



NEWS FROM THE WONDERFUL WORLD OF SOIL AND PLANTS

By John Ferguson

A joint study by researchers at the University of Idaho and University of Northern Arizona have found a correlation between pesticides and cancer. The journal of Neuroinflammation has found a link between exposure to glyphosate and Parkinson's disease.

They also found that the increase of this toxic chemical on and in our food correlates to the increase of Alzheimer's disease and other neurological disorders.

The reasons to garden using only use the modern biological methods (organic) continues to increase daily.

Research by the university of Florida's environmental horticulture department has found that gardening improves our mental health. Journal PLOS ONE (2022)

Many studies have shown that greenness is beneficial to our health. However, a recent study published in the journal Environmental Health Perspectives (2022) has found that all greenness is not the same.

They found that the presence of larger trees was associated with lower overall medication sales, which suggest these trees are more beneficial with respect to many

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health issues like heart disease or mental health than smaller trees. One large tree provided more benefits than lots of smaller trees.

Large trees are also more effective than small trees at reducing environmental stressors like urban heat, air pollution, and noise.

I know that at my retirement property near LaGrange, sitting under some huge 300–400-year-old live oak trees just feels good, and is very refreshing and relaxing.

The Bible tells us that God provides all we need in nature, to paraphrase a few verses, “study nature and let it teach us”. Speaking of cancer above, an excellent newsletter from the organization “The Truth About Cancer”, had a nice article on herbs and cancer prevention.

We are learning everyday that antioxidants, phytochemicals, trace elements, etc. are essential for our immune systems to work effectively. Many herbs are a good source of these nutrients.

For the full article go to: <https://thetruthaboutcancer.com/adaptogenic-herbs-cancer-prevention/?mpweb=144-9759997-418122170>

Andrographis paniculate - Also known as the “white-tailed leg” or “king of bitters,” this annual herbaceous plant is native to India and Sri Lanka and possesses antibiotic, antiviral, anti-parasitic, anti-diabetic, and hepatoprotective (liver-protecting) effects.

Annona atemoya- A hybrid of the sugar apple and the cherimoya (a fruit from South America)

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Phyllanthus niruri - This coastal weed this herb possesses hepatoprotective, antiviral, antibacterial, analgesic, antispasmodic, and anti-diabetic properties that are helpful in optimizing immune function.

Piper longum - This spicy Indian pepper contains a biochemical compound known as piperlongumine (PL) that research shows is active against many different types of cancer.

Podophyllum hexandrum - Also known as the “foot leaf,” this endangered fruit contains numerous biochemical compounds with immunostimulatory, anti-mitotic, anti-fungal, and anti-viral properties.

Tinospora cordifolia - The active constituents in this herbaceous vine demonstrate a unique ability to up-regulate the body’s natural ability to fight tumors and tumor-associated macrophages.

Semecarpus anacardium - A close cousin to the cashew, this nut has proven itself to be a powerful weapon in the fight against breast cancer.

Vitis vinifera - Also known as grape seed extract, this potent adaptogen is a powerful chemoprotective agent loaded with anti-cancer phytonutrients.

Baliospermum montanum - Also known as the red psychic nut or wild castor, this low-growing shrub is both a powerful antioxidant and a clinically proven anti-cancer medicine.

Madhuca longifolia - The seeds of this tropical Indian tree show incredible promise against an array of human cancers.

Pandanus odoratissimus - The roots and leaves of this palm-like shrub contain substances that science has pinpointed as bearing unique anti-cancer properties.

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Pterospermum acerifolium - Also known as the karnikara tree, this evergreen shrub is a pharmacological treasure. It contains active molecules that help fight ulcers, inflammation, pain, and damaging free radicals.

Raphanus sativus - This cruciferous vegetable contains a number of pharmacological and therapeutic properties that are antagonistic to cancer.

Barleria prionitis - Known in many areas as the porcupine flower, the juice of this leafy plant is rich in antioxidants that are highly effective at preventing cellular damage throughout the body.

Prosopis cineraria - This flowering tree from the Middle East has been shown to be powerfully effective at treating Ehrlich cell carcinoma.

Amorphophallus campanulatus - Also known as elephant foot yam, this potato-like tuber was shown in one study to help prevent the formation of aberrant crypt foci (ACF) in the colon and rectum.

Oroxylum indicum - Despite its unusual name, the broken bones tree won't damage your skeletal structure, but it just might tell any lingering cancer cells inside your body to self-destruct.

Basella rubra - Native to the East Indies, this tropical vine produces edible spinach-like stems and leaves that are highly nourishing to the body, which is always a good thing for keeping cancer at bay.

Flacourtia ramontchi (indica) - Also known as the Madagascar or Indian plum, this flowering plant has long been used in Ayurveda as a remedy for chronic inflammation.

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Moringa oleifera - The “miracle tree,” [moringa oleifera](#) as it’s often called, has received quite a bit of attention in recent years as a trendy new “superfood” with anti-inflammatory, antioxidant, and tissue-protective properties.

Ficus benghalensis - You’ve probably seen the more domesticated version of this robust evergreen plant inside offices and homes, since it’s a common houseplant. But what you probably didn’t know is that the banyan tree, as it’s called in India, produces bark that’s loaded with anti-cancer compounds like pelargonidin that studies show possess anti-angiogenic properties.

Curcuma domestica (longa) - If you’ve been hanging around The Truth About Cancer for a while, you’ll immediately recognize this plant as the incredible and awe-inspiring [turmeric](#).

Allium sativum - One of the most popular herbs in the world, garlic is a favorite among foodies.

Calotropis gigantea - Commonly referred to as the crown flower or “giant milkweed,” this unusual shrub from Southeast Asia is a major natural source of the rubbery material known as latex.

Datura metel - With a name like “devil’s trumpet,” this shrub-like annual might not seem all that benevolent. But evidence suggests that extracts taken from the plant contain unique healing compounds with pronounced anti-cancer properties.

Hygrophila spinosa - This unique medicinal plant from the tropics is packed with terpenoids, alkaloids, flavonoids, and other amazing compounds that contribute to its many health-promoting properties.

Juniperus indica - The black juniper plant, which natively grows high up in the Himalayan Mountains, is similarly equipped with an array of impressive phytochemical

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compounds that function as powerful antimicrobials. Studies show that these same beneficial constituents are also effective at helping the body to destroy cancer cells.

Nigella sativa - More commonly referred to as black cumin or black seed, this medicinal plant is a treasure trove of anti-cancer nutrition.

Picrorhiza kurroa - Another medicinal plant from the Nepalese Himalayas, this perennial herb is one of the oldest adaptogens known to man. Research suggests that it's a safe and highly effective remedy for treating cancer.

Rubia cordifolia - This perennial climbing plant is perhaps most well known as a purifier of the blood and a "mover" of lymph.

Other adaptogenic herbs that we've come to find out since Sushruta's day are similarly equipped as anti-cancer powerhouses include [ashwagandha](#), rhodiola rosea, bacopa monnieri, [astragalus](#), melissa officinalis (lemon balm), ginseng, bilberry, ginkgo biloba, [holy basil](#), rosemary, [lion's mane mushroom](#), schisandra, and phyllanthus emblica (Indian gooseberry).

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