

This talk is on A Strategy to slow Cancer with your own protocol and improve your quality of life.

The protocol will include diet, mind body exercises, supplements and herbs. The goal of this talk is to help give you some control on this cancer journey we on. It will be your decision to use the tools provided. I have followed herbalism and alternative medicine long before I had Prostate Cancer and this talk will follow those teachings.

What should be the goals of your diet?

1. Create an environment in which cancer finds it difficult to grow in.
2. Eat foods that will push your body's tissues to a more alkaline state.
3. Avoid foods that will create an acid condition in your body.
4. Use food, herbs and supplements to hinder the cancer pathways.
5. Monitor your Urine's PH
6. Use herbs and food to help the body's homeostasis process to provide a gentle way to address common complaints and slow cancer.

Mind, Body and Exercise tools.

1. Kundalina Yoga – Longevity Kriya and Immune System Booster: The Inner Sun
2. Swimming, Elliptical, Tread Mill, Sports, etc.
3. Sauna, Whirlpool, Steam Room, Diaphoretic Bath
4. Meditation and Prayer

Books and Resources.

Green Pharmacy by Duke, James A.

Many diseased and conditions for which we turn to modern medicine can also be treated naturally with healing herbs, medicinal food, other natural remedies--and these treatments can be safer, less expensive and possibly even more effective than traditional methods. Let Dr. James Duke, the world's leading authority on healing herbs, leads you through the vast world of natural remedies--from Anise for Asthma to Violet for Varicose Veins, and everything in between. With just a few trips to the health-food store, the supermarket, or your own backyard--and with the help of Dr. Duke--you'll have everything you need to create your own Natural Medicine Cabinet.

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A Field Guide to Edible Wild Plants: Eastern and central North America (Peterson Field Guides) by Lee Allen Peterson and Roger Tory Peterson

More than 370 edible wild plants, plus 37 poisonous look-alikes, are described here, with 400 drawings and 78 color photographs showing precisely how to recognize each species. Also included are habitat descriptions, lists of plants by season, and preparation instructions for 22 different food uses.

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A Field Guide to Medicinal Plants and Herbs: Of Eastern and Central North America (Peterson Field Guides) by Steven Foster and James A. Duke

With more than 300 photos, this new edition shows how to identify more than 500 healing plants. Descriptive text includes information on where the plants are found, as well as their known medicinal uses. An index to medical topics, symbols next to plant descriptions, and organization of plants by colors all make this an essential guide to understanding the traditional medicinal uses of the plants around us.

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Healing Lyme: Natural Healing and Prevention of Lyme Borreliosis and Its Coinfections by Stephen Harrod Buhner  
(Also Herbal Antiviral and Herbal Antibiotics by the same Author)

Despite Centers for Disease Control estimates that only 20,000 new Lyme disease infections occur each year, the true figure, as Harvard medical school researchers have found, nearly approaches 200,000. Symptoms run from mild lethargy to severe arthritis to incapacitating mental dysfunction. And despite medical pronouncements to the contrary, extensive research has found that tests for the disease are not very reliable and antibiotics are only partially effective; up to 35 percent of those infected will not respond to treatment or will relapse. The spirochetes that cause Lyme are stealth pathogens--they can hide within cells or alter their form so that antibiotics cannot affect them. Lyme disease is, in fact, a potent, emerging epidemic disease for which technological medicine is only partially effective.

**Herbal Antibiotics** - With antibiotic-resistant infections on the rise, herbal remedies present a naturally effective alternative to standard antibiotics. Herbal expert Stephen Harrod Buhner explains the roots of antibiotic resistance, explores the value of herbal treatments, and provides in-depth profiles of 30 valuable plants, noting the proper dosages, potential side effects, and contraindications of each

**Herbal Antiviral** - Take control of your health with herbal antivirals. As traditional medications become less effective against today's potent and aggressive viruses, natural alternatives are proving capable of fighting off many common viral threats. Stephen Harrod Buhner offers in-depth instructions on how to prepare and use herbal formulations to prevent and treat infections such as SARS, influenza, and encephalitis. These natural remedies will fight off disease and strengthen your immune system, keeping your family healthy and happy.

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**Natural Compounds in Cancer Therapy: Promising Nontoxic Antitumor Agents From Plants & Other Natural Sources**

1st Edition by [John C. Boik](#) (Author), [Israel Barken](#) (Foreword)

*Natural Compounds in Cancer Therapy* is a classic reference work for patients and medical professionals interested in use of nontoxic botanical compounds in the treatment of cancer. It offers a snapshot of the field circa 2001, and its insights are still pertinent today. *Natural Compounds in Cancer Therapy* was among the first books to discuss the use of natural products against cancer from a systems biology perspective. Cancer patients, doctors, nurses, pharmacists, scientists, and herbalists, or those with an interest in cancer or alternative medicine, will find *Natural Compounds in Cancer Therapy* a highly informative and useful resource.

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**Adaptogens in Medical Herbalism: Elite Herbs and Natural Compounds for Mastering Stress, Aging, and Chronic Disease Hardcover** – September 21, 2013 by [Donald R. Yance](#) CN MH RH(AHG) (Author) **Also Herbal Medicine, Healing & Cancer: A Comprehensive Program for Prevention and Treatment ( by the same Author)**

Yance's holistic approach, called the Eclectic Triphasic Medical System (ETMS), is based on extensive scientific research, more than 25 years of clinical practice, and excellent results with thousands of patients. It centers on four interconnected groups of health tools: botanical formulations, nutritional supplements, diet, and lifestyle. Defining three categories for adaptogenic herbs, he explains how formulations should combine herbs from each category to create a synergistic effect. He provides more than 60 monographs on herbs and nutritional compounds as well as custom combinations to revitalize the immune system, build cardiovascular health, protect brain function, manage weight, and support cancer treatment. He explains the interplay of endocrine health, the hypothalamic-pituitary-adrenal (HPA) axis, thyroid function, and stress in the aging process and reveals how adaptogenic treatment begins at the cellular level with the mitochondria--the microscopic energy producers present in every living cell.

Emphasizing spirituality, exercise, and diet in addition to herbal treatments and nutritional supplements, Yance's complete lifestyle program explores how to enhance energy production in the body and subdue the proinflammatory state that lays the groundwork for nearly every degenerative disease, taking you from merely surviving to thriving.

**Herbal Medicine, Healing & Cancer: A Comprehensive Program for Prevention and Treatment** - More and more people who have been diagnosed with cancer or related illnesses embrace alternative medicines, and seek out holistic practitioners who use vitamins, herbs, nutrition, homeopathy, and acupuncture to treat the disease. This long-awaited book by Donald Yance--one of the nation's most respected herbalists--is a major contribution to the literature of natural healing and cancer.

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Where To Buy Herbs - Links

Vitacost (herbs already put in capsules and empty Capsules) See Below

<http://www.vitacost.com/vitacost-ashwagandha-extract-standardized>

Empty 00 Cap

<http://www.vitacost.com/vitacost-empty-gelatin-capsules-size-00-1000-gelatin-capsules-2>

Capsule Filler

<http://www.starwest-botanicals.com/product/1-capsule-machine-00.html>

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**Frontier Coop** -Since our founding in 1976, Frontier has been a member-owned co-op dedicated to supporting and advocating values of the cooperative community. We remain firmly committed to our founding values of integrity, openness, social responsibility, and respect for the environment.

<http://www.frontiercoop.com/>

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**Mountain Rose Herbs** offers high quality organic bulk herbs, gourmet spices, loose leaf teas, essential oils, herbal extracts, and natural body care ingredients. Our extensive selection includes certified organic, fair trade, ethically wild harvested, & Kosher certified botanical products.

<https://www.mountainroseherbs.com/>

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Websites

**Donald “Donnie” Yance, CN, MH (AHG)** is a Clinical Master Herbalist, Certified Nutritionist and the author of *Herbal Medicine Healing and Cancer and Adaptogens in Medical Herbalism: Elite Herbs and Natural Compounds for Mastering Stress, Aging, and Chronic Disease*. He conducts his practice at the Mederi Centre for Natural Healing in Ashland, OR utilizing his unique integrative model known as the Eclectic Triphasic Medical System.

Donnie is the Founder and President of the Mederi Foundation, a not-for-profit organization for professional education and clinical research in integrative medicine. He is also the President and Formulator of Natura Health Products, which provides a line of advanced botanical and nutritional products for health care practitioners. Read more at [mederifoundation.org](http://mederifoundation.org).

<http://www.healthymedicineacademy.com/DonaldYanceCNMH.htm>

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**Herbal Educational Services** – Conferences, Recordings and books on herbal medicine (Link on [www.rvaprostatecancersupport.org](http://www.rvaprostatecancersupport.org) Website) **Example Below:**

Title: Chronic Prostate Conditions: BPH and Prostate Cancer Part 1

Event: 2016 Southwest Conference on Botanical Medicine - Product Code: 16SW16 - Availability: In Stock - Cost - \$9.99

Speaker: [Jason Miller](#). Reviews chronic prostate disease physiology and presents new research and therapeutic developments in the management of prostate cancer and BPH. A collaborative approach is often the most beneficial strategy. Using botanicals, nutrients and lifestyle changes along with pharmaceuticals and other medical treatments can help mitigate side effects and enhance positive outcomes. Continued in [Part 2](#). 16SW16

<http://www.botanicalmedicine.org>

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#### 8 traits of cancer

1. Failure of intercellular communication
2. Uncontrolled Growth (Inflammation)
3. Immune System failure
4. Loss of the cellular suicide system
5. Immortal
6. Blood Supply
7. Must Spread (travel)
8. Energy Supply

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Herbs for Mental Clarity - Sage, Blessed Thistle, hops, Rosemary, Bitter herbs

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Herbs for Depression – Lemon Balm (Melissa), Passion Flower, hops, Bitter Herbs, Vit d (salmon, sardine)

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Herbs for Pain – Cayenne, Sage, Willow, Honey Suckle, Dog Wood, Turmeric

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Herbs for Energy – Eleuthero, Ginseng (American & Asian), Brewer’s Yeast, all mints

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Herbs for Cancer – Poke, Echinacea, Goldenseal, Yarrow, Periwinkle(Vinca Minor), Mushrooms

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Herbs for sleep – Passion Flower, Valerian, Chamomile, hops, Kava Kava Root Powder, Lobelia

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Herbs for digestion – Sage, Passion Flower, Valerian, Chamomile

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## \*Natural Antibiotic Herb Tea

\*Cinnamon, nutmeg, rosemary, and cloves help boost your immune system. Basil, Garlic, Cayenne Pepper and a Cold and Flu Tea - 2 teaspoons of sage leaves, crushed Juice of one lemon - Pinch cayenne pepper - 1 tablespoon honey. To prepare the tea: Pour one cup boiling water over sage, cover, and allow to steep for 10 minutes. Strain out the remaining herb. Add remaining ingredients, and drink it while hot.

\*Herbal Preparations - Although many herbs and spices are safe to use, care is needed. The herbal preparations which are discussed in this chapter are for minor ailments or for prevention of illness, in small amounts. These preparations can be safely used at home, using herbs you can grow yourself with and methods that are simple and safe to use.

\* Infusions: The most common form of herbal preparation, an infusion, is a tea made from fresh or dried leaves, flowers, or soft stems of herbs. Infusions can be used internally or externally for a wide range of conditions. To make an infusion Warm a teapot with hot water Drain Add 1 ounce dried or 3 ounces fresh herbs. Pour in 2 ¼ cups water that has just begun to boil. Cover and infuse for 10 minutes. – Strain - Take up to three six-ounce cups daily, hot or cold, sweetened with honey or sugar if desired - Store unused infusion in the refrigerator for up to two days. Steeping with the teapot covered prevents the herb's essential oil, the medicinally active component, from evaporating. If you can smell the aroma of the herb while it is steeping, you know that some of its essential oils are escaping.

\* Decoctions: Decoctions are different from infusions in that the water containing the herb is boiled. This method is used for tougher plant materials such as roots, barks, and berries which require a robust extraction. The high heat increases the extraction of most of the medically useful substances, but it drives off more of the essential oils than in the preparation of an infusion. Decoctions are not suitable for tender herbs such as mints, or lemon balm, because the essential oils are an important component of these herbs. To make a decoction Place 1½ ounce of fresh or ¾ ounce of dried herbs in a saucepan with 3 cups of cold water. To extract as much of the active components as possible, use chopped or cut herbs. Bring to a boil, and simmer for 20 to 30 minutes, or until the decoction is reduced by a third (about 2 cups). Strain off the liquid, and discard the herb. The decoction will keep in a clean covered bottle in a refrigerator for two to three days. Dosage: Take up to three 6-ounce cups daily, hot or cold, with sweetener if desired.

\*Syrups: Syrups are a double-strength infusion or decoction of fresh or dried herbs, sweetened with honey or sugar, then cooked to a syrupy consistency. Syrups are soothing to the throat and more palatable. It's also a method which keeps herbs longer, due to the sweetener which act as a preservative. To make syrups - Gently heat 2 cups of an herbal infusion or decoction with 1 and 1/3 cups of honey, or 2 cups of unrefined sugar, Stir until the honey or sugar has dissolved Cool and then strain into a sterilized dark glass bottle or jar sealed with cork stoppers. Don't use screw tops. If the syrup ferments, and the bottle or jar is covered with a screw top, it could explode from the pressure build-up of the fermentation.

\* Tinctures: A tincture is a solution made by steeping any part of an herb in a mixture of alcohol and water. It can be used internally or externally for a wide range of conditions. Tinctures are handy because they are concentrated, so only small amounts are needed. The alcohol dissolves the essential oils from the herb, and since no heat is used, less of the essential components are lost. Since the alcohol acts as a preservative, tinctures can be stored in a dark sealed bottle for up to two years. Tinctures are made by letting the herb soak in alcohol for a period of time to extract the active ingredient. To make a standard tincture Cover 10 ounces of fresh herbs, or 5 ounces of dried herbs with 1 quart (1 liter) of 70 to 80 proof alcohol (Vodka is ideal because of all the spirits it has the least flavor. If the herbs are bitter, you may mask the flavor of the herb by using rum or brandy.) Store the mixture in a sealed container for two weeks then strain through a muslin bag and squeeze out the liquid. Discard the herb and Pour the tincture into a sterilized, dark glass bottle for storage in a cool dark place. Dosage: Take 1 teaspoon two to three times a day, preferably diluted in a glass of water or fruit juice. Tinctures contain only a relatively small amount of alcohol.

\*Washes and Compresses: Washes and compresses are strained herbal infusions or decoctions which are used for localized pain relief, and are soothing when applied to an affected body part. Soak a clean piece of soft cotton fabric in the herbal liquid. Squeeze out the excess, fold into a pad, and place on the area, repeating until relief is felt. They are especially effective when they are cold, so re-soak the cloth frequently to keep it cool, and reapply as needed.

\*Weil, Christine. Herbal Antibiotics & Antivirals: Natural Healing with Herbal Medicine (Natural Health & Natural Cures Series) (Kindle Locations 715-725). Healthy Wealthy nWise Press. Kindle Edition.

\*Weil, Christine. Herbal Antibiotics & Antivirals: Natural Healing with Herbal Medicine (Natural Health & Natural Cures Series) (Kindle Locations 207-213). Healthy Wealthy nWise Press. Kindle Edition.