

## **Ginger Root is a Miracle Cure for Prostate Cancer**

*By Craig Stellpflug, NaturalNews.com*

Prostate cancer is one of the most over-treated cancers out there. By 50 years of age, about 40 percent of all men already have prostate cancer and likely will never know it. But it will not kill them either - unless they are screened for it and then treated with Big Pharma protocols. Then things take an ugly turn as the benign and slow-growing cancer turns into the killer kind. The numbers for prostate cancer doubles to 80 percent of all men by the age of 80 years old. If you are in the business of selling cancer treatments, this is a financial boon and a cash-cow.

The male prostate gland naturally enlarges with age. The bigger it gets, the greater the chance that some of the cells in the prostate will turn cancerous. This is mainly due to our highly inflammatory diets full of gluten, cancer causing GMOs, sugars and chemical additives combined with our sedentary lifestyles and poor stool habits.

The U.S. Preventive Services Task Force this year found that PSA blood tests are too unreliable and give false positives 80 percent of the time with 1,000 men needing to be screened just to prevent a single prostate cancer death - but that's not the worst of it. Many will succumb to impotence, incontinence, heart attacks and even death from treatment of tiny tumors that never would have killed them in the first place.

### **Ginger is the miracle cure**

The *British Journal of Nutrition* published the results of an American study recently in which ginger extract (*zingiber officinale*) actually killed human prostate cancer cells while healthy prostate cells did not die. The results occurred at a daily dose of 100 mg of ginger extract per kg of body weight (based on a man weighing 150 pounds this equals about 550 mg extract per day). In eight weeks, the ginger extract slashed prostate tumor growth in half. The researchers have estimated that 100 grams of fresh ginger eaten daily will offer the same results.

As a cancer champion, ginger has anti-inflammatory, antioxidant and antiproliferative effects upon tumors making ginger a promising chemopreventive agent. Whole ginger extract holds significant growth-inhibitory and death-inductory effects in a spectrum of cancer cells by interrupting cancer cell-cycle progression, impairing cancer reproduction and modulating apoptosis. But most importantly, ginger does not have any toxicity in normal, rapidly dividing tissues such as gut and bone marrow.

*Ginger taken orally can prevent or relieve nausea resulting from chemotherapy, motion sickness, pregnancy, and surgery.*

Not only can ginger root cure cancer, but it is a natural remedy for travel sickness, nausea, indigestion, flatulence, colic, irritable bowel syndrome, loss of appetite, chills, poor circulation, menstrual cramps, dyspepsia, heartburn, indigestion and many other gastrointestinal problems. Ginger root is also a powerful anti-inflammatory for joint problems and is indicated for arthritis, fevers, headaches, toothaches, coughs, bronchitis, osteoarthritis, rheumatoid arthritis, tendonitis, high cholesterol and blood-pressure and can also prevent internal blood clots. Ginger is even anti-viral and makes a warming cold and flu remedy.

## **Prostate do's and don'ts**

There are studies showing that men consuming large amounts of synthetic folic acid and zinc oxide are more likely to develop prostate cancer. Men also taking large amounts of high-dose multi-vitamins develop prostate cancer more frequently. On the other hand, other studies suggest that fish oil, magnesium, curcumin, broccoli and lycopene (found in tomato products) help protect men against cancer. Avoiding all GMO foods and processed foods along with their litany of chemical additives is a must for prostate health. Maintaining a low-carb diet is also known to reduce the risk of developing prostate cancer.

Oh, and don't forget to take ginger root.