

This type of testimonial (see below WITH MY COMMENTS) on asparagus goes around all the time and is very dangerous, not because asparagus is bad for you, but because it MIGHT DELAY you from doing the right thing....see your doctor and get the recommended treatment. The problem we see in the cancer field, is that undocumented supplements, herbals, and non-FDA approved drugs are recommended. So are coffee enemas, electric halos around the body, apricot pits ground up, oxygen treatments, hydrogen peroxide treatments, special restrictive diets, magnetic fields, special oils, acupuncture, special fruits and vegetables in huge amounts, vitamins, chinese potions, etc.

These are all UNPROVEN. Where is the documented research published in the appropriate cancer journals?? You can't trust some rebel doctor or biochemist. Even some quack chiropractors and doctors would have you believe that there is some conspiracy with our medical community and the federal government that already know the cure for cancer and won't tell us , because the pharmaceutical companies and cancer doctors would go out of business. TRASH! There is a department at the National Institute of Health that deals with these issues, under complementary methods. A certain therapy may complement standard therapy, but not on its own. These charlatans are everywhere, and these snake oil salesmen will bilk you out of every dime you have when you are desperate. Tijuana, the Bahamas, etc. are full of these "cancer clinics". Their waiting rooms are full of desperate people hoping for a miracle.

There are those that delay their treatment for the quack methods, and then their cancer spreads, and then they come running for help. Ask Steve McQueen's family, and Steve Jobs' family. Steve Jobs had a very curable form of pancreatic cancer...not the kind that kills you quickly, but an endocrine cancer called an insulinoma. Had he had it removed when it was first found, this brilliant mind would still be with us. So, don't think stupid people are the ones

looking for a miracle. They are desperate families who are praying for a miracle, scared of the recommended cancer therapies, and will try anything.

Do miracles occur with prayer? I actually believe anything is possible, and we pray for people everyday who are fighting this disease. I am firm believer that praying to a higher power helps, but I wouldn't substitute prayer for the right treatment. The placebo effect is a powerful internal belief that something like a sugar pill will help them, and in 20% of the cases, they actually make a difference.

Are there unexplained cures? Yes! But, remember your own immunity has great power to fight off disease. Why not let it assist your doctors in getting well. Why do you think the American Cancer Society and others recommend good balanced diets, rich in anti-oxidants, fruits and vegetables, along with a healthy life style which means no smoking, limit alcohol (2 drinks for men and 1 drink for women), an ideal weight, and daily exercise. We have reliable research that proves that it helps. This goes for cancer patients going through treatment, and following it.

Remember, some of these quack methods may interfere with your cancer treatment, especially chemo. Always discuss all over the counter (OTC) potions you are taking with your doctor.

As a retired head and neck surgeon, a cancer survivor, and almost 36 years of volunteering for the American Cancer Society and on cutting edge committees that are working hard to find the ways to control and cure cancer, I promise you that there is no conspiracy. The fight against cancer is ongoing and with breakthroughs and advances coming fast, we will continue to understand and better treat cancer. We have pushed cancer into a chronic disease model already. Early diagnosis, prevention, and early treatment is the answer to most cancers. Stopping smoking alone would cut

out 30% of cancers and 30% of all deaths from disease. We have a responsibility to stay well, maintain a healthy weight, and exercise. If you add those to the equation, you could probably cut out another 30% of cancer and 30% fewer deaths from all diseases.

REMEMBER-----If it sounds too good to be true.....it probably is!! Do not depend on testimonials for anything. Trust your healthcare provider!!

THIS IS THE TESTIMONIAL I Received from a reader!!!

Asparagus....Who knew??

This is from a friend....hope it is in the right spot, as there wasn't a place it really 'fit' in the personal improvement section....great info, though, and I've personally heard at least 4 testimonies of people who have been cured of stage 4 cancers using this!

My Mom had been taking the full-stalk canned style Asparagus that she pureed and she took 4 tablespoons in the morning and 4 tablespoons later in the day. She did this for over a month. She is on chemo pills for Stage 3 Lung cancer in the pleural area and her cancer cell Count went from 386 down to 125 as of this past week.

Her oncologist said she does not need to see him for 3 Months. (I GUESS THE CHEMO ISN'T PART OF THE IMPROVEMENT IN HER)

THE ARTICLE: (MY COMMENTS ARE CAPITALIZED)

Several years ago, I had a man seeking asparagus for a Friend who had cancer. He gave me a photocopied copy Of an article, entitled, Asparagus for cancer 'printed in Cancer News Journal, December 1979. I will share it here, just as it was shared with me: I am a Biochemist (how does that make him an expert?), and have specialized in the relation of diet to health for over 50 years. Several years ago, I learned of the discovery of Richard R. Vensal, D.D.S. (A DENTIST) that asparagus might cure cancer. Since then, I

have worked with him on his project We have accumulated a number of favorable case histories. Here are a few examples:

Case No. 1, A man with an almost hopeless case of Hodgkin disease (cancer of the lymph glands) (THERE IS NO CASE OF HODGKINS THAT IS HOPELESS-IN FACT IT IS VERY TREATABLE) who was completely incapacitated. Within 1 year of starting the asparagus therapy, his doctors were unable to detect any signs of cancer, and he was back on a schedule of strenuous exercise.. (DID THEY MENTION HE WAS ON REGULAR TREATMENT TOO??)

Case No. 2 , a successful businessman 68 years old who suffered from cancer of the bladder for 16 years. After years of medical treatments, including radiation without improvement, he went on asparagus. Within 3 Months, examinations revealed that his bladder tumor had disappeared and that his kidneys were normal. (BLADDER CANCER IS VERY TREATABLE TOO--BEING TREATED FOR 16 YEARS OUGHT TO TELL YOU SOMETHING).

Case No. 3, a man who had lung cancer. On March 5th 1971, he was put on the operating table where they found Lung cancer so widely spread that it was inoperable. The surgeon sewed him up and declared his case hopeless. On April 5th he heard about the Asparagus Therapy and immediately started taking it By August, x-ray pictures revealed that all signs of the cancer had disappeared..He is back at his regular business routine. (NOT EVEN CLOSE TO THE AMOUNT OF INFORMATION NEEDED TO COMMENT).

Case No. 4, a woman who was troubled for a number of years with skin cancer. She finally developed different skin cancers which were diagnosed by the acting Specialist as advanced. Within 3 months after starting on asparagus, her skin specialist said that her skin looked fine and no more skin lesions. This woman reported that the asparagus

therapy also cured her Kidney disease, which started in 1949. She had over 10 operations for kidney stones, and was receiving Government disability payments for an inoperable, Terminal, kidney condition (WHAT DISEASE?). She attributes the cure of this kidney trouble entirely to the asparagus.

I was not surprised at this result, as 'The elements of Materia medica', edited in 1854 by a Professor at the University of Pennsylvania, stated that asparagus was used as a popular remedy for kidney stones. He even referred to experiments, in 1739, on the power of Asparagus in dissolving stones. Note the dates! (I DID? WHAT ABOUT THE EVIDENCE SINCE 1739?)

We would have other case histories but the medical establishment has interfered with our obtaining some of the records (MEDICAL INFORMATION ON PATIENTS IS PRIVILEGED INFORMATION PROTECTED BY LAW).

For the treatment, asparagus should be cooked before using, and therefore canned asparagus is just as good as fresh. I have corresponded with the two leading canners of asparagus, Giant and Stokely, and I am satisfied that these brands contain no pesticides or preservatives.

Place the cooked asparagus in a blender and liquefy to make a puree, and store in the refrigerator. Give the patient 4 full tablespoons twice daily, morning and evening. Patients usually show some improvement in 2-4 weeks. It can be diluted with water and used as a cold or hot drink.

This suggested dosage is based on present experience, but certainly larger amounts can do no harm (WHERE IS YOUR RESEARCH IDIOT?) and may be needed in some cases (HOW MUCH IS MARGER AMOUNTS?).

As a Biochemist I am convinced of the old saying (SAYING IS NOT RESEARCH) that 'what cures can prevent.' Based on this theory, my wife and I have been using asparagus puree as a beverage with our meals. We take 2 tablespoons diluted in water to suit our taste with breakfast and with dinner. I take mine hot and my wife prefers hers cold (GREAT INFO). For years we have made it a practice to have blood surveys

taken as part of our regular checkups (THAT IS WHAT REGULAR CHECKUPS ARE FOR). The last blood survey, taken by a medical doctor who specializes in the nutritional approach to health, showed substantial improvements in all categories over the last one, and we can attribute these improvements to nothing but the asparagus drink. As a biochemist, I have made an extensive study of all aspects of cancer, and all of the proposed cures. As a result, I am convinced that asparagus fits in better with the latest theories about cancer (YOUR NOBEL PRIZE IS IN THE MAIL). Asparagus contains a good supply of protein called histones (TRUE) , which are believed to be active in controlling cell growth.. For that reason, I believe asparagus can be said to contain a substance that I call cell growth normalizer . That accounts for its action on cancer and in acting as a general body tonic (LOVE THOSE TONICS). In any event, regardless of theory, asparagus used as we suggest, is a harmless substance (BUT YOU ARE NOT HARMLESS-YOU ARE DANGEROUS). The FDA cannot prevent you from using it (NOR CAN THEY PREVENT YOU FROM EATING DOG FOOD) and it may do you much good. It has been reported by the US National Cancer Institute, that asparagus is the highest tested food containing glutathione , which is considered one of the body's most potent anti-carcinogens and antioxidants (TRUE-BUT THEY DO NOT SAY IT IS A TREATMENT OR EVEN A COMPLEMENTARY METHOD FOR CANCER TREATMENT). THIS TESTIMONIAL IS ALOT MORE STUPID THAN MOST OF THE ONES I RECEIVE. MANY ARE VERY CONVINCING....THIS IS ONE IS AN INSULT TO ANYONE'S INTELLIGENCE.