

CANNABINOIDS AND BREAST CANCER TREATMENT



Although the medical properties of marijuana were first documented by human civilization over a thousand years ago, the therapeutic potential of cannabinoids - the medical compounds found in marijuana - in the treatment of cancer has only been discovered recently. Since the late 1990s, numerous preclinical studies have demonstrated the anti-tumor effects of cannabinoids in a variety of cancers.

Studies show that cannabinoid receptors are over-expressed in the tumor cells of certain cancers, such as cancers of the liver, lung, prostate and breast. Thus, researchers have been led to believe that the endocannabinoid system may be up-regulated in cancer in an innate biological effort to fight off this disease.

Studies also show that when cannabinoids are administered and bind to these receptors, they are able to inhibit cancer cell growth by preventing the proliferation of cancer cells and by inducing cancer cell death (apoptosis). Furthermore, cannabinoids have been found to impair both tumor angiogenesis, the increase in localized blood flow induced by tumor cells and metastasis, the spreading of cancer to other organs.

While medical advancements in breast cancer have progressed in recent decades, certain breast tumors continue to be resistant to conventional treatments. Breast cancer is comprised of tumors that are distinct in their molecular profiles, leading medical professionals to categorize the disease into 3 main subtypes. Research suggests that synthetic cannabinoids and phytocannabinoids (mainly THC and CBD) may be useful in treating all 3 subtypes of breast cancer, with the strongest evidence of therapeutic potential pointing to treatment of HER2-positive and triple-negative breast tumors. The therapeutic potential of cannabinoids is particularly important for patients with triple-negative breast cancer, as there is no standard therapy that currently exists and prognosis for this group of patients is poor."

In addition to their anti-cancer effects, research also shows that cannabinoids are considerably safer and less toxic than conventional treatments.

Cannabinoids are non-toxic to non-tumor cells and are well tolerated by patients only eliciting relatively mild side-effects such as dizziness and fatigue. This compound offers the hope of a non-toxic therapy that could achieve the same results without any of the painful side effects," says researcher Dr. Sean McAllister

In 2007, Dr. McAllister and his team of researchers were one of the first to discover that CBD's cancer-fighting properties could be successfully applied to breast cancer. As it turns out, cannabinoids can provide a variety of other benefits in the treatment of cancer, including the prevention of nausea and vomiting associated with standard chemotherapeutic treatments and reduction of cancer-associated pain. Research also shows that, when combined with conventional cancer treatments, cannabinoids are able to induce a synergistic action against cancer and tumor cells, suggesting that the combination of conventional and cannabinoid-based treatments may be more powerful than the administration of either treatment alone.

Clinical Applications: The Current State

Unfortunately, scientific research on the effects of cannabinoids on breast cancer has been limited to preclinical trials involving cell cultures and animal models. Researchers believe that further preclinical trials are necessary to identify which patient population is the most appropriate for cannabinoid treatment and which cannabinoids specifically present the best therapeutic option for patients before trials can advance to the clinical stage. Until these factors are established, it is unlikely that oncologists will be willing to prescribe cannabinoid-based medicine for the treatment of breast cancer, despite the fact that research authors continue to assert the need for health professionals to be aware of cannabinoid research.

In a 2013-published report in the Oncology Nursing Forum, associate editor Susan Weiss Behrend RN concluded: "...cannabinoids have demonstrated antitumor activity in preclinical breast cancer models. Practicing oncology professionals need to be aware of the clinical potential of these agents..." While medical marijuana remains inaccessible for most, cannabinoid-based pharmaceuticals such as Marinol and Cesamet (oral capsules of synthetic THC) are widely available to cancer patients for the treatment of chemotherapy-induced nausea. As well, Sativex (a natural-cannabinoid derived mouth spray) has been approved in Canada for the treatment of cancer-associated pain.

From www.mjwellness.com

Whole Foods Reversed the Rollercoaster Ride of Type 2 Diabetes by Denise A. Pancyrz



Over 115 million Americans are already a slave to Type 2 Diabetes and Pre-diabetes. This is a disease which needs to be given serious consideration.

I dabbled for 3 years in holistic nutrition believing I was mindful of the food I ate. I was consistent with exercise so as to avoid Type 2 Diabetes. My efforts proved fruitless when I checked into the hospital with a pancreatitis attack, pneumonia, total cholesterol levels of 776 mg/dL, Triglyceride levels of 7,926 mg/dL, glucose levels of 410 mg/dL and Hemoglobin A1c at 10%.

Before being released from the hospital, the diabetic nurse popped in to teach me how to inject insulin. I was confused by having to inject insulin when every other diabetic I knew only managed with oral medication. This news left me mentally paralyzed. I was in my mid-forties with many years ahead of me.

I was told over and over by each doctor and diabetes educator that I would never be rid of injecting insulin or oral medication. In fact, as I aged, the dosages would need to increase as the disease would worsen. After soaking this in, I realized I needed to be on a mission to reverse this diagnosis - no matter what I was told.

I cleaned my kitchen and replaced the food in my cabinets and refrigerator with the foods recommended from the hospital and diabetes educators: vegetables and low-glycemic foods, whole wheat bread, cereal and pasta, low-fat foods and diet drinks using low calorie sweeteners. I quickly learned this was an incredible mistake. I was on a rollercoaster ride with my glucose levels being hyperglycemic and then hypoglycemic.

Allowing glucose to be so erratic can be dangerous. Injecting insulin contributes to the rollercoaster ride. The food I was directed to consume is what kept me on medication and insulin shots.

Back to the drawing board, which meant clearing the cabinets and refrigerator once again. Using holistic nutrition as my guide, I began eating only fresh, whole foods versus processed foods. The motto in my home became, "If it's in a bag, box or can, toss it!" Within weeks, my health was being miraculously transformed.

First, lowering insulin dosages at each meal, then completely eliminating the need for insulin. Next, eliminating the cholesterol medication and diabetes drug, Actos. Which, by the way, the FDA placed a black box warning label on Actos due to the side-effects.

A variety of vegetables and leafy greens at each meal, including break-

fast, became my main entrée. Converting to grass-fed beef, cage-free chicken and reducing the amount consumed at each meal was making a difference each day. As Americans, we are fixated on a breakfast loaded with carbohydrates. Even a bowl of oatmeal can be too much carbohydrate for a diabetic. Breakfast was the most difficult to manage after tossing the cereal boxes. Making crustless veggie quiches or leftovers from last night's healthy dinner helped to solve that problem.

Learning to minimize the type and amount of fruit to eat was another important component in reversing diabetes. Berries and granny smith apples are now my mainstay for carbohydrates. They are sweet and filled with the nutrients and fiber we need. Whole wheat bread offers more negative effects on our body than we realize. Wheat is in many food products contributing to the carb-overload era we live in today. Eliminating wheat along with increasing vegetables and fruits lowered my cholesterol, triglycerides and glucose levels returning them to normal, and improved my complexion. Additional side-benefits included losing my seasonal allergies, healing the skin on my elbow that prescription medicine was unable to do and losing weight.

After realizing these amazing benefits by eliminating wheat, I have no reason to go back. In addition to obtaining carbohydrates from berries and apples, a small baked sweet potato or small amounts of quinoa fill the bill. Soups and sauces have many hidden ingredients. Avoiding or requesting sauce be placed on the side of a meal may seem like such a small thing, however, can spike your glucose level very quickly.

The wrong beverage can be just as deadly as the wrong food. Any food or beverage with the word 'diet' or 'low calorie' is something to steer clear of. It can contain unhealthy sweeteners and other processed or artificial ingredients.

As you transform your life to consume whole fresh food and healthy beverages, you should begin to see your glucose levels decreasing. This is your body telling you that you are on the right track. Once you receive your diagnosis of diabetes or pre-diabetes, you no longer have the luxury of making small changes at a time. You are at the stage where your changes need to count in a big way. The payoff is a healthier life with energy to do what you are meant to do. Now in my fifties, I'm healthier and more energetic than in my forties!

Denise A. Pancyrz, coach and speaker, is certified in holistic nutrition and homeopathy and is available nationwide to help reverse the deadly effects of Type 2 Diabetes and Prediabetes. Denise is author of *The Virgin Diabetic*. Visit: www.ReverseMyDiabetes.net or call (888) 848-1763.