

CANCER

NOTE: No cancer treatment should be undertaken without consulting a licensed medical practitioner. The essential oil applications listed here can be used to complement the effectiveness of conventional cancer therapies. These essential oil applications should continue until the cancer is in remission.

Groundbreaking research slated to be published in 2004 at Brigham Young University for the first time identified essential oils which effectively kill cancer cells while being non-toxic to normal cells (non neoplastic cells). Some of the most effective oils studied included sandalwood essential oil which inhibited growth by up to 90% of several different types of cancer cells (cervical, breast, skin and prostate) while having little or no harmful effect on normal cells. Sandalwood showed excellent action even at very small concentrations (100 ppm). Tsuga, thyme, grapefruit, and thyme linalool also showed low normal cell toxicity and strong anticancer action.

Oils rich in limonene, such as lemon, orange, tangerine, and Idaho balsam fir have been shown in clinical studies to have potent anticarcinogenic effects. According to a study at the University of Indiana¹², "monoterpenes would appear to act through multiple mechanisms in the chemopre-vention and chemotherapy of cancer." Studies using 1-15 grams a day of limonene in very advanced cancer patients resulted in almost 20% of the patients going into remission.

To enhance the action of essential oils, strong cleansing and nutritional building programs are required. The three programs below can be tailored to fit your particular needs and can have a profound effect on any cancer treatment.

1. Intensive cleanse with Cleansing Trio and JuvaTone.
2. Modified Burrough's Cleanse using cayenne pepper, lemon juice, and agave nectar. (See Cleansing and Diets, [Chapter 25](#))
3. The Essentialzyme Ramping Program (see box below).

Essentialzyme Ramping Program for cancer

This program should be monitored by a health care professional:

Phase 1: Start with 3 tablets, 3 times daily. Increase

amount by 1 tablet every day until nauseous. At this point, discontinue Essentialzyme for 24-36 hours.

Phase 2: Start again with 4 tablets, 3 times daily. Increase daily amount until nausea starts again. Stop and rest for 24-36 hours.

Phase 3: Start with 5 tablets, 3 times daily. Increase amount by one tablet every day until nausea starts. Rest for 24-36 hours.

Phase 4: Go back to the amount taken before nausea occurred the third time. Continue this amount for 6 weeks.

Phase 5: Start enzyme saturation again.

How Pollutants Contribute to Cancer

The pollutants to which we are exposed accu-mu-late in tissues such as the breasts, thyroid, ovaries, and uterus. Some of these chemicals can mimic or imitate natural hormones, thereby activating hormone receptors that over-stimulate glands. This can increase the risk of hormone-dependent cancers, such as breast and uterine cancer.

All cancers are best treated in the early stages by alternating and varying the essential oils used each week, so the cancer cells do not build up a resistance to the treatment.

The following are regarded generally as anti-cancerous oils:

Single Oils:

Helichrysum, lemon, orange, tangerine, ledum, sandalwood, lavender, clove, thyme, Idaho balsam fir, tsuga, frankincense, myrtle

Blends:

ImmuPower, Longevity

When people suffer terminal illness, their minds can be fractured, and they can have difficulty focusing and collecting their thoughts. The Valor,

Gathering and Grounding blends promote greater focus and the ability to gather feelings and deal constructively with emotions related to cancer.

Another simple anti-cancer recipe:

- 12 drops frankincense
- 5 drops lavender
- 6 drops helichrysum

EO Applications:

TOPICAL:

NEAT or DILUTE 50-50, 1-3 drops applied directly on skin cancers or cancerous nodes, 2-5 times daily

VITA FLEX, 1-3 drops neat on foot reflex points relevant for internal cancers

RAINDROP Technique, 2-3 times monthly, substituting anti-cancerous oils for the five optional Raindrop oils (see [Chapter 21](#))

INGESTION:

CAPSULE, 00 size, 2 capsules, 2-4 times daily

RETENTION:

RECTAL, 3 times weekly, using 20-80 dilution

Dietary Supplementation:

ImmuPro, VitaGreen, Super C Chewable, ImmuneTune, Essential Manna, Power Meal, Thyromin, Exodus, Sulfurzyme, Mineral Essence, Essential Omegas, Rehemogen, Berry Young Juice, Royaldophilus

Gary Young's Daily Anti-Cancer Program

- Master Formula: 4-6 tablets daily
- VitaGreen: 8-10 capsules daily
- Super C: 8-10 tablets daily
- ImmuPro: 6-10 tablets at night; 4 morning and afternoon
- Power Meal: 2 scoops, 3 times daily
- WheyFit: 2 scoops daily

- Essentialzyme: 2-6 tablets, 3 times daily according to blood type
- Thyromin: Start 1 before bedtime and increase as needed.
- Exodus: 6-8 capsules daily
- Sulfurzyme: Begin with 1 tsp., 3 times daily and increase to 1-3 Tbsp. daily
- Royaldophilus: 2-3 capsules, 3 times daily for good digestion and assimilation
- Super B 2-4 tablets daily. Super B is a good source of all B vitamins including pantothenic acid (vitamin B5). Many cancer patients evidence a deficiency in vitamin B5

Brain Tumor

Single Oils:

Frankincense, grapefruit, clove, tsuga, blue cypress

EO Applications:

TOPICAL:

NEAT or DILUTE 50-50, if needed, 2-4 drops to temples, forehead, mastoids and back of neck, 2-6 times daily

INGESTION:

CAPSULE, 00 size, 2 capsules, 2-4 times daily

Dietary Supplementation:

ImmuPro, Berry Young Juice, Longevity Caps

Brain Tumor regimen:

- Take 15 to 20 tablets of ImmuPro, 15 capsules of Exodus, and 10 tablets of Super C Chewable daily.
- Maintain a concentrated carrot juice diet. Potassium is critical. Drink plenty of dan-de-lion tea (diuretic) and yellow dock tea (iron), and take milk thistle for the liver.

To increase blood flow to the brain:

- Mix 4 drops frankincense and 5 drops ImmuPower and massage 3-5 drops on the neck 3-5 times daily.

- Mix 15 drops frankincense and 6 drops clove in 1/2 oz. V-6 Mixing Oil or Massage Oil Base and rub 5-7 times daily on the brain stem (spine at base of skull), temples, mastoids (behind the ears), forehead, and crown (top of head).
- Put 10 drops frankincense and 1 drop clove in diffuser. Sit in front of the diffuser and breathe vapors for 1/2 hour, 3 times daily. If you get a headache or feel nauseous, reduce to what is tolerable, but do not quit.
- AlkaLime: Take 1 tsp. in a glass of distilled or purified water 1 hour before or after each meal to help restore pH balance.

Bone Cancer

Single Oils:

Frankincense, sandalwood, clove, tsuga

Blends:

ImmuPower

EO Applications:

TOPICAL:

DILUTE 50-50, massage 4-6 drops on location and on spine 2-4 times daily

NEAT, apply 2-3 drops each of frankincense and ImmuPower along the spine, 3 times daily

INGESTION:

CAPSULE, 00 size, 2 capsules 1-3 times daily

RICE MILK, 4-6 times daily

Bone Cancer blend:

- 15 drops frankincense
- 6 drops clove
- 1 Tbsp. V6 Oil Complex

Massage 4-6 drops on location 3-5 times daily

Dietary Supplementation:

Cleansing Trio. Longevity Caps, Berry Young Juice, Essential Omegas

Breast Cancer

The use of topically applied natural progesterone (20 mg per day) can dramatically reduce the risk of breast cancer. (See Progessence Cream, Chapter 11) Eighty-five percent of all breast cancers are ductal cancers, and natural progesterone has been shown to slow the growth of ductal cells that promote cancer growth. In addition, new research indicates that some essential oils can dramatically inhibit cancer growth while leaving normal cells unharmed.

Studies at the Young Life Research Institute of Natural Medicine show that ledum, Idaho balsam fir, tsuga, lavender, clove, and frankincense may be effective in treating breast cancer.

For a cancer preventative, dilute up to 20 drops of either orange, sandalwood, myrtle, or tsuga in 1 tablespoon of olive oil, put in 00-size capsule and take one daily as a dietary supplement.

Lignans in flax seeds have also been shown to prevent breast cancer growth.

Single Oils:

Orange, sandalwood, frankincense, ledum, myrtle, clove, lemon, orange, tangerine, tsuga

Blends:

Brain Power, Present Time

EO Applications:

TOPICAL:

DILUTE 50-50, apply 4-10 drops on location daily

VITA FLEX, apply 1-3 drops to breast

Vita Flex points (see location in breast cancer regimen below)

INGESTION:

CAPSULE, 00 size, 1 capsule 2-4 times daily

RICE MILK, 2-4 times daily

Specific breast cancer regimen:

- A. Massage 1-3 drops frankincense on breast Vita Flex point on feet, which is on top of the foot at the base of the three middle toes. Continue massaging the Vita Flex areas after applying the oil (see Vita Flex Technique in chapter 20).
- B. Layer on location 15 drops frankincense, 10 drops lavender, and 3 drops clove. Apply oils and massage daily for 4 days, then rest for 4 days. Repeat as necessary.
- C. Put 6 drops of frankincense and 4 drops ledum in a 00-size capsule, fill remainder with vegetable oil. Take 1-3 capsules daily.
- D. Diffuse frankincense and Brain Power for 15 minutes 2-5 times daily.

Dietary Supplementation:

Cleansing Trio, JuvaTone, JuvaPower/Spice, Longevity Caps, Power Meal, ImmuPro, Essential Omegas, Amino-Tech, WheyFit, Super Cal, Coral Sea, Berry Young Juice, BodyGize

Topical Treatments:

Cel-lite Magic, Progessence Cream

Other:

- 1. Keep lymphatics open with deep breathing exercise and aerobics.
- 2. Have a body massage with Cel-lite Magic, once per month to work the lymph nodes in the abdomen and the thoracic region.
- 3. The soy in BodyGize helps balance estrogen hormones. Take 2-3 Tbsp. BodyGize with water or juice 1-2 times daily.

Note: Do not use for estrogen-receptor positive cancers.

- 4. Discontinue use of antiperspirants (not deodorant) and monitor calcium levels.

Cervical Cancer

The use of topically applied natural progesterone creams can dramatically reduce the risk of cervical cancer, especially in postmenopausal women. In addition, new research indicates that some essential oils can significantly inhibit cancer growth while leaving normal cells unharmed.

Single Oils:

Tsuga, thyme, galbanum, patchouly, sandalwood, Douglas fir, hyssop, nutmeg, sage

EO Applications:

INGESTION:

CAPSULE, 00 size, 2-4 times daily

RETENTION:

TAMPON, 3 times per week

Dietary Supplementation:

(See listing under main Cancer heading)

Colon Cancer

To enhance the action of essential oils, cancer requires strong cleansing and fasting programs. Cancer is best treated in its early stages by alternating and varying the essential oils used each week, so the cancer cells do not build up a resistance to the treatment.

For a cancer preventative, mix up to 20 mg of these essential oils in 1 tablespoon of vegetable oil, and put in 00 size gel caps. Take one per day.

The gastritis associated with *H. pylori* infection is closely associated with gastric cancers.¹³ Highly antiseptic oils can kill *Helicobacter pylori* that causes the infection. These oils include oregano, mountain savory, tea tree, and thyme.

Single Oils:

Clove, frankincense, ledum, orange, tsuga, lavender

EO Applications:

INGESTION:

CAPSULE, 00 size, 2-4 times daily

RICE MILK, 2-4 times daily

Colon Cancer Regimen:

Day 1: Put 10 drops of frankincense, 10 drops tsuga in a vegetable capsule and swallow 3-4 times daily.

Day 2: Mix 16 drops frankincense and 3 drops clove, and put in vegetable capsule. Take orally 3-4 times daily.

Day 3: Mix equal parts frankincense and lavender in a vegetable capsule and take 3-4 times daily.

Day 4: Take frankincense capsules 3-4 times daily.

Days 5-8: Repeat the above 4-day cycle.

Days 9-12: Rest for 4 days.

Day 13: Restart the regimen.

Dietary Supplementation:

EssentialZyme, ComforTone, ICP, Detoxzyme

Supplementation Regimen:

1. Begin with EssentialZyme to digest toxic waste.
2. Take 2 capsules ComforTone, 3 times daily. Increase by one daily until the bowels move. Then begin reducing. If diarrhea occurs, reduce amount of ComforTone used and increase ICP fiber beverage. Drink plenty of purified or distilled water.
3. ICP fiber cleanse: Begin with 1 Tbsp. in water, 3 times daily. Increase to 2 Tbsp. 3 times daily or as needed until bowels are moving regularly.

Hodgkin's Disease

Reed-Sternberg cells are a hallmark trait of lymphatic cancers of this type.

Single Oils:

Clove, lavender, frankincense, cistus

Blends:

Longevity

EO Applications:**TOPICAL:**

NEAT or DILUTE 50-50 on location 2-4 times daily or as needed

INGESTION:

CAPSULE, 00 size, 3-5 times daily

Dietary Supplementation:

(See listing under main Cancer heading)

Leukemia**Single Oils:**

Frankincense, clove, lavender.

Blends:

Thieves, Longevity.

EO Applications:**TOPICAL:**

VITA FLEX, 1-3 drops on soles of feet 2 times daily

BODY MASSAGE, apply very gently, do not do deep tissue massage.

Dietary Supplementation:

Longevity Caps, Rehemogen, Super C, ImmuPro, ImmuneTune, VitaGreen, Berry Young Juice, Longevity Caps

Supplementation regimen:

Take the following daily, for 30-40 days:

- ImmuPro: 10 tablets before retiring; 2-4 tablets

morning and afternoon

- Rehemogen: 3 droppers, 3 times daily
- Super C: 12 tablets daily
- ImmuneTune: 15 capsules daily
- VitaGreen: 9 capsules daily
- Longevity Caps: 3 capsules 3 times daily
- Fresh carrot juice: 1/2 gallon daily

Liver Cancer

Cleansing is extremely important since an optimally functioning liver is necessary to rid the body of toxins. Anger and hate affect the liver and cause extreme toxicity, eventually triggering disease.

Single Oils:

Frankincense, lavender, lemon, orange, tangerine, thyme

Blends:

JuvaFlex, JuvaCleanse

EO Applications:

TOPICAL:

NEAT or DILUTE 50-50 if needed, 2-6 drops over liver area
2-4 times daily

COMPRESS, warm, over liver area nightly

VITA FLEX, massage 1-3 drops on liver

Vita Flex points of feet

INGESTION:

CAPSULE, 00 size, 3-5 times daily

RICE MILK, 3-5 times daily

Liver Cancer blend:

- 30 drops frankincense
- 20 drops lavender
- 10 drops tsuga
- 10 drops ledum

- 4 tablespoons castor oil

Apply 20-30 drops of this mixture over the liver area, then cover with a warm moist towel for 20 minutes as a compress, 5 nights per week.

Also, fill 00-size capsules with this mixture and take 1 capsule 3-5 times daily

Supplements:

JuvaTone, JuvaPower/Spice, Essential Omegas, Berry Young Juice, alpha lipoic acid, Ultra Young

Lung Cancer

Single Oils:

Ledum, orange, frankincense, Idaho balsam fir, ravensara, sage

Blends:

Raven, R.C., Longevity, ImmuPower

Lung cancer blend #1:

- 4 drops frankincense
- 3 drops sage
- 3 drops myrrh
- 3 drops clove
- 2 drops ravensara
- 2 drops hyssop

Lung cancer blend #2:

- 6 drops R.C.
- 5 drops clove
- 4 drops myrrh
- 5 drops frankincense
- 2 drops sage

EO Applications:

INHALATION:

DIFFUSION, 15 minutes 3-5 times daily

INGESTION:

CAPSULE, 00 size, 1 capsule 3 times daily

RETENTION:

RECTAL, nightly, retain for 8 hours

Lung Cancer Regimen:

Day 1: Diffuse frankincense and R.C. for 1 hour three times a day. Make a rectal implant by diluting 10 drops of each of these two oils with 1 tbsp V6 Oil Complex and retain overnight.

Day 2: Same as day 1, using frankincense and R.C. in rectal implant.

Day 3: Same as day 1, using frankincense and lavender in rectal implant.

Day 4: Same as day 1, using 20 drops frankincense in a rectal implant.

Rest 2 days before continuing. If no improvement is detected, omit rest days and begin again.

Alternate oils for retention enema use (add any one of the following oils to 1 teaspoon of olive oil):

- *Eucalyptus globulus*: 10 drops
- Frankincense: 10 drops
- Peppermint and frankincense: 5 drops
- Idaho balsam fir: 20 drops
- Cypress: 10 drops

Diffuse regularly during the day the same oil combinations (neat) that are used in the retention enema for that night.

Rub ImmuPower up the spine, daily. Apply warm compress on back and chest twice daily.

Dietary Supplementation:

Super C, ImmuPro, Super Cal, Coral Sea, Berry Young Juice, alpha lipoic acid, Essential Manna, K & B

Supplementation regimen:

Take 10 to 20 Super C Chewable daily, dandelion tea, raw lemon juice, red clover tea, and K & B.

If edema is a problem, include: Super Cal, Coral Sea, Essential Manna, Berry Young Juice, Mega Cal, or organic bananas.

Lymphoma (Cancer of Lymph Nodes)

Both Hodgkin's disease and non-Hodgkin's disease are characterized by swollen lymph gland nodes, generally first appearing on the neck, armpit or groin.

Lymphoma may be caused from petrochemical pollution in the air and water. After prolonged exposure, toxins such as benzene, styrene, and toluene begin to accumulate in the lymphatic system, eventually triggering cellular mutations and cancer.

Symptoms for non-Hodgkin's lymphoma

- Generally ill, loss of appetite, loss of weight, fever, and night sweats

Symptoms of Hodgkin's lymphoma

- Fever, fatigue, weakness, itching

Single Oils:

Frankincense, myrrh, clove, sage, sandalwood, lavender

Blends:

ImmuPower

Recipe 1:

- 10 drops frankincense
- 5 drops clove or myrrh
- 3 drops sage

Recipe 2: (for massage):

- 15 drops frankincense
- 6 drops clove

EO Applications:

TOPICAL:

NEAT or DILUTE 50-50 if needed, 2-4 drops on swollen nodes

2 times daily. Rub along spine 2-3 times daily

BODY MASSAGE, 2-3 times weekly

Raindrop Technique, 2 times monthly

RETENTION:

RECTAL, nightly, will bring faster results than topical applications

Dietary Supplementation:

ImmuPro, ImmuneTune, Super C, Vita-Green, Cleansing Trio

Supplementation regimen:

- ImmuneTune: 4 capsules, 3 times daily
- Super C: 6 tablets, 3 times daily
- VitaGreen: 6 capsules, 3 times daily
- ImmuPro: 3 tablets, 4 times daily.

Follow this program for one month, then gradually reduce. If lymphoma goes into remission, continue program for another month, then gradually reduce. It is best to eat a total vegetarian diet. O-blood types, who need more protein, should eat fresh stream trout or wild Arctic salmon.

Melanoma (Skin Cancer)

Melanoma is the most lethal form of skin cancer. It tends to aggressively spread and metastasize, quickly colonizing the lymph nodes and internal organs. It has a high rate of fatality.

A sudden change in the appearance of an old mole or the appearance of red lesions, may indicate melanoma. If you suspect that you have melanoma or any skin cancer, you should immediately contact your physician.

Single Oils:

Sandalwood, orange, blue cypress, tangerine, myrrh, lavender, Idaho tansy, tsuga, tea tree, lemongrass

Blends:

Longevity, Release, JuvaFlex, JuvaCleanse, EndoFlex, Purification, Thieves

Melanoma blend:

- 3 drops lavender
- 4 drops frankincense

EO Applications:**TOPICAL:**

NEAT, apply 2-5 drops on location 3-5 times daily

INGESTION:

CAPSULE, 00 size, 2 times daily

RICE MILK, 2-4 times daily

Dietary Supplementation:

ImmuPro, Essential Omegas

Ovarian Cancer**Single Oils:**

Sandalwood, lemon, orange, blue cypress, myrrh, frankincense, geranium

Blends:

Protec, Longevity, ImmuPower

EO Applications:**TOPICAL:**

NEAT, 3-5 drops up the spine, on the feet, just below the navel and on the throat. Do this application 1-2 times daily

INGESTION:

CAPSULE, 00 size, 3 times daily

RICE MILK, 2-4 times daily

RETENTION:

TAMPON, nightly

Daily Regimen for Ovarian Cancer:

- Mix the blend below and use in alternating rectal and vaginal retention. Use vaginal retention with tampon one night and rectal retention the second night, and so on.
 - 15 drops frankincense
 - 5 drops myrrh
 - 6 drops geranium
 - 1 Tbsp. V-6 Oil Complex
- Rub 3-4 drops ImmuPower up the spine, on the feet, and on the throat, daily.
- Rub 1/2 tsp. Protec topically over each of the following locations: abdomen, ovaries, the reproductive Vita Flex points on hands and feet.
- Use Protec for nightly vaginal retention. Start with 1/2 tsp. and build up to 1 Tbsp. If irritation occurs, discontinue for 3 days and start again with a smaller amount.

To increase Protec's strength, add extra oils and use in alternating applications:

- *NIGHT 1: Add 3 to 4 drops of frankincense.*
- *NIGHT 2: Add 3 to 4 drops of clove.*
- *NIGHT 3: Add 3 to 4 drops of myrrh.*

Dietary Supplementation:

ImmuPro, BodyGize, Essential Omegas, alpha lipoic acid, ArthroTune

Prostate Cancer

Many prostate cancers may be testosterone-dependent, so it may be necessary to avoid taking anything that can raise testosterone levels, such as DHEA or androstenedione. Research by Dr. John Lee, MD, suggests that a quality progesterone cream may be the most potent therapy for preventing prostate cancer. Neurogen and Progessence creams provide natural progesterone.

Single Oils:

Orange, tangerine, ledum, Idaho balsam fir, frankincense, myrrh, cumin, sage, tsuga

Blends:

Protec, Mister, Longevity, Juva Cleanse

EO Applications:

TOPICAL:

DILUTE 50-50, 1-3 drops between the rectum and scrotum
1-3 times daily

VITA FLEX, 1-3 drops, neat. on reproductive points on feet
(sides of ankles)

INGESTION:

CAPSULE, 00 size, 3 times daily

RICE MILK, 2-4 times daily

RETENTION:

RECTAL, nightly

Prostate blend Regimen:

The blend below helped to reduce PSA (prostate spe-cific antigen) counts over 70 percent in a 2 months period:

- 10 drops frankincense
- 5 drops myrrh
- 3 drops sage

1. Mix the above oils in 1 Tbsp. V-6 Oil Complex for rectal retention, nightly
2. Rub 1-3 drops of the above blend, neat, on the Vita Flex reproductive points (ankles) on both feet, 2 times daily.
3. Dilute the blend 50-50 and apply 2-4 drops on the area between the rectum and scrotum 2 times daily.

Also, use Protec for nightly rectal retention. Start with 1/2 tsp. and build up to 1 Tbsp. If irritation occurs, discontinue for 3 days and start again with a smaller amount.

To increase Protec's strength, add extra oils and use for alternating applications:

- *NIGHT 1: Add 3 to 4 drops of frankincense.*

- *NIGHT 2: Add 3 to 4 drops of clove.*
- *NIGHT 3: Add 3 to 4 drops of tsuga.*

Dietary Supplementation:

Super B, ProGen, ImmuPro, Cleansing Trio, JuvaTone, JuvaPower/Spice

Topical Treatments:

Neurogen and Progessence creams. Apply 1/2 tsp 2 times daily to the area between the scrotum and the rectum.

Uterine Cancer

Environmental pollutants become lodged in tissues, such as the breasts, thyroid, ovaries, and uterus. Many chemicals mimic or imitate our natural hormones and can fit the hormone receptors, thus tricking and over-stimulating these organs. This can become a major source of cancer of the breast, uterus, ovaries, and lymph nodes.

(Same program as OVARIAN CANCER above.)

12. Crowell P. Prevention and therapy of cancer by dietary monoterpenes. J Nutr. 1999 Mar;129(3):775S-778S.

13. Uemura N, Okamoto S, Yamamoto S, "H. pylori infection and development of gastric cancer," Keio J Med 2002 Dec;51 Suppl 2:63-8.

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