


DETOX DIET DECREASED TUMOR SIZE IN BREAST CANCER PATIENTS IN SAUDI ARABIA

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ABSTRACT

We also published a series of reviews in the current study investigating whether detox diets include the use of herbal extracts and probiotics is helpful for treating breast cancer with the formulation of kefir. The results of this study may serve as a novel paradigm for future herbal medicine research, especially about the development of a novel anticancer agent. Only a limited number of well-controlled pre-clinical and clinical trials are reporting the potential value of detox. However, with very few formulations, insufficient animal models and randomized controlled trials have been rigorously tested. Thus, these findings support the possible detox diet role in reducing the breast cancer among the women if Saudi Arabia.

Key words: Breast cancer, Anti-cancer, Herbal medicine, Tumor, Detox diet

INTRODUCTION

Cancer is a leading cause of death worldwide, and internationally, the total number of cases is growing. 13.2 million deaths and 20.3 million cancer cases in 2030 were expected in a recent survey. In any cancer prevention plan, preventive steps are also important. It has been estimated that diet accounts for approximately 20-30 per cent of all cases of cancer-responsible factors worldwide.^{1,2} Several studies support the theory that such dietary components are protective factors against cancer, such as fruits and vegetables.^{3,4} There is also evidence that the existence of several bioactive components, including peptides, polysaccharides and sphingolipids, which regulate certain cellular processes, including cell proliferation, is correlated with diets rich in fermented foods, such as fermented milk protein, a combination of yeast and symbiotic bacteria, and other fermented milk products, such as yogurt.^{5,6} The new systematic review has been done to summarize tumor prevention and treatment products. In such cancer prevention and treatment services, therefore, infer the potential features of this cocktail.

Natural products have been used for the treatment of a wide variety of human diseases for over 2000 years. Up to 75 percent of the anticancer agents used in the world are believed to be extracted from natural products. Previous studies have shown that many herbal extracts have an action that is substantially effective as an antitumor and decreases the toxicity associated with chemotherapy and radiation therapy⁷.

Detox diets are popular strategies that eliminate toxins and promote health. There is little evidence to support the potential role of detox, one of a handful of clinical studies has shown the effective role of detox diets in humans by enhancing liver detoxification and eliminating persistent organic pollutants from the body.⁸

CASE

A 32-year-old female with right breast ductal carcinoma not yet under treatment. was right breast mass for assessment. Bilateral 3-D tomosynthesis images with synthetic 2-D images technique are obtained. There are bilateral heterogeneous dense breasts which may obscure underlying masses in keeping with ACR type C breast density. Evaluation of the right breast demonstrated multiple partially defined masses identified at the retroareolar area and the medial inferior aspect of the breast in the segmental distribution. It is associated with overlying the pleomorphic segmental microcalcification is seen. There is associated architectural distortion identified. It is corresponding to the area of palpable abnormality by the patient. The examination of the left breast showed no suspicious masses. No suspicious microcalcifications. No architectural distortion. The nipple-areolar complex is unremarkable. No enlarged axillary lymph nodes. Bilateral breast ultrasounds were performed. Evaluation of the right breast demonstrated multiple large malignant looking lesions seen. The largest index lesion is identified at 7 o'clock 5 cm away from the nipple. It measures a maximal dimension of 3.3 x 1.7 cm. Another similar appearing lesion is seen at 7 o'clock 5 cm away from the nipple measuring 1.9 x 2.1 x 2.6 cm. Three other lesions are identified at five and 6 o'clock deep in the breast each measuring eight x six x eight, 1.2 x 0.8 and 1.3 x 0.7 x 1.2 cm. There is a focal hypoechoic ill-defined lesion is also identified at 10 o'clock 5 cm away from the nipple. An enlarged right axillary lymph node is identified. Few scattered cysts are seen on the right breast. The left breast is unremarkable. Multiple partially defined masses identified at the retro areolar area the medial inferior aspect of the breast in the segmental distribution. It is associated with overlying the pleomorphic segmental microcalcification is seen. There is associated architectural distortion

identified. On the left breast, evaluation of the right breast demonstrated multiple large malignant looking lesions seen. She was in a good health and wellness to start following the detox cleansing protocol. There was no history suggestive of fever, infection symptoms, or intake of any other medications.

One week after the detox was done, the patient presented with the new evaluation, smaller sizes of lesions in both breasts were apparent. Comparison to 01/07/2020. Examination of both breasts demonstrated heterogeneous fibro glandular background echotexture. Evaluation of the right breast demonstrated an ill-defined heterogenous hypoechoic mass with angular margins at 7 o'clock 5 cm away from the nipple measuring 3.8 x 1.5 cm and two lobulated with some angular margins hypoechoic lesion at 5 o'clock 5 cm away from the nipple measuring 1.5 x 0.8 x 1 cm and 1.2 x 0.8 cm which is the same. As well as another similar lesion at 6 o'clock 5 cm away from the nipple measuring 0.9 x 0.7 x 0.7 cm. Few fibrocystic changes are noted. Multiple enlarged lymph nodes on the right axillary with a cortical thickness of 0.7 cm which show slight change since the previous exam. The left breast demonstrates a hypoechoic structure with central fatty helium at 1 o'clock 3 cm away from the nipple likely related to IMLN.

Within the first two days of the treatment, the woman showed vomiting, dizziness as a reaction of the body which disappeared after that.

Method and material

The following detox was prepared at my shop and given to each client daily for specific days the duration of the detox cleansing plan was given depending on each case with a slight difference in the protocol depending on the cases.

Preparation of juices and water:

This protocol was given for ten days and prepared daily in the morning and taken by the patient every morning

Fresh juices of green vegetables Leave spinach, parsley, coriander, fennel, basil lemon, ginger, cucumber, and celery were prepared daily in 250ml for each juice.

Sterilizing the water before drinking with mms1 and DMSO then add 250ml of this water to drink daily.

Cayenne paper with two drops of lemon was added to 250ml of water.

Preparation of aqueous shots

A quantity of 2 drops of Green black walnut complex, lobelia, iodine.

Green salads

Green salads were given daily.

Special soup

Garlic without removing the peel, onion, celery, cayenne pepper, turmeric.

Preparation of kefir probiotics

A quantity of 250ml of coconut milk keferwere given

Susceptibility test

The effect of this protocol was measured by comparing the results before and after in each patient.

RESULTS AND DISCUSSION

In vitro and in vivo study effect of kefir on breast cancer cells studied in different research (Fig-2). The effect of our 7 days of consumption of kefir and a prepared coconut milk base with fermented bacterial incubated for 24hour using yogurt fermenter and then refrigerating the yogurt and then giving the patient 100 -250 ml daily with the detox (Fig-1 & 3). Natural products have been used for the treatment of a wide variety of human diseases for over 2000 years. Up to 75 percent of the anticancer agents used in the world are believed to be extracted from natural products⁹. The authors reported that the result appeared after seven days of treatment and generally slight change was noticed. To the best of our knowledge, no previous study has reported the detox protocol used in a female with breast cancer. The evidence suggests a beneficial effect of kefir on cancer prevention and treatment.¹⁰ But not sufficient to validate these effects. The purpose of this work was to detect the light of these natural bioproducts. In terms of extraction protocols and biological activity, I have

shown reproducibility and even fewer studies have established the mechanism(s) of action of the herb extract.

Further studies showed the bioactive components of kefir and their mechanism on the cancer cell. More studies need to confirm the role of kefir and other friendly bacteria as a cancer treatment.

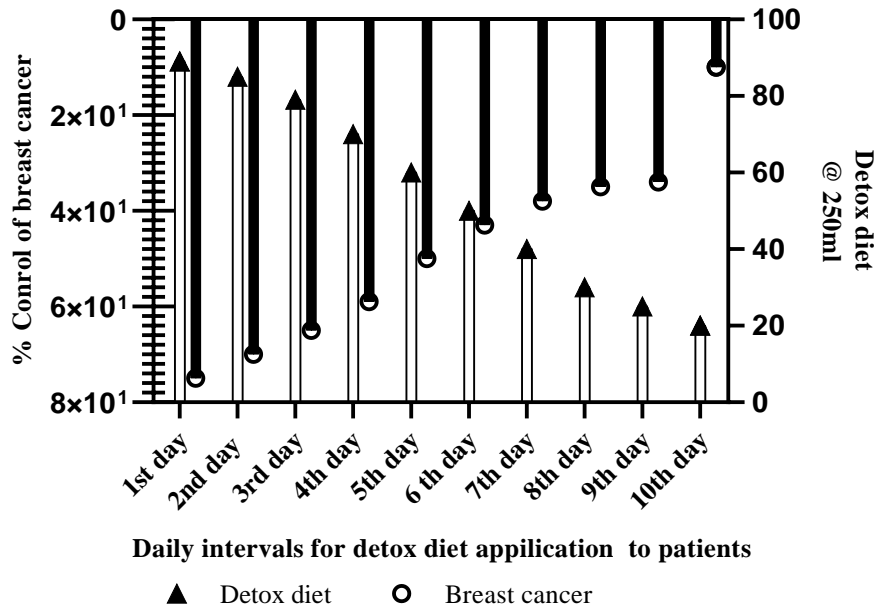


Figure 1: Per cent control of breast cancer in patients of Saudi Arabia

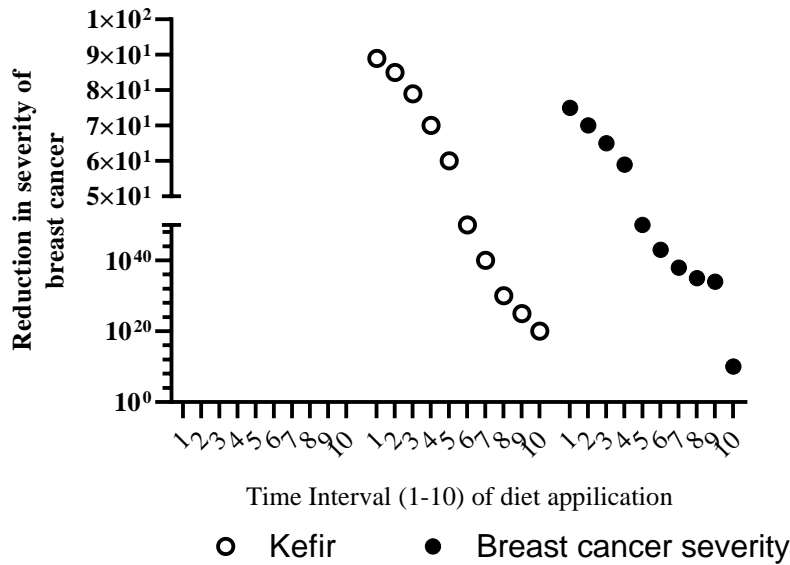


Figure 2: Per cent tumor severity control w.r.t different treatment in patients of Saudi Arabia

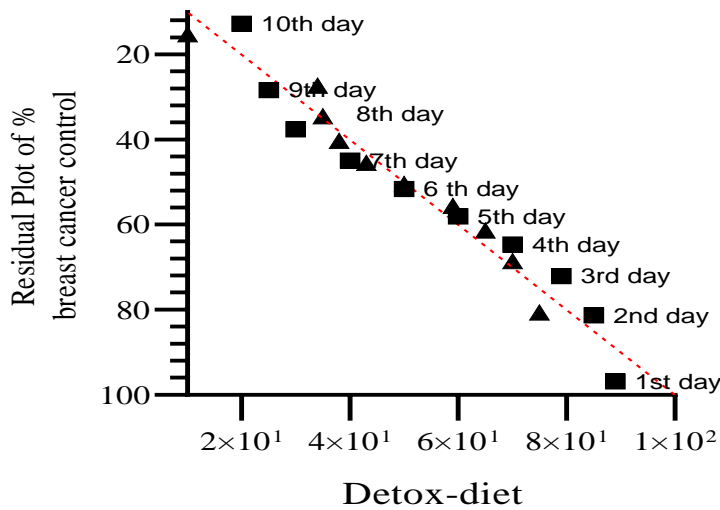


Figure 3: The Detox diet application to CA patients

□ Detox diet ■ % reduction of cancer

Figure 3: Residual plot showing the per cent tumor control in patients

CONSENT

Written informed consent that I might report study case was obtained from the patients

SUMMARY AND CONCLUSION

In short, we have detected an herbal and probiotic kefir formulation through our patient screen that has the size of the cancer cell. We further illustrated the size of the tumour after completing one week of the detox cleaning programme. Future studies will seek to explore each detox ingredient further. Although these herbal raw materials and milk-based kefir are bought from the supermarket for human use at cheap prices, studies are underway to decide which of the detox components are more efficient or which of the synergy components are more efficient.

Natural products have been used for the therapy of various human diseases and health conditions for thousands of years. When a patient receives care from a Chinese medicine practitioner, the general health of the patient is measured based on the condition of the disease. In order to treat the ailment within the sense of their general health, a mixture of herbs was then given to patients. Since each treatment is based on the individual person, this method represents the first personalized medicine practice. Herbal formulations have been linked empirically to the treatment, after hundreds of years, of many diseases.

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Acknowledgement

I am highly thankful to Department of Medical Microbiology, Faculty of Science-King Abdul Aziz University-Saudi Arabia for providing research and other facilities to compile this research project. I also acknowledge the Herbal Shop 'The Flow' Ar Rawdah, Jeddah 23435, Saudi Arabia.

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