

Featured Topic: Curcumin Part 2
Curcumin and Cancer
(5 slides)

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Curcumin is anti-cancer

- Why the interest in curcumin as a cancer treatment?
- Curcumin stops
 - Cancer cell formation
 - Cancer cell growth
 - Cancer cell spread
- Also, curcumin activates the body's own cancer-killing system, the p53 pathway
 - p53 stops mutated, potentially cancerous cells from dividing and calls in DNA repair teams
 - If DNA can be repaired, p53 allows the cell to go back to work
 - If DNA cannot be repaired, p53 causes the cell to self-destruct (apoptosis)
- All this **without the toxic effects** associated with conventional chemotherapy and radiation therapy

A look at some research...

- In a lung cancer cell study, curcumin reduced the metastatic spread of **lung cancer** by over 30%
- Curcumin inhibited the spread of invasive **bladder cancer** cells by 40% (cell study)
- Curcumin reduced the size of **pancreatic tumors** by 17% (animal model)
- In a study using **breast cancer** cells, curcumin reduced cancer cell proliferation (reproduction) by as much as 60-70%
- In an animal model of **prostate cancer**, animals receiving supplemental curcumin experienced a reduction in tumor size of up to 65% versus animals who did not receive curcumin

Curcumin can be used with conventional cancer treatment

- Chemotherapy or radiation therapy can be very toxic to the entire body, not just cancer cells
- Sometimes a less than optimal dose has to be used in order for the patient to tolerate the adverse effects
- Curcumin can help these treatments work more effectively so a smaller (less toxic) dose can be used
- Curcumin can help reduce the adverse effects of these treatments as well

A look at some research

- In a cell study looking at triple negative breast cancer cells, curcumin nearly **doubled the effectiveness of the chemotherapy drug 5-FU** in killing breast cancer cells
- Curcumin **prevented chemotherapy-induced kidney damage** (animal model) in the treatment of breast cancer (while also improving the drug's effectiveness)
- Curcumin **reduced the severity of side effects** (problems with urination and urinary frequency) associated with radiation treatment for prostate cancer
- Curcumin has been shown to **increase the effectiveness of drugs** used to treat bladder, breast, colon, pancreas, gastric, liver, blood, lung, prostate, cervix, ovary, head and neck, and brain cancers, as well as multiple myeloma, leukemia, and lymphoma

What to remember

- Curcumin is the medicine, turmeric is the spice
- Combining **curcumin** with **turmeric essential oil** is a safe and effective way to ensure absorption
- Curcumin can be combined with other anti-cancer ingredients such as grape seed or boswellia
- Dosage: up to 750 of enhanced absorption curcumin daily; in some cases may increase to 1500 mg daily

Listener Question

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Ask Terry

Dear Terry:

I have bad skin. It is a problem all year, but cold weather makes it worse. My hands get so chapped that they bleed and my feet and heels itch. Even the inside of my nose dries out and I get little nosebleeds. I've tried all kinds of lotions but they make me itch MORE because I'm allergic to aloe and perfume. What can I do to stop the cracked, itchy skin this winter?

M.M., Red Wing, Minnesota

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Wedding and Cold Sores (2 slides)

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Something old, something new...

- Weddings tend to bring out cold sores
- Wedding Stress
 - weakens the immune system, which can allow the virus causing cold sores to activate
- Tanning beds
 - Many brides want to be tan on their wedding day, but excessive UV exposure can bring on a cold sore, especially in people who are already prone to them

Propolis for Cold Sores

- Compound from bee hives
- Specific type of topical propolis from Europe clinically tested to reduce pain and speed healing of herpes blisters
 - Particularly effective at pain relief, with noticeable pain reduction reported after first application
- Propolis versus Acyclovir (drug used to treat cold sores)
 - 80% of propolis participants had direct healing from the redness stage, without experiencing blisters or encrustation
 - physicians rated propolis as good or very good in 90% of cases versus only 40% in the acyclovir group
- Apply at first sign of a cold sore