



DR. WAMIDH TALIB INTERVIEW Natural Anti-Cancer Therapy Expert

By Chris Wark

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DR. WAMIDH TALIB INTERVIEW

Natural Anti-Cancer Therapy Expert

Hey everybody. It's Chris. Welcome to another interview today. It's my pleasure to interview Doctor Wamidh Talib. Doctor Talib is a professor of Cancer Biology at Applied Science Private University in Amman, Jordan. He's authored a number of studies on natural anticancer compounds from medicinal plants and herbs, such as lemon, garlic, ginger, curcumin, black cumin, piperine, which is black pepper, resveratrol, melatonin, and many others. And he authored a paper that was published in 2017, that some of you may be aware of because I wrote an article about it. And that paper was on lemon garlic extract and breast cancer. An absolutely fascinating study, which we'll get into, about how powerful those two compounds are when they're combined. They're powerful on their own, but when they're combined, they're even more synergistically powerful. We're going to talk about melatonin. We're going to talk about black seed oil and thymoquinone. We're going to talk about all kinds of really cool stuff. So I'm really excited to dig in and welcome Doctor Talib.

Dr. Talib: Thank you. Thank you, Chris. I'm very glad and excited to record with you and to have this opportunity to share some information that may help cancer patients. Also, I would like to thank Maureen White, my friend from Montreal. She is one of your followers who helped me to know a lot about your website and the activities that you are doing to help cancer patients to improve their lifestyle and their diet. Actually, before speaking about scientific details, I wanted to do that. You are doing a beautiful job by giving advice for the cancer patients to improve their diet and lifestyle. Chris, you know, every day, thousands of articles are released dealing with the cancer diet and natural products. However, the majority of cancer patients cannot translate the results in these articles into practical, simple, straightforward steps that can help them to change their lifestyle. So what you are doing, actually, you are making a bridge between what we are producing of publications of scientific work, which is somewhat complicated for people. You are bridging or converting this complicated information into something simple and straightforward in a very beautiful way. So I want to thank you, and I really appreciate what you are doing by helping cancer patients.

Chris : Well, Doctor Talib that means so much to me. Thank you. And yes, it's true. I am trying my best to take complicated science and make it easy to understand and practical. Because so much of it, especially the science about nutrition and the science about natural compounds, is useful. If only we know. If only we are told about it, about foods to eat. Right? Or foods not to eat. We can do these things. I mean, the drug world is a whole different ball game. You have to have a doctor. You have to have research. And the patient has no power in terms of getting access to drugs and drug research and all those things. But we have a lot of power in our diet and lifestyle choices. And so, as a patient advocate and a survivor, I just get excited. Anytime I stumble across research like yours, I just can't wait to share it. So again, I want to tell you, you're doing such important work, and it's a thrill to interview you. And I'm excited to dig in. So first

question is how did you discover nutrition and natural compounds? What made you decide to pursue this line of research as opposed to pharmaceutical research?

Dr. Talib: That's true. Actually it started before 17 years ago when I was studying for my master's degree. I was working in T-cell leukemia, and I used to collect blood samples from cancer patients and return them back to the lab for processing. The first shock, for me, was the fact that many of the cancer patients that I took samples from, were children. So, I saw how much they suffer. Also, I noted the frustration on the face of their parents. So it was a painful experience for me to deal directly with cancer patients and to collect blood samples from them. What was extremely painful for me at this stage, when I returned back to collect more blood samples, I was shocked when I didn't find some patients. Simply, they had passed away. So at this point, I decided to spend my whole life diving into cancer research and trying to provide alternative cancer therapies that were less toxic and more effective.

So I finished my master's degree. Directly, I started my PhD in natural products and cancer to provide something useful for these cancer patients that was less toxic with less side effects. I did the PhD in natural products and cancer and how to discover new therapies. Then I started working in my university, Applied Science Private University, and they were very generous and supported me to establish my cancer research lab. And we started testing different natural products, diets, and different interventions. And now we are working to design anti-cancer food. So we have reached very good stages, by making combinations that work synergistically to provide, or to present something for cancer patients

Chris : That makes a lot of sense. And it, again, gets me excited that there are people working on this. Doing things that I cannot do to try to advance nutrition and especially anti-cancer nutrition.

Dr. Talib: Exactly.

Chris : Let's talk about the lemon garlic study. Would you like to give a little background about why you chose garlic and lemon, what their role is in relationship to cancer cells, and how they interact with cancer cells?

Dr. Talib: Okay. Actually, I started focusing on diet because, as you know, this part of cancer patients is neglected by doctors, by oncologists. The main focus of an oncologist is to use a chemotherapeutic drug. So they trust in a few milligrams of any medication, and they don't use maybe kilograms or food that we all take daily. Also, we drink maybe one to two liters of different drinks daily. And also we are not using these drinks as a method to improve or to protect or to treat the cancer. From this point, I started focusing on diet, especially here in the Middle East. If you go to any hospital, you will see that doctors, whether the patients are suffering from cancer, cardiovascular disease, or immune disorder, they have the same meals. I don't know what the situation is in the USA, but that's what I noticed here, at least.

So I decided to start thinking about augmenting the food by adding some powerful agents. Garlic is very rich in organosulphur compounds. And these organosulphur compounds are very powerful. They have the ability to inhibit cancer by different mechanisms. Previous studies showed that people consuming garlic have lower incidents of cancer. The main problem with garlic... Although we use a lot of garlic in the Middle East, in China, and India, the typical way of using garlic is to add the garlic in and cook it, exposing the garlic to high temperature. Exposing garlic to high temperature reduces the power of anti-cancer compounds in the garlic. That's why I started thinking about how to use fresh garlic without exposing it to high temperatures. The main challenge was the flavor and the smell. It is not easy to ingest raw garlic for anyone!

So I started thinking about how to reduce that, to make it something drinkable. Lemon juice also contains many flavonoids, which are very active compounds, and contains limonene, which is very active against cancer. At the same time, when you mix both of them, the low pH, the acidic environment in lemon, enhances the release of more active compounds in garlic. At the same time, it reduces the smell and the flavor of garlic. I did that. I tested it on myself. I tested it on my father. He liked the juice, and now he's maybe in his 7th year of drinking lemon and garlic juice daily. Me too.

Chris : Seven years? Wow!

Dr. Talib: Yes, yes, yes.

Chris : Well, let me ask you, how much do you consume? What is your personal dose - your daily dose?

Dr. Talib: Chris, I expected this question from you. So I prepared, beside me, a cup to show you what I drink daily.

Chris : Oh, fantastic! There it is.

Dr. Talib: Okay. This is the amount. I prepared it fresh.

Chris : Maybe 4 ounces?

Dr. Talib: In milliliters, around 70 to 80 milliliters.

Chris : Got it.

Dr. Talib: I can drink it two times per day but always after meals. So it is very powerful. I noticed that, for me, even this combination reduced the frequency of viral infections. Also it has very powerful activity against cardiovascular disease. It reduced the lipid profile in the blood, so it slowed down the atherosclerosis. For cancer, I tested it in the lab. I gave it to mice - the study that you know about. And the results were amazing. I did not expect to get this percentage of cure in mice. So it was very effective, safe, and anyone can take it daily. Let's say between 50 to 80 milliliter once or two times per day. And you can dilute

it if the flavor is very strong. The instructions in the article were just for the research, but you can dilute it and take a larger volume to get the same benefit.

Chris : So, I want to talk about what you found in the study. We'll link to an article and to the study, but I wrote an article to try to summarize the findings of the study. So what you did was, you had mice and you injected breast cancer tumor cells into the mice, and after two weeks they grew tumors. And then for another two weeks, you injected either lemon extract, garlic extract, or both into their stomachs. Right?

Dr. Talib: Yeah. Intra-gastric.

Chris : Okay. And then over that two week period of treatment, which you were giving them one injection per day, the tumors shrunk by an average of 80%. And 60% of the mice were cancer-free at the end of two weeks.

Dr. Talib: That's true.

Chris : But the group that got no lemon or garlic, they had an increase of tumor size of 566%. I mean, that's a big increase in two weeks. But then the really exciting tidbit of the study is the mice that were given both of the lemon and garlic together had an average tumor shrinkage of 91%. And 80% of those mice had no tumors at the end of two weeks, which is incredible.

Dr. Talib: Exactly, exactly. And that's breast cancer specifically. That was breast cancer.

Chris : Breast cancer, yes. Sorry, I didn't mention that. So, breast cancer model in mice. And it's such a simple thing to do. Right? I put instructions in the article I wrote. But you're just making an extract of lemon juice and garlic juice, and you drink it.

Dr. Talib: Exactly, exactly. Chris, the idea is very simple. What we are doing is just taking this juice daily. We are keeping a high concentration of the active ingredients. The reason why majority of people cannot get the same benefit from their food is because they don't take the active ingredients that fight cancer in their food. Their food is filled with fat, with sugar, with a lot of calories, but without any single agent fighting cancer. So, if we take the juice daily, that means we are increasing the concentration of these phytochemicals in our bodies to reach the point that it can fight and prevent cancer. It is also preventive. It is not only for treatment. We can use it to protect ourselves from cancers, from viral infections, and also from cardiovascular disease. It is very effective. As I told you, my father is taking the same drink, and he has a stent in his heart due to cardiovascular complications. And I think this juice is helping him a lot, in his case.

Chris : The amount that you're drinking once per day - is that right once per day for you?

Dr. Talib: Yes, it is.

Chris : That's a much larger dose, relatively speaking, than what the mice were given. Isn't it?

Dr. Talib: That's true. But I prepare a diluted serving, Chris. Because if you follow the instructions in the article, the product will be very strong. The flavor will be very strong. For some people, it is not easy to ingest or to drink such a product. So the idea is to dilute the combination to the point that it is drinkable for anyone, and take a larger volume. You will get the same benefit.

Chris : Yes, that's great. So yours is diluted then?

Dr. Talib: Yes, it is diluted.

Chris : What ratio of dilution?

Dr. Talib: I did not measure the exact weight, but if you dilute what is in the article 10 times, you will get a drinkable juice with the flavor and without any complication.

Chris : Ok. So, it's 10 to 1. So basically a 10 to 1 dilution. That's great. Very helpful.

Dr. Talib: 50 to 80 milliliters.

Chris : Got it. Okay. So folks, you can read that article. You can make this juice. I think it's interesting that you've been drinking this for 7 or 8 years, but you didn't do the official study until several years later.

Dr. Talib: That's true. Actually, I tested it. The flavor was good. I started feeling some benefits from drinking this juice for long time. So I spent, let's say, 2 years drinking this juice before starting the study. I noticed that the frequency of seasonal flu decreased. I felt that, in general, it gives me a good feeling. I feel like this combination is helping to use lipids. Although I had not tested that, but I was monitoring what was happening with my father, I felt it is also useful in this field. So I decided to test it on cancer as I am working in cancer research and the results were very good.

Chris : Okay. So, the next study I'd like to talk about is the two that you did with thymoquinone, which is the active compound in black cumin seed. Folks who follow me might know that as black seed oil, which is a product that most people can buy on Amazon and different places. But black seed oil has this compound, which we'll just call TQ for short. And TQ is also a remarkably powerful anti-cancer compound. Will you talk about that?

Dr. Talib: Yes. Here in the Middle East, *Nigella sativa*, or black cumin, is very common for all people. They use it in many projects. Also the concentrated oil is used in many types of food. So it is common. Maybe in America, it is not common to the same degree like the Middle East.

Chris : It's not. No one eats it in America.

Dr. Talib: I expected that. I expected that. Actually what I did, I did not take the extract. I did take the TQ, the thymoquinone, the pure compound. With a pure compound, activity will be

higher. This compound is very effective. We tested on cancer. It's is very safe. So it has some ability to discriminate between cancer cells and the normal cells.

We injected the mice with high concentration of this TQ without any liver or kidney toxicity. So this has encouraged us to go further. We started establishing a tumor in mice the same way as in the previous study. After the tumors reached a specific size, we started injecting them with thymoquinone, TQ. Also, in order to augment the effect of TQ, we used resveratrol. Resveratrol is present in high concentrations in grape seeds and grape skin. And also it is very powerful and available, so we used pure resveratrol. Both agents work synergistically, and they inhibit cancer high degrees. We noticed that thymoquinone was highly effective to inhibit angiogenesis, the process of blood vessel formation, while thymoquinone was more active in augmenting the immune system. And both agents work together to induce apoptosis, or programmed cell death in cancer cells. So when we injected both compounds into tumor carrying mice, we got the highest response, compared with a single therapy.

Chris : And so this particular study was similar to the lemon garlic study in that you combined two compounds that were known to have anti-cancer effects and immune boosting immunostimulatory effects – TQ, thymoquinone, and resveratrol. Most folks in the US have heard of resveratrol. I thought it was interesting that... I want to mention a couple of highlights from this study. So, these are mice that had breast cancer, and you had a control group that over two weeks, the increase in tumors in the control group was 800%.

Dr. Talib: Yeah. That's true.

Chris : And 10% of those mice died. In the group you gave resveratrol to, they had a 142% increase in tumor size. So that's not nearly as bad as 800%. Right? 800% versus 142%. So the tumors grew some, but 60% of those mice were cured. The tumors disappeared, and none of them died.

And then the third group, the combination group with TQ and resveratrol, is really remarkable. They had less than 1% increase in tumor size. So, 800% for the untreated mice, 142% for the resveratrol mice, and less than 1% for the combo group. That's amazing. 60% of that group was cured in two weeks and no death at all. So in this particular study, you didn't put this into their stomachs, you just injected the compounds into their body cavity. Right?

Dr. Talib: Right.

Chris : Can you explain that?

Dr. Talib: For this particular point, we tried to get the highest response because when you inject directly, the concentration of the drug will be higher. When you ingest or use intragastric injection for delivering drugs the metabolism, or the absorption of drugs, to deliver will somehow decrease or change some of its' activities. Because we have no idea about the results, we tried to make the injection intraperitoneal to enhance our

chance of getting a positive result. Actually, I just need to explain one point. I will try to be simple as much as possible, so anyone can understand what I am saying: why we use combination therapies. For any tumor, each tumor is composed of millions of cells. If you examine these cells, you will see that they are not similar to each other. Within the same tumor, some cells are actively dividing.

Some cells have slow cell division. Also, their requirements of oxygen differ. Their metabolisms differ. So the idea of combination therapies, or using a combination of natural products or data agents, is to decrease the ability of cancer cells to adapt. We are preparing something to attack all varieties within the same tumor. For example, if you use a single agent therapy, this single agent therapy may attack, let's say 10% of cancer cells that carries a specific mutation. The drug was designed for this mutation. The remaining cells will not be affected. This will provide more space for them to start cell division and develop a more aggressive cancer. In combination therapy, we are decreasing this chance. We are decreasing the ability of cancer to adapt and to restart with more aggressive tumor cells. That's why it is always important to consider natural products and diet with the conventional therapies. I'm not saying to ignore conventional therapies; just augment what you are taking with something useful that will help to increase the efficiency of these anti-cancer therapies. That's why, Chris, you noticed in our studies, we always focus on the combination. That's why, in this study, the production decreased up to 1%. That's why the cure percentage was very high, simply because we are attacking all varieties within the same tumor. We are not focusing in a single type of cancer carrying specific mutation.

Chris : Thank you for explaining that. And I would like to add, for folks that may not fully understand this, in a simple way, cancer cells can adapt. And they can easily adapt. And so, there are definitely natural compounds and chemical compounds that can target certain aspects of a cancer cell's metabolism, but, that cancer cell can flip some switches and use other pathways to continue to grow and survive. I don't like to use the war on cancer analogy. But I think it's useful here because if you actually were going to war with another country, you would attack them by air, by sea, and by land. Right?

Dr. Talib: This is beautiful. This is completely correct. 100%, correct.

Chris : Yeah. And you even may attack them with technology, too. So you're trying to hit them from every angle. That's, that's the point of nutrition. When you're eating really healthy fruits and vegetables and spices and herbs, they contain all these marvelous and miraculous compounds that are attacking cancer cells from every angle, while not harming healthy cells. And that's the beautiful, beautiful thing about nature. So with this study compared to the other one you did on TQ – the TQ and piperine. Which do you think was better? Because they both had pretty similar results in terms of the amount of tumor shrinkage. And both of those studies had about a 60% cure rate. Did they not?

Dr. Talib: That's true. That's true. Actually, both of them, they got very good results. Piperine is a well known bio-enhancer. For example, I'm sure you know, about curcumin. Everyone knows about curcumin. The main problem with curcumin is its' low bioavailability. We are taking curcumin, but what is reaching our blood is very limited.

Chris : It's hard to absorb.

Dr. Talib: Exactly. And piperine acts in a different way compared with resveratrol. It increases the bioavailability of thymoquinone. It acts as a bio-enhancer. We reached the point that the TQ is very active. So we thought, "What about augmenting TQ with the piperine to enhance its' absorption, to increase its' bioavailability in the circulation, and to get a better response?" Chris, let me just focus in one point. We need to focus on the cost of targeted therapies.

Chris : Yes, please. Please talk about the cost.

Dr. Talib: Exactly. Because the cost will encourage us to focus more on natural products and on diets. Let me give you simple numbers, just to imagine the cost of targeted or chemical cancer therapies. The USFDA, in 2012, approved 12 new drugs. 11 of the 12 new drugs were priced to cost \$100,000 per patient, per year. If you look at statistics, more than 50% of cancer is occurring in low and middle income countries. So if you want to use these drugs in low or middle income countries, no one can use them because the cost is extremely high. So even if we reach very effective results with drugs – even if we produce very selective and effective drugs – at the end of the day, these drugs will only be available for less than 50% of patients because the majority of cancer patients registered are in middle and low income countries.

And the expectation for 2025 is to increase to 70% of cancer patients in these countries. So that means the patient needs to spend more than \$8,000 per month, which is a huge amount of money for any person living in these countries. That's why it is important to think about alternatives because governments and the health sector in these countries will not approve these drugs. Not because they are not effective but because they cannot cover the cost of these drugs for their patients. So using combination therapies, using nutritional intervention, is important to augment and to support conventional therapies. Also, it is important as an alternative for very expensive and high cost anti-cancer agents. During 2013, because the problem is now global, a large group of more than 100 scientists working on leukemia co-authored a paper calling for lower prices and more availability of these drugs. The drugs are there, but nobody can cover the cost and use them. This also increased support for what you are doing and support for what we are doing to develop nutrition, to develop anti-cancer therapies using natural products and dietary intervention.

Chris : Thank you for bringing this up. This is such an important part of the conversation because the cost of cancer drugs has skyrocketed, and it's much worse where I am. In the US, the average new drug is about a million dollars a year. Yeah. It's 10 times more expensive than it is in many other countries. And a lot of Americans do have health insurance, not all, but some percentage do. And so some of the costs of that drug is covered, but even the percentage that Americans have to pay out of pocket still makes it unaffordable for many. Millions of Americans don't make enough money to afford cancer treatment. This is another facet of the dilemma of cancer treatment and care is that it's now just becoming only for the rich. Even though treatments are still not that effective for advanced cancers, middle income, middle class, and poor people can't afford them.

Dr. Talib: Even in the USA? Even in America?

Chris : Even in America. Oh, absolutely. Absolutely. In America, there are many, many cancer patients who end up in bankruptcy because of the cost of cancer care. If you're following the cancer community, patients are raising money left and right. They're selling their possessions. They're doing fundraisers. They're asking for money from every source they can get, just to afford treatments that aren't even that effective. It's really tragic. The expression is that "Cancer treatments metastasized to your wallet."

Dr. Talib: That's true.

Chris : And it's very true. So it's a big problem. Anyway, thank you for bringing that up. A lot of people don't think about these things. They don't realize not only are treatments very harsh and in many cases don't cure the patient, but they also drain their entire life savings. And leave their family – if they die – leave their family with no money or in debt.

Dr. Talib: That's why it is a priority to think about an alternative specifically from natural products.

Chris : Yeah. And I do understand the challenge too, which you mentioned, is that natural compounds, the ones we've talked about – garlic, lemon, TQ, resveratrol, black pepper – there is no money in these natural compounds. And I talk about this in great detail in my book, by the way, for those of you who have not read it. It costs, on average, one billion dollars in the United States to get FDA drug approval. One billion dollars. And so in order for a drug company to invest one billion dollars for testing a compound and getting it approved, they have to be able to make billions in profit. And there is not billions in profit to be made on garlic. That's just not going to happen because there's no patent. You can't patent garlic. You can't patent resveratrol.

Anyone can grow garlic in their backyard. Almost anyone could start a supplement company and sell resveratrol. A lot of my audience understands these things, but for folks that are new on this path of discovery, that's why you're not seeing the kind of research that Dr. Talib is doing. That's why it does not make its' way into clinical practice. That's why your oncologist doesn't know about it or isn't telling you about these wonderful studies. It's because his hands are tied, and the drug companies certainly don't care about a garlic study. You're on the front lines of this wonderful research that's happening. And I just want people to understand why that research stops. Right? Brilliant people like yourself, conduct the research, publish the results, and that's where it stops. It just doesn't get any further. And so, again, I'm compelled to find this information, share it, empower patients and anyone who's interested in health and prevention – empower them with knowledge that they can use on a daily basis. "Hey, drink some garlic and lemon extract!"

So this is where my mind goes. So you did a study with TQ and resveratrol, and you did a study with TQ and black pepper. Does that make you want to do a study with all three combined?

Dr. Talib: Good question, Chris. Although natural products have very good safety profiles, and you can use high concentrations without real toxicity, when you increase the complexity of the combination, the toxicity appears. So when you start adding three, four, five, we reach a point that there are some problems in the kidney and some problems in the liver. So we started to do a combination of two agents. We got good results. Now, we are using multiple combinations but with lower concentrations. And we got some promising results. Because if you keep the same concentration of TQ, piperine, and resveratrol, 100%, you will notice some signs of toxicity in the animals. And we don't want that. So we are reducing the concentration and making a mixture that can get better results but without any toxicity. So it is possible to combine more than three, sometimes four, five. And we are doing that now to present something as, let's say, anti-cancer food to provide the nutrients plus different concentrations of garlic, lemon, TQ, curcumin, piperine, and other agents. So we are preparing that. We reduced the concentration, and we are testing the toxicity of this combination to make sure that, before publishing, it is not toxic at all.

Chris : That's fantastic. I love it. I'm excited.

Dr. Talib: As soon as I publish the article, I will make sure to send you a copy. You will be the first one to receive the copy.

Chris : Yes. Thank you. I really want to talk to you about melatonin because I know you have a lot to say about it, and it will be very informative. And I've never interviewed a melatonin expert. So I'm excited about that, but before I do, are there any other studies that you have done that you want to talk about that were revelatory to you?

Dr. Talib: Recently we just finished evaluating herbal drinks. Herbal drinks, Chris, are very popular here. Everyday people drink herbal drinks. If you go to the supermarket, you may find, let's say, over 25 types of different herbal drinks. So the question was, "If I am a cancer patient, what do I drink?" This one, this one, this one? This is an important question because at the end of the day, this patient will drink whatever is available. But instead of drinking these herbal drinks randomly, we try to evaluate each herbal drink.

Chris : Wait, let me interrupt you. Because I want to preframe this just a little bit. In the US, we don't really drink herbal drinks. There are some herbal teas that people will drink on occasion, but most Americans are drinking Coke, Pepsi and soft drinks. Or they may be drinking like a sweet tea, or a sports drink, like Gatorade, or an energy drink like Red Bull or Monster. Most of those drinks are just horrible. Right? The closest thing is a tea, but usually the sweet tea has a lot of corn syrup in it and a lot of sugar in it. Would you talk about the types of herbal drinks, herbal beverages, that are consumed over there just so Americans and other people watching get an idea?

Dr. Talib: Yes. We have a lot of herbal drinks here. For example, thyme. Thyme is grown here, and they package it in tea bags. And you just soak it in hot water and drink it. Also, a combination of ginger and lemon is also very popular here. Salvia, which is an aromatic plant, is very common, very safe, and people consume it daily. A lot of herbal drinks. I don't remember the exact names. We published the abstract, and we will publish the full article soon. So people will know the exact name and the composition of herbal

drinks. And some herbal drinks are a combination of four to five plants together in one pack. Also, they are very popular here.

Chris : Let me ask you this, are most of them consumed hot like an herbal tea?

Dr. Talib: Yes. So they just soak them in hot water and drink them. So the question was, "Why not evaluate what we are drinking?" We know that our population is drinking these herbal drinks, and we have cancer patients in hospitals. If we find something supporting them, we can give a recommendation to the oncologist. "Just keep in mind, this patient can take this herbal drink. It will support him." So we started testing them. The testing was two approaches. The first approach is to evaluate its' anti-cancer effect. The second approach was evaluating the immunomodulatory effect. Are these herbal drinks stimulating the immune system? We started by giving intragastric injections directly to the mouse, to the stomach. We started giving the mice different types of herbal drinks. And we prepared them exactly how people prepare them during daily drinking.

So we make sure everything is like what people take. After two weeks, we inoculated the tumor in the mice. After tumor integration, we kept giving the mice different herbal drinks for another two weeks. We wanted to tell the change in tumor size. We also measured, the activity of some cells in the immune system like lymphocytes and the macrophages. At the end of the study, we noted that two herbal drinks were very effective compared to the others. Which is the opposite of what we believe. Because here, in the Middle East, they drink most of the herbal drinks that consist of multiple plants, five or six plants in one bag. All people consider this a powerful drink, but after we did the study, we found that thyme and lemon plus *ginger herbal drinks were the most powerful to augment the immune system and to inhibit cancer. Which is against what people believe here; the majority were thinking about a combination of the plants instead of thyme, or lemon and ginger.

Chris : So lemon and ginger together are wonderful, which we know that, obviously. And thyme. You say "thyme." Over in American we say "time." And that's just a tea. And again, you say "herbal drinks." Over here, we just say "herbal teas" to imply that it's a hot drink. That's really interesting. Those were not surprising, the lemon and ginger. But thyme, that's a surprise.

Dr. Talib: It is very powerful.

Chris : So what you saw in that study was tumor shrinkage and immune boosting effects.

Dr. Talib: Exactly. And we did the study as a preventative and a treatment. That's why we started giving the herbal drinks two weeks before the tumor inoculation and two weeks after the tumor inoculation. So we get information on whether it protects against cancer. And we got good results. Also, if the mouse had cancer, we noted whether it enhanced or acted as an anti-cancer agent and caused shrinkage in the cancer. And in both experiments, we got very good results.

Chris : In terms of percentage, what percent of mice were protected by the herbal drinks and didn't develop tumors. If any?

Dr. Talib: Actually, 40% the of mice did not develop a tumor.

Chris : That's incredible.

Dr. Talib: Just using a drink. Yeah.

Chris : And then what percentage of mice that had tumors that were given the drink afterward had complete regression?

Dr. Talib: Complete regression? We got 30% complete regression at the end of the study. This was the highest response in all the herbal teas that we tested.

Chris : And that was the lemon ginger?

Dr. Talib: It was for lemon ginger. Exactly. And similar results were obtained for thyme. These herbal drinks, we recommend for any cancer patient to consume daily with their medication, with all things that he is taking. Just take these herbal teas daily to boost your immune system, to increase the stress on cancer cells. So even though the percentage is relatively low, about 40% to 30%. But as a supplementary drink, I think this result is good.

Chris : Was the lemon ginger tea a dried teabag?

Dr. Talib: Yes. Exactly like normal tea. We soak it in hot water and drink it.

Chris : That's great. Okay. So now let's talk about melatonin. I know you're passionate about melatonin. Please educate us on the value of melatonin. It seems to be very, very overlooked and underestimated.

Dr. Talib: That's true. That's true. I agree with you. Actually, before speaking about our experiment, melatonin is a hormone produced by a pineal gland in the brain. This hormone is responsible for our biological clock. At night, the concentration of melatonin increases. That's why we feel sleepy and sleep. During the day, early hours in the day, the level of melatonin is decreased, so we feel active and start our day. With time, this will set our biological clock. This is the main role of melatonin. However, this compound, or this hormone, is the most potent immunomodulator in there.

Chris : In the whole body?

Dr. Talib: Exactly. Nothing you take will not support your immune system like melatonin. The biggest studies showed that people sleeping less hours or working overnight... The study was conducted on medical staff working overnight and sleeping less than five hours per day. They followed up with the group.

After many years, they discovered that the group who worked overnight with less hours of sleeping developed more cancer than normal people. The main difference between them is melatonin. Those people who don't sleep well prevent the body from using melatonin. They forced their bodies to produce less melatonin because they worked during the time when they must sleep. After this observation, we tested melatonin in our lab, solo and in combination with the other agents. We noted that this hormone has multiple functions. It has anti-cancer activity by inhibiting angiogenesis. Also, we noted a strong and very potent immune response after giving melatonin to mice. It also aids by inducing apoptosis in cancer cells. Also, it attacks cancer's metabolism because, you know, cancer has an altered metabolism. One of the most powerful agents that attacks enzymes active in cancer cells and involved in metabolism was melatonin.

That's why it is important for anyone, whether he is a cancer patient or not, to get enough hours of sleep. This is really important. In our area, and maybe in America, young people spend long hours, and they sleep less than usual. If you go back 30 or 50 years, people were sleeping much better than nowadays. This is one explanation for why cancer incidents is increasing: because we are preventing our bodies from using melatonin. Also, melatonin is a very powerful antioxidant. If you reduce oxidative stress, you will reduce the chance for cancer development. So we are speaking about a very important, free hormone. Just go sleep and get the benefit of melatonin to protect yourself from cancer.

Chris : I have researched melatonin, and I did more research on it for my book. The big takeaways that you'd mentioned that I just want to make sure we hammer home, is that night shift work, working nights, is terrible for you. It's so bad for you. It increases your risk of cancer and numerous other diseases. If you're working the night shift, do everything in your power to get back to a day shift because your body will not produce as much melatonin if you're sleeping during the day. And melatonin is one of the most powerful, if not the most powerful, anti-cancer hormones in your body. And you've got to get good sleep. And how much sleep do you need? Most people need between eight and nine hours.

Dr. Talib: That's true.

Chris : We used to hear six to eight hours, but, really, for most people, over eight hours is a good night's sleep. And over time, you develop a sleep deficit, and it'll just drain you down and eventually make you vulnerable to disease. And so that's important if you want to prevent it or heal it. Now, here's the question that comes to mind I think a lot of people are wondering. So number one: you've got to optimize your sleep. Right? You've got to go to bed earlier. You need to sleep in the darkness. Maybe make sure your bedroom is cool, so you don't wake up a lot at night. And try to get rid of anything that might wake you up at night. Even household pets and things can disturb your sleep. So you want to create a really, really ideal sleep environment. But once a person has done that and they've optimized their melatonin, is there value to supplementation?

Dr. Talib: Supplementation of melatonin?

Chris : Yes.

Dr. Talib: Yeah, it is available. Many pharmaceutical companies produce melatonin, and people can take it daily for protection. So if someone needed to augment his body or supplement his body with melatonin, it's okay. It's available in the pharmacy and safe. Anyone can take it. It is very powerful and can protect the body. I always say, "If you stimulate your body to produce your own melatonin, this will be better than taking supplements." If you need to take supplements, it's okay. But as you mentioned, Chris, sleeping enough hours in a good environment, continuous sleeping, will do the job perfectly.

Chris : The best source of melatonin is your own body, but supplements also can have value.

Dr. Talib: Exactly.

Chris : They can be helpful. Okay. That's good to know. Okay. Well, we are just over an hour, so Dr. Talib, I want to be respectful of your time. This has been a thrill, and I am so excited to share it. You're such a wonderful, caring and brilliant man. And I'm just elated to be able to spend this time with you and to share what you have just talked about with my people and with the world. So thank you for the research you're doing. Thank you for your big heart. Obviously, you care a lot about helping people discover nutrition, helping people take care of themselves, and helping people who can't afford cancer treatment do things to help themselves. And we're on the same team, and it feels pretty good.

Dr. Talib: Exactly. Thank you very much, Chris. It's really a pleasure to meet you and to discuss these topics with you. And I want to thank you again for what you are doing. I really respect and appreciate what you are doing. You are doing what we believe. We believe that everything should be available for patients. Simple intervention, nutrients, and natural products that can help cancer patients should be available for free for anyone. You are doing that in very beautiful way. So thank you again. And it's really a great pleasure for me to record with you and to speak about these topics with you.

Chris : Thank you so much. Okay, everybody. Thanks for watching. Please share this. Obviously, you've made it to the end of the video. You know, how powerful this information is. Help me reach more people. Help Dr. Talib reach more people. I will link to all these wonderful studies he's done in the show notes with some other resources and things for you, and help us. Help us spread the word that nutrition and natural nontoxic compounds from nature can help you heal and prevent disease. It's a wonderful message. Thanks for watching. I'll see you all real soon. Bye, Dr. Talib.

Dr. Talib: Bye.

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