

The Hot Pepper Headache Cure

Headache pain can be stifling, often incapacitating, and certainly a handicap when chronic. The most common type of headache caused when blood vessels surrounding the eyes and forehead begin to spasm, known as



the class migraine attack. High blood sugar levels typically from sweets or alcohol, or high hormone levels surrounding the monthly cycle in females, along with stress hormones

produced in the adrenal glands, can trigger a migraine attack. What's needed is an immediate way to relax the muscles in the lining of blood vessels. Cayenne pepper is just such a fast-acting natural remedy. It relaxes muscles in blood vessels. [Headache 34: 132-37, 1994]

In a human study, capsaicin, the active ingredient in cayenne pepper, was instilled into the nasal passages of headache sufferers and 7 out of 10 headache sufferers "*showed a marked amelioration.*" When capsaicin was administered into one nostril only, the pain relief was experienced only on that side. [Pain 59: 321-25, 1994; Cephalgia 13: 114-16, 1993]

Physicians are familiar with capsaicin applied topically to treat muscle and arthritic pain. Capsaicin overstimulates pain receptors which then shut down. However, the oral consumption of cayenne pepper, sometimes in the form of hot sauce, or also in encapsulated powder, will often bring about fast relief for an otherwise debilitating headache. Conventional headache remedies attempt to block the pain receptors, not the cause of the headache. But cayenne pepper addresses the cause of many types of cluster and migraine headaches. It may be beneath your Mayo-clinic trained physician to prescribe hot sauce, but it has been found to be a welcome remedy to many a truck driver who has called this writer to inquire by cell phone if there is a natural way to remedy headache pain. A quick stop at a roadside diner for a swig of hot sauce can cure many a traveler's headache.

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DAY *two*

Crohn's Disease *Cure*

Crohn's disease is a very devastating disease. Crohn's disease, or its cousin, ulcerative colitis, are characterized by uncontrolled inflammation in the digestive tract. Bacteria, food, viruses or other material may trigger an attack against these foreign substances that produces ulcers, pain and even bleeding. The National Institutes of Health says *"at this time, treatment can help control the disease, but there is no cure."*

Steroids comprise the drug treatment of choice, but while steroids quell inflammation, they also impair wound healing, weaken bones, promote blinding cataracts and interfere with sex hormones. A more recently approved drug for Crohn's disease, infliximab (Remicade), blocks an inflammatory protein called tumor necrosis factor, which is involved in this disease. [NIH Publication No. 03-3410, January 2003] Uh, don't tell anybody else, but green tea is an effective TNF inhibitor too! [Ann NY Acad Sci 928:274-80, 2001] Green tea is even proposed as a natural remedy for inflammatory bowel diseases. [J Nutrition 131: 2034, 39, 2001] But there is another natural remedy that can throw Crohn's disease into complete remission for extended periods of time.

Health authorities recognize omega-3 oils from fish and flaxseed are effective anti-inflammatory agents.

Investigators concede that omega-3 oils have therapeutic potential for the treatment of Crohn's and irritable bowel. Italian health authorities from the S. Orsola Hospital in Bologna, Italy, say a review of all the studies involving fish oil and bowel disease *"suggest the effectiveness of these new therapeutic approaches, not only when conventional treatment fails or when it is not possible to treat chronically, but also, in some instances, as first choice treatment."* [Proceedings Nutrition Society 61: 391-95, 2002] They point to the evidence provided by researchers who found that Eskimos, who consume up to 13,000 milligrams of omega-3 fish oils, have very low rates of inflammatory bowel disease. [Am J Clinical Nutrition 71: 339-42S, 2000] (Psst.... interpretation ... the Eskimos don't have these diseases!) But researchers in Brazil predictably claim that omega-3 oils and other nutritional therapies for inflammatory bowel diseases *"require further evaluation."* [Nutrition Hospital 18:57-64, 2003]

In 1996 a Canadian doctor had the gall to suggest (in print), that while remissions from Crohn's disease have been linked with omega-3 oil consumption, fish oil pills could not be recommended, but a diet rich in fish oil could. [Nutrition Reviews 54: 248-52, 1996] Of course, one of the major problems

DAY *two*

Crohn's Disease Cure (cont'd)

Crohn's patients suffer with is their inability to tolerate many foods! Fish oil capsules would be a welcome alternative, but this doctor would rather cram a tuna fish down the throat of a Crohn's patient.

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But our relentless researchers in Italy showed that about 3000 milligrams of fish oil taken as an enterically-coated capsule on a daily basis brought about a remission in 72 percent of Crohn's patients versus only 31 percent taking an inactive placebo pill. After a year the remission rate doubled on the fish oil capsules compared to placebo. The prestigious New England Journal of Medicine even accepted the report for publication. [New Eng J Med 334: 1557-60, 1996]

About 400,000 people in the United States suffer from Crohn's disease. In a city of 100,000 people, about 148 will suffer from this disease. How many Crohn's patients are told by their doctors that fish oil might bring about a prolonged remission from their disease? Few, if any.

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DAY *three*

The Herpes Cure

Almost all of humanity becomes infected with a herpes virus in their lifetime. By age 20 about 80 percent of Americans are infected with herpes simplex. Herpes viruses hide in the nervous system and erupt during periods of emotional or physical stress, with sunlight exposure or when eating foods high in the amino acid arginine (chocolates, nuts, gelatin). In childhood, chicken pox is caused by herpes. Herpes cold sores on the lips are a common problem for many. Others have genital herpes. Shingles and Bell's palsy are caused by an eruption of herpes in facial nerves. Epstein Barr is a herpes family virus. So is the HIV virus.

There aren't many effective anti-viral drugs (Acyclovir, Valtrex) as there are antibiotics to cure bacterial infections. A common but overlooked anti-viral agent is quercetin, found naturally in red onions and the skin of red apples. Quercetin enhances the anti-viral effect of Acyclovir, an antiviral drug. [Acta Microbiol Hung. 39:137-47, 1992]

In fact, quercetin inhibits cold viruses (adenoviruses), poliovirus, flu virus, respiratory virus, herpes simplex virus and even the SARS virus. [J Med Virology 15: 71-79, 1985; Pharmazie. 55:129-32, 2000] In an outbreak of herpes viral infection, the oral consumption of quercetin + vitamin C, about 1000 milligrams

every 2 hours, will often cause herpes eruptions to disappear. The avoidance of arginine-rich foods is also advised. Available in most health food stores, quercetin is underused and underappreciated.

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DAY *four*

Natural Cure for Depression

About 18 million Americans are diagnosed with major depressive disorders annually, and 12 million to 18 million are treated with antidepressants. Only recently has the role of homocysteine been recognized as an undesirable blood protein that affects various organs in the body. Homocysteine levels drop with the provision of folic acid and other B vitamins. A review published in the Cochrane Database indicates folic acid may be beneficial in enhancing the antidepressant effects of drugs. [Cochrane Database System Rev. 2003: CD003390] Low folic acid levels have been linked with bouts of depression. [Psychotherapy Psychosoma 72: 80-87, 2003] Low folic acid levels may be why antidepressant drugs don't always work, as they don't address the cause of the problem. [Ann Clin Psychiatry 14:33-8, 2002]

How much folic acid can a depressed person take safely? The upper limit on folic acid is nebulous. While most vitamin pills provide about 400 micrograms (4/10ths of one milligram), pregnant females are often prescribe 5000 micrograms (5 milligrams) without side effect. The only caveat is to combine folic acid with vitamin B12, another nutrient that reduces homocysteine levels, since folic acid can mask an underlying B12 deficiency. Maybe 1200 mcg of folic acid and 1000 mcg of vitamin B12

would be good for starters among depressed individuals.

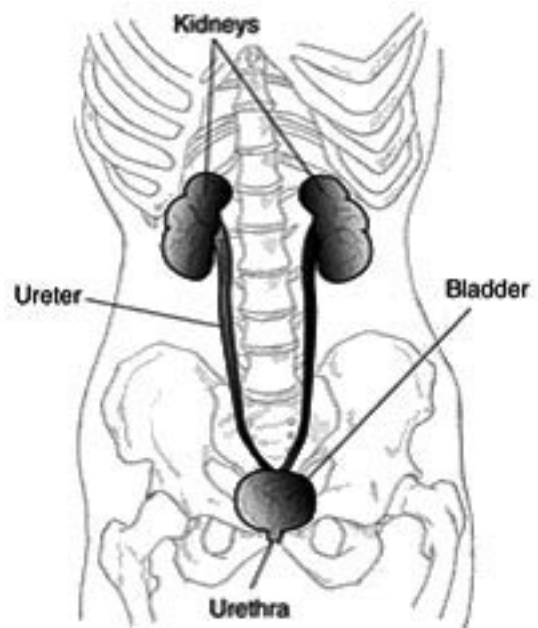
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DAY *five*

Kidney Stones and Rice Bran Extract

About 500,000 Americans suffer from kidney stones each year. Some of the high-technology methods utilized to eradicate kidney stones are “extracorporeal shock wave lithotripsy” (shattering a stone with a shock wave produced outside the human body); Retrograde intrarenal surgery which inserts a scope into the bladder and ureters leading to the kidney to crush or evaporate the stones; PNL (percutaneous nephrolithotripsy) removes large stones by puncturing the kidney through the skin; and open surgery under anesthesia to remove stones. These all seem like harsh methods of stone removal compared to a proven natural remedy that is entirely overlooked by both conventional and alternative medicine.

It has been known for some time that adults who consume more whole grains that provide a calcium-chelating (removing) molecule called phytic acid have fewer kidney stones. [Scandinavian J Urology Nephrology 34: 162-64, 2000] In a published report entitled “Phytic acid is a powerful agent for preventing calcifications in biological fluids: usefulness in kidney stone treatment,” researchers in Spain point out that test-tube studies, lab dish studies and human experiments “demonstrate that phytic acid plays an important role as a crystallization inhibitor of calcium salts in biological fluids and becomes a clear alternative



Stones can become lodged in the kidneys, ureter or bladder.

Image courtesy The National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC) is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health.

in the treatment of calcium oxalate kidney stones.” [Anticancer Research 19: 3717-22, 1999; Archives Esp Urology 52: 94-99, 1999; Scandinavian J Urology Nephrology 32: 261-65, 1998] The effectiveness of phytic acid in clearing kidney stones has been known since 1996. [Nephron 73: 561-68, 1996]

Phytic acid (inositol hexaphosphate) is sold in health food stores as IP6 from rice bran and about 3000 milligrams taken daily with water only on an empty stomach would be recommended to kidney stone formers (plain rice bran doesn't

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Kidney Stones and Rice Bran Extract (cont'd)

work). IP6 phytic acid dissolves these calcium stones and eliminates the need for expensive and more invasive procedures.

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The Plant Cellulose Allergy Cure



The portal of entry for airborne allergens is the nasal tract. Normally protected by a sticky mucus coat that lies on top of hair cells that rhythmically move in unison to sweep tissues clean of incoming pollens, viruses, fungi and bacteria every 15 minutes,

the mucus defense system in the nasal tract can become compromised. Without a healthy mucus coat trapping (like fly paper) the billions of airborne particles that enter the nasal tract daily, very small airborne particles can enter the lungs and even the circulatory system, triggering inflammation, breathing problems, even a skin rash. Without a healthy mucus layer, airborne particles can then trigger release of histamine to wash the offending particles away, which becomes the chronic runny nose that many people experience. Chronic release of histamine can then fill the overflow compartments in the paranasal sinuses which can result in sinus headache and, over time, create a breeding ground for bacterial or fungal infection. Room air filters knock down the particle count indoors, but they do little good since air cleaners need to filter incoming particles at their port of entry to significantly reduce symptoms.

Modern medicine's approach is to prescribe sleep-inducing antihistamines, or steroids which are accompanied by an array of side effects, or to simply use saline nasal sprays to cleanse the nasal tract. But these saline products as well as some allergy drugs contain benzalkonium chloride as a preservative that destroys the immune defense within the nasal tract. A recent study concluded that "saline nasal sprays with benzalkonium chloride are toxic to human neutrophils (immune cells) even at concentrations far lower than those found in commercially available preparations." [Arch Otolaryngol Head Neck Surg. 129:660-4, 2003]

Enter Mike James, an engineer from the Isle of Man (Great Britain). Years ago he intuitively instilled an inert cellulose nasal powder into his son's nose to quell a sneezing fit. The cellulose powder immediately turns into a sticky gel, mimicking the properties of mucus. [Farmaco 58: 11-16, 2003] Today this cellulose powder has been commercialized and is instilled into the nasal tract via a patented delivery system. In a recent controlled study, better than 8 of 10 users of Mike James' product (called Nasaleze in the UK, Sneeze-eze in the USA) did not have to return to their use of other allergy drugs. [Advances in Natural Therapy 20: No. 4, 2003] Imagine the impact of this discovery if it is born

The Plant Cellulose Allergy Cure (cont'd)

out in further studies. Billions of dollars of nasal medicines and doctor office visits could potentially be avoided with the simple use of an inert plant cellulose powder.

There are some 50 million allergy sufferers in the USA and 17 million Americans who struggle with asthma. Whether the instillation of cellulose powder into the nasal tract will be found to be a reliable remedy for allergies and breathing problems can only be determined by future studies and doctors' willingness to break their habit of prescribing steroid and antihistamines. Currently, plant cellulose is being chosen as a carrier for various nasally instilled drugs because it is so inert and nontoxic. [Rhinology 31: 33-35, 1993] Since plant cellulose has no active ingredient, it is not classified as a drug in Great Britain, its country of origin. Nasaleze and Sneeze-eze can be found on the internet at www.nasaleze.com or www.sneezeze.com. The inventors believe the gelled cellulose powder re-connects and coats the hair cells in the nasal tract and restores rhythmic sweeping action which is halted during sleep. So a first-thing-in-the-morning puff of Sneeze-eze is recommended. Sneeze-eze is marketed in the USA simply as a remedy for sneezing to avoid claims that it cures disease. Consumers are slowly learning about this natural remedy in the USA and Great

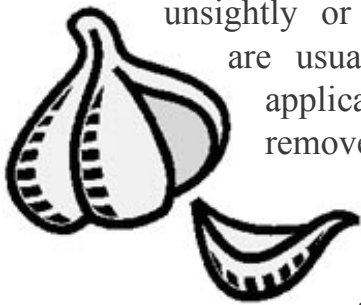
Britain, while consumers in France and Israel have been quicker to adopt it as an everyday remedy.

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* The author has a financial interest in this product.

The Zinc, Garlic or Duct Tape for Warts Cure

Warts are skin growths caused by a viral infection in the top layer of the skin. The human papillomavirus causes most warts. Most people seek treatment for warts, often finding them unsightly or embarrassing. Warts



are usually treated by topical application of salicylic acid or removed by laser or freezing (cryotherapy).

In a recent study, 58.5% of patients undergoing treatment for warts said that treatment had been unsuccessful; 53.7% experienced pain during their treatment; 34.1% said that treatment had been inconvenient; 22% required multiple treatments; and 19.5% said the treatment resulted in the development of scars. [Australas J Dermatol 44:169-73, 2003] There clearly is a need to resolve warts in a more convenient and less disturbing way.

Some warts spontaneously disappear without any intervention. Oral zinc supplements have been used to treat warts. Zinc works by boosting the immune system. Zinc supplements have been shown to be effective in resolving warts but as much as 600 milligrams of zinc (10 milligrams zinc for every 2.2 lbs. body weight) may be required. In a recent study, high-dose zinc resolved warts in nearly nine of ten patients after two months of treatment. [British J Dermatology 146: 1082-83]

Recently Nanette B. Silverberg MD of New York City reported on the use of garlic to remedy warts in young children. A clove of garlic was cut in half and rubbed on the wart and then the wart was covered with a Band Aid. After daily application of garlic to warts on the hands for about two to four weeks, the warts disappeared. [Pediatric Dermatology 19:183, 2002]

Another novel discovery is that duct tape, applied to childhood warts, is as effective as cryotherapy (freezing). Patients were instructed to wear the tape over their warts for six days and then to remove it and soak the area in water and remove dead skin. Twelve hours later they were instructed to resume tape application, replacing as necessary for a two month period. More patients experienced disappearance of their warts with the duct tape treatment (85%) than with cryotherapy in the doctor's office (60%). [Archives Pediatric Adolescent Medicine, 156: 971-74, 2002]

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Peripheral Vascular Disease

One often hears retirees complain of leg cramps or pains when walking or exercising. Sometimes severe foot pain is experienced. They often shrug these symptoms off as a part of advancing age. But it's a sign of a severe blood vessel disorder called peripheral vascular disease. Nearly five percent of people in their 50s and 10 to 20 percent of people over 70 have symptoms of PVD.

The arteries in the legs and arms can more easily become narrowed or clogged with advancing age. About 10 million Americans suffer with this problem which produces symptoms of leg or hip pain or numbness, particularly when walking or exercising, but only about half of the people with this condition seek medical help. The pain is caused when an insufficient amount of blood flows to the leg muscles during exercise. There is no pain at rest. This is obviously a breakdown of the collagen structure in the blood vessels themselves.

Collagen is produced by vitamin C (along with the amino acids proline and lysine). Blood serum vitamin C levels are unusually low among patients with peripheral artery disease, even when compared with smokers whose tobacco consumption depletes the body of vitamin C. A shortage of vitamin C was found among artery diseased patients. High levels of

C-Reactive Protein seem to be predictive for this condition. [Circulation 103:1863-8, 2001]

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Skin Bruising (Ecchymoses)

The blotchy areas of hemorrhage in the skin, often observed on the back of the hands of older adults, are called ecchymoses (singular ecchymosis), or also as areas of bruising (purpura). Older adults are commonly observed at the shopping market, church and nursing homes, with bruises on the back of their hands. Sometimes the bruises are on the legs or arms. Doctors see patients with ecchymoses frequently, yet few detect this as an overt sign of scurvy.



The presence of a purpuric rash is known to be a sign of scurvy. [Australasian J Dermatology 44: 48-51, 2003] Vitamin C deficiency is widely underreported in industrialized countries. Scurvy, as evidenced by ecchymoses, is resolved with the provision of supplemental vitamin C. [Annals Dermatology Venereology 127: 510-12, 2000; Annals Emergency Med 11: 446-48, 1982] Bleeding gums and coiled hair are other observable signs of scurvy that often accompany ecchymoses. [Annals Emergency Med 10: 652-55, 1981; Int J Derm 21: 209-11, 1982] If you observe these signs in an older family member or friend, you might suggest vitamin C supplements, preferably with accompanying bioflavonoids, up to 2000 milligrams per day.

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Metastatic Cancer Cure

Cancer is the most dreaded word in the dictionary. Cancer has surely struck someone in your circle of family members and loved ones. People generally don't die of localized tumors, but rather succumb to tumors that spread, or what is called metastasis.

If you are one of the millions of Americans who, out of desperation, fall for the many questionable cancer cures touted these days, you may want to rethink your preconceived notions about natural cancer therapy. While you may waste your time and money attempting to maintain an alkaline state in your body with coral calcium or cesium in order to prevent or treat cancer, or consume hormone-altering Essiac tea in a misguided attempt to treat non-hormonal tumors, or use laetrile (amygdalin from apricot seeds), those who promote these approaches have hardly done their homework. A more sure-fire method of preventing cancer, and significantly decreasing cancer death rates, is explained below, backed by numerous citations obtained from the National Library of Medicine.

In the next few moments you will learn about a simple cancer cure that could save the lives of many. A reliable way to stop the spread of cancer is to thin the blood.

It must be emphasized that most cancer patients don't succumb to localized tumors but rather

to metastatic (spreading) tumors or the side effects of treatment. If tumors can be kept from spreading to other sites in the body, survival is greatly improved.

Tumor cells get into the blood circulation and look for a place to build a remote colony at another organ site. These roaming tumor cells will harbor themselves within sticky blood clots which are rich in iron and provide an environment for the growth of tumor cells. [Cancer Research 40:1212-6, 1980]

For a number of decades it has been known that cancer patients tend to have thick blood, or what is called sticky blood platelets. The relationship between tumors and blood clots was first described by in 1865 when Armand Trousseau reported a high frequency of blood clots in the legs of patients with gastric cancer. [Clinique Medicale de l'Hotel-Dieu de Paris, 282-332, 1865] Tumor cells cause injury to the lining of blood vessels and may trigger blood clotting. [British J Exp Pathol 153: 301-13, 1972; Blood Coagul Fibrinolysis 1:71-8, 1990]

Any event that would trigger blood clotting, such as an injury or a stroke, or blood clots in the lungs or legs, or even cancer surgery itself, could increase the risk for the spread of cancer by as much as 300 percent. [New England J Med 342: 1953-58, 2000; Hematologic Complications

Metastatic

Cancer Cure (cont'd)

of Cancer, Hematology/Oncology Clinics of North Am 10: 499-530, 1996; Emergency Medicine Sept. 85-86, 1998] To make matters worse, chemotherapy for cancer increases blood clotting and the risk of a spreading tumor. [Haemostasis 28: 50-60, 1998] The addition of estrogen or tamoxifen may further increase the risk of blood clotting and the spread of tumors. [J Clinical Oncology 9: 286-94, 1991]

In 1964 Dr. L. Michaels of Manitoba, Canada, provided conclusive evidence that blood thinners will stop the spread of cancer. Among 540 of Dr. Michaels' patients who had been treated with anti-blood clotting drugs over a period of a decade or more, only 19 patients developed metastatic tumors and only 1 patient died instead of a predicted 8 deaths. [Lancet, Oct. 17, 832-35, 1964]

The protective effect of blood thinners was also demonstrated almost a decade ago with the use of snake venom, which is an inhibitor of blood clots. Snake venom was shown to stop the spread of tumors in mice. [Cancer Research 54: 4993-98, 1994]

Low-dose blood thinners are sometimes utilized during treatment of cancer. [Thrombosis Haemostasis 79: 23-27, 1998] The blood thinner warfarin (Coumadin) is often used too but only a low percentage (~20%) of patients actually experience improvement. Heparin,

another anti-clotting drug, is more effective than warfarin (Coumadin) but certainly is not effective in all cases. [Cancer 80: 649-55, 1997]

Oddly, cancer doctors buy into the idea of inhibiting blood clots to stop the spread of tumors, but in their anti-vitamin mindset, advise patients to avoid vitamin K supplements or vitamin K-rich foods (green leafy vegetables), since vitamin K is required for blood clotting. But vitamin K has been shown to actually be a potent inhibitor of tumor colony formation. [Cancer Treatment Reports 69: 527-32, 1985]

The anti-blood clotting effect of aspirin may also inhibit the spread of cancer, though aspirin does pose a risk for hemorrhage, bleeding ulcers, and depletes the body of essential nutrients like folic acid and vitamin C which are needed to fight cancer. [Drug-Induced Nutrient Depletion Handbook 2nd edition, 2001]

A significant percentage of older adults harbor undetected cancer which may release tumor cells into the blood circulation. A healthy immune system will destroy most of these roaming tumor cells, but the development of blood clots will create an environment for the growth of a tumor at a distant site from the original tumor. If blood clotting is inhibited, through the use of natural blood thinners, then the spread of

Metastatic

Cancer Cure (cont'd)

tumors is blocked and the immune system has an opportunity to destroy roaming tumor cells.

The use of blood-thinning dietary supplements throughout adulthood would be a safe way of preventing metastatic cancer, particularly after age 55 when more than 80 percent of cancers are detected. Four dietary supplements come to mind and the simultaneous consumption of all four will not over-thin the blood, whereas other blood thinners like aspirin will.

The four natural anti-blood clotting nutrients are magnesium [Southeast Asian J Trop Med Public Health. 33 Suppl 2:6-9, 2002; J Vet Med Sci 60: 837-42, 1998], vitamin E [Hormone Metab Res 334: 49-54, 2002; Platelets 12: 389-94, 2001], garlic [Prostaglandins Leukot Essent Fatty Acids. 63:217-21, 2000; Thombosis Res 32: 155-69, 1983] and omega-3 oils from fish or flaxseed. (Note: omega-6 oils from corn, safflower and sunflower, encourage blood clotting.) [Life Sci 73: 2083-90, 2003; Thrombosis Haemostasis 82: 1522-27, 1999]

Over a century ago the relationship between spreading tumors and cancer was first reported yet researchers are still calling for more studies. A 1984 report called the use of blood thinners in the treatment of cancer “controversial.” [Am J Hematology 16: 193-202, 1984] In 1999 researchers in Austria suggested that

anticoagulants may hold promise for the prevention and treatment of metastatic tumors. [J Natl Cancer Inst 91: 22-36, 1999] A more recent report said that anticoagulant drugs (blood thinners) could “alter the fundamental biology of cancer.” [Chest 124: 58-68S, 2003] Millions more people will likely die prematurely to cancer while the scientific community debates the role of blood thinners in the prevention and treatment of metastatic cancer.

Don't wait for that dreaded phone call from the doctor that you had better get your affairs in order because your body is filled with tumors in many locations. Use natural blood thinners to prolong your life and increase survivability if you have already been diagnosed with cancer. The use of blood-thinning dietary supplements with prescription blood thinners (Coumadin, warfarin) should be discussed with a physician knowledgeable in the use of dietary supplements.

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