

## Rain Soul and Black Raspberry

### **Black raspberries and anthocyanins demonstrate powerful cancer fighting power**

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(NaturalNews) Colon cancer is the third leading cause of cancer deaths. This devastating disease is on the rise as our typical diet of processed foods continues to kill. A diet void of essential nutrients is the driving force behind this largely preventable disease. Researchers continue to uncover the critical link between a diet packed with natural plant based phytonutrients and cancer prevention. You can add these important foods to your dietary arsenal and dramatically lower your risk of disease.

#### **Study Shows a 45% Reduction in Colon Cancer Risk**

Research conducted at the University of Illinois and published in the journal Cancer Prevention Research shows that a diet supplemented with black raspberries lowered the incidence of colorectal cancer by 45%. The study authors conclude that the high polyphenol content of the raspberries are likely to influence digestive gene targets and may be of benefit to other digestive cancer lines as well.

#### **Black Raspberries Shown to Reverse Gene Damage**

A second study published in Cancer Research demonstrated that there are over 2000 genes that are responsible for regulating digestive health. These genetic targets are down regulated with a diet of processed foods, hydrogenated fats and sugar to favor the initiation and development of cancer. Supplementing with a concentration of freeze-dried black raspberries was shown to return 462 of those genes to a normal state.

The study author concluded, "We have clearly shown that berries, which contain a variety of anticancer compounds, have a genome-wide effect on the expression of genes involved in cancer development". Researchers have shown that the active compound found in black raspberries inhibits tumor development by suppressing the activity of a protein needed for the disease to progress. Further, black raspberries reduce levels of dangerous systemic inflammation that lower tumor formation by 50%.

#### **Anthocyanins are Powerful Antioxidants**

Black raspberries aren't the only member of the berry family known to prevent disease. Research has concentrated on the antioxidant capacity of berries and how anthocyanins can reduce the risk from diseases ranging from diabetes and dementia to stroke and heart disease. Information published in the Journal of Agricultural and Food Chemistry explains that berry compounds have a significant biological activity that has been shown to be a powerful inhibitor of cancers of the digestive tract.

The researchers tested the chemo-protective properties of anthocyanin-rich extracts (ARE's) to determine which exhibited the highest antioxidant power. They found that purple corn, chokeberry, bilberry, purple carrot and grapes were at the top of the list. Anthocyanins impart the deep purple color to these foods that make them such powerful agents against cancer.

Members of the berry family and foods rich in anthocyanins have been consumed by our ancestors for generations. These potent compounds provide us with an important tool to prevent many diseases. Be certain your diet includes a source of anthocyanins to dramatically lower your risk of digestive cancers.



# Rain Soul and Black Cumin

## BLACK CUMIN

Black Cumin is only 1 of many superior seeds in RAIN's SOUL.

Researchers at **Thomas Jefferson University** in Philadelphia have discovered that an extract of **black cumin/nigella sativa** seed oil, known as thymoquinone, can remedy one of the most virulent and difficult to treat cancers: pancreatic cancer. **The extract does this by blocking pancreatic cell growth, and actually enhancing the built-in cellular function that causes programmed cell death, or apoptosis.**

Pancreatic cancer is one of the most difficult cancers to treat. It usually presents no symptoms in its early stages, unless the common bile duct is obstructed by a tumor (in which case jaundice would occur). However, as the cancer progresses, more symptoms do present themselves. Nausea, diarrhea, weight loss, weakness and pain after eating are all symptoms of pancreatic cancer. Unfortunately, these symptoms could be indicative of other disorders as well, so it is a challenging cancer to diagnose that requires thorough testing. Many people are not diagnosed until the cancer has spread; therefore, treatment is often very complex since the cancer has advanced to other areas.

As of now, there is little known about its causes, and less known about how to treat it. There are a few clues to its origins, however. A 2007 study showed that diabetes during pregnancy can lead to pancreatic cancer later in life; smoking also increases the risk of developing pancreatic cancer as well. There may also be some evidence to suggest a link between type 2 diabetes mellitus and pancreatic cancer, but there still is no succinct, hard evidence to prove a link. Through all of this, nigella sativa (also known as black cumin) may be a potential solution to pancreatic cancer and could be the breakthrough that is needed to solve this complex problem.

This herb is popular across the Middle East and India, and is widely known in those parts to aid in a variety of disorders. From emphysema and asthma, to colic and cancer, this herb has a colorful and storied history that stretches far back in time, even to the Biblical era. With pancreatic cancer being the fourth-leading cause of cancer death in the United States, killing approximately 34,000 people each year, more research needs to be conducted on the effectiveness of this herb in treating this and other cancers. Though more empirical data is needed, Middle-Eastern folklore describes nigella sativa as one of the most potent healing agents, curing a variety of disorders, other cancers, and having anti-inflammatory and antioxidant properties.

Sometimes, especially in the case of this herb, folklore is more than just exaggerated stories of indigenous peoples; it can actually be useful in everyday life and provide the much needed help that conventional practices do not offer. In fact, according to Arab proverbs, nigella sativa is quoted as having the ability to cure all disease except death. Though its properties in healing all diseases has not been empirically verified, if folklore is going to be a guide to health and wellness, the best herb to start with would be nigella sativa.

Traditional treatments for pancreatic cancer are the same as the treatments for other cancers: loading the body up with toxins that kill the patient before killing the cancer (chemotherapy), and radiation. But, as with many other cancers, this method is not very successful (as mentioned before, 34,000 people die each year from pancreatic cancer). Side effects of the allopathic approach to this disorder include anything from skin reactions to disruption of insulin production, so pancreatic cancer treatments are often very uncomfortable.

Nigella sativa offers an alternative to this fate, giving cancer patients access to a treatment that actually works for them. As the path of allopathic remedies has dimmed on this cancer, sentencing its sufferers to a life of pain and misery, another, less invasive and more effective path has opened. Through herbal treatment, a way to a cure has been paved, offering relief that cannot be found amongst the cold hospital walls.

This study also helps dispel the myth that herbs are just herbs, and are thus ineffective in treating disease. This herb is just one of many that are now being discovered as breaking the mold and defeating the lie. This herb proves useful and helpful in treating every day illnesses and complex illnesses as well.

Besides their culinary uses, black cumin seeds also have a wealth of important health benefits and are one of the most cherished medicinal seeds in history.

The seeds of the black cumin plant contain over 100 chemical compounds, including some yet to be identified. In addition to what is believed to be the primary active ingredient, crystalline nigellone, black cumin seeds contain: thymoquinone, beta sitosterol, myristic acid, palmitic acid, palmitoleic acid, stearic acid, oleic acid, linoleic acid, linolenic acid, arachidonic acid, protein, vitamin B1, vitamin B2, vitamin B3, folic acid, calcium, iron, copper, zinc, and phosphorous.

Black cumin seeds have a particularly long and strong history use in Egypt. When archaeologists found and examined the tomb of Egyptian boy-king Tutankhamen (King Tut), they found a bottle of black cumin oil, which suggested that it was believed to be needed in the afterlife.

Physicians to the Egyptian pharaohs frequently used the seeds after extravagant feasts to calm upset stomachs. They also used the seeds to treat headaches, toothaches, colds, and infections. Queen Nefertiti, renowned for her stunning beauty, used black seed oil, likely due to its abilities to strengthen and bring luster to hair and nails.

Hundreds of studies have been conducted on black cumin which have shown that compounds from the seeds help fight diseases by boosting the production of bone marrow, natural interferon, and immune cells. Several of the studies have shown that black cumin seed extract could assist individuals with autoimmune disorders and could possibly help to fight cancer. One recent study on black cumin seed oil demonstrated that it was effective against pancreatic cancer, one of the deadliest and most difficult to treat cancers.

Black cumin is one of the very few botanicals that have shown such effectiveness (the other most notable one is oleander extract).

One of black cumin's most popular and effective uses is the treatment of diseases related to the respiratory system: including asthma, bronchitis, rheumatism and cold symptoms. The seeds help increase body tone, stimulate menstrual period, and increase the flow of breast milk in nursing mothers.

Black cumin seed oil helps calm the nervous system, quells colic pain, stimulates urine production, helps treat pertussis, improves digestion and helps prevent and lower high blood pressure.

The seeds are very effective in curing abscesses and tumors of the eye, abdomen and liver, probably due in great part to the anti-tumor compound beta-sitosterol found in the seeds.

Black cumin also:

- Stimulates energy and helps in recovery from fatigue and low spirits.
- Is an effective cure for skin conditions such as allergies, eczema, acne, psoriasis and boils.
- Is anti-parasitic.
- Treats flatulence, diarrhoea, haemorrhoids, constipation and dysentery.

NOTE: Those who decide to use black cumin seed oil should check labels and product information carefully. Black cumin is commonly referred to as black seed oil, black onion seed, black caraway, black sesame seed, and other names, but only *Nigella sativa* is true black cumin.

