Cancer And Tumors Nutritional Program

By Lita Lee, Ph.D.
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If you have cancer, seek qualified medical treatment. The nutrition program described below is not a substitute for medical treatment and will not interfere with chemotherapy or radiation. Enzymes can mitigate some of the terrible side effects of chemotherapy without interfering with possible positive benefits. Whatever medical program you choose, eating organic whole foods and improving your digestion and your immune system can help your body in its healing process.

Below is a list of supplements recommended for nutritional support in cases of cancer. What I recommend varies with each individual and depends on many variables, such as their diet, whether they have had chemotherapy, and their general vitality. In addition to nutrition, I recommend some type of spiritual work, such as meditation, visualization, prayer, etc. I believe that the spirit factor is as important as the physical factor. Contact the Cancer Control Society and CANHELP for more information on the many therapies available.

Enzyme nutrition:

We recommend the following four enzyme formulas regardless of what the Loomis urinalysis says. In addition to these, other enzyme formulas may be needed, which is determined by the Loomis urinalysis plus an extensive client history.

- **VSCLR:** For cancer patients, we recommend: VSCLR as a digestive formula, 2 caps before meals. If the person is sugar intolerant, PAN can be used in addition to VSCLR, 2 caps with each meal, 3x/d along with VSCLR.
- **Spl:** Loomis recommends this formula, 2 caps after meals, in addition to the VSCLR formula. Spl is for the spleen, the immune system and helps increase oxygen in the body. Dosage: 2 caps with each meal 3x/d.
- **TRMA:** This is protease, catalase, calcium and minerals. The normal dosage is four caps 3-5 x/d between meals (30-60 minutes prior or two hours after food). For cancer patients or those with severe infections, we recommend five doses daily. More is not necessary. It is important to take this on an empty stomach to speed transport directly into the blood and to the site of the trauma. People with gastric irritation can usually tolerate protease if they open up the capsules, stir into water and drink immediately. These patients should use Stm as their multiple digestive enzyme formula. Dosage: 4 caps 3-5 times daily between meals.

Anti-aging steroid

Adequate cholesterol plus a good functioning thyroid gland is essential to produce the anti-aging steroid, pregnenolone which is the precursor to progesterone and DHEA. The cancer patient should make sure he/she has adequate levels of both cholesterol and thyroid hormone to ensure production of these important substances.
• Thyroid Glandular: LDL cholesterol is converted to the anti-aging steroid, pregnenolone which is converted to progesterone and DHEA in safe amounts. These are the major weapons against chronic degenerative diseases.

• Oral 10% Natural Progesterone in Natural Vitamin E: This is the only hormone made by the human body which was scientifically shown to have anti-tumor activity.

• Pregnenolone: This steroid has many anti-aging functions such as the repair of enzymes, restoration of impaired memory, protection from cortisone or cortisol toxicity, and relief of anxiety and panic attacks in addition to its conversion to progesterone and DHEA.

I do not advise the use of DHEA, even though it has an anti-cancer effect if produced in just the right amount in the body. Instead, I recommend the use of its precursor, pregnenolone, which will be converted in-vivo into progesterone and DHEA in just the right amount needed by the body. DHEA is similar to estrogen and is a precursor to both estrogen and testosterone. The peak output of DHEA is 12-15 mg at age 30, which decreases with age. Most people take far in excess of this, as much as 100 mg daily. Peat says that DHEA can convert to estrogen or testosterone if taken when there is a deficiency of thyroid and/or progesterone. Therefore, taking more than 12 mg of DHEA daily and especially taking it without pregnenolone can actually promote tumor growth. Peat recommends no more than 2-3 mg max and he stopped selling even this because he thinks pregnenolone is the safe source of DHEA.

Nor do I recommend the use of testosterone by either men or women. Testosterone converts to estrogen very easily, especially if you have any inflammation (who doesn’t?). Says, Dr. Ray Peat: “A dosage of 5 mg is a very potent dosage, even for a man. Testosterone is one step worse than DHEA, which can also convert to estrogen, but testosterone does it more easily. Testosterone does have anti-estrogen effects for awhile. But, in time, the thymus will be destroyed (by both estrogen and testosterone). In addition, a woman will grow hair on her face and chest, and her voice will permanently become more masculine (deeper or lower).” It is true that testosterone and DHEA build up bones but they are dangerous and natural progesterone (but only 10% oral progesterone in natural vitamin E oil by Ray Peat) does it without toxic side effects. Women should take the female hormone, natural oral progesterone.

**The Anti-Cancer Nutritional Support Diet**

This is a diet that stimulates and optimizes thyroid function and adequate cholesterol so that the LDL cholesterol can be converted into the anti-aging steroid/hormones, pregnenolone, progesterone and DHEA. Eat thyroid-stimulating foods to achieve optimum thyroid function and an optimum cholesterol level so that cholesterol can be converted to the anti-aging steroids. This includes adequate animal protein, sea salt, fruits and fruit juices, raw carrots and coconut oil. Contrary to what many people believe, seeds, nuts, grains, beans, rice, pasta and bread do not contain adequate protein. These foods are mainly starch and unsaturated oils. The immune system diet emphasizes animal protein, not starch.

Avoid thyroid inhibitors: all unsaturated oils liquid at room temperature, abbreviated PUFA (seed, nut, grain, bean and fish oils) except extra virgin olive oil, soy products (tofu, soybeans, soymilk, tempeh), raw cruciferous vegetables (cabbage, broccoli and cauliflower which must be cooked to destroy the thyroid inhibitors), fluoride (water, toothpaste and commercial foods), estrogenic substances (birth control pills, ERT and all herbal estrogens), and xenoestrogens, such as pesticides.

See my articles on diet, soy, unsaturated oils (PUFA) and hypothyroidism for more details on this topic.

**Anti-tumor Foods**
Here are some anti-tumor or radioprotective foods with some of their special properties that may help prevent cancer or provide support to the immune system. When I say ‘radioprotective’, I mean a substance that protects against the damage of radiation, whether ionizing or non-ionizing. Since radiation causes cancer, you can consider all radioprotective substances as anti-cancer or anti-tumor substances.

**Probiotics:** Friendly bowel bacteria are called probiotics or micro-flora, and they have many beneficial functions in the intestinal tract including enzyme formation. Among them are Lactobacillus acidophilus, Lactobacillus bifidus, and Streptococcus faecium. These are not enzymes but they help the body produce enzymes such as protease, lipase, and lactase, B vitamins, and natural antibiotics, which inhibit at least 27 types of pathogenic bacteria. They thus confer protection from food poisoning and "traveler's diarrhea" (tourista), aid healing of skin diseases such as acne, improve gastrointestinal health, reduce the occurrence of urinary and vaginal infections, and are definitely radioprotective. Lactobacillus acidophilus (and other milk fermenting bacteria) have been shown by the Sloan Kettering Institute for Cancer Research to have "anti-tumor activity." Thus cultured milk and its products are definitely anti-cancer foods. What about radiation protection? On page 254 of Dr. Douglass' book, *The Milk of Human Kindness Is Not Pasteurized*, he says, "Dr. Tomic-Karovic exposed guinea pigs to X-ray. He found that those receiving cultured milk did not have abnormalities in their offspring. Those not protected by the milk had birth defects. Would it not be wise for every expectant mother to add kefir or yogurt to her diet?"

Lactobacillus acidophilus is most commonly associated with cultured milk products (yogurt, kefir, etc.) but it is possible to get these friendly bugs as a supplement. The most common forms of lactobacilli are listed above. Studies have shown that lactobacilli lower the activity of fecal carcinogens and have anti-tumor activity (Douglas, page 253). In addition, lactobacilli protect against yeast (Candida albicans) overgrowth, participate in B-vitamin syntheses, reduce lactose (milk sugar) intolerance, lower blood cholesterol, and produce natural antibiotics, which protect against common pathogens, such as Eschericia coli, Salmonella typhimurium, Listeria, Clostridium perfringens and Staphylococcus aureau and Camplyobacter pylori (Shahani, 1980; Gaby, 1990). There is a growing body of evidence that peptic ulcers are caused by or aggravated by a chronic Campylobacter infection. Since L. acidophilus inhibits Campylobacter growth, it may be helpful in the prevention and treatment of peptic ulcers.

Most people think they have to eat yogurt or other cultured milk products to get lactobacilli. Not true. Lactobacillus is a "lactic-acid-loving" bacterium. It converts carbohydrates to lactic acid. For example, sauerkraut and other fermented (lactic acid) vegetables contain lactobacilli. Those who say that lactobacilli can only be cultured in dairy media are referring to the early 1970 papers of Dr. Khem Shahani, a pioneering researcher in probiotics. Since then, Dr. Shahani discovered that lactic acid bacteria, such as L. acidophilus, can be cultured in vegetable media. Vegetable-based probiotics are now available.

*Cultured (fermented) milk products - yogurt, kefir, buttermilk, unprocessed cheese:* In Dr. Douglas’ book on milk, *The Milk of Human Kindness Is Not Pasteurized* and *The Milk Book* (the 1995 edition), he described longevity studies indicating that groups of people who use cultured milk products in their diet live longer. Not the fake chemical commercial yogurt with lots of sugar, potato starch, artificial colors and flavors, and a few half-dead bacteria, but real yogurt made from fresh whole, raw, unhomogenized milk with billions of living friendly bacteria, a minimum of honey or fructose, and perhaps some real fruit. Many people who are milk (lactose) intolerant can handle cultured milk products, in which the lactose has been converted to lactic acid.

The friendly bacteria, or probiotics such as Lactobacillus acidophilus and other strains perform valuable duties in your colon and have anti-cancer properties. These were discussed in the paragraph on
probiotics above. Yogurt is an excellent substitute for ice cream in milk shakes and smoothies. Use it on potatoes instead of sour cream. Make your own salad dressings with yogurt, honey, vinegar and spices.

*Vegetables and fruits containing beta-carotene (can be converted to vitamin A in the body):* Do not take beta-carotene supplements - they are thyroid inhibitors. Instead eat foods containing them: dark green vegetables such as broccoli, spinach, kale, Swiss chard, romaine, endive, chicory, escarole, watercress, collard, mustard and dandelion greens; dark yellow and orange vegetables such as carrots, sweet potatoes, yams, pumpkins, winter squash; and fruits like cantaloupe, apricots, peaches, papayas, and watermelon.

Beta-carotene is a precursor of vitamin A from plants. Diabetics and people with hypothyroidism have trouble converting beta-carotene to vitamin A and may need the latter. In addition to its role as a precursor to vitamin A, beta-carotene has a role of its own as a free radical scavenger of singlet oxygen. It works under low oxygen partial pressure, such as in the lungs, whereas vitamin A works better at higher partial pressures. Thus, both are needed but beta-carotene has a special protective role against lung cancer and this is probably why carrot-eating smokers get less lung cancer than carrot hating smokers.

*Note:* I recommend whole carrots instead of carrot juice which is high in polyunsaturated fatty acids with no protection from the mother plant.

*High fiber foods - whole grains, fruits and vegetables:* Epidemiological data suggests that a high fiber diet protects against large bowel cancer perhaps for several reasons. It dilutes bowel carcinogens, decreases colon transit time and changes the composition and metabolic activity of the fecal flora and certain carcinogenic substances in the colon. That's why it's healthier to eat **whole** grains containing the bran and the fiber, and **whole** fruits and vegetables, especially **whole** raw carrots instead of their processed, partitioned counterparts. The safest whole grains are rice, oats, corn and the heirloom grains (spelt, quinoa, amaranth, kamut, etc.). I don't recommend wheat, rye or barley which are high in gluten and are not as safe as the older grains listed above.

*Foods containing abscisic acid a natural vitamin A analog:* Abscisic acid is present in vegetables such as pea shoots, lima beans, potatoes, yams, sweet potatoes, asparagus, tomatoes, onions and spinach; fruits like mango, grapes, avocado, pears, apples and oranges including the white under the peel and pulps, apples plus the peeling, strawberries; leafy green vegetables; carob; and teas from fruit blossoms and leaves (peach flowers, strawberry leaves, cherry flowers, apple blossoms). Read more about abscisic acid foods in Dr. Virginia Livingston-Wheeler's book, *Food Alive; The Conquest of Cancer* and others.

The late Virginia Livingston-Wheeler, M.D., who had a clinic in San Diego spent a lifetime studying the etiology of cancer and has formulated a microbial theory of cancer. In the 1960's, Dr. Livingston discovered a cancer microbe she named Progenitor Cryptocides (PC). This microbe was first discovered by Dr. Royal Raymond Rife who built a microscope capable of making this tiny microbe visible. He named it Progenitor primoridales. PC (or PP) can be found in the placenta of a pregnant woman and in the tumor cells of humans and animals with cancer. Hence, Dr. Livingston-Wheeler called PC "the microbe of life and death." In a healthy person, PC, via its conversion to a hormone called Human Choriogonadotropin (HCG), repairs tissues and returns to rest. In an unhealthy or immune-compromised person, HCG fuels the growth of cancer cells. HCG is present in all tumor cells and is required for their growth. Next, Dr. Livingston-Wheeler discovered that abscisic acid neutralizes HCG.

Dr. Livingston-Wheeler developed an autogenous vaccine from PC derived from the patient's own tissues, blood and urine which she gives back to him/her. Early in 1990, the FDA confiscated her vaccine, despite years of documented scientific research proving its effectiveness in inhibiting the growth of cancer cells. Several months later, on June 30, 1990, Dr. Virginia died. Her final contribution is her book, *The Hidden Plague*, which describes the infected, contaminated foods prevalent today.
Herbs

Herbs: Many herbs are reported to have anti-tumor benefits. Here are some examples. Most are available in health food stores.

- Essiac Tea: This is a mixture of burdock root, slippery elm, sheep’s sorrel and turkey rhubarb.
- Cat’s Claw: has immune stimulating properties.
- Coleus Forskohlii: has immune stimulating properties.
- Anti-cancer Herbs: There are many, in addition to the above listed ones. These include: astragalus, turmeric, Matcha green tea from Japan (does not contain fluoride as many green teas do), mistletoe and sweet violet.


Case Histories

I see many clients who have cancer and tumors. I use the same therapy, whether the tumor is cancerous or not. The most common cancers I have seen are breast, ovarian and prostate cancer but I have given enzymes to people with other kinds of cancer as well. Some of my clients don’t use chemotherapy or radiation; others do. I have observed that people who use chemotherapy have far less side effects when they combine it with good nutrition, enzymes and herbs.

A case of prostate cancer: In 1984, a very close family friend received a phone call from the doctor after a routine check-up, was informed that he had prostate cancer which had metastasized (spread) into his bones, and that he had only six months to live. Further, the doctor told him that nothing could be done to save him. There was nothing to do but seek "alternative therapies," so my friend went to the Wheeler Clinic for treatment. After her treatment, which included the vaccine, she referred him to a Canadian doctor, Ferdinand LaBrie, who gave him a treatment specific for prostate cancer. In addition to the Wheeler and the LaBrie treatment, he took the enzymes listed at the beginning of this chapter. Ten years later, he was still free of cancer. A few years after that, the cancer returned and his opted for radiation treatment. Six months later, he died.

A case of terminal liver cancer: Relatives of a woman in her 80’s took me to their mother’s home. She had terminal liver cancer but was still cheerful, pain-free and completely mobile. She asked me for digestive support and something to keep her energy up. I gave her Thera-zymes VSCLR, Spl and TRMA.

She rallied for three months and I always enjoyed meeting her at the organic food store. She was very proud and carried herself like a queen. Then I stopped seeing her and went to visit her. She went down hill suddenly and rapidly and died at home in her own bed, within seven days of her decline, with much less pain and suffering than I have observed in drug-riddled cancer patients. I was happy that I got to know her for her last three months.

A case of a large uterine tumor: A woman in her 40’s came to see me. She was tall and thin with dark hair. Her major complaint was a melon-sized tumor in her uterus. Doctors were giving her Lupron (synthetic hormone) shots ($100 per shot) to shrink the tumor to a size that would yield safely to surgery. She hated the shots. Not just because of the cost but because they made her sick. She was also taking a
drug for herpes (Acylovir) and had been on this drug for ten years. Every time she stopped it, the herpes came back with a vengeance. She also had digestive disturbances and a low thyroid function, always present in any female problems and with any type of tumor or cancer. I gave her the following supplements:

- PAN, a digestive formula for sugar intolerant people.
- DERM, a formula used to control herpes and other skin conditions, such as sun poisoning and boils.
- TRMA, a high protease enzyme for immune system problems, soft tissue trauma and surgery.
- Thyroid glandular.
- Natural progesterone in vitamin E oil.

After being on the program for several weeks, she stopped the Lupron shots. The tumor continued to shrink. After several months, she had successful surgery. She also weaned herself from the Acylovir while at the same time continued the herpes enzyme formula. As long as she ate a good diet and stayed on her enzymes, she was fine.

**Breast cancer:** A 45-year old, vivacious, pretty blond woman who is a close friend of mine called me one day. She said that she found a lump in her breast and a needle biopsy showed it to be cancerous. She had a lumpectomy in her doctor’s office but refused the standard lymph gland surgery, which the doctors told her were only for diagnostic purposes. She also refused chemotherapy and radiation. She was frightened and confused when she called me because the doctors scared her. She decided to go on a strict enzyme program. Plus she wanted to do a urine test to show what other enzyme deficiencies she had. She said, “I can’t understand why I got this cancer. I feel so good and take such good care of myself.” Her previous health history included hypothyroidism and its common toxic colon condition with severe constipation and skin problems. I asked her if she was still taking her thyroid glandular, which her doctor had prescribed. “No,” She said. “I didn’t think I needed it because I felt so good.” I replied, “The same condition that causes constipation also can cause breast cancer, namely a low thyroid function.” She was totally unaware of the connection between low thyroid function leading to increased estrogen and inadequate progesterone.

Her urinalysis showed severe sugar intolerance, a vitamin C deficiency, low calcium and allergies. Here is what I gave her.

- VSCLR - digestive formula in the anti-cancer program.
- Spl - immune system, oxygenating formula
- Adr: a formula for sugar intolerance.
- Kdy - allergy formula
- TRMA - protease/catalase formula used in all immune system problems, including cancer.
- Thyroid glandular. I told her to re-initiate thyroid therapy and to keep tract of her oral temperature and resting pulse to make sure she was getting the proper dosage.
- 10% natural progesterone in vitamin E oil. I recommended using this orally and also topically on the scar tissue.

Today, nine years later, she is doing fine and has no signs of cancer. She has frequent medical tests which show a strong immune system and an excellent blood profile. I urged her to increase her protein level. Other than not enough protein, her diet consisted of organic whole foods. She is very motivated about her life and has a wonderful husband and five-year old son who love her. I think this is added incentive for living. I can’t predict her future. My effort is to help build a strong immune system so that the body can fight whatever problem arises.
The lady whose tumor disappeared in 48 hours:  This story was told to me by a midwife, Deva Burgess, of Redding, California. A young, slightly overweight woman in her early 30’s came to Deva in a frantic state. In two days she was scheduled for surgery to remove an ovary containing a golf-ball sized cyst. Here only symptom was pain and swelling. At this time, Deva worked in a Chiropractic office where there was an ultrasound machine.

Burgess took a tiny amount of pure DMSO liquid, plus arnica oil and rubbed it over the site of the tumor and then applied about 1/2-tsp of Dr. Ray Peat’s progesterone oil. She then ultrasounded the oil directly into the site above the tumor for several minutes. The next day the frantic woman went to her doctor for a pre-op examination. The doctor couldn’t find the cyst. Medical tests were negative. Excited, the woman asked the puzzled doctor, “Do you want to know what I did to get rid of this cyst?” The doctor said, “No!”

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Lita Lee, Ph.D.
http://www.litalee.com
Lita@litalee.com
References

- Cancer Control Society, 2043 North Berendo St., Los Angeles CA  90027. Phone: (213) 663-7801.
- CANHELP, founded by Pat McGrady in 1983 to help cancer patients worldwide connect with the most effective therapy for their cancer. CANHELP is located in Port Ludlow, Washington, USA, (360) 437-2291.

While these results may not be typical, they do show what some people have been able to achieve. These statements have not been evaluated by the Food and Drug Administration. The formulations listed above are not intended to diagnose or treat, prevent, mitigate or cure any human disease. They are intended for nutritional support only. The third party information referred to herein is neither adopted nor endorsed by this web site but is provided for general informational purposes. If you suspect a medical condition you should seek the advise of a physician.

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