

Reduce your cancer risk - especially colorectal - by eating more ginger

(NaturalNews) Ginger is one of Ayurveda's favourite medicinal and tonic herbs, and it has emerged also as a culinary favourite lately. There has been considerable clinical testing by modern Western medicine that shows ginger's anti-inflammatory effects.

Now, there's been a small trial that points to ginger's capacity for inhibiting and preventing cancer. The trial was performed on 20 subjects who were considered high risk for colorectal cancer.

Colorectal cancer is cancer of the colon or rectum. It is the third most commonly diagnosed cancer, and it is the second most lethal. The cancer industry asserts that early detection leads to possibly thwarting the death sentence.

They insist on screening often from age 50. Screening may include removed polyp biopsies or colonoscopies and CT Scans. Then comes the cut (surgery) and poison (chemotherapy). Chris Wark of Memphis, Tennessee was diagnosed with stage three colon cancer at the young age of 26.

He underwent surgery, but **refused chemotherapy**. A book literally laid on his doorstep led him into a strict raw vegan and juicing diet with supplements and herbs, which was modified a few months later by a local naturopath.

He's in his mid-30s now, married with two kids, and still cancer free. He loves to post alternative cancer cure stories on his website - *Chris beat cancer*. (<http://www.chrisbeatcancer.com/>)

That ginger cancer prevention trial

The pilot trial was conducted at Atlanta, Georgia's *Emory University*. It was published in the *National Institute of Health's (NIH) PubMed* as "Effects of Ginger Supplementation on Cell Cycle Biomarkers in the Normal-Appearing Colonic Mucosa: Results from a Pilot, Randomized, Controlled Trial."

The usual division of placebo and test subjects divided the group of 20 individuals considered high risk for colorectal cancer into two groups of 10 each. This double blind study approach is a rather cruel hoax for the placebo subjects while using non-toxic medicines.

But they insist on this protocol and others that torture animals so they can accept it as evidence based research.

The 10 lucky subjects were given two grams of ginger a day for 28 days. State of the art diagnostic testing was utilized to observe various markers on all 20 subjects detrimental to cancer forming. They examined biopsies of rectal mucosa and epithelium (thin tissue layer) crypts (tiny pockets) from both groups.

After the 28 days, biopsy markers for those who were taking two grams of ginger daily were markedly better than the placebo group.

The researchers concluded: "... ginger may reduce proliferation in the normal-appearing colorectal epithelium and increase apoptosis [cancer cell death] and differentiation relative to proliferation ... [to] support a larger study to further investigate these results."

In other words, you can use ginger to help keep cancer away, especially colorectal cancer.

Suggestions for consuming ginger

You can purchase ginger capsules, or use ginger powder to make your own and/or sprinkle onto foods. Two grams doesn't amount to much, especially if you use it for teas, beverages, or with food.

You can purchase ginger root from most health food stores. Ginger root is not among the top "dirty dozen" of most pesticide sprayed foods. So don't worry if organic ginger root is not within your budget.

Peel the skin off ginger roots just before using them. If you juice with a masticating juicer, you can drop a couple inches of the root into your juicer along with other veggies and apples. It spices things up and supplies a large dose of cancer preventing ginger.

For ginger tea, it's best to use the traditional method of covering the bottom of a pan with thin slices of peeled ginger root, bringing it to a boil then letting it simmer for a half-hour. Whatever you don't drink can be stored in the fridge for a few days.