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## **A SCIENCE-BASED PROTOCOL TO SLOW, STOP OR REVERSE CANCER GROWTH**

The world of cancer changed in 2005 with the publication in the Journal of Urology of a science study from three highly respected medical centers (University of California San Francisco Medical Center, University of California Los Angeles Medical Center, Sloan-Kettering Cancer Institute New York City) showing that dramatic diet and lifestyle changes developed by Dr. Dean Ornish at UCSFMC had been effective in halting and reversing the progression of slow-growing but potentially fatal prostate cancer. You haven't heard about this remarkable study because there is no profit potential in such a diet-and-lifestyle program, and therefore no one is spending the money that would be required to publicize its effectiveness. In fact, I didn't even know about the study for five years after it had been published, and I only found out about it then because, back in May of 2010, I got curious about what Dr. Ornish was up to lately. You can read the study at: <http://www.abundantwellbeing.com/Nischala/CancerStudyOrnish.pdf>.

This study, when considered with other scientific findings on nutrition and cancer, presents a remarkable opportunity in cancer treatment, because

- 1). There is very little about this study that is specific to prostate cancer. It appears to attack cancer at a weak point that is shared by all cancers, and should work on any cancer that grows slower than Gleason 7.
- 2). This study incorporated almost none of the substantial number of nutritional factors that have been demonstrated in good scientific studies to slow the growth of cancer in humans, animals, and artificial media.

The protocol presented here starts with that program developed by Dr. Ornish at University of California San Francisco Medical Center, and adds 19 cancer-inhibiting vitamins, minerals, herbs and other agents that have shown themselves to be harmless in human use over many years. The expected results are that faster-growing cancers can be slowed to the point that the Ornish diet will stop them. This diet can be viewed as a 3-legged stool, with each leg representing a necessary and essential aspect that is needed for the diet to be effective. Take away one leg and the stool collapses. These 3 legs are:

--No animal products. No meat, dairy, eggs, seafood, fish, poultry.

--Avoid fatty vegetable foods. No nuts, seeds, avocados, etc.

--Eat only whole foods. Eliminate all added sugars and corn syrup, all grain products that aren't whole grain, all oils, and all products containing protein concentrates and isolates. Sugar naturally present in a food is okay (pears, grapes, dates, raisins). As Dr. Neal Barnard says: "The new 4 basic food groups are fruits, vegetables, whole grains and legumes." That's your diet. Read Barnard's book, follow his recipes, and you'll enjoy it. (Barnard's diet includes Ornish's diet, and his books are of a much more readable size.) To conform with Ornish's full Program, it is advisable to walk an hour a day, meditate/pray for 15 minutes twice a day, and do 45-55 minutes of yoga 2-3 times a week. Remember that there are two ways to meditate and pray: talking to God and listening to God. I suggest mostly listening.

### **THE MATHEMATICS OF NUTRITIONAL CANCER REGRESSION:**

1)-Eat a whole-foods, vegan, very low fat diet. Eliminate all animal products and all fatty plant products. Eliminate meat, dairy, eggs, fish and shellfish, nuts, seeds (sunflower, flax, sesame etc.), avocados or oils. Cancer grows by making new cells, the structure of which is made of protein and fat. If either of those "building materials" is in short supply, it makes it difficult for cancer to grow. This diet is quite low in protein and very low in fat. It puts the brakes on cancer growth, and greatly strengthens the immune system's attack on cancer. This is my version of the Ornish diet that reversed prostate cancer progression.

- 2)-Take high doses of vitamin D orally each day according to body weight, approx. 400 IU per 10 pounds of body weight, along with 1,500 mg calcium. In a double-blind randomized clinical trial, high dose vitamin D and calcium resulted in a 77% reduction in all-cancers diagnosis in post-menopausal women.
- 3)- Drink Essiac tea or eat large pinches of Essiac tea dry mix throughout the day, 6-8 times/day. Essiac tea, along with 10 drops of colloidal silver 3x/day, enabled a man who was sent home to die of colon cancer to recover his strength, have his colon removed (finding a well-contained tumor), live another 18 years, and die at the age of 90 of something else. (I have not found any scientific documentation that colloidal silver has anti-cancer properties, but that is what he did.) It's important to note that this man was involuntarily fasting when that protocol was started, which is the ultimate very-low-fat diet.
- 4)- Drink 8-16 ounces of pomegranate juice daily. Blood tests indicated 72% reduced rate of cancer growth in humans with prostate cancer, and it probably works as well on many other cancers.
- 5)-Eat lots of curried dishes, or season with plenty of turmeric, which you can get in bulk in many health food stores and some food markets. Or take 2 turmeric concentrate capsules (95% curcumin) twice a day. Black pepper boosts activity of turmeric and/or curcumin.
- 6)-Eat lots of cruciferate vegetables: arugula, bok choy, broccoli, cauliflower, brussels sprouts, cabbage, Chinese cabbage, collards, cress, daikon, horseradish, kale, kohlrabi, Napa cabbage, turnip, radish, rutabaga, mustard greens and wasabi.
- 7)-Take vitamin C 1,500-6,000 mg (just enough to get gassy) 3X a day, plus 5 mg vitamin K3 and 3 Omnivite multis 2X a day (Omnivite contains the vitamin E and selenium amounts that Ornish used in 2005, along with enough magnesium to help high doses of calcium not end up as kidney stones).
- 8)-Eat, or take extracts of these mushrooms: reishi, shitake, maitake, Coprinus comatus and Coprinellus (60% reduction of cancer colony formation), and Flammulina velutipes (99% reduction).
- 9)-Eat 8-12 ounces of Trader Joe's Roasted Garlic Spaghetti sauce daily. It contains large amounts of garlic, onions & tomatoes, all of which inhibit cancer growth.
- 10)-Take saw palmetto extract, 2 capsules twice a day. It causes prostate cancer cells to self-destruct & probably does so with other cancers too.
- 11)-Go to a tanning salon every 3-5 days, and tan in a low-pressure (fluorescent lamp) bed producing 4% or higher ultraviolet B. Start at 4 minutes and work up to 10-25 minutes. Sunbathing without sunscreens or clothing may be substituted when the sun is 35 degrees or higher in the sky. Position body perpendicular to sun, and rotate regularly.
- 12)-Season food liberally with rosemary and/or take a tablespoon of rosemary (fresh is better—grow your own) two or three times a day, if no ill effects. Active component is carnosic acid, which augments the anti-cancer effects of vitamin D.
- 13)-Go to a health food store and get supplements that contain genistein, quercetin and EGCG (epigallocatechin gallate). Take them as recommended on packaging.
- 14)-Take 1,000 mg triple ginseng (Korean, Siberian & American), plus 500 mg Korean (Panax) red ginseng extract/day.
- 15)- Eat a can of asparagus spears each day, ½ can in the morning, ½ can at night.
- 16)- Avoid alcohol until cancer is under control. Then, you may cautiously reintroduce wine & beer, if no negative signs.
- 17)-Eat ocean vegetables in abundance.
- 18)-If, after doing all of the above, tumors continue to grow, consider high-dose marijuana use, best inhaled as vapor, also smoked, eaten, or soaked in 151 rum and worked up from tiny sips (oral doses can overload the liver and cause intense vomiting).
- 19)-Hops and/or hops extract has anticancer properties, but also has a plant estrogen that could promote female cancers, so it is helpful in cancers other than female-specific cancers, with reservation that it may have a mild temporary feminizing effect on men.

If you suspect you have cancer, but have not been diagnosed with a biopsy, you may wish to question having a needle biopsy done for internal cancer, because the cancer is spread through the wound channel of the needle as the needle is withdrawn. Other diagnostic methods are MRI, ultrasound, x-ray, thermography, or evaluating a tumor after it's been cut out. If you suspect you have cancer, it makes perfect sense to start doing all of the above interventions that aren't invasive or expensive while you

decide what diagnosis and treatment approach to pursue. Other than hops and marijuana in some cases, the side effects of these diet and supplement interventions are all beneficial, like a lower risk of heart attack, stroke, diabetes, arthritis and osteoporosis, and a higher risk of living longer than normal.

You may wish to get an appointment to evaluate whether proton therapy is appropriate to your situation. These medical centers can map tumor tissue with MRI, and tell if cancer can be treated without surgery using proton radiation, which will destroy tumors with very little harm to surrounding tissue. It's good for both patients and doctors to peruse the web sites listed below for proton therapy for cancer. Loma Linda pioneered this non-surgical elimination of internal tumors, and I've heard they do it best.

<http://www.protons.com/>, <http://www.proton-therapy.org/>  
<http://www.mdanderson.org/patient-and-cancer-information/care-centers-and-clinics/specialty-and-treatment-centers/proton-therapy/index.html>,  
<http://neurosurgery.mgh.harvard.edu/ProtonBeam/NPTCbrochure.pdf> .  
Gamma knife treatment is another non-surgical therapy worth investigating.

To those who have cancer, or have reason to suspect they have cancer:  
A message from Dr. H. Gordon Ainsleigh, D.C.

The world of oncology—cancer science—changed dramatically in 2005, with publication in the Journal of Urology of a study with 19 co-authors from three highly-respected research institutions of a clinical trial reporting that a nutrition-&-lifestyle treatment for slower-growing prostate cancer (less than Gleason grade 7) halted or reversed cancer progression in 100% of cases. Yet virtually nobody knows about this landmark study.

The 19 co-authors from research groups at University of California San Francisco Medical Center (UCSFMC), University of California Los Angeles Medical Center (UCLAMC), and Sloan-Kettering Cancer Institute (SKCI) in New York City detailed how a program of diet, supplementation, exercise and stress management developed by lead author Dean Ornish, a staff doctor at UCSFMC, stopped or reversed tumor volume and PSA progression of prostate cancer – growing slower than Gleason-7 in a randomized clinical trial of 46 experimental-group men, while tumor size and PSA levels in the 47 “watchful-waiting” control group continued to grow and rise. The diet was whole-foods, no-animal-products, very-low-fat, complemented by mild exercise, stress management, and moderate supplements of selenium and vitamins C & E, You can read the full text at <http://www.abundantwellbeing.com/Nischala/CancerStudyOrnish.pdf>.

The unusual diet appears to be the main anti-cancer factor of the Ornish program, which was originally developed to reverse heart disease and was proven effective for dissolving plaque off of the inner surface of coronary arteries in 1990 with before-and-after x-rays of the coronary arteries. In the 2005 prostate cancer study, this program was shown to greatly enhance the body's immune response to cancer while making scarce the supply of the fats that are a required building material for new cancer cells. During the second year of the study, 5% of subjects on the Ornish protocol had cancer progression, apparently because they thought they were cured, and eased up on those dietary restrictions in the belief that they were out of danger. Obviously, they were wrong.

A most remarkable aspect of the Ornish study is that his program includes nothing that is obviously specific to prostate cancer—no saw palmetto or estrogenic herbs, for instance—so it could logically be expected to work with all cancers that grow as slowly or slower than Gleason-7 prostate cancer. This likelihood that the Ornish program would work as well on other slower-

growing cancers presents a remarkable opportunity for curing many cancers in that, during the past 20 years, scientists throughout the world have discovered many natural agents that greatly slow the growth rate of various cancers. It appears very promising that incorporating several or all of these cancer-slowing agents together will, in many or most cases, result in a multiplying of remaining growth rate of a specific cancer with the introduction of each inhibiting agent.

For example: vitamin D3 and calcium in high doses, taken together, generally reduce breast and colon cancer growth by about 75%, so the remaining rate of growth is 25%. Shitake mushroom extracts have been shown to decrease breast cancer growth by about 60%, with 40% remaining growth. So if shitake were added to the calcium and magnesium, it would decrease the 25% growth rate by 60% to 10%. Then, if pomegranate juice does the same thing to breast cancer that it does to prostate cancer—which is likely—it will reduce the 10% growth rate by 70% to 3%. Keep adding those cancer-inhibiting interventions and the tumor growth rate will soon be slower than Gleason 7 prostate cancer, a growth rate at which tumor growth can be reversed by the Ornish program.

Without the Ornish diet, a cure would be much less likely. However, if a person does that diet diligently, and does many or all of the listed interventions, it appears unlikely that such a person would fail to either get well or greatly extend their life span.

A major risk to the success of this program is "healthy oils". There are so many authorities singing the praises of healthy oils that a person could be easily persuaded to alter the Ornish program to include these "healthy oils". However, none of those authorities have a diet that has reversed cancer in 100% of subjects in a well-run scientific experiment, as reported in the Ornish's 2005 Journal of Urology study. A person must be willing to do this diet all the way. Healthy oils will just make the cancer healthy and strong.

Much the same can be said for adding animal protein to the diet: it just gives the cancer more building materials with which to make new cancer cells. Plant foods that are considered high in protein (peas, beans & lentils) are still quite low in protein compared to animal foods. That is how it should be. Cancer must produce new cells in order to grow and threaten one's health, and the structures of those new cells is made of protein and fat. Cancer needs more protein and fat to make new cells than do normal cells because the cancer cells are dividing abnormally and the normal cells aren't. By eating only plant foods and avoiding all fatty plant foods, the Ornish protocol denies cancer the extra fat and protein it needs to enable abnormal growth.

Ornish demonstrated that a major part of the effectiveness of his protocol was a huge increase in immune system response. When the team mixed the blood of their patients into the nutrient environment of prostate cancer cells growing in a lab, the blood of the 46 Ornish-diet patients inhibited the growth of the cancer by 70% on average, which represented a 7.8-times stronger attack on the prostate cancer cells than the 9% growth inhibition that resulted when the blood of the 47 watchful-waiting controls was mixed in with the growing cancer cells. The implications of this finding are that the diet would work less well when the immune system is compromised by other cancer treatments, and is likely to fail on someone who has had an organ transplant and has to take immune-suppressing drugs thereafter. Still, even in someone whose immune system has been impacted by surgery, chemotherapy and radiation, this protocol should be of substantial benefit if these treatments are stopped with sufficient time for the immune system to recover and do its work before the patient dies, yielding recovery or much increased lifespan.

A person doesn't have to choose between this program and conventional cancer treatments. Although it will work less well during any period of immune system suppression, as happens during chemotherapy, the effectiveness of this protocol should resume thereafter, and

thus be compatible with most conventional treatments. This treatment is meant to complement and coincide with (“in addition to” as opposed to “replace”) the efforts and judgment of one’s personal physician(s).

With so long a list of herbal-nutritional agents that are shown to inhibit cancer growth, there is a significant chance that a particular person could be allergic to one or two of the supplements, so any food or supplement that causes a person to feel noticeably worse should be eliminated. However, as many of these interventions as possible should be kept in the protocol, because each one improves the prospects of regaining health. The two mandatory requirements are that the Ornish diet and lifestyle program must be followed, and enough of the listed agents that slow cancer growth must be taken to slow down a specific cancer to a growth rate similar to prostate cancers with a Gleason less than 7. That’s it.

Wishing You the best that life has to offer,  
Dr. H. Gordon Ainsleigh, D.C.