



## Flor-Essence The Cancer Tonic

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Dave Foreman is a graduate of the University of South Carolina-College of Pharmacy (1987) and has practiced as a traditional pharmacist for the past 16 years. He once owned and operated one of Medicine Shoppe International's top 70 pharmacies. Dave is well versed on the healing power of herbs, vitamins and other natural products and is currently enrolled in a Doctor of Naturopathy program. Dave has lectured at some of America's leading universities, medical groups and hospitals on the subject of natural health and healing. You can hear Dave's radio program *The Herbal Pharmacist* on radio stations throughout the United States. Visit [www.herbalpharmacist.com](http://www.herbalpharmacist.com) for more show information.

Dave Foreman should be a familiar name to readers. Last month, the host of the radio show *The Herbal Pharmacist* contributed an article regarding Flor-Essence<sup>®</sup>, the powerful herbal anti-cancer/detoxification tea the Ojibway Indians of Canada have used for centuries.

This creation was introduced in 1958 to Dr. Charles Brusck, John F. Kennedy's personal physician, by the Canadian nurse Rene Caisse. Flor-Essence consists of burdock, sheep sorrel, slippery elm, Turkish rhubarb, red clover, blessed thistle, kelp and watercress, each of which has been shown by medical research to inhibit the spread of cancer cells and/or to detoxify the body (see sidebar).

Many cancer patients have vouched for its effectiveness. The website [fightingcancer.com](http://fightingcancer.com) tells the story of Glynn William, who was diagnosed with Hodgkin's lymphoma at the age of 28. He wrote on the website, "I did not want to take [chemotherapy], but agreed to take it along with an 'alternative therapy' - Flor-Essence. I was told that I would have 16 chemotherapy treatments over an 8-month period." Four months after the diagnosis, he said, his lymph glands are now normal and he would not go back to chemotherapy, despite his doctor's

persistent warnings. "I told the doctors that I would continue with the Flor-Essence, since I was not getting any worse and could see no need to deviate from what I was doing."

Even medical schools and journals are beginning to take a closer look at Flor-Essence. A study recently conducted at the Center for Complementary Medicine Research in Vancouver, British Columbia showed that Flor-Essence demonstrated antiproliferative properties when taken at high concentrations.

But what cancer patients need to know is what a registered pharmacist with a background in natural medicine thinks. We can think of few better qualified pharmacists than Dave Foreman. A graduate of the University of South Carolina, College of Pharmacy (1987), Foreman has practiced as a traditional pharmacist for the past 16 years. He once owned and operated one of Medicine Shoppe International's top 70 pharmacies. Foreman is also well versed on the healing power of herbs, vitamins and other natural products and is currently enrolled in a Doctor of Naturopathy program. He has lectured at some of America's leading universities, medical groups and hospitals on the subject of natural health and healing. You can hear his radio program, *The Herbal Pharmacist*, on radio stations throughout the United States. Foreman is cur-

rently writing a book on natural and alternative approaches to cancer, which is projected for publication in August 2004.

We asked Foreman about several cases he has consulted on wherein Flor-Essence played an important role in saving and improving the

quality of cancer patients' lives. Rather than relying on Flor-Essence alone, he tells us, "I use Flor-Essence as part of a whole natural regimen of treatment. Improving health involves a lifestyle change," such as a proper diet and exercise.



IN DAVE FOREMAN'S OWN WORDS...  
*From The Herbal Pharmacist's Case Files*

### CASE #1—Breast Cancer

This 45-year-old woman looked very healthy and had a good diet, but was diagnosed with breast cancer. She was ready to go through conventional treatment - a lumpectomy, radioactive therapy, chemotherapy - but wanted to make sure she knew about natural treatments as well. In addition to **Flor-Essence**, I put her on a regimen of maitake mushrooms, fiber, ground flaxseed, selenium, vitamin E, and Ambrotose<sup>®</sup>, a complex supplement for boosting the immune system. The lump had shrunk from the time she had been diagnosed, according to the biopsy. Between the

x-ray and when they took it out, the tumor size was what they considered smaller than what they had expected. I attribute this improvement to her nutritional support program.

#### **CASE #2—Prostate Cancer**

A male, 58, was diagnosed with prostate cancer. He opted for radiation treatment, but he was still not doing well and his cancer had spread. The doctors initially didn't expect him to do any better. I had him using

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four ounces of **Flor-Essence** per day for a month, and then two ounces a day thereafter. In four weeks, his energy level went significantly up. However, his doctors thought conventional treatment was still necessary. *Four months after seeing me, the doctors noticed that he was significantly better, and after another eight months, his cancer had all but disappeared.* They simply couldn't find anything wrong with him anymore.

#### **CASE #3—Lung Cancer**

A retired airline pilot, 58, came to me in 2000 with inoperable lung cancer. He was not a smoker, but attributed the cause to electromagnetic fields in the cockpit. His quality of life was dismal - he had no energy and was always short of breath. To add

In 14 months, this man went from having cancer-riddled lungs to having no

signs of cancer whatsoever.

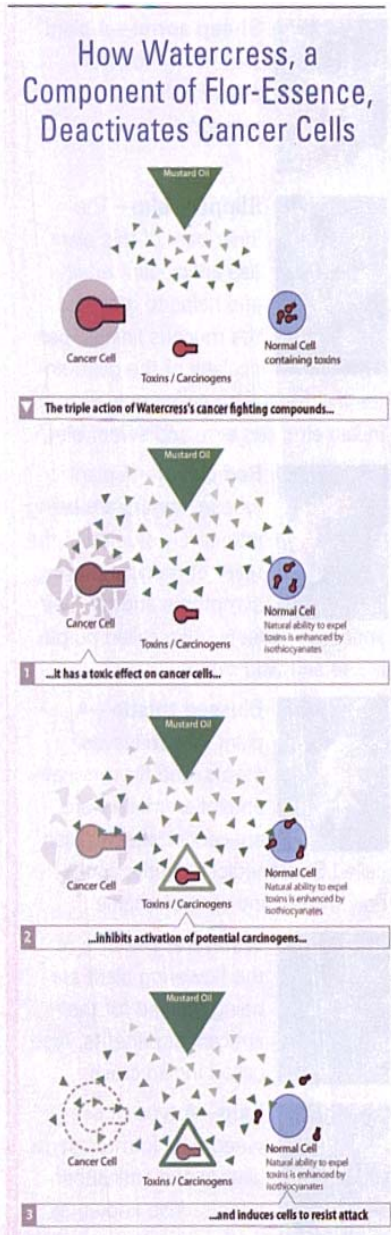
insult to injury, he was given six months to live when I saw him. With this person I saw the most dramatic results unfold, thanks to **Flor-Essence**. Keep in mind that he was not receiving any conventional treatment.

Along with giving him eight ounces of **Flor-Essence** per day, I also gave him coenzyme Q<sub>10</sub> (CoQ<sub>10</sub>) and green tea. Then I dropped his dosage to four ounces one month later, then two ounces per day plus 40 grams of fiber to flush out toxins, and ginseng. His energy level and breathing improved, and when he went back to the doctor three months after starting this regimen, the amount of cancer in his lungs had diminished. In 14 months, this man went from having cancer-riddled lungs to having no signs of cancer whatsoever.

#### **CASE #4—Cancer Metastasized Throughout the Body**

This one has a sad ending, but it best shows the power of natural health. A two-year-old girl was diagnosed with cancerous tumors in her skull, bones, and around her aorta. Her parents just went straight into chemotherapy for months, with no signs of shrinking whatever. After the third treatment, her parents came up to me because of her weakened immune system. I recommended they start her on **Flor-Essence** tea, give it to her throughout the day, and keep using it a week before she went in for chemotherapy. The next time she went in for the treatment, she went home early. Encouraged by the results, I began to recommend the adult dosage to her every day. Six months later, her parents told me the cancer from her skull was gone. Another three months later, the bone cancer disappeared as well. Two months after that, the tumor around her aorta shrank, but the doctors ended up talking the parents into laser surgery. After

twelve-and-a-half hours of surgery, the laser broke. She was not allowed to have any supplements after the surgery. The surgery damaged the girl's lungs and she died three months later from lung complications, **not** of the cancer. Shortly after the girl died, her mother came to me with tears in her eyes and told me she wished she kept using **Flor-Essence**. It obviously helped eliminate the



cancer from her body. This case is most powerful, because here was someone not going far in conventional treatment, but with **Flor-Essence** her quality of life improved and her symptoms were

improving. Even though you are getting "real" treatment, there are things you can do to make your treatment work better; you don't have to be miserable.

### FLOR-ESSENCE—AN IMPORTANT FACTOR IN CANCER RECOVERY

#### Dosage information

For adults: measure two ounces of tea and dilute with an equal or double amount of water. It is best taken on an empty stomach, approximately one hour before breakfast and one hour before bedtime. Times can be altered to fit one's schedule. Sip slowly.

For children (ages 2-72): measure  $\frac{3}{4}$  to one ounce, once or twice daily. Sip slowly.

### Reporter's Log

—A Personal Note

by Dennis Solis

After hearing of these results from pharmacist Dave Foreman, I was given my own bottle of **Flor-Essence**. Even though I am not a cancer patient, my own mother has struggled with breast cancer, and I know of too many close friends who have either been afflicted or died from cancer. Therefore, I have incorporated **Flor-Essence** into my supplement routine to help flush out the toxins I accumulate daily from the kidneys, liver, lungs, colon, bloodstream and deepest cells.

One of the eight key herbs is **sheep sorrel** (*Rumex acetosella*); According to herbal expert Suzanne Diamond, B.Sc., M.Sc., Botany, "Sheep sorrel is a popular ingredient of many folk remedies; the tea was used traditionally as a diuretic and to treat fevers, inflammation and scurvy" In **Flor-Essence**, sheep sorrel is considered the most active herb for stimulating cellular regeneration, detoxification and cleansing, based on reports by Rene Caisse and her doctor colleague who did studies with the original eight herb formula on mice bearing abnormal growths. For best results, take it on an

### Flor-Essence— A Closer Look



**Burdock**—A plant whose seeds and root have antioxidant effects. Also called lappa and happy major.



**Turkish rhubarb**—The root of this plant has been used in some cultures for its anti-inflammatory and anticancer effects. Also called rhubarb, da-huang, Chinese rhubarb, and Indian rhubarb.



**Sheep sorrel**—A plant that has anticancer effects. Also called dock and sorrel.



**Slippery elm**—The inner bark of this plant has antioxidant effects and helps to maintain the mucous linings, particularly of the gastrointestinal tract. Also called gray elm, Indian elm, red elm, and sweet elm.



**Red clover**—A plant whose flowers are being intensively studied in the relief of menopausal symptoms and for their anticancer effects. Also called purple clover and wild clover.



**Blessed thistle**—A plant whose leaves, stems, and flowers have anti-inflammatory and anticancer effects. Also called St. Benedict's thistle, cardin, holy thistle, and spotted thistle.



**Watercress**—Parts of the flowering plant are being studied for their anticancer benefits. Also called Indian cress.



**Kelp**—A type of seaweed with immunostimulatory and anticancer effects. Also known as laminaria or brown kelp.

empty stomach one hour before breakfast and one hour before bed. Don't expect immediate results; **Flor-Essence** requires conscientious use for serious detoxification.