

Asparagus -- Who knew?

From the Editor. I received this article from my mother, who is keen on homeopathy and natural remedies and thought it might be of interest to the readers. Read the article first, then read what I have written at the end of it, you might find it interesting.

This is from a friend

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. THE ARTICLE:

Several years ago, I had a man seeking asparagus for a friend who had cancer. He gave me a 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, and have specialized in the relation of diet to health or over 50 years. Several years ago, I learned of the discovery of Richard R. Vensal, D.D.S that Asparagus might cure cancer. Since then, I have worked with him on his project We have accumulated a number of favourable case histories. Here are a few examples:

Case No. 1, A man with an almost hopeless case of Hodgkin's disease (cancer of the lymph glands) 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.

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 tumour Had disappeared and that his kidneys were normal.

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 and by August, x-ray pictures revealed that all signs of the cancer had disappeared... He is back at his regular business routine.

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. 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! We would have other case histories but the medical establishment has interfered with our obtaining some of the records. I am therefore appealing to readers to spread this good news and help us to gather a large number of case histories that will overwhelm the Medical sceptics about this unbelievably simple and natural remedy.

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 am satisfied that these brands have 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 and may be needed in some cases. As a Biochemist I am convinced of the old saying 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. For years we have made it a practice to have blood surveys taken as part of our regular check-ups. The last blood survey, taken by a medical doctor who specialises 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. Asparagus contains a good supply of protein called histones, 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 normaliser. That accounts for its action on cancer and in acting as a general body tonic. In any event, regardless of theory, asparagus used as we suggest, is a harmless substance. The FDA cannot prevent you from using it 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 anticarcinogens and antioxidants.

Before I start, I would like to say that what you are about to read is fact, This is a personal friend, but I don't want to give anyone false hope as it is not proven that Asparagus has helped in this case, however, taking Asparagus was the only lifestyle change that was made in this case, so take from it what you will.

Case history. *A very good friend of mine who has just retired from the Fire Service at the age of 59 was diagnosed with Prostate cancer in late March of this year. PSA blood tests revealed a reading of almost 100 (I don't know what these figures mean, but I'm quoting them as a matter of fact). He was told that a normal PSA reading for prostate was 4 and that any reading of more than 20 meant that the cancer had spread outside the prostate and they needed to start treatment straight away.*

Very shortly after he found out, I e mailed this article over to him as I thought, if nothing else it was worth a punt.

The next time I saw him I asked if he'd received the e mail and he told me he had and that his wife now had him on two Asparagus smoothies a day. That started a couple of days after he got the news of his cancer and he continued to take it twice a day from then on.

In early May he was called for a full body scan and a week or so later he received a phone call from the Radiographer who did the scan to say that they had examined his scan and couldn't find any evidence of secondary cancer anywhere. I was blown away by this and I asked him if he thought that it was the asparagus and he told me the only two things it could be was either the asparagus had had an effect or they'd got his blood results mixed up with someone else's (Possible but not probable.)

At the end of May following the start of treatment with drugs and injections, he was called back for a further PSA blood test to see if his levels had fallen and he asked what they thought it should be at that stage. He was told that they would expect his PSA levels to be at about 50. The results came back a day later and revealed that his PSA levels were down to 8.8 which they said was nothing short of miraculous. In Mid-July he went for further blood tests with a view to starting a radio therapy programme, but when he got to the hospital and saw the doctor, he said he had responded to treatment so well that they were postponing the need to carry this out. He was also told that his prostate was no longer enlarged.

You may think that this is total quackery and please don't build your hopes up too much or draw any conclusions from this, I have to emphasise that it isn't medically proven that asparagus has caused this unbelievable turn around, but the facts are there for you to see and like I said earlier, if nothing else, it's worth a punt.

I hope you've found this of interest.