

Cancer

A Growing Problem throughout the World

Facts, Prevention, Possible treatment



Key facts – from the World Health Organisation
Factsheet, February 2015

Cancers figure among the leading causes of morbidity and mortality worldwide, with approximately 14 million new cases and 8.2 million cancer related deaths in 2012.

- The number of new cases is expected to rise by about 70% over the next 2 decades, from 14 million in 2012 to 22 million in 2032.
- Among men, the 5 most common sites of cancer diagnosed in 2012 were lung, prostate, colon, rectum, stomach, and liver cancer.
- Among women the 5 most common sites diagnosed were breast, colon, rectum, lung, cervix, and stomach cancer.
- Around one third of cancer deaths are due to the 5 leading behavioural and dietary habits: overweight, low fruit and vegetable intake, lack of physical activity, tobacco use, alcohol use.
- Tobacco use is the most important risk factor for cancer causing around 20% of global cancer deaths and around 70% of global lung cancer deaths.
- Viral infections which are caused by cancer such as hepatitis B and viruses known as HPV which affect the skin and cervix are responsible for up to 20% of cancer deaths in low- and middle-income countries.
- More than 60% of world's total new annual cases occur in Africa, Asia and Central and South America. These regions account for 70% of the world's cancer deaths.

Prevention

The best lifestyle for avoiding cancer is no different from that for preventing many other health complaints.

- Eat plenty of fruit and vegetables, especially garlic, onion, carrots, cabbage, beans and mushrooms. Have plenty of variety in what you eat and drink – do not always eat the same.
- Eat fish, grass fed meat and free range eggs. Eat more whole grains, moringa leaf powder and grain amaranth.
- Avoid “fast foods”, reduce sugar and processed sugar and vegetable oils.
- Use herbs in cooking, especially turmeric, ginger, chilies, cayenne pepper and rosemary.
- Regularly drink the following herbal teas: green, lemon grass, *Artemisia annua*, mucuna and rosemary. Drink your own fruit juices. Avoid commercial sugary drinks.

- Eat and grow organic food, use no artificial pesticides.
- Take plenty exercise, watch only little television.
- Enjoy more fresh clean air and avoid smoke and pollution filled air.
- Do not smoke, drink little alcohol.
- Seek ways to relax and avoid stress.

Treatment

Successful treatment cannot be guaranteed, but some have had success with the following:

1. Dr Felicitas Roloefsen, a retired oncologist, recommends the following:

First Week: Each day, take one tablet of Ferro Sanol 50 mg or any other iron tablet. After 2 hours, take 5g of dried *Artemisia annua* as tea (to obtain the highest concentration, put the leaves in 500 ml boiling water, boil for 2 minutes, allow to stand for 15 minutes, sieve, allow to cool down and then drink as quickly as possible.

Second Week: As in the first week. The dried artemisia may be taken as tea as described above or mixed with yoghurt or peanut butter.

Take a break for one week, then repeat the whole procedure.

2. Colleagues in Uganda have experienced some success by administering 5g of dried *Artemisia annua* 3 times daily.
3. The late Peter Kuria and his colleagues in Kenya strongly recommend *Carica papaya*: Boil one handful of young pawpaw leaves in one litre of water for several minutes. Take one or two tablespoons twice daily. *Carica papaya* contains some components called acetogenins which have been shown to have anti-cancer properties.
4. Eric Kihuluka in Kaliro, Uganda, recommends:
 - a) *Annona muricata* (Graviola or soursop). For skin cancer, make an infusion from the leaves, soak a cloth in this tea and put over the affected area. For other forms of cancer, prepare a decoction by boiling one one handful of powdered bark in one litre of water for 40 minutes. Take four tablespoons three times daily.
 - b) *Phyllanthus niruri* (Chanca piedra or stone-breaker). Pour one litre of boiling water over one handful of fresh leaves. Allow to cool, filter and drink in the course of the day.



Lemon grass contains citral which is thought to have anti-cancer effects.

Drink lemon grass tea, artemisia tea and roselle tea (*Hibiscus sabdariffa*) regularly: they all help to strengthen the immune system.

5. The Indian Neem Foundation claims that neem has been used for hundreds of years to reduce tumours. Scientists have found that polysaccharides and limonoids in neem bark, leaves and seed oil reduced tumors and cancers and were effective against lymphocytic leukemia. In Japan, hot water extracts of neem bark are used. The foundation also claims that skin cancers have disappeared over a few months after using neem based ointments every day. See <http://www.neemfoundation.org/about-neem/neem-and-health/neem-cures/>
6. Rehema Namyalo in Masaka, Uganda, has had success in many cases with the following:
 - a) Prepare one litre of tea from one handful of lemon grass, 5 grams of dried *Artemisia annua* and 5 grams of dried cypress (*Cupressus lusitanica*) leaves. Sieve and pour into a thermos flask. Drink ¼ of a litre at 6 hourly intervals. This should be prepared and drunk every day. The cancer takes 4 to 6 months to clear.
Note: This tea of artemisia, lemon grass and cypress can also be used to treat haemorrhoids, fibroma and myoma (uterine fibroids).
 - b) For leukaemia, in addition to the artemisia, lemon grass and cypress tea, drink one litre of roselle (hibiscus) tea each day. This stimulates the production of the red blood cells.

For the relief of acute pain: Boil one handful of fresh *Cannabis sativa* leaves in half a litre of water for 2 minutes. Allow to cool, filter and keep in a clean bottle. For pain relief take a sip of this tea. Make fresh every day.

Disclaimer: Discover has compiled this information with the best possible interests of its colleagues in Africa at heart. Discover cannot be held responsible for any negative consequence of following the procedures described in this paper.

*The aims of **Discover** are to help people in Africa*

- ❖ *to discover local resources for health and healing,*
- ❖ *to rediscover positive skills and traditions that have been forgotten,*
- ❖ *to be healthy, self-confident and self-reliant.*

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