake of folic acid is linked with a decreased risk of breast cancer—a decrease of up to 29 percent.15 And the benefit is even stronger when women get plenty of ‘folate cofactors’ (other nutrients that work together with folic acid), like vitamins B6 and B12.

Using Breast-Mate™ to take on breast cancer

Breast-Mate™ can be used for both breast cancer prevention and treatment. (For treatment, better results may be seen when Breast-Mate™ is used together with Maitake D-fraction.) The recommended dose of Breast-Mate™ for treatment is two tablets, twice per day. For breast cancer prevention, the manufacturer recommends one to two tablets, twice a day.

You can find ordering information for Breast-Mate™ in the Member Source Directory.

Breast-Mate™, Mushroom Wisdom, Inc. Ph. (800)747-7418; www.mushroomwisdom.com. One bottle normally costs US$59.95 plus shipping, but HSI Members can save 15% by mentioning code HS-BM (both online and phone orders).

Energy Kampo, Willner Chemists; Ph. (800)633-1106; www.willner.com; cost is US$36.95 plus shipping and handling for 270 tablets.

Graviola Max, Rainforest Pharmacy, Ph. (877) 210-1560; www.rainpharm.com. One 120-capsule bottle is US$29.95 plus shipping.

Healthy Prostate & Ovary, Nutricology; Ph. (800)545-9960 or (510)263-2000; www.nutricology.com. A 180-tablet bottle costs US$58.22 plus shipping.


Sunspot ES, CompassioNet, Ph. (800)510-2010; www.compassionet.com. One tube (14g) is $34.95 plus shipping.

How to Fight Cancer & Win by William Fischer, Agora Health Books; Ph. (888)821-3609; [www.agorahealthbooks.com](http://www.agorahealthbooks.com). Each book is $19.95 plus $5 shipping and handling. Ask for ID# MFIGHT.

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Hybridized mushroom extract destroys cancer cells


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