



Garlic: A Great Anti-Cancer Agent

By Dr. Adem Gunes

**DR. ADEM**
expert in alternative cancer treatments

WHO SHOULD READ THIS EBOOK?

This eBook provides valuable, science-based facts about cancer and its treatments, as well as natural substances that can kill cancer cells or increase the effects of conventional therapies.



It was written to serve as a basis **for all cancer patients and their families.**



The aim of this eBook is to help cancer patients to **understand the condition they have been diagnosed with, and offer alternative solutions** to traditional cancer cures.



The eBook is also **dedicated to those people who are interested in learning more about cancer and cancer treatments**, as well as those who want to know more about **Complementary and Alternative Cancer Treatments.**



ABOUT DR. ADEM

BIOGRAPHY

Dr. Adem is a German doctor with integrative Oncology as his field of research. For many years he has dedicated his time and resources to researching complementary and alternative cancer treatments. In 2001 Dr. Adem published his doctoral dissertation about local hyperthermia.

He became a specialist physician for general and family medicine at the age of 28. After he practiced independently in Hamburg for several years, he decided to continue his research in complementary oncology.

His scientific work in the field of hyperthermia, its applicability in combination with other anti-cancer drugs, found great interest among integrative cancer doctors. In particular, he was able to demonstrate that, through synergy effects, the dose of chemotherapy could be reduced without decreasing its effectiveness.

Doctor Adem is the co-founder of the first Austrian Hyperthermia Center.

Another focus of his work was the systematic investigation of the applicability of natural substances in oncology. Over the years, he built the world's largest database of natural substances in the field of cancer medicine.

In 2009, at only 33 years, he was appointed as the Chief Physician in the Pro Life Clinic, a well-renowned Hospital for complementary oncology in Innsbruck, Austria. He was at that time one of the youngest doctors to have occupied such a position in a cancer hospital in Europe.

PRACTICAL EXPERIENCE WITH CANCER TREATMENTS

At the Pro Life Clinic in Austria Dr. Adem continued his research activities in the field of hyperthermia and established a research laboratory where he worked with his team on the detection of circulating cancer cells in the blood.

He has trained a lot of doctors and is still educating doctors from all over the world. Most of them are using his protocols in the treatment of their cancer patients. His hyperthermia protocols have become a standard in some German clinics.

He promotes the idea of integrative medicine and, due to the success in the treatment of difficult cancer patients, he does not believe in hopeless cases.

His constant desire to explore and make breakthroughs in the field of cancer treatment has made Dr. Adem one of the world renowned physicians in complementary cancer therapy.

DR ADEM'S PUBLICATIONS AND MEDIA APPEARANCES



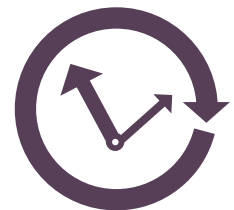
Doctoral Thesis,
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In Combination with Local
Hyperthermia On The
Growth And The Oxygen
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**Author of
the book**
"Hyperthermic
Oncology"



**Featured in DVD
Documentary**
"Cancer is
Curable Now"



Featured in
"German Cancer
Breakthrough"
book

Now, Dr. Adem works closely with cancer patients from around the world (including Germany, Thailand, Dubai) to recommend them a complementary cancer clinic or to create a personalised care plan for patients to follow at home.

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TESTIMONIALS



My experience has been that Professor Adem Günes offers non-Europeans several invaluable services that simply have no counterpart. Dr. Gunes' reply was extremely prompt, personal and direct. This gave me very good direction, focused my research, certainly saved me a great deal of time, and cost.



John Upton



Dr. Gunes studied with great care and attention to detail all the medical records which I had forwarded by email. He advised regarding effective treatments for advanced prostate cancer and also suggested suitable supplements.



Majella Vallely, N. Ireland



In my research of German clinics, I ran across doctor Gunes' name, associated with his knowledge of various German cancer protocols. When I received my listing of protocols, I realized that Dr. Gunes is on the leading edge of cancer treatments, utilizing advanced protocols as GcMAF, which is a recent breakthrough in the treatment of cancer.



Guy Girouard, United States

INTRODUCTION

Garlic, or *Allium sativum*, is a herb commonly used in the kitchen to add flavor and aroma to the food. It belongs to the species of the onion genus called *Allium*.



This herb has a history of human use for more than 7,000 years. This wonderful spice is a native to central Asia and has been a common staple in the Mediterranean region. It is frequently used for seasoning in Asia, Europe, and Africa. It was also known to the Ancient Egyptians, where it was used for culinary as well as for medicinal purposes.

DESCRIPTION

Despite the small size of the vegetable, garlic surely has a well-deserved reputation. The cloves of Garlic are held together or arranged in a head called a “bulb,” the size of which averages to about one and a half to two inches in height and diameter. The cloves and the bulb are encased in sheaths that are off-white in color, with a pink-purple hue.

Though the texture of the garlic cloves is firm, they can be crushed or cut easily. The taste of raw garlic can be described as it hits the palate with a spicy and hot pungency shadowed by a subtle sweetness in the background. The fresh, powdered and dried garlic are available in the market for the entire year. However, the fresh varieties from California are available only in the season from June until December.

HISTORY

Garlic, which is a native to the Central Asia, is one of the oldest cultivated plants that have been grown for more than 5000 years. Ancient Egyptians are believed to be the first to cultivate this plant. It has played a major role in their culture. Garlic has been bestowed with sacred qualities and is also placed in the tomb of Pharaohs.



Garlic ensured ancient Roman and Greek athletes were in the best shape and never gave up a fight.

However, the fact is that it was given to the slaves who built the Pyramids for enhancing their strength and endurance. [1] This strength-enhancing quality was honored by the ancient Romans and Greeks also, the civilizations whose athletes consumed garlic before any sporting event and whose soldiers ate it before going off to war.

Later, Garlic was introduced in the other regions across the globe and migrated into several cultural tribes. By the 6th century BC, this herb was known in the Asian countries, China and India, when the latter country started using it for the therapeutic purposes. Over the last few decades, it has gained unprecedented popularity with researchers all over the world validating its numerous health benefits through scientific studies.

GARLIC AS A HEALTH SUPPLEMENT

Though the medicinal properties of garlic were known to the ancient humanity, it is only recently that it has been accepted widely as a great anti-cancer agent. For centuries, this herb was used for improving the functions of the heart and for boosting the immune power. Over the last few decades, the scope of the medicinal use of this herb was widened as an effective cholesterol-lowering agent.

Its widespread use for reducing cholesterol level began only a few decades ago, possibly because people in the ancient times didn't suffer from cholesterol problems as much as today's generation. The rising incidence of the disorders related to high cholesterol such as heart attacks, stroke and peripheral vascular disease can be largely attributed to a faulty diet that is comprised of junk food, lack of physical activities and an unhealthy lifestyle.

Garlic has been found to be as effective as some commonly used anti-cholesterol medications like the statins, but without the side effects. The effects of garlic in the management of high cholesterol-induced disorders lead to more research to unearth its other medicinal properties. **The scientific research done within the past few decades have discovered that this herb also possesses strong properties that can help in the management of cancer. [2]**

GARLIC FOR THE MANAGEMENT OF CANCER

Cancer is a serious disorder that occurs due to an uninhibited multiplication and growth of some cells in the body. It originates in any particular organ or tissues and often spreads to the surrounding or distant structures. It can spread to the neighboring organs by direct extension of the cancer cells to the tissues of the surrounding organs. The spread of cancer to the distant organs occurs via the passage of the cells through the blood and lymphatic system. The abnormal cell growth and multiplication can erode the tissues of the organ resulting in destruction that severely affects the normal functioning of the organ.

Hence, it is very important to stop this division of cells and the spread of cancer to the other organs. However, as in most cases, the immunity of the person is involved in the process; it becomes difficult to control the growth of cancer.



Your doctor can advise you on the correct use of garlic when diagnosed with cancer.

- This is where herbs like garlic can help by correcting the response of the immune system to the abnormal cancer cells.
- It helps in the eradication of the abnormal cells and prevents them from multiplying in an uninhibited manner.
- The use of garlic can be frozen with the conventional modes of treatment for cancer such as chemotherapy, radiation therapy, and surgery, when appropriate, for better and faster results.

The exact action of garlic in the management of cancer is discussed in detail in the coming chapters.

Besides this, garlic also offers other health benefits like

- Improving the metabolism of the body, protecting the heart from illnesses like heart attacks, reducing leucorrhea and preventing prostatic diseases.
- It works in managing these illnesses with its strong anti-inflammatory, antioxidant and antibacterial actions.

- Recent research has shown that garlic can improve the metabolism of iron and helps to keep a higher amount of iron in circulation thereby enhancing the efficiency of the blood to transport oxygen to the major organs of the body. [3]


Though we know today that garlic can not bring in good luck, ward off vampires or protect us against evil, the characteristics assigned to it in the traditional folk tales; it is guaranteed to be much beyond that in reality. It can transform a meal into a healthy and aromatic, culinary experience.

This book is meant to provide information about the uses of garlic in the prevention and treatment of cancer. Readers can also learn about what is cancer and the different types or stages of the disease. It will focus on providing information about the different cancers that can be managed well by using Garlic. It also includes chapters on the other health benefits of garlic and the different ways to consume it for availing its medicinal benefits. Hopefully, this book will help the cancer patients all over the world to manage their illness in a more effective and harmless way and help them survive cancer and lead a healthy and long life.

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THE ROLE OF GARLIC IN THE TREATMENT AND PREVENTION OF CANCER



1

C H A P T E R

The cancer-controlling properties of garlic have become well known today. An increasing number of patients all around the world have started using this herb for the management of cancer along with chemotherapy and radiation therapy for improving their chances of recovery and survival.

The different ways by which garlic works to control the growth and multiplication of the cancer cells are described below:

WORKS AS AN ANTIOXIDANT

Alliin and Alliinase are the two enzymes that are released when the garlic cloves are cut or crushed. Of these, Alliin works as a powerful antioxidant, which improves the potential of garlic as an anti-cancer medication. An antioxidant is termed as a substance that can destroy the free radicals in the body.

It should be noted that the damage caused to the normal tissues due to the free radical is a common cause of cancer. These free radicals can damage the DNA structure, which can result in some cells mutating into cancerous cells. [1] It is possible to get rid of the damage caused by these free radicals by using antioxidants like garlic.

Garlic acts directly on the free radicals and destroys them completely thereby minimizing the harm to the healthy tissues. It also prevents the change in the structure of the DNA due to the free radicals and inhibits the ensuing abnormal multiplication of the cells that can lead to cancer.

DESTROYS THE TUMOR CELLS

The natural toxic chemical reaction between the two compound of garlic, Alliinase, and Alliin, at the tumor site can help in causing the destruction of the cancer cells. This action can be brought about artificially by using an antibody that is programmed to identify the tumor cells.

The antibody is bound to Alliinase and then injected into the bloodstream to find the cancer cells. This is followed by an Alliin injection, which then reacts with Alliinase to form Allicin that penetrates the tumor cells and kills them. [2] Garlic can also cause the cancer cells to die off by reducing the rate at which they proliferate, thereby slowing down the progression of cancer. It has been shown to kill the cancer cells in the lungs, esophagus, breasts, stomach and colon. [3]

PREVENTS ANGIOGENESIS

The anti-cancer benefits of garlic can be attributed to its action in preventing angiogenesis. Angiogenesis is a process by which new blood vessels are formed at the cancer site so

that the affected tissues receive an increased supply of blood that can aid in the faster growth of cancer. This process hastens the spread of cancer by feeding the abnormal cells with a higher amount of nutrients. Garlic can help prevent this by inhibiting angiogenesis.

It prevents the formation of new blood vessels within the tumor. As a result, the cells could not get enough nutrients to survive or continue their growth and multiplication and eventually die. This helps in limiting the growth of cancer.

OFFERS PROTECTION FROM HARMFUL TOXINS

Garlic is known to protect the body cells from the harmful effect of environmental toxins. Environmental toxins like some metals and cigarette smoke can cause serious damage to the healthy tissues of the lungs, in particular, and the body, in general, is thereby stimulating the occurrence or progress of cancer. **Use of garlic in its natural or supplemental form can help in preventing this by boosting the resistance of the body tissues to the damage caused by them.**

SUPPLIES MELATONIN

Garlic contains high levels of **tryptophan**, a precursor to the naturally secreted hormone in the body called **serotonin**. Serotonin is essential for the production of a substance called **Melatonin** that is an anti-cancer agent produced naturally in the brain by the pineal gland. The high production of Melatonin is associated with lower risk of cancer. Melatonin also helps in preventing the spread of cancer with its anti-oxidant and anti-inflammatory actions. However, the production of Melatonin slows down as the age advances making the people in the older age group prone to develop cancer. **The use of garlic can help restore the levels of body's anti-cancer agent, Melatonin, by supplying its precursor, tryptophan. [4]**

ANTI-BACTERIAL ACTION

Researchers have found that Allicin, a compound present in garlic from which it derives its flavor, can help in fighting cancer with its antibacterial action. Allicin can fight infections caused by a wide range of bacteria and viruses. Repeated infection in the lungs is a common cause of lung cancer. Patients with low immunity often develop recurrent attacks of pneumonia or bronchitis (inflammation of the bronchi) due to which the normal architecture of the lungs is affected triggering the development of cancer.

However, it is to be kept in mind that Allicin from which garlic derives this benefit is not present in the unbroken garlic cloves but is released only when the cloves are crushed or broken. Hence, patients are advised to crush or cut the garlic cloves before consuming it or use the supplements that contain the compound.



Regular use of garlic can help prevent attacks of infections through its antibacterial action and thereby also prevent the development of cancer.

Garlic produces an anti-cancer action that is protective in several cancers including those affecting the stomach and colon. The anti-oxidant, anti-inflammatory and anti-angiogenesis actions of this herb are just some of the few that help in the cancer prevention and treatment. Patients suffering from cancer are advised to start consuming garlic in its raw form or include it in their cooking to prevent cancer from spreading. It can also help them in improving the results achieved through radiation and chemotherapy. People prone to develop cancer can also use this herb for preventing the illness. Garlic is available in the form of supplements. Patients who do not like the strong, pungent taste of the herb can use the supplements to avail the benefits. They are advised to consult a cancer specialist to learn more about the uses and the recommended dose of garlic supplements for the prevention and treatment of cancer.

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WHAT IS CANCER?



2

CHAPTER

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