Foods, Vitamins, and Herbs That Kill Cancer

While everyone knows that prevention is the best defense against cancer, many people don’t know that studies have shown that certain foods, herbs, and various supplements can actually reduce and reverse cancer as well.

Raw Fruits and Veggies

A diet consisting of a variety of raw fresh vegetables is the best prevention and also a potential cure for cancer, depending on how far cancer has progressed and how easily the body can digest and properly assimilate nutrition. Berries, grapes, broccoli, leafy greens, sprouts, avocados, red and yellow peppers, red cabbage, dandelion, beets, and many more foods have been proven in numerous scientific studies to not only prevent but to also destroy cancer cells. If we did research on every single piece of produce we eat, we’d probably find that almost all of them, if not all of them, prevent and fight cancer in some way or another. This is what the modern diet is missing, fresh raw produce. Early humans ate pounds of it a day, all day, every day.

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Do not underestimate the miraculous healing properties of whole, raw, fresh, organic, uncooked, unadulterated produce. Believe it or not, it’s the foundation of almost all of the best remedies for ailments, and it is the only path to true health. Eat a wide variety of raw produce every day. Cooked produce has benefits, but raw produce heals. Make big salads every day with lots of produce. Make sure that 80% of your diet is raw produce. I can’t stress it enough!

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Mushrooms

Certain types of mushrooms, including, but not limited to, turkey tail, reishi, hen of the woods, and agaricus blazei have been shown in studies to benefit people fighting cancer and to improve the overall immune system. Reishi is a great source of anti-oxidants. It can inhibit some malignant tumor growth, and it has a massive amount of other, amazing health benefits. Agaricus also contains strong anti-tumor properties. Countries like Japan and Brazil use it in cancer treatment protocols. Current research of turkey tail mushrooms reveals their cancer-killing effects, while hen of the woods (also know as maitake), provides anti-viral support and reduces blood pressure and blood sugar.

Herbs and Spices

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Garlic, oregano, cloves, cayenne pepper, cinnamon, and ginger have been shown in multiple studies to fight cancer. Spice up your meals, especially those big salads. Fresh raw produce works synergistically with herbs and spices. In other words, the combination of garlic, oregano, and a bunch of vegetables is more powerful than garlic and/or oregano alone.

Related:

- *How to Optimize Curcumin Absorption – With Golden Milk Tea Recipe*
- *Cinnamon – Ceylon Vs Cassia, Health Benefits, and Other Interesting Facts*
- *Garlic – The Most Amazing Herb On The Planet*
- *Cayenne and Capsaicin, Natures Miracle Medicine*

Speaking of combinations, turmeric and black pepper make a powerful cancer-killing duo. Most of you have heard of the incredible benefits of turmeric and it’s cancer-killing properties. Turmeric is known to actually outperform many pharmaceutical drugs for various diseases. The only problem with turmeric is that the beneficial component to which all the hoopla is about, curcumin, is not easily absorbed by the body. Black pepper contains piperine, a chemical with powerful antioxidant properties. Pepper and turmeric together inhibit the growth of cancer cells without destroying healthy cells.

When people eat a considerable amount of turmeric, within an hour, there’s a slight increase of curcumin in the blood, but the liver actually tries to get rid of it. When taken with a small amount of black pepper, the curcumin levels skyrocket. Reports range from a 200% increase to over 2,000%! It’s no coincidence that two of the main ingredients in curry powder are black pepper and turmeric. Come to think of it, ginger and cinnamon, two other powerhouse herbs, are also almost always found in curry spice blends as well. It’s no wonder…

Just like produce, raw herbs and spices are best (as opposed to powdered and processed). Cook with them all you like, but before eating a cooked meal, try throwing in some more flavor with freshly grated, crushed, or ground spices. This practice will not only increase your health, it will radically improve the taste of your food as well.

It should be noted that while I am a fan of whole foods, there are extracts and other supplement forms of foods that can be much more powerful for certain conditions and ailments.

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Herbal Supplements, Vitamins, and

Minerals

Getting a wide range of vitamins and minerals should be easy when you're eating lots of produce, but it's not always that simple. Our soil is so degraded even organic produce doesn't have the nutrition it used to have. If you cannot grow your own produce in the most optimum conditions with the best soil, we recommend a primarily food-based nutrition powder from a source you know and trust. Not "whole food sourced", we mean actual food like rose hips, lemon peels, chlorella, etc. When these nutrition formulas are done right, the enzymes are left intact.

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One mineral deficiency can lead to other minerals being out of balance, causing an array of problems, including an inability to assimilate vitamins. In most cases, this is why taking one or two specific minerals for a long period of time is not recommended, unless under the supervision of a well-informed naturopath. Incidentally, the same is true for many vitamins. Get the bulk of your nutrition from raw food, first and foremost. Let food be your foundation.

Vitamin C is one vitamin that you can take a large amount of for a short period of time without worrying about it offsetting other nutrients, but taking large doses of vitamin C and assimilating lots of vitamin C are two different things. We recommend Liposomal vitamin C. The best way for most people to take vitamin C as a daily supplement is within a good nutrition formula as previously mentioned and from a wide variety of produce such as red and yellow peppers, pineapple, citrus foods, and many others.

There are a ton of herbal tinctures, extracts, and other supplements that kill cancer cells. Echinacea, oil of oregano, clove oil, goldenseal, berberine, astragalus, pau d´arco, red clover, and skullcap are a few of the many plant-based herbal

supplements that kill cancer cells. Study after study shows that many of the right plants and plant extracts have more power to kill off cancer cells than conventional treatments.

Wormwood is a very powerful herb that is often used to kill parasites and Candida. Wormwood, more specifically, artemisinin, the active ingredient in sweet wormwood extract, kills cancer cells.

Interesting Information On Wormwood

A new study has shown that a derivative of the wormwood plant, artemisinin, turns deadly in the presence of iron. Breast cancer cells have high levels of iron. When artemisinin senses these higher than usual levels of iron, it destroys the cancer cells with little damage to the surrounding healthy cells. This results in an herbal killing machine that killed 98% of the breast cancer cells present within 16 hours!

Although this study is in its first phase in a lab with Petri dishes, artemisinin tablets are “widely and successfully” used to fight malaria for the same reason, the parasite responsible for malaria uptakes a large amount of iron, just like the breast cancer cells. Artemisinin zeros in on the iron and destroys the parasite.

We don’t recommend taking iron with cancer. Iron feeds cancer, and the administration of iron in the study was carefully done by researchers in a very specific way. But wormwood is known to be one of the best herbs for killing a number of parasites, and it is anti-microbial and anti-fungal, making wormwood a great addition for people who need to heal their gut and heal from a variety of ailments.

Finally

Healing starts in the gut. Healing the body cannot happen without healing the gut. Check out *How To Heal Your Gut*. Also

be sure to check out the recipes in *Detox Cheap and Easy Without Fasting*.

Recommended Supplements:

- Curcumin 500 with Bioperine – Pure Encapsulations (Turmeric, black pepper, vitamin C)
- Shillington's Liver/Gallbladder Formula (contains wormwood and supports the liver)
- Shillington's Liver/Gallbladder Tea
- MicroDefense – Pure Encapsulations (kills parasites, balances gut, contains wormwood)
- MycoCeutics MycoPhyto Complex (mushrooms)
- Shillington's Blood Detox Tea
- Berberine 500mg – Thorne Research
- Liposomal C • 300mil – DaVinci Labs (liposomal vitamin C is much more easily absorbed)
- Mother Earth Organic Root Cider – Barrier Island Organics (read the ingredients, you'll see why)
- Formula SF722 – Thorne Research (kills fungus, mold)

Further Reading:

- *Budwig Cancer Cure*
- *Cure Cancer Naturally*
- *What Is a Cyclic Ketogenic Diet*
- *Smoking Marijuana to Cure Cancer*
- *Dr. Max Gerson*

Sources:

- *Wormwood Extract Kills Cancer Cells* – ScienceMag.org
- *How to Optimize Turmeric Absorption for Super-Boosted Benefits* – Natural Society
- *Seven Easy to Find Foods That May Help Fight Cancer* – WebMD