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Anti-Cancer Power of Coenzyme Q10

Coenzyme-Q10 (ubiquinone) is a vitamin-like, non-toxic compound that plays a critical role in generating energy within the power plants of our cells (the mitochondria), and is a highly potent antioxidant that counteracts damaging free radical activity.



There is a large (and rapidly growing) body of evidence that supplementation with CoQ10 can protect us against cardiovascular diseases and that CoQ10 is an effective treatment for angina (heart pain), cardiac arrhythmias, and other cardiovascular diseases. Further, CoQ10 has been shown to extend lifespan in laboratory animals.

NEW BREAST CANCER STUDIES

One of the pioneering scientists in the exploration of the clinical benefits of CoQ10 is Karl Folkers of the Institute for Biomedical Research at the University of Texas in Austin. Dr. Folkers has been conducting Co Q10 research for about 35 years, and has edited several textbooks on the subject.

Recently, Dr. Folkers has been collaborating with Knud Lockwood, Sven Moesgaard, and other scientists at a Private outpatient clinic in Copenhagen, Denmark to assess the benefits of CoQ10 in breast cancer patients, with some truly remarkable results.

In the first study, 32 patients with breast cancer, aged 32-81, who were classified as "high-risk" because their tumors had metastasized to their lymph nodes, were given an "Adjuvant Nutritional Protocol" in addition to standard surgery and chemotherapy for 18 months.

The daily nutrients added to their treatment were: 2,850 mg of vitamin-C, 2,500 mg of vitamin E, 58 mgs of beta-carotene, 387 micrograms of selenium (plus secondary vitamins and minerals), 1.2 gm of gamma linolenic acid, 3.5 grams of n-3 fatty acids, and 90 mg of CoQ10.

The Danish scientists found that:

"Six of the 32 patients showed partial tumor regression, none of the patients died during the study period (the expected number was four), none of the patients showed signs of further distant metastases, and the quality of life was improved (no weight loss, reduced use of pain killers) in all the patients studied. After 24 months, all the patients were still alive."

RAISING THE DOSAGE OF CO-Q10

The positive results of this study led the scientists to increase the dose of CoQ10 to 390 mg per day in one of the patients, a 59-year-old woman with a family history of breast cancer. This woman had been operated on for removal of a malignant tumor in her left breast in July 1991. Mammography in May 1992 showed tumor tissue remaining in her left breast and other tests revealed metastasized tumor cells in her lymph nodes.

The woman was started on the nutritional regimen described above in October 1991. In October 1993, her daily intake of Co Q10 was raised to 390 mg/day. "In November 1993, the tumor was no longer palpable. Mammography in December 1993 confirmed normal conditions with no signs of the tumor..."

Encouraged by this complete regression of a breast tumor, they began to give 390 mg per day of CoQ10 to a 74-year old woman who had refused further surgery after learning that her breast cancer had not been eradicated by previous surgery. Late in 1993, the patient was given daily doses of 390 mg of CoQ10 and: "On January 25, 1994, clinical examination revealed no evidence of tumor or distant metastases. Mammography revealed no residual tumor. As of February 1994, therapy continues with 300 mg co Q10. Clinical condition is excellent."

ADDITIONAL CASES

Since then, the Danish scientists (and Folkers) have reported the results of treating three additional patients with 390 mg a day of CoQ10 in addition to a conventional protocol. They reported that:

"The numerous metastases in the liver of a 44-year-old patient disappeared, with no signs of metastases found elsewhere. A 49-year-old patient, on a dose of 390 mg of CoQ10, revealed no signs of tumor in the pleural cavity after six months and her condition was excellent. A 75-year-old patient with carcinoma in one breast after lumpectomy showed no cancer in the tumor bed or metastases after receiving 390 mg per day of CoQ10."

Dr. Lockwood is an oncologist (in Denmark) who has been treating 200 cases of breast cancer a year for the past 35 years. He says that he has "never seen a spontaneous complete regression of a 1.5-2.0 cm. breast tumor, and has never seen a comparable regression with any conventional anti-tumor therapy." Dr. Lockwood is amazed at the remarkable anti-cancer power of Coenzyme Q10 and is continuing (with his colleagues) to treat breast cancer patients with 390 mg per day of CoQ10.

PROTECTION AGAINST BREAST CANCER WITH COQ10

Dr. Folkers has found that breast cancer patients have significantly lower blood levels of CoQ10 than normal people. This finding, combined with the remarkable results of treating breast cancer patients with CoQ10 in Denmark, is persuasive evidence that taking supplemental CoQ10 can protect women against breast cancer.

For prevention purposes, we recommend a CoQ10 dose of 100 mg per day. Women who are at high risk for breast cancer because of a family history of the disease, or because they have already had breast cancer, should take 200-300 mg a day of CoQ10.

You can purchase CoQ10 in 100-mg capsules online.

THE BENEFITS OF NATURAL PROGESTERONE

Unlike the synthetic progestins approved by the FDA that may increase your risk of breast cancer, natural progesterone protects against many of estrogen's lethal side effects and protects against osteoporosis better than estrogen. While estrogen protects against osteoporosis by preventing the loss of bone, progesterone can actually reverse the process by increasing bone density. Dr. John Lee has found that the use of a topical progesterone cream leads to a 10% increase in bone density within 6-to-12 months, followed by an annual increase of 3%-to-5% until the bone density of his postmenopausal patients stabilizes at the levels of healthy 35-year-old women!

Several prospective studies have shown a significantly higher incidence of breast cancer in progesterone-deficient women. One study, in which 1,083 women were examined, found that premenopausal women who were deficient in progesterone had a 5.4 times greater risk of breast cancer! Progesterone deficiency can also be a cause of depression, irritability, mood swings, and insomnia.

If you use DHEA or other therapies to boost estrogen levels, then it is even more important for you to apply transdermal natural progesterone cream to your skin on a regular basis.

Premenopausal women can use one-eighth to one quarter-teaspoon of topical natural progesterone cream every day during the 15th to 28th day of their menstrual cycle. Menopausal and postmenopausal women should use a half-teaspoon of natural progesterone cream twice daily for the first month, then reduce the amount to one-quarter of a teaspoon daily.

Progesterone is absorbed through fat cells under the skin. It is, therefore, important to apply topical progesterone cream to different parts of your body every day to avoid saturating your fat cells, thereby inhibiting progesterone absorption.

As with estrogen replacement therapy, it is important to have complete hormone blood tests on a regular basis to make sure you are getting enough progesterone to block estrogen's carcinogenic effects and to prevent bone loss.

A 2 oz. Jar of Pro-Fem can be ordered online.

taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.