

Cancer: A Note on 7 Herbal Remedies to Counter It

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Cancer has turned out to be the chief threat to human lives in recent times if we consider the study in past few epochs. Changes in our lifestyles, eating habits, smoking, increasing stress levels due to work pressure have caused detrimental effects on our health. Developed economies along with emerging economies and other parts of the world are working day and night to find a cure for cancer. But still we are yet to be victorious on that front. No doubt the research and development is at an ever-increasing level to curb the menace of losing lives from the hands of carcinoma or cancer. But in actuality the treatment lies in and around us. The present letter has been written to give prime importance to the herbal remedies which have not been researched much. They are highly effective in curbing this dangerous menace. Herbal remedies are side effect less and are effective. Though it may not help in immediate cure it certainly will reduce the causation of this deadly disease. Hence, read on the letter to find the 7 most effective herbal remedies against cancer or carcinoma.

Cancer or *carcinoma* or *carcinomas* have been known to humans since Hippocrates' time. Earlier cancer was not recognized as a separate disease. However, they were described as tumors of ulcerous as well as non-ulcerous origin. [1] Medical science has made varied reasons and statements regarding cancer. These are, a.) Cancer is mainly a genetic phenomenon or disease, b.) It's a disease having unregulated growth of cells, c.) Smoking is the main cause of cancer, d.) Specific gene combinations mainly lead to cancer, e.) Cancer is caused due to industrial hazards, viral infections and much more. Fact is every statement is true in itself, whether you look at it from cellular, molecular, personal or environmental etc. [2] Globally the burden of cancer is increasing day by day. Currently cancer is the leading cause of death in America. If appropriate smart steps are not taken, cancer will grip the population of the whole world in coming years or so. It is estimated that cancer will 21.7 million new cases and approximately 13 million deaths by 2030. [3]

Since millions of dollars have been invested in cancer research, no significant cure has been found till now. Looking at alternative therapies or herbal remedies sounds a better strategy in our fight against cancer. There are many strategies to fight against cancer through the herbal route. These include, a.) Intake of specialized food preparations such as having raw foods, b.) Cancer-fighting foods such as curcumin, broccoli and resveratrol, c.) Reducing intake of processed foods, d.) Reducing protein intake, e.) Increasing fat-rich diets, f.) Avoiding genetically modified foods, g.) Having high levels of Vitamin D, etc. [4]

7 Herbal Remedies Include

- 1. Intake of broccoli:** It has been found to be effective against cancer such as colorectal cancer.
- 2. Ginseng:** It has been found effective against cancer due to its strong prevention against damage-causing agents.
- 3. Grapes:** It has been found effective against Breast, Colon as well as Prostate cancer.
- 4. Green tea:** Highly effective against Breast, Pancreatic, skin and prostate cancer.
- 5. Aloe vera:** Effective against Prostate and lung cancer.
- 6. Soybeans:** Highly effective against breast, colon, prostate and lung cancer.
- 7. Olive oils:** Highly effective due to its various health benefits. Useful in Breast cancer.^[5]

Hence, though research and development to find effective allopathic treatments are still in progress, having not accomplished its sure-shot cure for cancer treatment. Herbal remedies are on the other hand highly effective and easily manageable. 7 effective herbal remedies are the best strategies against cancer fight. Thus, we shall not miss out considering them in our diet to stay healthy as well as fight cancer away.

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