



Hands of Health Newsletter

MAY-JUNE 2014

Hello, again:

I had a major birthday last month; my how time flies but I feel nothing like my age, which I won't tell you unless you ask, and when I do tell people they say "NO WAY!" I honestly attribute it to my state of mind maybe moreso than the healthy lifestyle I've been living since 1980. Do you think this is possible for you? You'll never know until we talk. But if you're not happy with your health it isn't going to improve by wishing it to do so.

For those of you who've been reading my newsletters for any length of time you know I'll always provide you with a variety of health themes and topics to educate you and for you to ponder. As some of the radio people I listen to instruct their listeners to do I will do the same with you: Don't believe a word I say until you do your homework and verify what I'm telling you is true. I usually provide with a reference as to where I got the information. So do that with what you're going to read here. And always consult with your doctor.

CHINESE HERB ERADICATES CANCER IN 40 DAYS

The key to curing the type of pancreatic cancer that afflicted Apple visionary Steve Jobs just might be found in an ancient Chinese herb that has long played a crucial role in traditional Chinese medicine. A new study published in the journal *Science Translational Medicine* has revealed that lei gong teng, also known as "thunder god vine," possesses at least one unique compound capable of fully eradicating cancer tumors within 40 days, which could eventually make the herb a go-to alternative for treating cancer.

A research team from the University of Minnesota's Masonic Cancer Center discovered that, when given an injectable extract form of *Tripterygium wilfordii*, mice with pancreatic tumors experienced complete healing and recovery in fewer than five weeks. Even after discontinuing the treatment, the healed mice indefinitely maintained their healthy, cancer-free state with no signs of tumor resurgence or relapse.

The lei gong teng compound believed to be primarily responsible for killing cancer tumors is triptolide, an active diterpenoid that has been shown in several previous studies to exhibit broad anti-cancer activity. The team was able to effectively isolate this triptolide and convert it into a water soluble form, which researchers then injected into the mice regularly for a little more than one month, which was enough to cure the animals' cancers.

"This [herb] is just unbelievably potent in killing tumor cells," said Ashok Saluja, vice chairman of research at the center, to Bloomberg about the findings. "You could see that every day you looked at those mice, the tumor was decreasing and decreasing, and then just gone."

Back in 2007, researchers from both Yale University and Columbia University found that triptolide effectively triggers cancer cell apoptosis, also known as programmed cell death. Numerous other studies over the years have also identified triptolide as a powerful tumor fighter in a general sense, including as a weapon against aggressive prostate cancers.

"Triptolide, a diterpenoid isolated from the Chinese herb *Tripterygium wilfordii* Hook.f, has shown antitumor activities in a broad range of solid tumors," wrote researchers from the University of Texas MD Anderson Cancer Center in a 2006 study on the powerful herb. This particular study found that triptolide targets various leukemic cancer cell lines, as well as increases the effectiveness of other anticancer agents.

Sources for this article include:

<http://stm.sciencemag.org>

<http://www.wakingtimes.com>

<http://www.theregister.co.uk>

Read More At <http://www.getholistichealth.com/39776/chinese-herb-eradicates-cancer-in-40-days/>

The Best Foods and Herbs to Cleanse Your Kidneys

<http://www.healthyandnaturalworld.com/best-foods-and-herbs-to-cleanse-your-kidneys/>

Sunflower seeds have the power to nourish the entire body. They are a rich source of easily digestible and assimilable protein which is essential for the repair of tissues, nerves, and cells. Sunflower seeds are an excellent source of Vitamin D, B-complex, Vitamin K, and Vitamin E. Vitamin E, also known as tocopherol, is an antioxidant that can protect cells from free-radical damage and aid in preventing heart disease, cancer, and eye degeneration such as cataracts. Sunflower seeds are also high in selenium, magnesium, zinc, and iron which helps to strengthen the blood and immune system. They also contain lignans, phenolic acids, and tryptophan making them an ideal food to eat for those who are seeking better sleep and weight loss. Sunflower seeds have also been known to help prevent asthma, atherosclerosis, stroke, heart attack, clogged arteries, and osteoarthritis. They contain no cholesterol and are very low in saturated fats making them highly beneficial for the cardiovascular system. Raw sunflower seeds also contain pectin which has the unique ability to bind to radioactive residues and remove them safely from the body. Sunflower seeds can help to relieve sensitivity to light, eyestrain, and farsightedness. They also are highly beneficial for strengthening hair and nails. Raw sunflower seeds or sunflower seed butter are a healthy and nutrient rich snack that should be included into the diet for a wide range of benefits. Try grinding a cup or two of sunflower seeds in a food processor with some garlic, lemon juice, and fresh herbs. It creates a delicious nutty spread or dip that can help boost your immune system and fuel your body with real energy and nutrition.

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