

Discover the Healing Benefit of Herbs and Spices

Exciting times are ahead, with the never-ending supply of new research data confirming the incredible healing powers of medicinal herbs. I love simplicity and always encourage cancer patients to add certain plant remedies to their diet that are not only tasty but incredibly medicinal as well.

Herbs and spices can help patients to:

- Replenish deficiencies
- Restore the body back to health and
- Revitalize a debilitated body

Best of all, the remedies mentioned here are perfectly safe to use and can be taken alongside medication and throughout your cancer treatment.

Green Tea

Most of us know, that Green tea is rich in antioxidants. But what effect does it actually have on a cancerous growth? Studies have been done on mice with tumours that were given the equivalent of three cups of green tea per day. The outcome of the studies was remarkable.



Within a short period of time, the blood supply to the tumour started to shrink, reducing the flow of oxygen and nutrient.

The tumour was literally starved to death, simply by drinking green tea. To get organic green tea: steep 1/2 tsp per cup in hot water for 10min, strain and drink it throughout the day.

Fresh Coriander

The fresh herb makes a delicious Pesto. Simply use the recipe for an Italian basil pesto, and replace the herb with coriander. It is one of the most powerful heavy metal cleansing remedies available. I suggest you take a strong antioxidant supplement at the same time, to avoid any tissue damage, as the toxins are being eliminated. Take 2 tablespoons of fresh pesto twice daily, to get a good result.



Turmeric is a well-known Indian spice that gives curries the bright orange, yellow colour. It is a strong anti-inflammatory remedy used by many people to alleviate arthritic pain. Turmeric is a very effective antioxidant, protecting your body



from free radical damage. It also has a similar effect to green tea, by shrinking blood vessels to the tumour. This is another wonderful example on how food can become your medicine.

Important is to always add some oil or fat to the turmeric, as the medicinal part of the spice is fat-soluble. Fresh Turmeric root can be used as

a decoction, by simmering the chopped up fresh root (1cm per cup) for 20 min in water.

Alternatively, take ¼ tsp of organic ground turmeric in water (with a bit of oil) 2-3 x daily.

In Tibet, people mix ground Turmeric with ghee (clarified butter), and take it as little tablets. Remember it is a very strong colouring agent, and might discolour your teeth.

This can easily be avoided by brushing your teeth after each dose of Turmeric.

I will be going to a Cancer Seminar run by leading Professor and Medical Herbalist Kerry Bone. I can't wait to find out about a new and more effective treatment approach that I can share with you in the next edition.

“New Research confirms the incredible healing power of medicinal herbs We look at Green Tea, Coriander and Turmeric”

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Connie Page is a Medical Herbalist and runs a busy Clinic in Peregian Beach on the Sunshine Coast.



She has a special interest in Cancer Support, and enjoys sharing her knowledge with the wider community. Connie is a popular speaker, and runs workshops to educate people on the safe and effective use of medicinal herbs.