

# health news updates

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## Pomegranate for Cancer?

By Glenn King, PhD, C.D.N., C.N., Rev

Although the fruit may be good and healthy to eat, alone it does not greatly impact cancer. It is actually the ellagic acid found in pomegranate that is greatly attracting the attention of researchers.

In laboratory and preliminary clinical studies involving humans, pomegranate juice was found to reduce the risk of heart disease and precursors to atherosclerosis and cardiovascular disease.

**Tannins**, such as punicalagins, are specifically responsible for reductions in oxidative stress. Oxidative stress coincides as a suspected culprit in many diseases. This unusual fruit has also shown the ability of lowering systolic blood pressure.

**Ellagitannins**, a matabolite of pomegranate, have shown to localize in the prostate and colon. This indicates pomegranate juice is effective for combating prostate and colon cancer. It may further impact diabetes, lymphoma, and prostatic hyperplasia.

The most interesting aspect of pomegranate is the rich resource of "**ellagic acid**", which is a polyphenol antioxidant. It is one of the top three sources in the world. Yes, even medical researchers are looking very closely at how ellagic acid affects cancer.

Some of the recent research conducted, both cellular and in animal studies, has shown that ellagic acid slows the growth of some cancers. In laboratory studies, alleged acid, con-

sistently appears to have cancer fighting capabilities. It has been found to destroy cancer cells and has produced evidence of breaking down some cancer-causing agents in the liver and removes them from the blood.

One study published in *Clinical Nutrition*, clearly demonstrated that plaque within the carotid artery cleared after three years of ingestion of pomegranate.

**The American Cancer Society** published study results in 2008 stating that "ellagic acid has been found to cause cell death in cancer cells". In addition, "it seems to reduce the effect of estrogen that promotes the growth of breast cancer cells in tissue cultures".

The ACS wrote that ellagic acid reduces heart disease, birth defects, liver problems, and promotes wound healing.

**The highest levels of ellagic acid** are found in red raspberries, strawberries, and pomegranates, especially when they are freeze-dried. Extracts from red raspberry seeds, pomegranates, or other sources are said to contain high levels of ellagic acid available as dietary supplements in capsule, powder, or liquid form.

### Are there possible complications?

Ingesting berries or other natural sources of ellagic as it is generally considered safe. Some reports indicate that Ellagic acid in supplemental form may affect certain enzymes in the



Photo courtesy of Fotolia

liver, which could alter the way in which some drugs are absorbed. For this reason, people taking medications or some dietary supplements should consult with their pharmacist or doctor about all of their medicines and supplements before taking ellagic acid. The one precaution known is the raspberry leaf, or preparations made from it, should be used with caution during pregnancy because it may initiate labor.

Some other benefits of pomegranate and ellagic acid, among many, are that it is **anthelmintic** (substance that destroys and expels intestinal worms), most all types of intestinal worms and parasites, including the incredibly long growing tapeworm.

It is the contents of an unusual alkaloid called **pelletierine**, discovered in 1878, and is said to be the most useful of all natural sources for expelling worms and parasites from the intestinal tract. It has been used to relieve looseness of bowels, control, chronic diarrhea and alleviate amoebic dysentery.

Most supplemental forms of pomegranate contain approximately 40%, ellagic acid, which is a very strong

antioxidant, potent anti-carcinogenic, has the ability to inhibit mutations within a cell's DNA, considered by most studies to be a cancer inhibitor, which profoundly has the ability to cause apoptosis, or normal cell death in cancer cells, and has antibacterial and antiviral properties.

Ellagic Acid acts as a scavenger to “bind” cancer-causing chemicals, making them an active, plus inhibits the ability of other chemicals to cause mutations in bacteria.

Different laboratory studies were conducted with different ellagic acid supplemental form doses. Most range from 1200 mg to 1800 mg daily of ellagic acid in capsule form.

Understanding the complexities of each individual, a treatment dose of this one ingredient would need to be determined by a health professional. The different sources of ellagic acid, and particular formulations also produce variations in results.

In my clinical experience, I prefer the pomegranate source of ellagic acid from Fruitrients or Nature's Way brands.

Nature's Way has pomegranate in 200 mg capsules, and Fruitrients has pomegranate in 750 mg capsules. Remember to do the math to calculate the proper milligrams of ellagic acid daily, as both brands contain 40% of ellagic acid in the milligrams of pomegranate.

I find that most people prefer to take about six capsules daily of the Fruitrients brand, compared to a bottle of the Nature's Way every three days. Although this is true for me as well, but I've been noticing that those who take the larger amount of capsules are demonstrating contrasting improvements which are even visible in the skin texture and health. I'm not sure at this point what is making the difference, because the milligrams of ellagic acid are the same, but there is a notable difference.

**Here is a list of cancer locations**, which ellagic acid has shown effectiveness in either laboratory or actual human test: **breast, cervical, colon, esophageal, leukemia, liver, lung, pancreatic, prostate, skin, and tongue cancers.**

These are among the most common and widespread cancers devastating humans.

If someone is fighting cancer, or is at high risk of developing cancer, then I would seriously consult a health professional about how to include ellagic acid in your recovery or preventative protocol. Other common things to consider may be supplemental Turmeric and Fibroboost (containing a specific species of brown seaweed “Ecklonia cava”). Elaborating will be for another time.

Good health and God bless! 🙏

## TKM® TESTIMONIES

I just wanted to put in a praise about TKM®. I was at work yesterday and a co worker cut her finger pretty badly. I applied Stop and Seal and the bleeding stopped and it sealed right up!

No stitches needed! I was so excited! Praise God for TKM®.

Debbie Decker



Please tell Dr. King that my mom called Saturday afternoon with the beginnings of a bladder infection. She was feeling very bad with the urinary symptoms. I had to go over and pick her up as she felt so bad.

I applied the “Bladder Sequence” in the Textbook, first time ever. It was SO hard to reach under her back from the left side to the right #10 and #9 and even #23, she was so heavy feeling and congested. Although, I did finish the sequence and she got up feeling good! She had a good night! Went to church by herself the next morning, she is 89, and still feels good!

Thanks for everything you all have done and still do.

Linda N.




Interesting story: I had a 14 year old boy that came to me awhile a back with an undiagnosed inflamed appendix after numerous trips to the doc and ER over a span of 2 weeks. While doing SFE 1st stratum his pain was greatly diminished. I left to get him a drink of water during the sequence, and the pain came roaring back. I placed my hands on his Right #11 and Right #25 and the pain decreased again.

This happened several more times and he was very restless, it became very obvious to me that we were probably dealing with an appendicitis. The boy was running a fever, so I told the mother what I thought and she wanted to take him back to the hospital. I encouraged the boy to hold his #11 and #25 all the way to the hospital. He continued to do this while waiting for help.

They ended up taking him into surgery after midnight after determining that he had an appendicitis. After the surgery, the surgeon told his mother that the boy's appendix had indeed ruptured, but

it was the oddest thing he had ever seen! Instead of the toxins spreading throughout the abdominal region, as it normally does, it had all pooled into one place and he was able to lift the toxins right out.

Andrea



I'm sharing a testimony of my friend that I taught TKM®, as a certified TKM® missionary. The ones in bold are my translations of the Tagalog words she used. Continually thanking God for you!

Hi Mary!

I hope all is well with you. I'm just so thankful you shared the TKM® with me. Last week when Joshua had high fever, it really helped him recover faster. I was surprised to feel electric currents running through my hands on the third or fourth steps through the end. It also happened with me the week before Joshua got sick when I felt like my body would break into a million pieces. I couldn't sleep, had a hard time breathing. I just wanted to scream. For a moment I got so scared, so I prayed and recited Bible verses and held my thumb as I focused my thoughts on the Lord. I did the whole Median sequence, after which I felt better and was able to sleep.

I did the same thing the following day because I felt a bit of difficulty in breathing again. That was the first time I felt the electric currents running through my hand, but I felt it on the third or fourth step. After nun, ok na ako (**I feel ok**). I felt like it was a spiritual attack when that happened. It was so unusual. I still plan to see the doctor health-wise, maybe after the holy week or something. Actually, I understand the Self-Help book a little better now and I see the connection of the more detailed TKM done for a certain illness. Pero talagang labor of love lalo na pag-inaantok ka na rin (**Doing TKM® is really a labor of love especially if I am already very tired and sleepy.**)


Joshua is better now! TKM® helped a lot with the fever and made him stronger to fight the sickness. He had amoebiasis. Please pray for our health as it seems to be one after the other after I felt that attack. After that, John got sick with the flu, then I had allergy only on the face with rashes, then John-John and I now have sore throat... ang dami noh (**so many attacks**)?

But God is good and has shown me how to believe Him for healing also through TKM®. I also felt how difficult it is to intercede when you are not well.

So now when I pray for others, I realize how important it is to really pray for their health so that they can be effective in their ministry. I now see why the enemy wants God's people to abuse their bodies because an unhealthy body hinders us from serving God to the best of our ability. Anyway, thankful talaga ako you shared TKM® with us, nakakapagod lang gawin... pero you'll feel the relief (**Anyway, I really am thankful you shared TKM® with us, tiring to do, yes but it gives great relief**).

Thank you, very much, Dr. King. I have written to my friend about your comments. I am currently in Dubai. I did TKM® on an office mate who has been suffering severe back problem. She fell asleep while I did #15 and Bladder sequences on her. After the sequence, she felt much better. She no longer has back ache. And that was only one session!

Abundant grace to you, Hillary, and your daughter.  
Mary M.



Today was my birthday and as my family was sitting down in a restaurant, our little 5 yr. old climbed into my lap and complained of her tummy not feeling well. Oh, dear, we just sat down to order and we never take all the little ones out for dinner! So I started with the Q. step for the Stomach sequence. She would not let me stop to eat dinner myself, so when my husband Jim finished his dinner, he took his turn, this is a first for him.

On the way home she worked on herself and then continued when we got home. I asked her if she would like to join me in my practice and become a TKMer and she said, "Sure!" So, Dr. King, how old do the kids need to be to come to a conference? Can't wait for one of our ten kids to join me in a training.

Although not stated nearly as often as I feel blessed by your work, Dr. King.

Prayer request: I believe we all need to be praying earnestly for each other because this is very lonely work out here in N. Va. where everyone is VERY skeptical... both in and outside the Church. I need some encouragement ... and more training!

Blessings, Katy 🙏

# TKM® For Our MILITARY

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