

TAKE PAPAYA AS OFTEN AS YOU CAN

Originally native to southern Mexico and now cultivated in many tropical countries (including Brazil , India , Indonesia , South Africa , Vietnam and Sri Lanka), the papaya plant has been touted by traditional healers for centuries as a source of powerful medicine. Not only is papaya fruit delicious and loaded with vitamins and phytochemicals, but other parts of the plant have been used historically to treat health problems too.

Now University of Florida (UF) researcher Dr. Nam Dang and his colleagues in Japan have announced new evidence that the papaya fights cancer cells. In fact, they discovered that an extract made from dried papaya leaves produced a dramatic anti-cancer effect against a broad range of tumors grown in the laboratory — including cancers of the cervix, breast, liver, lung and pancreas.

The study, recently published in the Journal of Ethno pharmacology, not only showed that papaya has a direct anti-tumor effect on a variety of malignancies, but it also documented for the first time that papaya leaf extract increases the production of key signaling molecules called Th1-type cytokines.

That's important because this regulation of the immune system raises the strong possibility that the use of papaya could help the body's own immune system to overcome cancers. In addition, it suggests papaya could be helpful in treating or preventing other health problems such as inflammation and autoimmune diseases.

The research team found that papaya's anti-cancer effects were strongest when cancer cells received larger doses of the papaya leaf extract — yet, unlike many mainstream cancer therapies, there were no toxic effects at all on normal cells.

In a statement to the media, Dr. Dang pointed out that the ability of papaya extract to stop cancer without toxicity is consistent with reports from indigenous populations in Australia and in his native Vietnam.

“Based on what I have seen and heard in a clinical setting, nobody who takes this extract experiences demonstrable toxicity; it seems like you could take it for a long time — as long as it is effective,” stated Dr. Dang, who is a professor of medicine and the medical director of the UF Shands Cancer Center Clinical Trials Office.

In all, the UF scientists exposed 10 different types of cancer cell cultures to four strengths of papaya leaf extract. When they measured the effect of the extract after 24 hours, the papaya had slowed the growth of tumors in all the cultures

What exactly does papaya do to halt malignancies? To find out, the researchers focused on a T-lymphoma cancer cell line. They discovered that at least one of the mechanisms that makes papaya extract a potent anti-cancer weapon is the natural compound's ability to cause malignant cells — but not normal ones — to die.

The researchers hope to follow up these experiments by eventually testing the papaya cancer treatment in animal and human studies. Up next for Dr. Dang and his colleagues: they've applied to patent a process to distill the papaya extract through the University of Tokyo and they are working to identify all the specific compounds in the papaya extract that are active against cancer cells.

To this end, Dr. Dang has partnered with Hendrik Luesch, a UF Shands Cancer Center professor of medicinal chemistry who is an expert in the identification and use of natural products for medical purposes. Dr. Luesch recently discovered yet another natural cancer fighter — a coral reef compound that blocks cancer cell growth in cell lines.

Health Benefits

Sweet and tasty papaya makes an excellent breakfast and is good in fruit salads. It can be blended with yogurt to make a delicious digestive smoothie. It also works well as an added ingredient in green salads. It tastes particularly good with lemon juice squeezed over it. The health benefits of papaya include heart disease and cancer prevention, cold and flu prevention and healthy digestions.

Papaya Nutrition

Papaya is an excellent source of vitamin C, with one medium papaya containing about 150% of the Daily value. It is also a good source of vitamin A, in beta-carotene form. It is also a good source of vitamin K, vitamin E and folate as well as the mineral potassium.

Papaya for Heart Disease Prevention

One of the health benefits of papaya is related to the fact that it contains high doses of three vitamins involved in heart disease prevention- vitamin A, vitamin E and beta-carotene. In addition, the high levels of folate found in papayas can help lower levels of the heart disease promoting amino acid homocysteine.

Papaya for Cold and Flu Prevention

Foods high in vitamin C, such as papaya, help boost the immune system. Vitamin C has been shown to help ward off symptoms of influenza A, the common cold and pneumonia. Vitamin A provides additional immune system support.

Papaya for Neural Tube Defect Prevention

Because papayas are rich in folate, they have applications in preventing neural tube defects. Eating folate-rich foods pre-pregnancy and during pregnancy can help the fetal spinal column to develop normally.

Papaya for Digestive Health

Papaya contains special digestive enzymes, called papain and chymopapain, which help digest proteins. Papaya is often used as a detoxification food and to give the digestive system

a break, because it is so rich in its own digestive enzymes. Papaya also contains anti-oxidant vitamins C and E as well as folate, all of which can help prevent colon cancer. Visit Us @ www.MumbaiHangOut.Org Visit Us @ www.MumbaiHangOut.Org

Papaya Leaf Papaya Tree

Papaya/Pawpaw apaya (*Carica papaya*) originates from tropical American countries. Today Papaya is cultivated in most tropical countries around the world.

The Papaya with the Latin name *carica papaya* is called Paw in Australia and New Zealand. This is in no way related to the Paw in North America that has the Latin name *asimina tribola*, though both are medicinal plants.

Papaya leaf juice is claimed to have reversed cancer in many people living on the Gold Coast in Australia.

Harold W. Tietze in his book *Papaya the Medicine Tree*, describes how to make the juice and tells the stories of many cancer survivors who reportedly used the juice to get rid of their cancer.

The book contains the following report that was published in the *Gold Coast Bulletin*. "Paw Cancer Plea Bears Fruit". Gold coast gardeners have responded to an appeal by cancer victims desperate to find supplies of pawpaw leaves. And the Gold Coast man who, 14 years ago, first exposed the leaves as a possible cure for cancer has been tracked down to a Labrador (Gold Coast) nursing home.

The story of how Stan Sheldon cured himself of cancer by drinking the boiled extract of pawpaw leaves was first told in the *Gold Coast Bulletin* in 1978. Now research in the United States has given scientific support to his claim, isolating a chemical compound in the pawpaw tree which is reported to be a million times stronger than the strongest anticancer drug.

Mr Sheldon says the discovery does not surprise him. "I was dying from cancer in both lungs when it was suggested to me as an old Aboriginal remedy" he said. "I tried it for two months and then I was required to have a chest x-ray during those compulsory TB checks they used to have. They told me both lungs were clear." "I told my specialists and they didn't believe me until they had carried out their own tests." "Then they scratched their heads and recommended I carry on drinking the extract I boiled out of the papaw leaves."

That was in 1962. The cancer never recurred. Since then Mrs. Sheldon has passed the recipe onto other cancer victims. "Sixteen of them were cured," he said. Mr Sheldon's involves boiling and simmering fresh pawpaw leaves and stems in a pan for two hours before draining and bottling the extract. He said the mixture could be kept in a refrigerator though it may ferment after three or four days."

"One man has been growing papaws and giving away the leaves to cancer victims ever since he read the Bulletin's original 1978 story about Mr Sheldon. "I have no doubt that it works," he said. "I know people walking around now who should have been dead according to their original cancer diagnosis. But the pawpaw treatment helped them to beat the cancer."

The recipe is as follows:

Wash and partly dry several medium-size papaya leaves. Cut them up like cabbage and place them in a saucepan with 2 quarts/ litres of water. Bring the water and leaves to the boil and simmer without a lid until the water is reduced by half.

Strain the liquid and bottle in glass containers.

The concentrate will keep in the refrigerator for three to four days. If it becomes cloudy, it should be discarded.

The recommended dosage in the original recipe is 3 Tablespoons/ 50ml three times a day. It is recommended to read Papaya The Medicine Tree for the interesting stories of "incurable" people who have used this extract to beat their cancer, and for other medicinal uses of papaya.

A letter from R.J.W.:

"I was inspired to send some leaves to a few people dying from cancer. The first, a banana grower aged 40, had two operations on his bladder for cancer which did not prevent metastasis. I placed him on a very simple diet consisting of zero junk food, fresh living food with no preservatives, white flour, sugar, colorings or additives and told him to "stuff a handful of pawpaw leaves into a saucepan and fill with water. Boil, simmer for one hour and drink it till incomes out of your ears." He did so and five weeks had no trace of cancer whatsoever."

The leaves have also been reported successful used when dried and ground. The astonishing effects of the pawpaw have also been proved in tests on mice. The results were very impressive; tumors found in humans were being injected in mice and during treatment with pawpaw were disappearing.

Pawpaw twigs contain acetogenins - active compounds that modulate the production of ATP in mitochondria of specific cells - which affects the viability of specific cells and the growth of blood vessels that nourish them.

A recent clinical study with over 100 participants showed that the pawpaw extract, containing a mixture of acetogenins, supports the body's normal cells during times of cellular stress. Since 1976 Dr. McLaughlin, professor at Purdue University, at the request of National Cancer Institute, lead a team of two other professors in studying the effectiveness of herbs on tumors.

Pawpaw proved to be the most effective out of about 3,500 plants. Dr. McLaughlin found around 50 biologically active ingredients in this plant. Acetogenins are the medically effective ingredients of this herb.

Acetogenins found in pawpaw have been shown to have dramatic biological activity, being active against worms, some viruses, fungi, and many cancer cell lines. When compared with conventional chemotherapy agents, they have worked comparably in cell culture and animal studies, but at far lower concentrations and with almost no toxicity to host animals.

Dr. McLaughlin says that pawpaw is also effective in the fight against tumors, actually against any type of abnormalities which involve faster than normal cell growth. Pawpaw can be used as a support during Chemotherapy and radiation. Tests revealed that pawpaw makes these therapies more effective, and reduces their side effects.

"Pawpaw is very effective on its own. It typically doesn't need any supporting supplements. There are however, products that may be used in increasing the pawpaw's effectiveness. The products are Noni, Immune Stimulator, Colo strums, and Protease Plus (especially when fighting a digestive tract or intestinal tumor).

However, pawpaw should not be used with any kind of thyroid simulators (e.g. KC-X) or with CoQ10 (co enzyme Q10). For cancer patients taking Laetrile, it is important to consume paw and pineapple each day, as the natural enzyme strips the coating on the cancer cells, so that the B17 in the kernels can work."

Dengue Fever Remedy

I would like to share this interesting discovery from a classmate's son who has just recovered from dengue fever. Apparently, his son was in the critical stage at the ICU when his blood platelet count drops to 15 after 15 liters of blood transfusion.

His father was so worried that he seeks another friend's recommendation and his son was saved. He confessed to me that he gave his son raw juice of the papaya leaves. From a platelet count of 45 after 20 liters of blood transfusion, and after drinking the raw papaya leaf juice, his platelet count jumps instantly to 135. Even the doctors and nurses were surprised. After the second day he was discharged. So he asked me to pass this good news around.

Accordingly it is raw papaya leaves, 2pcs just cleaned and pound and squeeze with filter cloth. You will only get one tablespoon per leaf. So two tablespoonful serving once a day. Do not boil or cook or rinse with hot water, it will lose its strength. Only the leafy part and no stem or sap. It is very bitter and you have to swallow it like "Wong Low Kat". But it works.

Papaya Juice - Cure for Dengue

You may have heard this elsewhere but if not I am glad to inform you that papaya juice is a natural cure for dengue fever. As dengue fever is rampant now, I think it's good to share this with all.

A friend of mine had dengue last year. It was a very serious situation for her as her platelet count had dropped to 28,000 after 3 days in hospital and water has started to fill up her lung. She had difficulty in breathing. She was only 32-year old. Doctor says there's no cure for dengue. We just have to wait for her body immune system to build up resistance against dengue and fight its own battle. She already had 2 blood transfusion and all of us were praying very hard as her platelet continued to drop since the first day she was admitted.

Fortunately her mother-in-law heard that papaya juice would help to reduce the fever and got some papaya leaves, pounded them and squeeze the juice out for her. The next day, her platelet count started to increase, her fever subside. We continued to feed her with papaya juice and she recovered after 3 days!!!

Amazing but it's true. It's believed one's body would be overheated when one is down with dengue and that also caused the patient to have fever papaya juice has cooling effect. Thus, it helps to reduce the level of heat in one's body, thus the fever will go away. I found that it's also good when one is having sore throat or suffering from heat.

Please spread the news about this as lately there are many dengue cases. It's great if such natural cure could help to ease the sufferings of dengue patients.

Furthermore it's so easily available. Blend them and squeeze the juice! It's simple and miraculously effective!

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