

Note: If you or your loved one has cancer, do not avoid, delay, or abandon conventional treatment due to anything you may see here. Cancer treatment has made great advances since 1990. Most alternatives have little to no value. Nothing you see here has been validated by completed human trials.

How to Cure Cancer with Ginger (*Zingiber officinale* Roscoe) Last update December 4, 2007.

I am not a doctor, so this is only based on my experience and what I have learned since my cure in December 2002. You should consult your oncologist. I had previously been using ginger root powder in 500mg capsules for stomach upset. But then tried it successfully at a higher than label dosage instead of antibiotic. When I had prostate cancer and also colon cancer that blocked my colon, I tried ginger. I took up to six capsules (2.5mg gingerol per capsule), four times a day. I was very lucky. It worked! How can I be so sure that it works? Because the cancer returned three years later, this time it was also in several new places - in my bones, sinus, and the bottom of my spine. I used the ginger treatment at full dose for three days and then another three days a week later. It seemed that nothing happened, but the pains slowly went away and my body functions returned to normal within a month except for my kidneys that took about six months to get back to feeling normal. Also, after my cures, results from research began to make the news that confirmed that ginger does have anti-cancer properties. See the end of this document for links about research that you can check out. By the way, another reason I am making this document public besides the primary reason of saving lives, is because when my oncologist found out that I was cured the response was "I don't believe it, I don't want to hear about it." Well I thought, with that kind of attitude how many people will die needlessly. I will not let that happen.

It appears that I may have taken more than the amount required and compressed the treatment period unnecessarily. With perfect hindsight I think now that the cancer may have been treated more gently, but not too gently. Ginger at a high enough dosage kills cancer cells. The trick is to not kill so many that your liver and kidneys are overloaded. Also at high dosages ginger can cause some rather disturbing effects.

As for the form of ginger to be taken, it is essential that it contain the key ingredient, which is gingerol or 6-gingerol. Gingerol is sensitive to heat and when ginger is cooked the gingerol is changed to other chemicals that do not fight cancer as effectively. Therefore, please do not waste your precious time taking ginger flavored foods and tea. Use only products that are certified or guaranteed to contain gingerol. Two types of product fit these requirements. The best appears to be capsules that contain ginger extract. Enough for one treatment usually costs less than \$10. The other product is the alcohol extract of ginger. This extract or tincture is difficult to find and quite expensive. Also it may be impossible for most people to consume enough of the pungent burning extract to get an effective dose.

The Dosage Problem: The dosages given here are based on my personal experience. I have now found that there is confusion about what the actual dosage is. The capsules that I took were 450mg of ginger root powder plus 50mg of extract that contained 5% gingerol. I assumed that

the ginger root powder in the capsules did not contain any gingerol, and that all of the benefit was due to the 2.5mg of gingerol from the extract. That in fact may be wrong as demonstrated by testimonial 1 where the person used plain ginger root powder or ground ginger from a food store. Ginger root powder may contain as much as 3% gingerol. So for example, if the capsules that I took contained ginger root powder that had 2% gingerol, then they contained 450mg X 0.02 plus 2.5 or 9+2.5 or 11.5mg of gingerol per capsule. If that is true, I actually took 24 times 11.5mg or 276mg of gingerol per day at the maximum dosage and not 60mg of gingerol as stated below. That is a big difference! So you can see the problem. How much to take? Ginger is a natural product and can vary a great deal in gingerol content, and it also contains many other compounds that may be useful. Based on my experience and that of the person in testimonial 1, I think the dosage must be enough to cause kidney or liver ache or pain and then the ginger is stopped. Until a human trial is done we will not know what the exact correct dosage is and what is the best way to take it.

You may find what is discussed here disturbing, but rest assured that ginger might represent your best alternative. Ginger is a highly effective, easy, and inexpensive cure for cancer. This is particularly true for prostate, colon, and ovarian cancers, and perhaps for some leukemia. I suspect that most other cancers and perhaps all cancers can be cured by ginger, but since there are so many different types of cancer I cannot be certain. It can be unbelievably gentle when the correct dosage is taken. From my personal experience I would definitely use ginger before any other treatment if diagnosed early, that means the tumor is small and not in a dangerous place. Certainly if no other option is available, ginger is number one in my book of last chance cures. The warnings that follow are to hopefully prevent you from doing something harmful to yourself. My experience has been that most people with cancer are dangerously timid about self treatment. They do not act quickly enough or use too low a dose.

By now you may be thinking that ginger seems to be a type of chemotherapy. Ginger even though it is from a natural source and a food, is a chemotherapy at these high doses. You will probably obtain the best results if you use it as chemotherapy. As a chemotherapy the ginger should and does cause hair loss although it is not major. Ginger will cause blood counts to go off, which accounts for some of the weakness and fatigue afterward. Do not think that because it is natural that it will not work. Those that are trying to patent gingerol certainly think it works, and I know it does.

Cautions:

- if you are diabetic, exercise extreme caution, ramp up to your target dosage, stop if you have problems,
- Ginger should not be taken at high doses if you are
- allergic to ginger,
- currently being treated for cancer,
- currently taking anti-coagulant drugs or have a blood clotting disorder,
- taking other medication that is likely to interact with ginger,
- having problems with kidney, liver, gall bladder, ulcer, or lung disease,
- not able to quickly swallow many large capsules, wash them down into your stomach, and keep them down,

- pregnant or lactating,
- bedridden,
- unable to survive the flu,
- having heart rhythm problems,
- unable to access medical assistance and dialysis if required.

I Would:

- Read "Antioxidant Warning"
- Read "How Does Ginger Work?"
- Have help available.
- Take at least the minimum effective dosage. The minimum effective dosage is more than four grams per day of ginger root powder, or 20-mg gingerol, for a 150-pound person. But certainly do not take more than twelve grams per day. The maximum dose appears to be one milligram of gingerol for each ten pounds of body weight, taken four times per day, or a total of 60-mg gingerol per day for a 150-pound person.
- Take ginger for one to three days. Ginger seems to accumulate in the body when taken at high dosage. Therefore you should not take high dosage ginger continuously for more than five days as the cumulative dose will become more toxic than beneficial.
- Take ginger for a shorter time or lower dosage if there is a lot of cancer tissue. Killing too much cancer too fast can be dangerous. But NO cancer will die if the dose is too low. Killing cancer cells will cause nausea. No nausea means you are not killing cancer cells. Kill a lot of cancer cells and you will have a lot of nausea.
- Have a moderately high to high humidity. Ginger tends to dry out and irritate the lungs. At some points you might experience extreme lung irritation. Do not allow the lungs to dry out. Keep the mucus flowing.
- Drink lots of water. Flush the toxins from the dying cancer out of the body and keep the kidneys from getting overloaded. Drinking a lot of water can throw off your electrolytes, take minerals or supplement to maintain your electrolytes at safe levels.
- Rest as much as required. Take it easy.
- Stop taking ginger immediately if either the liver or kidneys begin to ache or become painful. This is very important!
- Stop taking the ginger if any dangerous side effect appears. For example if you have palpitations, you may stop taking ginger for a day then start again at half the previous dosage.
- Take vitamins and minerals. Killing cancer can be very stressful on the body. The body needs help.
- Repeat as required. One to two weeks later or not until you feel up to it, have another treatment at a higher dosage but not more than maximum dosage.
- Increase the dosage until you reach the maximum or have a disturbing side effect. When you can take the ginger treatment at full dosage for three days and not feel any nausea you have killed all of the cancer.

What is it like?

At a moderate dosage for a fairly healthy person, there may only be the feeling of a warm tummy. After treatment there may be some mild nausea and weariness. Typically you will feel weak, have nausea without vomiting, sleep more than usual, have some chills and fever, have some sore feeling in the abdomen, lower back or kidney ache, experience intermittent dry lung irritation, and taste and smell ginger everywhere. You will also smell like ginger to others. The more extreme the treatment and advanced the cancer the more severe the effects of the ginger treatment. Taking too much ginger may cause heart rhythm

disturbance, strong nausea, liver irritation and ache, burning feeling during urination, fever, chills, pronounced weakness, extreme lung irritation with a burning dry cough, and fatigue. If you really over do it and do not drink enough water you could even push yourself into kidney failure. Should you experience any of the extreme symptoms, stop taking the ginger. Do not start again until you are well enough. Basically, be reasonable, only push it to what you feel you can safely tolerate. When you can take the ginger treatment at full dosage for three days and not feel any nausea you have killed all of the cancer.

Afterwards:

Usually it only requires one to three treatments. Ginger can be so gentle you may not feel that anything has happened. Nausea is a good hint that cancer tissue has been killed. You may experience some hair loss which should resolve in a few months. Your blood counts may go off, and you may experience weakness and fatigue for a week or two. It is not unusual to have lower back pain or tenderness, and if your kidneys are in good shape it should go away within two weeks. After treatment and recovery you may experience a dramatic return to health. There may be strange itching or other vague sensations inside the body where a tumor has been killed. The body will heal naturally, but the cancer may have done some permanent damage that will not heal. The healing may take weeks, months, or even a couple years. Watch out for a return of symptoms. A cancer will often send out cells around the body long before the first symptoms of cancer appear. These pre-cancerous cells can lay dormant for years and are not affected by the ginger treatment. So to catch any new cancer you should repeat the treatment every two years or sooner if required.

Ginger Research on the Internet

Colorectal Cancer

<http://www.sciencedaily.com/releases/2003/10/031029064357.htm>

Ovarian Cancer

<http://www.med.umich.edu/opm/newspage/2006/ginger.htm>

Human Study using Curcumin and Gingerol

http://www.umassmed.edu/hema_oncology/mdsinfo/curcuminandgingerol.aspx