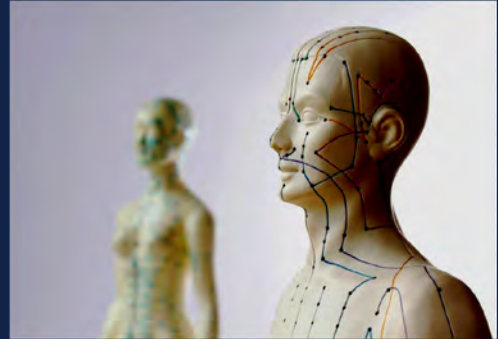


Cancer Pain Management

Natural Approaches & Medication Alternatives

Cancer pain is one of the most horrific components that have tremendous impact on the quality of life of the patient. Cancer pain is multifaceted and complex to understand and manage. Cancer pain involves a tool box full of conventional and alternative interventions but still 50-70% of cancer patients who suffer from uncontrolled pain and they fear pain more than death. Aggressive surgeries, radiotherapy and chemotherapy focus more on prolonging the survival of the patient failing to realize that the quality of life also matters equally.



Dr. Budwig warned against “many painkillers” as interfering with her oxygenating and healing protocol. She told about her approach on pain: “As a matter of fact, the practical application of the oils both on the inside (via flax oil/cottage cheese) and on the outside (via Eldi oils developed by her) allows to largely eliminate all narcotic analgesics.” And she comments in her book "Das Fettsyndrom" (The Fat Syndrome) on the use of sparkling wine for overcoming pain and sleeplessness: "Often a glass of wine is more valuable and bio-logically more beneficial than the pill."



I like to draw your attention here to the strong warning against the use of morphine, stated by Dr. Ryke Geerd Hamer: “Dr. Hamer says that one of the most tragic things about present medicine is that most people with cancer, even with mild pain, are treated with morphine in some form. Morphine changes the brain, paralyzes the intestines and completely disables the restoration functions. He becomes lethargic and doesn't realize that he's in fact being killed. The pain of the second stage is actually a very good sign of recovery, but modern medicine doesn't understand this at all, and instead interprets it as the opposite; a sign of impending death. These substances are thus administered in order to ‘make the end easier’, and sure enough, the person soon dies, but it's not of the cancer; it's of the medication.”

Alternative cancer treatments

Items written in **CAPITALS** are more significant.

Foods for managing & healing cancer pain

- **Flaxseed oil** mixed with quark or cottage cheese (Oil Protein Muesli)
- **Eldi oils** (developed by Dr. Johanna Budwig)
- A glass of organic sparkling **wine or champagne with linomel**.

- **KOMBUCHA** is a lightly effervescent fermented drink of sweetened black tea that is used as a functional food. It is produced by fermenting the tea using a symbiotic colony of bacteria and yeast, or "SCOBY". Kombucha contains over 50 different kinds of probiotics, enzymes, amino acids and vitamins. Kombucha is typically produced by placing a culture in a sweetened tea, as sugar is necessary for fermentation. A kombucha scoby (also known as a starter culture, mother etc.) is a necessary component if you wish to make kombucha tea.



- **Cherries**

Cherries can help adults maintain an active lifestyle by relieving pain and inflammation. By averting cancer and protecting the nervous system, a diet containing tart cherries may help ensure a future, free from debilitating illness. Both sweet and tart cherries are a good source of fiber, vitamin C and potassium. Tart cherries, but not sweet cherries or tart cherry juice, are also an excellent source of vitamin A. Cherries (250 Gm a day) gives miracle results in gout. Cherries contain a variety of photochemical contributing both color and antioxidant activity.

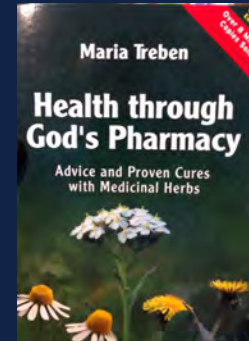
- The fruit's dark red color comes from their high content of anthocyanins, which are antioxidants. Strong evidence from several studies has revealed that cherry's anthocyanins offer powerful relief against inflammation and pain.
 - Hydroxycinnamic acid and perillyl alcohol, a phytochemical from the monoterpene family, provide great antioxidant power to cherries.
 - **Preventing and Fighting Cancer** - In addition to providing welcome relief from inflammation, antioxidant-rich tart cherries also hold a lot of promise in protecting against cancer.
 - **Supporting Melatonin Levels and Brain Health** - Tart cherries are one of the few food sources of melatonin, a chemical released in the body by the pineal gland that is intimately connected with circadian rhythms, or the regulation of the sleep-wake cycle. Melatonin also acts as a powerful antioxidant, providing neuroprotective and immune-modulating effects
- **Tempeh & FERMENTED SOY products** - reduces inflammation
- **Sour-cabbage**
- **Apple cider vinegar & honey**
 - One glass of cool water
 - One cup full of apple cider vinegar
 - One Tbsp of organic honey

Stir well and sip slowly.

- **Nutritional yeast flakes (Nerve Food):** pain stemming from neuritis (inflammation of a nerve) may respond quickly to nutritional yeast, a rich source of B vitamins.

Herbs & supplements (organic or wild-crafted)

- **ESSIAC Tea**
- **ALOE VERA**
- **Maria Treben's herbs** - *Sutherlandia frutescens* is a southern African plant with a long history of traditional medicinal use. It is also known as balloon pea, cancer bush, *Colutea frutescens* and *Lessertia frutescens*
- **SUTHERLANDIA, SELENIUM and zinc** - no dietary and lifestyle change applied
 - Both pain AND the tumor vanished thanks to the above combination
- Medicinal hemp/cannabis oil
- NONI JUICE
- Mushrooms: MAITAKE (effective in 83% of patients), CORDYCEPS, shiitake & reishi
- **DL-PHENYLALANINE** (an amino acid) DL-phenylalanine showed to be effective enough to even alleviate the pain often associated with late-stage cancer. DL-phenylalanine works by blocking those enzymes that would otherwise break down the body's own pain-killing compounds.
- **Tian Xian** Liquid and pill is a well-researched Chinese herbal preparation which has apparently shown many cancer-healing benefits by strengthening the immune system and enhancing various bodily functions. Used topically it is a pain reliever.
- **PURPLE CONE FLOWER (Echinacea)**
- **LOBELIA**
- Angelica
- Pau d'Arco Tea
- Goldenseal root poultices
- Echinacea (anti-bacterial, anti-viral, anti-parasitic and stimulate lymph flow, to combat infections and to be an excellent herb to stimulate lymph flow.
- **Mistletoe (e.g. Iscador)** - Use only under medical supervision
 Mistletoe is extracted from the European mistletoe, *Viscum album* and prepared under strict pharmaceutical conditions. Used in cancer therapy for over 90 years, mostly in Central Europe. Mistletoe therapy integrates with conventional cancer therapy for a wide range of cancers
 Mistletoe therapy can be given by mouth, by subcutaneous or intravenous injection, and intratumor. Mistletoe extracts have been shown to:



- Stimulate the immune system
- Cause cancer cell death
- Protect healthy cells against harmful effects of radiation and chemo
- Chaparral
- Turmeric/Curcumin, burdock, ginger - Pain caused by inflammation
- Boswellia Serrata (Shallaki), white willow bark, ginger, green-lipped mussel extract: these anti-inflammatory herbs work against pain triggered by inflammation, inhibit pro-inflammatory mediators, particularly leukotrienes.
- Bromelain/Pineapple
- Oregano Oil (According to Cass Ingram oregano oil can have the same effect on the body as **morphine**)
- SINUSBUSTER (a nasal spray)
- Hot chili pepper powder in water
- AMYGDALIN/LAETRILE/Vitamin B17 found in bitter apricots

Mind-body and Energy approaches to healing cancer pain

- EFT (Emotional Freedom Technique) A do-it-yourself method of tapping with your index and middle finger tips on energy meridian points of your body to stimulate and reestablish interrupted energetic flow, facilitate various (sometimes miraculous-seeming) healings (both emotional and physical incl. cancer), erase pain and more.
- VISUALIZATION, MEDITATION, YOG NIDRA & RELAXATION TECHNIQUES Even mainstream medicine has incorporated meditation as a method for cancer patients to deal with pain issues without resorting to drugs.
- Laughter
- Prayer
- Tai chi or chi kung (aka taiji or qigong) - not only relieve the pain but lower the fever within fifteen to thirty minutes, sometimes up to two degrees.
- Foot / hand reflexology and massage
- Acupuncture and Reiki
- Biopton light therapy
- Kinesiology and Biopton light therapy is very successful. Kinesiology and Reiki seems to go hand in hand (energy healing) in pain management, and these modalities should be included as part of a pain management program. ...
- Biotape
- TENS (Transcutaneous Electrical Nerve Stimulation) Therapy
- Earthing (or grounding), a recent rediscovery of an ancient and apparently essential "health tool" The earth's electrons (to which we naturally connect by walking barefoot outside or "technologically" by being connected to the ground via conductive leads) have been found to effect multiple and significant physiological changes and measurable health benefits. These include better sleep, reduced



pain and chronic inflammation, thinner, less viscous blood, and a shift from sympathetic to parasympathetic dominance.

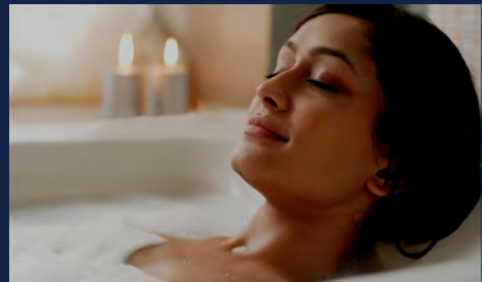
- **Papimi pulsed magnet field therapy** device (devised by the Greek mathematician and physician Panagiotis T. Pappas). Cancer researcher Lothar Hirneise reports that especially with bone pain, sometimes very quick improvement has been obtained.

Detoxification approaches to managing cancer pain

- Alkalizing one's body via fresh juicing and alkaline foods.
- Sodium bicarbonate is also strongly alkalizing.
- Coffee enemas and other detox methods - using coffee enemas to flush out the toxins of the liver has cut way back the pain medication used by cancer patients.
- Dental detox - elimination of dental infections (consult a holistic dentist)
- Castor oil packs
- Hot baths with Epsom salts
- Water drinking
- Charcoal Mix - pure charcoal and pure water and paints this on the pain site. It gives great relief.

Sodium bicarbonate as pain reliever

Sodium bicarbonate is an easily available alkalizer and has been used for many applications, including cancer treatment. Sodium Bicarbonate has attractive and potent analgesic qualities. Dr. Tullio Simoncini recommends that his cancer patients, undergoing his bicarbonate protocols usually via IV administration, take 1 tsp. of sodium bicarbonate mixed in water per day, for pain control as well as to assist in keeping an alkaline internal environment (Schmid, Healing Cancer Naturally).



Remedy for Bone pain

Bitter apricot kernels may help in the bone pains. You also need zinc (pumpkin seeds) and make sure you are getting papaya or pineapple every day. Grind the apricot seeds in the coffee grinder with the pumpkin seeds. You need one seed for every 5 kilos of body weight (Schmid, Healing Cancer Naturally).

Misc.

- **Honey packs**
- **Homeopathic remedies** - particularly Aconitum (1M or 10M dose)
- Exercise
- **MSM** - is highly recommended taking 2 to 8 grams of MSM a day, in 2-3 divided dosages, depending on gastrointestinal tolerance. It is recommended that you begin with smaller amounts and gradually increase as needed.