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The poor man's anti-cancer cocktail

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Discovering those alternative treatments and preventatives that actually work against the many ailments that plague our society today is a great blessing to those seeking a beneficial health program. Some of the alternative preventatives do work to a successful extent, while some are overrated or are compromised by a self destructive lifestyle. But a lot of the supplements and nutrients are not cheap. This means that many folks who would benefit by an addition of several disease suppressing supplements simply can't afford to purchase the goods for a long dietary treatment program. When a truly effective "home treatment" comes along that is affordable and easy to implement, we can all benefit by sharing the information with those in need. Here's one that may be of interest to folks wishing to add a simple yet inexpensive dietary preventative against the various forms of cancer that can threaten our well being:

combining green tea and black pepper for anti-cancer synergy

Want a "poor man's" anti-cancer drink you can take daily for less than five bucks a month? Try making some green tea brewed with a bit of regular ground black pepper. This combo enhances each other's health properties many fold to provide us with a good addition to an arsenal of anti-cancer foods. 100 green tea bags can be purchased at a discount store for \$1 a box. Black pepper in a 2 oz can is available at the same price. Optional is some organic non sugar sweetener such as stevia or honey. This will last (more or less) a month with the following recipe:

1 quart mason jar filled with water
3 or 4 bags of green tea
 $\frac{1}{4}$ level teaspoon of black pepper
(sweetener or not – your choice)

Mix the above combo by stirring, set in the refrigerator overnight, but stir it a few times more before bedtime and in the morning. Sip on it the next day. With this recipe you will hardly notice any pepper taste at all. However feel free to be innovative if you would rather have this synergistic anti-cancer combination in a meal form. The idea is to combine the green tea with black pepper. Below is a reference describing just how the tea/pepper combo works.

"An animal study suggests that eating black pepper at the same time as drinking green tea can significantly increase the amount of the cancer-fighting EGCG absorbed by your body. So, the next time you're drinking green tea with a meal, grind some black pepper into your soup, salad, or main course. ---- Green tea seems to be able to shut off the growth-promoting genes in cancerous cells, thus encouraging the cancer cells to self destruct." [Super Foods Health Style – Steven G. Pratt, M.D; Kathy Matthews. Harpercollins Publishers, 2006, pp. 162,3] *EGCG:epigallocatechin gallate*

Disclaimer: The above information does not claim to be a cure-all for any type of cancer. Other factors enter in to any cancer treatment. Please consult your professional health care advisor for treatment of an illness. Thanks – KL