

**TREATMENT: COMPLEMENTARY ALTERNATIVE**  
**MEDICINE FOR CANCER**

Previous three chapters described the Core, the Foundation and the Conventional treatments of cancer. In this chapter we will review some alternative methods for cancer treatment practiced by some holistic doctors in various centers around the world. The aim of this chapter is to acquaint the reader with what is happening in the different parts of the world in this matter. In writing this chapter, I have extensively used references from the following two books: 1. OPTIONS- The Alternative Cancer Therapy Book by Richard Walters and 2.CANCER: Alternative Medicine Definitive Guide to Cancer by Burton Goldberg, W. John Diamond and W. Lee Cowden.

I neither claim particular results with any such treatments nor recommend any particular treatment. Person interested in knowing more can easily get further information about such methods on the Internet. Finally, your decision to follow any of the following treatment should be taken with discussion with your personal doctors.

This chapter does not include all the different alternative medical methods and undoubtedly there are many more treatment methods reported to have good results. It is important to note that the attention to the core and the foundation, described in earlier chapters, is extremely important not only for complementary treatment of cancer but also for cancer prevention and prevention of many other chronic diseases.

Many of the therapies described below are based on common overlapping concepts. Nutrition and detoxification form the basis for most of such treatments. Use of natural foods, herbs, immune enhancement, detoxification strategies, exercise etc is the common thread running through various complementary and alternative treatments.

## **AYURVED & HOMEOPATHY:**

Ayurved and Homeopathy are two widely practiced medical sciences in India, which will be described in more details in later chapters. Ayurved is the medical science that originated in India. I have personal exposure to these two methods since we have conducted some clinical trials pertaining to Ayurved and Homeopathy over the past few years.

## **TIBETAN MEDICINE:**

Tibetan Medicine is becoming popular in India and abroad. A Himalayan nation north of India, Tibet has close ties with Indian sciences in spirituality, psychology, religion and medicine. Tibetan Medicine is an ancient medical science practiced for many thousand years and has a deep impact from Ayurved. Similar to Ayurved, Tibetan Medicine stresses the importance of 5 elements and 3 dosha, which it names as Wind (Vata), Bile (Pitta) and Phlegm (Kapha). It assumes that all the diseases have a significant mind-body connection. It emphasizes meditation, pranayama and yoga for mental control. Life style changes and good dietary habits are most important part in prevention and treatment of any disease. Like Ayurved, diagnosis of a disease is based on history taking and clinical examination, which includes examination of urine, pulse, tongue, skin etc.

If changes in life style and diet do not adequately help, herbal treatments are considered as the next step. There are various formulas each containing from 3 to 150 Himalayan herbs. These medicines are given orally in tablet forms two or three times a day. In the morning “*Bedken*” type of formula is given mainly for digestive function. At noon time, “*Tripa*” type formula is taken. In the late afternoon or evening, “*Lung*” formulae are used. I think these three types are used sequentially for balancing Kapha: (Phlegm), Pitta: (Bile) and Vata: (Wind). The patient is examined periodically and formulae are changed as needed.

Many cancer patients have reported good improvements in their condition by using Tibetan Medicine. In India, there are some practitioners of Tibetan Medicine in some big cities. The headquarters are at Mcleod Gunj, Dharamshala in Himachal Pradesh in North India. Dr. Yeshi Dhonden is one of the leading exponents of Tibetan medicine at Dharamshala. For more information, readers may log on to [www.tibetanmedicine.com](http://www.tibetanmedicine.com) on the Internet or write to Dr.

Yeshi Dhonden, Tibetan Herbal Clinic, Mcleod Gunj, Dharamshala, HP, 176219, Phone: 01892-21461. Email: lotsundu@hotmail.com

### **WHEATGRASS THERAPY:**

Many people are familiar with this treatment, which is easy to do at home. Many patients, learning about this from other sources, have started practicing this at their home. Wheatgrass is fresh germinated tender grass grown from wheat. Wheatgrass can be grown in your own house in a series of seven small containers with adequate attention to soil, water and sunlight. The grass has to be consumed raw or in the form of fresh juice around the 7<sup>th</sup> day. A person can plant small quantity of wheat in a new pot daily over the seven days. After the wheatgrass is taken out from the first pot on the 7<sup>th</sup> day, the same pot can be used for the next cycle of plantation of wheat seeds. Thus the seven pots used in the first week could be used repeatedly for each weekly cycle of plantation.

Wheatgrass is called a “Live Food”. It is a storehouse of chlorophyll and enzymes essential for cell respiration. It is a rich source of vitamin C. It is a natural source of over 100 vitamins, minerals and other nutrients for cells. It has all the essential amino acids, polypeptides and bioflavonoids, which are essential for proper growth and immunity. Sprouted wheat is a rich source of vitamin E. Wheat germs and sprouted wheat seeds have been in common use in India over many centuries to prepare shira, kheer, pudding etc. Wheatgrass has a special religious significance at the time of harvest and Navaratri-Dasara festivals in India

Ann Wigmore developed protocols for wheatgrass therapy. Many holistic doctors are practicing it at various medical centers. This nontoxic therapy combines use of wheatgrass juice with other organically grown raw foods, fresh vegetables, sprouted beans, fruits and nuts. Exercise, mind-body medical methods to uplift mind and cultivation of positive attitude are other key elements in this therapy.

Wheatgrass therapy has been found useful in a wide range of acute and chronic diseases. In treating cancer, the aim is to rebuild the body by providing essential natural nutrients to the cells. These nutrients help body to detoxify the accumulated toxins and waste products. This leads to better immunity against all the diseases. Interested reader is advised to get more information on this subject in various books or on the Internet.

## **MACROBIOTICS:**

Biotic means biological products. Probiotics promote life while antibiotics are supposed to be against (bacterial) life. Macrobiotics is a nutritional system advocating use of special natural foods to fight diseases and promote health. As per Michio Kushi, a leader in macrobiotics movement, “Cancer is a disorder of the body’s cells that results largely from improper diet.” The concepts of macrobiotics is based on Eastern wisdom with its understanding of complementary forces yin and yang embodying the universal energy principle.

Offering a commonsense alternative to the typical high-fat, low-fiber Western diet associated with cancer and heart disease, macrobiotic diet consists of 50 to 60 percent whole cereal grains; 25 to 30 percent fresh vegetables, smaller amounts of fruits, soups, beans, nuts, sea vegetables and occasional condiments. Chemically treated, highly salted and highly processed foods should be avoided. Daily consumption of Miso soup, made from fermented soybeans, cereal grains and sea salt, has been reported to reduce frequency of stomach cancer as per a medical trial conducted in Japan. Shiitake mushrooms, used in a variety of macrobiotic dishes have powerful anti-tumor effect in mice. Thousands of cancer patients on macrobiotics have reported benefit after strictly following this diet for long periods. Many others, however, did not get any benefit. Patients who are benefited are advised to follow this type of diet for long time even after cancer control.

## **MOERMAN’S ANTI-CANCER DIET:**

Cornelius Moerman (1893-1988), a Dutch physician, helped thousands of cancer patients with his particular diet plans. This therapy is apparently popular in Netherlands and some other European nations. Moerman believed that every cell in the body contains a latent virus capable of developing cancer only when metabolism is disturbed. To put it simply, faulty metabolism triggered by faulty eating is the fundamental cause of cancer.

Antoine Bechamp in France and Guenther Enderlein in Germany demonstrated the existence of a harmless virus normally living in all the cells. Royal Rife and Virginia Livingston, in 20<sup>th</sup> century, confirmed the presence of such virus (germs) in cells. Later on in this chapter, we will discuss about germ theory of cancer and novel treatment approaches based on this discovery.

The Moerman regimen uses sound nutrition in attempting to reverse the disease process. This immune enhancing approach could help not only cancer patients but also many others afflicted with chronic diseases. Moerman therapy consists of meatless, high-fiber diet rich in vitamins and minerals plus eight supplements found essential for good health: citric acid, iodine, sulfur, vitamins A, B-Complex, C and E. Red beet juice with added vitamin C is also taken to detoxify the blood, especially during and after radiotherapy and chemotherapy treatments. This has been found to greatly reduce the toxic reactions associated with radiotherapy and chemotherapy treatments.

### **GERSON THERPAY:**

Max Gerson, a German physician who immigrated to USA in 1930s, experimented and developed a special approach to chronic diseases. This is known as Gerson Therapy, which has attracted the attention of many physicians round the world. Gerson found his approach very useful to deal with migraine, arthritis, TB, skin diseases and even with cancer. Dr. Gerson thought that restoration of oxygen utilization by the body was the key to deal with chronic diseases. He emphasized on three factors: firstly detoxify body; secondly, fortify body with micronutrients and minerals and lastly, introduce oxidizing enzymes till the body starts making it's own supply of digestive enzymes. This treatment starts with large amounts of vegetable and fruit juices. Cleansing enema with herbs and coffee are given periodically to detoxify the body. Other specific micronutrients and herbs are administered at appropriate time schedule. There are a many cancer patients to testify to the benefits of this approach, which has been so far resisted by the mainstream medicine.

This type of therapy is offered at many centers in Europe, USA and especially in Mexico. Gerson legacy is kept alive by his daughter Charlotte, who runs Gerson International Medical Institute in Tijuana, Mexico. I was fortunate to have met Charlotte Gerson in 1996 in Tijuana to observe the work on cancer patients.

### **METABOLIC THERAPIES:**

A variety of metabolic therapies are in use in various holistic medical clinics around the world. Tijuana, Mexico, a Mexican city just south of the California, is the hub for such medical centers dealing with cancer and other chronic diseases. There are many other places

in Europe, Australia, New Zealand, Japan and other parts of the world practicing holistic approach. Metabolic therapy is a multifaceted healing program addressing divergent factors leading to cancer. It uses detoxification to flush out toxins from body. Anti-cancer diets with natural organically grown foods are strictly followed. High doses of vitamins and minerals are given to improve cell function. Proteolytic (protein-breaking) enzymes make cancer cells easily destroyed by immune cells. These enzymes are known to break down the protein covering of cancer cells, which protects them from destruction from body's immunity. Once this protein coat (*kavach* in Sanskrit), is broken, cancer cells can be easily attacked, captured and destroyed by body's immune force viz. white blood cells, natural killer cells, interleukins, macrophages etc.

Many enzymes are commercially available as oral supplements. Interestingly, pineapple contains large amounts of bromelain, a source of proteolytic enzymes found useful in cancer. Pineapple forms a part of daily diet in Eastern countries especially Malaysia and Singapore. This tropical fruit is readily available in most parts of the world. You may include pineapple in your diet whenever possible.

Amygdalin, also called as Laetrile, is termed as vitamin B-17. It is a type of carbohydrate occurring naturally in plants e.g. chick-peas (graham-chana- harbara), lentils, lima beans, moong-bean sprouts, cashews, brown rice, wheatgrass etc. Amygdalin is present in the seeds of most of the common fruits. Amygdalin is abundant in dry fruits especially in apricots and almonds. Commercially, amygdalin is produced from kernels of apricot, peaches and bitter almonds. Records show that ancient physicians from China, Greece, Roman Empire and Arabia used these dry fruits (source of amygdalin) for treating various diseases. A recent European trial has shown signs of cancer regression in about 50 percent of cancer patients using amygdalin in metabolic therapies. Including small quantities of dry fruits in your daily diet might be helpful for cancer prevention. Dr. Ernesto Contreras has a large hospital in Tijuana, Mexico, where Amygdalin is used extensively in addition to other complementary therapies for cancer.

Megavitamin therapy, especially high doses of vitamin C, is part of metabolic therapies. Well-known studies by Dr. Linus Pauling, the Nobel Prize winning chemist, and his collaborator Dr Ewan Cameron, showed that large doses of vitamin C markedly improved cancer patient's survival times. Vitamin C, a powerful antioxidant, is known to help in

various acute as well as chronic medical conditions. This multipurpose vitamin stimulates immunity and detoxifies the tissues. Vitamin C is naturally plentiful in citrus fruits: lemon, oranges, apples, lime etc. You may include such fruits in your daily diet.

Vitamin, A, E and minerals like selenium, zinc, copper and other trace elements are part of metabolic therapies. This multifaceted approach helps body to detoxify, cells to regenerate and immune function to enhance. This is how metabolic therapy helps as a complementary treatment in cancer.

### **KELLEY'S THERAPY:**

Dr. William Kelley, a physician from Kansas, USA, developed a complex approach to treat many chronic and degenerative diseases including cancer. The three main elements of his nutritional program are nutrition, detoxification and enzyme therapy. He was a controversial figure in the mainstream medical practice but thousands of severely ill patients followed his treatment and reported good results. As per Dr. Kelley, a person gets cancer mainly because he is unable to metabolize the proteins properly in the diet. Instead, the unused proteins are used for tumor growth. That is also the reason why cancer comes back even after apparently successful initial treatment, if the protein metabolism is not corrected. Dr. Kelley linked faulty protein metabolism to a deficiency of pancreatic enzymes, which are responsible for protein digestion. Imbalance of minerals metabolism further interferes with protein digestion making the matters even worse. Additionally, cancer cells produce immune blocking substances to evade the immune surveillance. Kelley's program divides the patients into 10 different metabolic classes, with slow-oxidizing vegetarians on one end and fast-oxidizing meat eaters on the other. Nutritional program is developed individually for different metabolic types. In general, the program recommends consumption of raw organic foods, fruits and vegetables, while protein intake is reduced considerably to preserve the enzymes to digest the fruits and vegetables. Heavy doses of pancreatic enzymes, vitamins, minerals, hormones and some extracts derived from animal organs are administered simultaneously. The regimen also emphasizes various detoxification strategies. Additionally, psychological, mind-body and spiritual support therapies are used. Kelley's therapy is rigorous and not easy to follow for a common person.

## **NIEPER THERAPY:**

A prominent practitioner of holistic medicine in Germany, Dr. Hans Nieper developed a complex nutritional- metabolic therapy for cancer and other chronic diseases. The components of this therapy include correction of mineral imbalance, use of enzymes to dissolve the mucous-protein coat around cancer cells to expose them and gene-repair therapy with some natural substances. Dr. Nieper calls his therapy as “ Eumetabolic Therapy”. He prescribes varying combinations of vitamins, minerals, amygdalin, animal and plant extracts, pharmaceutical drugs and vaccines for immune stimulation.

## **HERBS FOR CANCER:**

Various herbs have been tried, individually or collectively, to treat cancer in various parts of the world at various times. Following is a list of some of the herbs reported to reduce cancer tumor. We do not know if the herbs have a direct anti-cancer activity or these work indirectly through immune stimulation and metabolic improvement. The list is not comprehensive and there could be many other herbs reported to have anti-cancer effect. Before trying any of the following herbal preparations on your own, you must consult a doctor or herbologist to avoid any complications of such treatments.

1. **Algae (Chlorella, sea vegetables, spirulina, green concentrates):** These sea products contain high concentrations of essential proteins, vitamins and minerals. Chlorella, commonly used in Japan, is now being made available in other parts of the world. Spirulina is now available in capsule and powder forms.
2. **Aloe Vera: (Kumari, Koraphad)** is a short plant with thick green leaves, which contain a thick mucoid juice. Ayurved has used this herb extensively over many centuries and found it useful to balance liver metabolism, improve digestion and circulation. It is immune stimulant and helps detoxification. Recently in the West, this herb has attracted attention of medical researchers who have confirmed various health benefits of this herb. It has been found effective in burns, cuts and skin conditions. Aloe emodin, an extract derived from a particular type of aloe seeds, has been reported to have significant activity against leukemia.

3. **Amygdalin, (Laetrile)** present in seeds of many fruits and vegetables. Labeled as Vitamin B-17, this substance is known to enhance immunity and improve metabolism. Abundantly present in kernels of bitter almonds, apricots and peaches.
  
4. **Astragalus:** An herb used extensively in traditional Chinese Medicine (TCM), astragalus is undergoing extensive clinical trials. One such trial in Japan suggests that a ginseng-astragalus combination may have regulatory effects on NK- Natural Killer cells, an important component of immune system to check cancer. In China, doctors often combine astragalus with another herb called ligustrum. These two mutually enhance individual immune stimulatory properties.
  
5. **Bhallatak: (Bilawa, Bibwa, Dhobi nut) *semicarpus anacardium*,** a black nut found mostly in India, Bhallatak has been used in Ayurveda over many centuries. Dr. B. G. Wad from Mumbai, who reported it's anti-cancer properties, extensively tested the extracts of this nut. Based on his research, a local pharmaceutical company in Mumbai developed Anacarcin, a product containing extracts of Bhallatak. The raw juice from this nut is highly allergenic and needs to be processed in a specific way for medicinal use. Dr. B. N. Purandare, another prominent medical doctor from Mumbai, used Bhallatak to treat several of his female patients suffering from cancer of uterus. I had personal discussions with Dr. Wad and Dr. Purandare about utility of this herb in cancer treatment. Dr. Wad discovered low-level radioactivity emanating from fresh extracts of this nut.

I have used this substance in combination with other conventional treatments on several of my cancer patients. I found that this addition usually helped to improve the disease free survival in majority of patients. Dr. A. V. Bavadekar, a leading orthopedic surgeon from Mumbai, himself used Bhallatak in addition to other treatments for his own gastric cancer, which has been now in complete remission for more than 12 years. Dr. Bavadekar has given detailed account about his successful personal fight against cancer in his Marathi book “ *Cancer Maza Sangati*” (meaning My Companion Cancer).

For personal use, broken bhallatak nuts have to be boiled in milk to make a decoction, which can be consumed in small quantities. You need precise guidance to use Bhallatak, which is a toxic and allergenic product. It does not suit everyone. An Ayurvedic physician

may be able to analyze your constitution and instruct you on the proper use of this product.

6. **Cat's Claw: (*Unacaria tomentosa*)** This is a herb from South American rain forests, traditionally used as a tribal medicine for arthritis, cancer and many other diseases. It is an immune enhancing, antioxidant digestion-promoting herb. It contains several types of antioxidants: polyphenols, triterpenes and plant steroids. It has been reported to help in brain tumors and other types of cancers.
7. **Echinacea:** A common herb used in Europe and USA, echinacea is used primarily to fight acute infections, colds etc. It has been used in complementary fashion to boost immunity through stimulation of NK cell activity in cancer patients.
8. **Essiac:** This is a mixture of herbs originally known to Native American Indians in Ontario, Canada. In 1920s, a Canadian nurse named Rene Caisse came across these herbs being used on a breast cancer tribal woman. Caisse experimented with this formula and confirmed its benefits. It was developed as an herbal tea and named Essiac, (which is caisse spelt backwards)! Caisse and her associates recorded many impressive case histories attesting to its efficacy in cancer.
9. **Flavonoids:** This is class of natural substances derived from bright colored fruits and vegetables. Flavonoids are some of the best-known natural substances to fight cancer. These are present in tomatoes, carrots, beets, grape, apples and many other citrus fruits and vegetables. Grape seeds are a rich source of Bioflavonoids. Unfortunately, with the development of seedless grapes, it is now hard to find grapes with seeds for eating! Flavonoids are free radical scavengers that remove toxins and waste products from tissues. These are an important part of nutrition to fight cancer.
10. **Garlic:** A household herb in cooking, garlic has shown many medicinal uses. Scientific research in Japan, China and Italy has suggested that regular consumption of garlic can reduce the risk of stomach cancer by about 50%. Animal studies have shown that aged garlic extract appears to stop the growth of cancers of breast, bladder, skin and colon. It also reduces the risk of cancers of esophagus, stomach and lungs. Garlic helps to relieve the side effects of radiation and chemotherapy such as loss of

appetite and fatigue. Garlic protects DNA from damage from carcinogens. The First World Congress on Health Significance of Garlic held recently concluded, “ Garlic in various forms; from cooked garlic, garlic oil, raw garlic juice, garlic powder and aged garlic extract, can provide health benefits of reducing heart disease and cancer risk”. One word of caution: According to Ayurveda, garlic may not suit to persons of Pitta constitution. You have to experiment yourself whether or not garlic suits you.

11. **Ginkgo Biloba:** A Chinese medicinal herb used for thousands of years has antioxidant properties to remove free radical toxins from body. It reduces the free radical damage and improves immunity. Ginkgo is also reported to reduce platelet-activating factor in the blood, PAF, which is suspected to promote cancer process.
  
12. **Ginger:** Ginger is a common household herb. It does have a complementary role in health maintenance. Ginger restores disturbed digestive functions. It stimulates *Agni*, which in Sanskrit means fire. In the external world, fire cooks the food and burns up the dross. In the body, agni is responsible for proper digestion in stomach and for assimilation of various nutrients in all the tissues. When agni is strong, toxic waste products in the body are disposed properly. When the appetite is poor, ginger can help. Shredded fresh ginger mixed with equal parts of fresh lemon juice and pure honey should be prepared daily. A teaspoon of this mixture can be eaten before mealtime to stimulate appetite and help digestion. This formula also works to reduce the nausea and vomiting associated with chemotherapy and radiotherapy treatments. In episodes of diarrhea, dysentery and gastro-enteritis, this simple household formula has been found to be effective. Lemon juice contains natural vitamin C, which acts as an antioxidant. Honey helps in digestion and provides important natural sugars and minerals.
  
13. **Ginseng (Panax):** This herb has been in use in China for more than 2000 years. It is used for strength, vitality, emotional stability and wisdom! The Chinese variety is different from Siberian Ginseng. Recent research on Ginseng has identified many active ingredients including saponins, essential oils, phytosterols, amino acids, peptides, vitamins and minerals. Saponins have been shown to stimulate NK cell and macrophage activity, an important part of immunity. Ginseng acts as a free radical scavenger. Korean research has demonstrated that regular use of ginseng can reduce

cancer risk more than 50 %. Ginseng is termed as an Adaptogen- helping body to adapt to stressful situation. Ashwagandha, an Indian herb used in Ayurved to increase strength and vitality, is sometimes called Indian Ginseng, although it is not related to Panax Ginseng.

- 14. Grape Seed Extract:** There are a number of health benefits in grapes and their seeds. There are anecdotal reports of cancers being cured by eating only grapes for few months. We do not know if eating grapes alone in place of regular food is a right nutritional approach. Grape seeds are a rich source of pycnogenols, bioflavonoids and anthocyanins, phytochemicals known to help immunity and detoxification. Grape seed extracts can help in many other chronic degenerative diseases. In the West, grape seed extracts are available in capsule forms in health food stores and drug stores. With development of seedless grape technology, grape seeds have disappeared from the market. However, it might be advisable to eat whole old-fashioned grapes with seeds, if one can get. It is claimed that grape seeds can 1. Improve blood and lymph circulation, 2. Reduce thickening of arteries thus reducing risk of heart disease, 3. Improve eyesight and skin health, 4. Protect brain, nerves and memory, and 5. Help function of muscles and joints.
- 15. Green Tea:** Large amount of green tea are consumed daily by Chinese and Japanese. Recent research shows that green tea is a rich source of Catechins, cancer fighting plant chemicals. Catechins are even more effective than vitamin E in defending body against free radicals. Studies have shown that regular consumption of green tea can reduce risk of cancers of liver, esophagus, colon and bladder. Green tea, black tea and oolong tea are the three types of tea that are produced by different processes on fresh tea leaves.
- 16. Soybeans:** Originated in the Far East, soybeans are now available worldwide. There are proponents as well as opponents for use of soybean products. Soybeans are a rich source of zinc, selenium, vitamins A, B1, B2, B12, C, D and K, as well as many amino acids. It is recommended that only soybeans grown organically without any chemical fertilizers should be used after adequate fermentation to get health benefits. Fermentation splits soy proteins into amino acids and liberates phytosterols, saponins and isoflavons. These nutrients are all important in cancer prevention.

**17. Hansi:** Dr. Hirschmann, an Argentinean biologist, developed homeopathically prepared combinations of rain forest herbs. Hansi stands for Homeopathic Activator of Natural System of Immunity. Hansi is also childhood nickname of Dr Hirschmann. It is a combination of low potency (3X to 11X) extracts from aloe, cactus, arnica, lachesis, lycopodium and other natural substances customized to different disease conditions. Hansi is available in liquid form as well as for injections. At present, Hansi is legally available as a drug in Mexico, Argentina, Bahamas and Hungary. These combinations probably enhance functions of liver, spleen, kidney, lungs, bowel and skin that are responsible for detoxification. Hansi supplies micronutrients in homeopathic dosages.

**18. Hoxsey Herbs:** Harry Hoxsey was a doctor who developed an herbal therapy practiced by his grand father in Illinois, USA. The elder Hoxsey witnessed his horse, suffering from terminal cancer, getting cured by grazing on certain plants. The plants were studied and Hoxsey family developed a formula of herbs, for external application as well as internal use. Harry Hoxsey attracted thousands of cancer patients from all over USA, many of whom seem to get better. Cancers that have responded favorably include lymphoma, melanoma and skin cancer. The classic Hoxsey formula comes in potassium iodide solution and contains red clover, buckthorn bark, burdock root, stillingia root, barberry bark, chaparral, licorice root, cascara amarga, and prickly ash bark. Hoxsey met with a lot of resistance from medical establishment for his promotion of this herbal treatment. Today, Hoxsey treatment is being offered for cancer at Bio-Medical Center in Tijuana, Mexico.

**19. Iscador (Mistletoe):** Mistletoe is a shrub growing in parasitic form on various other trees. Iscador is made from mistletoe, which are shrubs growing as parasites on other trees. Similarly, cancer tumor grows on body as a parasite. Mistletoe had been held sacred by ancient Celts and Germans and often credited with medicinal properties. European doctors are using Iscador since 1920s. There are different varieties of Iscador recommended for different tumor types. Therapeutic benefits have been reported in over 5000 medical studies world over. Iscador is given as a series of injections, two or three times weekly. It stimulates immunity as evidenced by increase

in number of NK cells, macrophages and inhibits cancer growth. In India, many homeopathic and alternative medical practitioners make Iscador treatment available.

20. **Medicinal Mushroom:** Japanese traditions cherish searching for wild forest mushrooms, which have been claimed to have miraculous healing powers. According to researchers at the National Cancer Center in Japan, complete tumor elimination was seen in experimentally induced cancers in animals, which were fed with extracts from maitake, shiitake and reishi mushrooms. These three are the main varieties of mushroom used for medicinal properties. Currently, such mushrooms are cultivated in mushroom farms for commercial supply. Mushroom extract exhibits anti-cancer activity inhibiting carcinogenesis and metastases. It enhances immune functions. Germanium, a trace element found in organic form in mushroom, is reported to improve oxygen consumption by body tissues. Cancer cells are unable to grow in the presence of adequate oxygen within tissue.
  
21. **Pau-D-Arco:** The herbal extract from the bark of Pau-D-Arco tree found in the South American rain forests offers another option in cancer treatment. The main active ingredient is called lapachol, which has shown a strong anti-cancer action. Lapachol can be taken in capsule form or as an herbal tea made out of Pau-D-Arco, which is freely available at many health food stores in USA and Europe.
  
22. **Ranavila:** In 1980s, Dr. Ramesh Dhokte, an Ayurvedic doctor from Bombay, studied a tribal herb growing in the western hills of India. As the story goes, a tribal medicine woman introduced Dr Dhokte to this herb from Mahabaleshwar, a hilly resort in the state of Maharashtra. Dr. Dhokte experimented and developed a treatment plan combining Ranavila with other Ayurvedic medicines plus strict dietary plans. Varying degrees of success rates have been claimed for his treatment method.
  
23. **Sarvapishti:** Dr. Trivedi, an Ayurvedic researcher from Varanasi, India, developed a white powder from hundreds of edible plants and herbs. This powder, being taken as a daily nutritional supplement, has reportedly helped thousands of cancer patients in India and abroad. New York based oncologist Dr. Suhrid Parekh recently testified, in a local Bombay newspaper, that his pancreatic cancer was in remission due to daily consumption of Sarvapishti. The pancreatic cancer, which was growing in spite of

three cycles of chemotherapy taken earlier, had shown significant shrinkage with Sarvapishti. A book of 110 case studies on cancer patients treated with Sarvapishti was recently published in India. Some cancer specialists in Bombay suggested that a placebo controlled clinical trial should have been undertaken to confirm the benefits. Such trials are difficult to perform without the cooperation of modern cancer hospitals. There are many difficult ethical and moral issues in such trials. Some proponents of herbal medicines argue that randomized placebo-controlled double blind trials have not even been conducted on most of the chemotherapy drugs, which are in common use these days. These scientists wonder why different yardstick should be applied to herbal medicines, which have been found to be useful by many cancer patients. It might be interesting to perform double blind trials on patients receiving oral chemotherapy capsules on one hand and herbal capsules on the other hand.

24. **Turmeric (Haladi):** Turmeric, a bright yellow spice belonging to ginger family, is used extensively in Indian cooking. In Ayurved, turmeric is known for its' anti-septic, anti-inflammatory and digestive properties. Recent research indicates that turmeric can inhibit cancer at various stages of development. In one study, turmeric was shown to decrease the formation of abnormal DNA after exposure to benzoapyrene, a cancer-causing chemical. This suggests anti-cancer, anti-oxidant and immunity enhancing properties of turmeric. The main active component of turmeric is called curcumin. Turmeric combined with betel leaf was found to be more effective against oral cancer than when either ingredient was used alone. For a long time, betel leaf and betel nut have been blamed for high incidence of oral cancer in India. Time has come to review whether the betel leaf is the real culprit or if there are other reasons such as poor oral hygiene, tooth infections and injuries from sharp teeth for cancer promotion. Ayurved recommends use of betel leaf to promote digestion and as a medicine for certain conditions.

## **AUTO-URINE THERAPY, *SHIVAMBU CHIKITSA*:**

This is a controversial subject. I do not personally recommend auto-urine therapy for my patients. From time to time, some patients ask me whether they should take urine therapy. The idea of drinking urine, which is excreted as a waste product by the body, is repulsive. However, I have seen patients, willingly undertaking such a task, at ease with this method. Some of these patients even reported to be improving under this treatment! I leave the choice to each patient.

The details of the urine therapy are mentioned in some ancient Indian books. Ayurved stresses use of cow's urine for preparation of many medicines. Dr. Dadasaheb Bhoge, a senior Ayurvedic practitioner in Grant Road, Mumbai, was a staunch proponent of urine therapy. I had met him a few times and he always discussed the benefits of auto-urine therapy- shivambu. (In Sanskrit, *Shiva*= Lord Shiva also meaning inner Self, and *Ambu* = water). Thus, *shivambu* means own urine. Dr. Bhoge wrote several articles and books on this subject. Former Prime Minister of India, Mr. Morarji Desai was a strong supporter of this method.

Alternative medicine highlights the importance of detoxification, which means removing the toxic waste products from the body. Kidney is an important organ to get rid of dissolved toxic waste products from the body. Logically speaking, drinking urine would defeat the purpose of detoxification.

While searching articles, I came across a few points, which might explain why auto-urine therapy might be working. Urea is a natural end-product of protein digestion in the body. About 30 grams of urea, which gives the particular stench to urine, is daily excreted in the urine. Urea has been used as a medicine since 1940s. Dr. Danopoulos, a noted Greek physician, reported substantial benefits from using urea in liver cancer. When given orally, urea reaches highest concentrations in the liver and inhibits cancer growth. Urea appears to dissolve the fibrin stroma (protein matrix around cells) and inhibits the formation of new blood vessels in tumor. This may be one explanation how it works in cancer. Liver is the only organ where urea is concentrated, after which it is excreted in urine. Therefore it is suggested that urea would help treat only liver cancers. Dr.

Danopoulos found that injections of urea directly into the tumor mass also helped shrink the cancers.

In 1960s, Dr. Stanislaw Burzinski from Texas isolated some peptides (amino acid chains) from human urine and found them effective in controlling growth of certain cancers. He found these peptide molecules work on tumor suppressor genes and thus switch off the growth signal for cancer cells. Dr. Burzinski termed these peptides as Antineoplastons, anti= against, neoplastones= new growth= cancer. He developed different protocols for different tumors. Animal studies in Japan indicate that low doses of synthetic antineoplaston- A10 help prevent cancers of breast, lung and liver.

Whether or not to use auto-urine therapy is a personal decision to be taken by the patient. There are many books in English and local languages in India which provide details of this method. I have no personal recommendation, either for or against auto-urine therapy.

#### **CARTILAGE THERAPY:**

Cartilage is a special soft elastic tissue from which bones are formed. Cartilage is present in ears, in the septum of nose and at the growing ends of bones in children. Dr. William Lane, PhD, found that cartilage of shark had anticancer properties. He published a book “Why Sharks Don’t Get Cancer”, which became very popular. In 1970s, researchers at the Massachusetts Institute of Technology found that injections of shark cartilage stopped tumor growth in laboratory animals within 20 days. Other workers have reported encouraging results. The subject is still controversial and opposed by the mainstream cancer doctors. Shark cartilage has now become a big industry in the West.

In 1954, John Prudden M.D. discovered that Bovine Tracheal Cartilage, BTC, had remarkable ability to heal the wounds. It works through supply of healthy cells of cartilage to the healing wounds in patients. Dr. Prudden further found that BTC also had some anticancer properties. BTC decreases the formation of new blood vessels in tumor, thereby causing tumor shrinkage. It also stimulates immune function. In one study, BTC was shown to be effective as a complementary treatment in patients of cancers of ovary, pancreas, colon and testis.

Some people may have reservations about using this animal product on ethical ground. Bovine cartilage is much more readily available than the shark cartilage. Cartilage treatment is not a cure for cancer; it is only a supplemental treatment. Patients opting for this have to continue taking large doses of cartilage for lifetime for continued effect, which may be another drawback.

#### **DMSO:**

This natural substance, Di- Methyl- Sulfur- Oxide, is present in minute quantities in many grains, fruits and vegetables. It is organic chemical solvent that can also be derived from coal, oils and some plant lignans. DMSO is present in very small quantities in some tissues. In medicine, especially in veterinary medicine, it is used locally to reduce inflammation. DMSO acts on cell walls and alters the permeability, thereby accelerating process of throwing out the toxins in cells as well as helping absorption of nutrients into cells. In cancer, it is shown to induce cellular differentiation, the process by which aggressive cancer cells become less malignant. DMSO stimulates various parts of immune system and also scavenges free hydroxyl radicals. DMSO, when used simultaneously with chemotherapy, was shown to increase effect of chemotherapy. It might help reduce the dosage of chemotherapy drugs without reducing their effect on cancer. DMSO can be given by injections or even by mouth in a liquid form. It can also be applied as an ointment on cancer tumors. Due to its' Sulfur contents, DMSO gives a peculiar garlic like smell to the person consuming this chemical. It has to be used under proper medical supervision.

#### **GLUTATHIONE & NAC (n- acetyl cystein):**

Glutathione is a protein consisting of amino acids cystein, glycine and Glutamic acid. These amino acids are very important for liver function and for removing toxins from body tissues. N- acetyl cystein is used as an injection in cases of poisoning due to overdose of certain pharmaceutical drugs. Glutathione and NAC are found to repair damage to DNA and thus play an important complementary role in cancer treatment.

#### **HYDRAZINE SULFATE:**

In research trials, this chemical was shown to inhibit loss of proteins and help preserve the weight in cancer patients. It may be of some use when a cancer patient starts loosing weight. It inhibits a liver enzyme thereby decreasing formation of glucose on which cancer cells

thrive. It was found effective in partially shrinking cancer tumors in various clinical trials. This medicine is given orally.

### **COW'S MILK, BUTTER & GHEE:**

Ayurved has recommended use of butter and ghee (clarified butter) since ancient times for strength, health and luster. Strangely, support for this concept is now being offered by modern science. Ghee has its peculiar flavor due to butyric acid, a fatty acid. Butyric acid and its salts are found to convert malignant cancer cells into normal cells. "Cancer Chemotherapy Reports" published in 1975, and "Deutsche Medizinische Wochenschrift" a German periodical published in 1969 have research articles about beneficial results of butyric acid products in cancer. In the current age of "Low Cholesterol, Fat Free Diets" it would be worthwhile to remember that good fats are essential for good health. I feel that everyone might benefit by daily consumption of moderate quantity of good fats, pure ghee being one example of such fats. Other naturally available essential fatty acids are mentioned elsewhere in this book.

### **BIOLOGICAL DENTISTRY:**

Dental health has a tremendous impact on health and illness of body. European researchers estimate that perhaps as many as 50 % chronic degenerative diseases are linked, directly or indirectly, to dental problems. Chinese medicine states that each tooth is connected by an acupuncture meridian with a different internal organ. Disease of a tooth can lead to disease of an internal organ and conversely, a disease of internal organ can lead to a disease of that particular tooth. . Infected tooth can release some biological toxins leading to chronic ill health.

Modern diet habits have led to epidemic of dental decay and infections. Earlier, mercury-silver amalgams were often used by dentists to fill up the dental cavities. It is reported that such fillings release minute amount of poisonous mercury compounds in circulation. Over the years, toxic effects of mercury can lead to chronic ill health. Biological dentists stress use of non-toxic restoration material for dental work. There is also some controversy about the root canal treatments, which is a common procedure these days. Each tooth has microscopic web of micro channels, which may not be completely sterilized in spite of careful preparations for root canal therapy. In spite of apparently successful root canal therapy, it is claimed by some

holistic dental practitioners that micro-level chronic infection persists in the treated tooth. This might be a toxic source of future trouble.

German Physician Dr. Josef Issels, whom I met in Los Angeles in 1996, states “ Even after the most precise preparation of the main root canal, proteins will always remain in the tiny interconnecting canals...If proteins become infected, the toxins produced by microbes in a tooth with root filling can no longer be evacuated in the mouth, but.... are conveyed to the tonsils and flow systems of body”. This might be a source for chronic illness including cancer. Doctors practicing biological dentistry take all these factors into account before deciding a proper line of dental care.

### **NATUROPATHY:**

Naturopathy is using natural substances and nature’s powers for healing. This is a very expansive subject with wide coverage as per the orientations of individual practitioner. In this book, I am trying to give my own views about naturopathy, which are obviously not all-inclusive. Each naturopath might have his own special ways of treating illness. There are many naturopathic centers around the world and you may come across many different naturopathic methods practiced at various places. Naturopathy, used a complementary method, might help restore the natural balance to help the body to overcome a disease. As with any other “pathy”, the results of such treatments are variable and cannot be guaranteed. Hindu philosophy and Ayurved state the five basic elements responsible for creation of the universe, Pancha- Mahabhoota, which are Earth, Water, Fire, Air and Space. Application of mud to a diseased part would be putting earth element to medical use. Similarly, protocols for Water Therapy, Heat Therapy, Color-Light Therapy, Magnetic Therapy, and Mantra Therapy have been evolved. People have reported health benefits from bathing in hot water springs at various locations. Water is essential for life and for all the functions of cells. Following is a brief description of some of the treatments using the elements.

### **WATER THERAPY:**

Water therapy, also called as hydrotherapy, uses water in many forms such as hot or cold water, steam, vapor, ice etc. Water can be used externally for bath, sauna, and local applications or can be taken internally. Some doctors recommend drinking 2 to 3 liters of plain pure water daily. People drinking more than 1.5 liters of water daily have reduced risk

of developing bladder cancers. Drinking large amount of water on getting up in the morning stimulates the movements of intestines thereby helping the passage of stools naturally. It washes away the toxins and accumulated waste from intestines. Water should be taken as pure plain water. Fruit juices, soft drinks and other liquid foods, which may be consumed as per personal choice, are no substitute for water therapy. If you provide the luxury of plenty of water to the body, body will function better. To give a simile, one can either wipe the floor of the room with wet cloth or scrub the floor with bucketful of water, which might clean the room much better. The body will be able to remove toxins dissolved in urine better if plenty of water is available. People with kidney problems and swellings should consult their physicians before drinking large amounts of water.

Lack of adequate water in the body may lead to dehydration. Drinking large amounts of water would make blood circulate with ease. The kidneys throw out excess water in urine. Water makes cells to exchange nutrients, wastes and toxins easily across the cell membrane. Water facilitates all the biochemical actions in body. Many chronic health problems such as migraine, high blood pressure, constipation, kidney stones, prostate problems, arthritis, fatigue, circulatory problems etc. have reportedly improved after regular consumption of large amounts of water.

The metabolic work makes body cells somewhat acidic. The term pH, which means potential hydrogen, is a scale to express relative acidity or alkalinity of any substance. The scale extends from 1 to 14, the midpoint reading of 7 is neutral, neither acidic nor alkaline. Distilled water, being totally neutral and free of minerals, has pH of 7. Body mechanisms maintain blood pH strictly between. 7.35 to 7.45. Even if a lot of acid radicals are produced in the body, blood in health is always maintained as slightly alkaline around 7.4 in spite of other tissues becoming more acidic or alkaline. Many diseases including cancer grow rapidly in acidic surroundings. Different foods can increase or decrease the acidity in the body.

Originated in Japan, microwater or micronized water is a new filter system with potential health benefits. Water is separated in two compartments and electric DC current is passed through electrodes submerged in each compartment. After few minutes, due to electrolysis, water in one compartment becomes acidic and other one alkaline. Alkaline water can reduce body acidity if taken as a drink frequently. The acidic water in the other compartment, which kills germs, can be used for cleaning vegetables, utensils and even to clean wounds. Many

health conscious people all around the world are now using microwater machines. This is natural way of counteracting acidity in the body. Special foods, some chemicals and medicines can also be taken to decrease the acidity in the body. Testing saliva with a special litmus paper is a simple way to determine the actual pH of body tissues, which may be different than the blood pH and urine pH.

**Gold-activated Water Therapy:** This is a simple method described by Ayurved to make your everyday drinking water more beneficial for your health. A pure gold article, usually a gold ring or bracelet is hung with a string in the middle of a pot. Pot is filled with water and it is made to boil for about 10 minutes. This water, which is consumed for drinking during the day, has been shown to help detoxification of the body. This simple, inexpensive method can be tried by anyone. Gold is an important noble element used by Ayurved for removing toxins, purification, strength and rejuvenation. The water thus made is supposed to be activated by gold, although no actual gold molecules can be found in such water.

#### **HEAT THERAPY:**

There are various methods of applying heat, which cleans the body of germs, toxins and waste products. Holistic doctors look upon fever as a natural reaction to destroy the germs that cause infection. Artificial fever is deliberately induced by some injections to hasten the fight against certain diseases. Josef Issels, a German physician, is pioneer of fever therapy for treating various conditions and cancer with injections that induce fever. Heat has shown many other health benefits. It is an everyday experience that some muscular aches and pains are relieved by application of heat pads or hot water bottles. In steam bath and sauna, heat acts on your skin, causes perspiration that helps detoxification through the skin.

Modern day physiotherapists use diathermy, microwave and infrared machines to treat various diseases by heat. Hyperthermia, which means increase in temperature, is used successfully in treatment of certain cancers. Sophisticated hyperthermia machines, using microwaves or ultrasonic waves are being used alone or in conjunction with radiotherapy treatments for dealing with cancer.

#### **COLOR THERAPY:**

Light consists of a spectrum of different colors. Seven colors of the rainbow are well known with their countless shades. Yoga science describes seven chakras in human body; at Crown,

Eye-brow, Throat, Heart, Naval, Sacrum and lastly Basal at lower end of spinal column. A chakra acts as an interface, somewhat like a transformer, between cosmic prana energy and individual prana energy within the body. Each chakra is responsible for some specific actions in the body related to circulation of prana in the subtle channels called nadis. Yogis have perceived specific colors related to each chakra. Color therapy, which consists of exposing body part to a specific color of light, claims to restore deficient color vibrations to body to improve health. Sophisticated expensive machines are now being made in Europe and other Western nations and being exported. Real utility of color therapy, however, is controversial and subject to individual experiences.

#### **MAGNETIC THERAPY:**

This controversial subject is a topic of hot discussions amongst the proponents and the opponents. There are many individual stories of success in treatment of cancer with magnetic therapy. Some scientific studies have shown that cancer tumor decreased in size after prolonged exposure to negative (North Pole) magnetic field while it increased when exposed to the opposite positive (South Pole) field. Wolfgang Ludwig in Germany, John Zimmerman of Nevada, Dr. William Philpot of Oklahoma and many other scientists in Russia, Europe, USA and Japan have done extensive research on magnetic therapy. Negative side of magnet (North pole), which normalizes metabolism, has a calming and healing effect. The positive South Pole has stressful effect. It is suggested that North Pole side of the magnet should be applied to the cancer bearing area of body. Magnetic therapy should be undertaken under the supervision of a trained magneto-therapist. It is customary to keep the drinking water container above the north pole of a magnet overnight and then use such “Magnetized Water” during the day for drinking.

#### **VACCINES FOR CANCER TREATMENT:**

Since Edward Jenner first discovered small pox vaccine, many researchers have developed vaccines for many infections. Vaccines are prepared from weakened germ cells and toxins known to causes certain diseases. Vaccines offer body’s immune cells a chance to organize and fight against those diseases. It is similar to the training in a military camp for future war. Cancer is not an infection in usual sense of the word. Cancer cells are known to carry antigens. Antigens are protein molecules on the surfaces of germs as well as cancer cells, which are recognized as an “Enemy” by immune cells. Antigens evoke reaction from immune cells, which develop antibodies to fight against those antigens.

Non-specific vaccines like BCG have been used to stimulate immunity in the fight against cancer. Cancer Vaccine is a very complex subject and too technical to describe in this book. Many medical centers around the world are experimenting with vaccine therapy and reporting beneficial results in patients. Antigens are isolated either from patient's own tumor, from other patient's tumor or from cancer cell cultures in the laboratory. After special processing, vaccines are made out of this material and injected into cancer patients. This is a type of immunotherapy, which is still under developmental stage. Success rates vary from clinic to clinic.

### **OXYGEN AND OZONE THERAPY:**

Dr. Otto Warburg, Nobel Prize winner from Germany, discovered that lack of oxygen stimulated growth of cancer cells. For many decades, scientists have tried to improve oxygenation of cells by different methods. Fresh air, difficult to access these days, consists of 78% Nitrogen, 21 % Oxygen plus smaller amounts of Carbon dioxide and other rare gases. With proper exercise, deep breathing and normal lungs, a person can usually supply adequate oxygen to blood and body cells. In cancer patients, various additional methods have been developed to supply extra oxygen. Even if oxygen is given to the patient, the lungs and body cells should be enabled to use this oxygen rich air.

Oxygen can be given through the rubber tubes inserted in the nose. This oxygen rich air will partly improve the oxygen concentration of blood. Blood should have adequate hemoglobin, the iron containing red pigment in the red blood cells, which carries the oxygen from cell to cell. Some patients are kept in plastic tent connected to oxygen supply.

Ozone is a potent form of oxygen. Oxygen molecule has two atoms of oxygen joined together while ozone has three atoms of oxygen. Ozone can give up additional active atom of oxygen readily for any biochemical activity in the cells. Ozone is produced either from atmospheric oxygen or from pure oxygen by passage of high voltage electric currents. Lightening in thunderstorms produces natural ozone in atmosphere. Ozone can be recognized by a peculiar smell during thunderstorms. Similarly, Ozone is produced in the vicinity of engineering workshops where high voltage electric sparks are used for welding. Ozone layer around the Earth absorbs harmful solar radiations thus protecting life on earth. Ozone machines are available for personal and hospital uses. There are various ways of using Ozone.

Like oxygen, ozone can be made to circulate in a plastic tent where a patient sits. Ozone is absorbed through skin as well as through breathing. Ozone is too strong to be given directly through a rubber tube in the nose. Ozone can also be mixed in water, which is used for bathing. Dissolved ozone gets absorbed through the skin during bath. Air mixed with Ozone can be introduced in the colon during an enema. This Ozone, besides removing local toxins and germs in the colon, quickly enters circulation and purifies the blood. This procedure is a part of colonic detoxification. In some clinics, patient's blood is removed in a bottle and Ozone is bubbled through this blood for a few minutes. Dark blackish blood then turns bright red with Ozone. The pure red oxygenated blood is then injected back into the patient. Ozone treatments, in various forms, are reported to help greatly in various infections, chronic diseases and even in cancer patients.

Hydrogen Peroxide:  $H_2O_2$  is a water molecule with an extra oxygen atom. This liquid in dilute form is used for gargles and for cleaning wounds. The extra oxygen helps to kill the germs and disinfects debris. In some clinics, minute quantities of hydrogen peroxide are added to the intra-venous solutions and given to patients. This method should be used very cautiously since wrong dosage can produce more harm than good.

### **BIOELECTRIC & BIOLOGICAL THERAPIES BASED ON GERM THEORY OF CANCER:**

Cancer is not an infection like typhoid, cholera, pneumonia, tonsillitis etc. Modern medicine states that cancer is not related to a specific germ. Germ Theory of infections, developed by Louise Pasteur in France in 1857, states that a separate germ is responsible for each infectious disease. Cancer does not spread by contact like many other infectious diseases. Specific infections are due to specific germs. However, some very interesting contradictory observations were made on "Germ Theory" by Antoine Bechamp, a contemporary and rival of Pasteur. Bechamp stated that all the living beings always harbour innocent viral like particles in the cells and in the extracellular parts of body. These living particles can be seen only under darkfield microscopy of living tissue. The particles cannot be identified by conventional microscopy, which examines dead tissue after fixing and staining the slides.

Many other workers, especially Guenther Enderlein of Germany, Gaston Naessens of France, Dr. Royal Rife and Dr. Virginia Livingston both from USA, later on confirmed Bechamp's

observations. These naturally present innocent living germs were variously termed as Somatids, Protits and Progenitor cryptocides by these workers. It was shown that under unhealthy internal conditions, these innocent germs could change form to become different viruses, bacteria and even fungi and manifest different infective diseases. Further research revealed that many chronic diseases and even cancer are associated with aggressive forms of protits. We have already discussed this matter in more details in earlier chapter on Causes of Cancer.

### **Livingston Therapy:**

Various biological treatments, using injections and oral liquids, to restore the pathogenic germs to original innocent primitive forms were developed in Germany, France and USA. Dr. Livingston developed a treatment protocol, which combined administration of custom made vaccines with nutritional supplements, detoxification, biological dentistry and heat therapy. In 1968, Livingston founded Livingston-Wheeler Medical Clinic in San Diego, California, for treatment of cancer.

### **Sanum Remedies:**

Based on the work of Enderlein, SANUM biological remedies were developed to restore the internal balance and to revert the germs to innocent forms. Sanum remedies are dilutions of bacteria and fungi, which, when given to the patient, reverse the disease process and bring about a cure. There are many reports of successfully treating cancer and other chronic conditions with Sanum remedies.

### **Rife Electro-therapy:**

In 1930s and 1940s, Dr Royal Rife, a doctor and scientist in California, did extensive research on cancer. He developed a special microscope, through which he could repeatedly confirm the presence of harmless protits changing into disease producing germs. Rife observed a particular form of virus, which he termed as BX virus, constantly associated with majority of the cancer tumors. With strenuous research extending over many decades, Rife developed an electrical machine to treat cancer patients. This machine generated radio frequency and audio frequency waves that could be directed to the cancer bearing area of the patients. Dr. Rife found that at a certain critical frequency, these BX cancer viruses get destroyed. Detailed reports are still available showing successful cancer treatment even in

many terminal cancer patients treated with Rife Machines. Dr. Rife met with a lot of opposition from the medical establishment and his research was suppressed. In the last 2 decades, there has been renewed interest in Rife technology, which is being tested and made available. Various versions of Rife Machines are being developed. Some machines apply frequency micro currents directly to the body parts involved with cancer. Other machines emit electromagnetic radiations, which are directed to the patient. Still another versions generate audio-frequency waves to be used for the treatment. It has been claimed that bioelectrical therapies can successfully treat not only cancer but also many other chronic degenerative diseases and even acute infections as well.

### **CONCLUSION:**

The complementary and alternative treatment options are countless. This chapter describes only some of these options. Information about Ayurved and Homeopathy will be given separately in later chapters. The purpose of this chapter is only to inform the reader about some methods practiced by different centers. The author neither recommends any particular treatment nor guarantee any cures. There are undoubtedly many more methods, not listed here, claimed to be effective in cancer treatment. From the periphery of a circle, each radius leads to the center. There are countless radii, each leading to the center of the circle. Similarly, there are many methods of treatment; the common central aim is to cure the disease. If you need to know more about any particular method of treatment, I suggest you log on Internet and search for the specific words. Volumes of information are currently available on World Wide Web, which seems to ever expand incredibly.