

# Cancer Etiology: New Perspective on Cancer Break through and Eradication

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## Abstract:

Cancer, a deadly pandemic, gives shock to our brain and mind. When, we get diagnosed by cancer, one thing comes in mind and that is end of life. This is all because of lack of knowledge about cancer and how to deal with it in a proper way. Today we are here to explore the etiology of cancer from different perspective and unfold the hidden facts about cancer. —Till now, we had an idea about cancer and it is genetic mutation. However, new research on cancer and studies proved that cancer is no more the only sole cause of genetic mutation. So many causes are there to develop cancer and it will shock us, when we will come to know the simple things about cancer. If we know the disease properly and we have a clear knowledge about it, we can fight the battle much easier way. This article is all about cancer etiology in simplest form to attract trillions of mass media and eradicate the hidden fear about cancer.

**Key words:** oncogenemicro cancer cells; gut health; life style change; metabolism related disorder, urolithin a; akkermansia muciniphila, apoptosis; autophagy; physical exercise; diet; immunotherapy; breathing exercise; angiogenesis; stem cell; vagus nerve; mitophagy

## Introduction

Cancer, the word itself creates a scary environment surrounding us. Every day we live our life with fear that one day we may be the target of cancer. How long we will live like this and die every day? Today we are going to reveal such hidden facts about cancer, which will shake our mind. What, if I tell everyone has microscopic cancer cells in our body? Then second question arises, why don't everyone get cancer despite being cancer cells in our body? It is because of our immune system, which is continuously fighting with microscopic cancer cells. Everyone has proto- oncogene in our body. When this proto- oncogene doesn't function properly, it becomes oncogene. This is the reason cancer study is called oncology. What is the proof that everyone has microscopic cancer cells in our body? When we do cancer screening test, we check tumor markers and get some value. Suppose we do CA-125 (Ovarian Cancer marker) test and get the patient value as 12.9, which falls under normal category, because the normal value is less than 30.2 U/ml. We have microscopic cancer cell or tumor cell in our body; this is the reason, which is showing as 12.9 or 14. Otherwise the value could have come as zero (0). All of our body cells have been programmed to die after particular period of time. It is called

apoptosis. However, cancer cells are not bound to do so. Rather they follow different rule and mutate very fast as one to two, two to four and so on. Cancer is not something, which develop overnight. It is a long procedure and develops slowly. However, as soon as it develops, it spreads or mutates soon and spread all over our body organs, which is called metastasis.

Almost all cancer starts with tumor formation, except leukemia, one kind of blood cancer, where white blood cell increases. There are three different types of Tumors:

- 1) Benign tumor
- 2) Malignant tumor
- 3) Benign tumor but it may convert into malignant

Now the question is how the tumor forms? As per the rule, all the body cells have to die after particular period of time. It is called apoptosis and normal cells follow these rule. When the cells are not dying after particular period of time, that dead cell replicates another cell, which makes abnormal cell growth. It is called tumor.

We might have heard about nodule, cyst, hemangioma or strawberry mark (lump of extra blood vessels), fibroid and so on- all of these are abnormal cell growth, which falls under tumor. When these tumors are soft and move easily, it is called benign tumor. It is hard and doesn't move easily, it is called malignant. Well, we need to confirm it with biopsy or check with expert health care provider. When someone has cancer history in family, these benign tumors may also turn into malignant, if we leave it untreated for long time. Well, same thing may happen to person without cancer history in family as well.

In my clinical experience, two people with thyroid nodule for 10 years, manifested in different way, whereas others have manifested in quite unique way:

1. 36 years old female developed right sided thyroid nodule. She doesn't have any cancer history in family. She didn't develop cancer. She has taken treatment in conventional medicine, Ayurveda also, but no hope. However, she took homeopathy treatment and reversed it. Before her thyroid issue, she developed grade 1 fatty liver, high bilirubin, jaundice and so on. She had vitamin D deficiency and UTI issue. She is leading a sound health with life style change, diet, exercise, meditation. She has taken treatment in my clinic and leading a healthy life.
2. 50 Years old female developed multi nodule thyroiditis. She has no clue. She has cancer history in family. When she started feeling discomfort and performed biopsy, she was diagnosed with 3rd stage papillary carcinoma, which has disseminated to neck lymph node. She has taken treatment with Siddha for 1 year. It has increased her nodule size. Currently she is taking homeopathy treatment and it's been to be 7 month's with great improvement. She has reversed her grade 1 fatty liver, iron absorption issue. She is working on vitamin D, RA factor, UTI issue, uterine fibroid, thyroid nodules. She has low hemoglobin level. Even she has improved her hemoglobin also from 7 to 9.6. Her treatment is going on in my clinic.
3. 60 years old female developed multiple thyroid nodules. When I saw her, I informed her about her malignant thyroid nodule. She just ignored it. She left it untreated for more than 10 years. She had cancer history in family. She visited her GP with complain about gas-acidity, calf muscle pain, dizziness and vomiting. After performing all tests and scan, they found metastasis lung cancer. Her thyroid cancer has scattered to different organs. Then they sent her to endocrinologist and he performed all possible scan and tests and declared that she has thyroid cancer. After 6 month's vigorous treatment of chemo therapy, she caught her last flight. Her O2 level dropped below 88 at evening 6 pm, 16th August and she passed away on next day early morning 4 am 17th August, 2024. She has
4. taken conventional treatment and I monitored the case as a sub role with all of her data's.
5. 60 years old lady left her ovarian tumor untreated and denied surgery. After 1 year, she ended up with 1st stage ovarian cancer. She had same ovarian cancer history of her mother. After 1st stage treatment of surgery and chemo therapy, she never did follow up. Her oncologist has informed her, she is cancer free. Again after 6 months, cancer was back and it was metastasis. She has gone through major surgery of separation of urinary canal and anal canal. Though the surgery was successful, her body couldn't tolerate so much pain. Within 2-

3 months of surgery, she caught her last flight. She had severe brain fog and memory loss and she passed away at early morning 3am, July 24th, 2024. She has taken conventional treatment and I monitored the case as a sub role with all of her data's.

6. 60 Years old lady was diagnosed with cervical cancer. Her mom had same cancer history. She is in 3rd stage and completed her surgery and chemo therapy. Her treatment is going on with conventional medicine. She caught UTI. They have enquired about UTI issue in my clinic. Her oncologist said that cancer has no cure. She is all the time feeling weak and dizzy. She is taking conventional treatment.

—All the above case studies shows significant differences. It is because everyone is unique. First case is benign tumor, rest of the 4 cases are malignant tumors.

We can see few similarities in all the cases. We will point it out:

1. All most all patients are getting grade 1 or 2 fatty liver disease. It is indicating about poor metabolism and gut health issue.
2. Vitamin D deficiency is another big factor to be noted.
3. Low hemoglobin is another common factor.
4. UTI is common factor
5. Calcium level is also affected
6. Few might have high level of uric acid
7. Calcium mal absorption or deficiency is also there. It leads to calcification.
8. —Poor blood circulation lowers O2 levels and leads to heart issues.
9. Night sweat is also important factor, it may be summer or winter season
10. Weakness, dizziness, nausea, vomiting, bloating is also another thing to suspect about something serious
11. RA factor is also another alarming sign
12. Inflammation level is high
13. Few might have high B12 and few might have low level of B12
14. Weight loss is another common factor

Earlier we had a misconception about cancer that it is genetic mutation and runs in family. It is pretty much logical. However, there are so many reasons that may trigger cancer. We cannot deny all these factors. It is a complex disease with so many things to blame for it.

—It is partially true that genetic mutations are responsible for 90% chances of cancer cases. However, we cannot deny about other factors such as:

- 1) **Environmental factor:** Certain environmental factor like chemicals in industries, radiation, pollutants, pesticides, chemicals, food colors may harm DNA and cause abnormal cell growth. It has been observed that people working in chemical industries develop cancer because of frequent exposure to these devastating chemicals.
- 2) **Prolonged stress:** Prolonged stress may cause abnormal cell growth. If someone is stressed for long time, Hypothalamus and Pituitary gland will command Adrenal gland to secrete more cortisol. It interrupts and exaggerates the normal process of cellular system. As a result, over secretion may lead to abnormal cell growth. In my clinical experience, I have seen

thyroid nodule, fibroid and cyst formation because of prolonged stress.

- 3) **Hemochromatosis:** Vitamins and Minerals are necessary for our body. However, too much also may cause toxicity. Hemochromatosis is a situation, where our body doesn't absorb iron properly. Since iron is not water soluble mineral, too much of it or mal absorption may lead to storage of iron in our body. It is mainly divided into two categories: I) Primary or hereditary (HFE gene positive) and II) Secondary Hemochromatosis, where TSAT+ Ferritin Level may be elevated. When we have hemochromatosis, iron may store in different parts of body- like kidney, liver, stomach and other organs, may lead to organ damage. If it stores in liver, it may cause serious damage to liver and turn into fibrosis, cirrhosis and ultimately liver cancer. It may lead to other cancer also like colorectal, stomach and pancreatic cancer.
- 4) **Chronic inflammation:** Chronic inflammation is another cause of developing cancer. When we leave something untreated, it gives birth to infection and it is such a favorable condition for cancer to grow. In most cases, benign tumor may convert into malignant, if it is left untreated. Sometimes silly thing also end up with an unbelievable incident.
- 5) **Obesity:** Our sedentary lifestyle, food habit, lack of exercise, intake of processed and junk foods, may lead to obesity. Obesity is the another door towards developing multiple health issues like PCOD, thyroid issue, Prostate issue, Diabetes and so on. It is a gateway towards developing mal function in cellular level and developing cancer. Because cancer loves laziness and when it gets such an environment, it grows easily.
- 6) **Hormonal imbalance:** Hormonal imbalance is another cause of development of cancer. There are 3 types of estrogen-
  - a. E1- It is active after menopause
  - b. E2-It is Active during reproductive time
  - c. E3- It is the weakest one and mostly active during pregnancy

E2 dominance is also another cause of endometrial cancer, ovarian cancer, and breast cancer. Imbalance in androgen level in male (testosterone), may promote development of cancer of prostate, breast.

- 7) **Insulin resistance:** Insulin resistance is such a condition, where body cells stop responding to insulin. It may be because of high level of insulin in blood. As a result, beta cell of pancreas, which produces insulin, gets exhausted because of over work and cellular damage happens. It gives birth to inflammation, free radicals and oxidative stress, which fuels tumor growth.
- 8) **Vitamin D deficiency:** Vitamin D plays vital role in developing abnormal cell growth. This is such an important vitamin, which leads our life from womb to tomb. In my clinical experience, I have observed that most of the people suffer from Vitamin D deficiency. This is the root cause of all most all diseases. From Mental disorder to physical issues, Vitamin D plays significant role. People with skin disease, thyroid, abnormal cell growth like cyst, fibroid, nodule, neurological issues, high BP, high blood sugar, suffer from Vitamin D deficiency. This is the vitamin, which has the ability to cause abnormal cell growth and at the same time, it can even shrink the tumor also, as soon as the vitamin level is boosted. All most all cancer patients are found with vitamin D deficiency. Well, we do emphasize on other vitamins and minerals also to boost our immune system.

Vitamin D doesn't work alone. There should be proper combination of D3+K2+Cal+Mag glycerinate.

- 9) **Autoimmune disease:** Auto-immune diseases are other important causes of developing cancer. When our immune system is weak, it is very favorable condition for development of cancer. In most cases, people with suppressed immune system develop cancer. People with blood sugar, hypo or hyper thyroids, rheumatoid arthritis are prone to develop cancer than others.
- 10) **Alcoholism and Smoking and other addiction:** Alcoholism and smoking are another important factor to develop cancer. Mostly people involved with these activities end up with lung cancer, liver cancer, colorectal cancer, pancreatic cancer and so on. Tobacco addiction is one of the most familiar cause of tongue cancer, oral cancer, and neck cancer and so on.
- 11) **Refined and processed food:** Cancer cells love sugar and they grow in sugar very fast. Refined sugar, junk food, oily food fuel cancer cells. It causes DNA damage in cellular level and gives birth of abnormal cell growth. This is the reason we use (FDG) fluorodeoxyglucose in PET scan and ask the patients to do 12 hours fasting. When we inject it to cancer patients, all the cancer cells in body glitters like stars and we can observe it in scan. We can observe cancer cells and how much it has scattered. This is the reason, PET-CT scan is the most effective tool to check the position of cancer and how much it has spreaded. It gives us clue about which stage the cancer is. Whether it is in 1st stage, 2nd stage, 3rd stage or metastasis i.e. spreaded few parts of our organs.
- 12) **Parasite infection:** Parasite infection also may cause development of cancer. Certain parasites like Schistosoma haematobium can cause bladder cancer. Opisthorchis viverrini can cause liver cancer (specifically cholangiocarcinoma). Other parasites like trichomonas vaginalis and cryptosporidium parvum may also cause cervical, prostate and gastrointestinal malignancies. They can cause cancer through chronic inflammation and irritation lead to DNA damage and ultimately alteration of cellular process.

Symptoms of cancer: It is unusual for everyone. Nobody knows the real manifestation of cancer. However, few things are common and few symptoms are individualized. Sometimes it is so asymptomatic that it's hard to believe. People visit for silly issue and end up with an unbelievable devastating facts. We will point out the familiar and strange manifestation of cancer:

- 1) Unexpected weight loss without any reason can be counted. Few people may gain weight as well until 3rd stage. However, 4th stage is metastasis and it spreads most of our organs and gives alarming sign of weight loss, dizziness, and blurry vision and so on.
- 2) Sudden night sweat even in winter season. It is because of continuous fighting of immune system with cancer cells.
- 3) Hair fall, continuous fatigue, brain fog, frequent UTI, bleeding from any internal organs, easy bruises, changes in shape of mole, skin changes, black nails may be some other symptom.
- 4) Severe back pain, headache, fainting, swallowed lymph node, persistent fever for 1-2 week, dry cough, shortness of breathing, loss of appetite are alarming signs. Sometimes we interfere it with other issues and take it easy. So we should be

aware of all these symptoms and diagnose it properly with blood test, ultra sound, MRI or CT scan, whatever is needed.

- 5) Changes in bowel may be another red flag. It may be diarrheic and suddenly constipation.
- 6) Continuous bloating, gas and acidity, nausea and vomiting, calf muscle pain may be something to take serious.
- 7) Persistent anemia or B12 deficiency or B12 excess is another important symptom, mostly we ignore.
- 8) Unbearable body pain is also another symptom to be noted.
- 9) Dullness in face, too much inflammation, and bad breath may be another symptom.
- 10) Wound that will not heal for long time, lump near armpit, lump in breast and nipple discharge, bleeding, small blisters inside mouth, tongue, lips that won't heal with any kind of treatment.
- 11) Active people may not get similar symptom. They may manifest it totally different way. They may feel dizziness all of a sudden and fall.

#### Types of cancer:

- 1) **Carcinoma:** It derives from epithelial cells that do lining to the organs and tissues. It is abnormal cell growth, which split up uncontrollably. Common feature is, it targets the organs or glands, which can secrete. E.g. breast, colon, prostate, lung, thyroid.
- 2) **Sarcoma:** Sarcoma mostly develops in bone and soft tissue of the body. These soft tissue contains :
  - a) Bones
  - b) Muscles
  - c) Fat
  - d) Cartilage
  - e) Or connective tissue

**For example:** Osteosarcoma for bone and Liposarcoma for fat

- 3) **Leukemia:** It is the cancer of blood or bone marrow. Generally it affects white blood cells. e.g.,
  - a) Acute Lymphoblastic leukemia and b) Chronic Myeloid leukemia
- 4) **Lymphoma:** It starts in lymphatic system, which is a part of the immune system. There are 2 types of Lymphoma:
  - a) Hodgkin Lymphoma and
  - b) Non-Hodgkin lymphoma
- 5) **Myeloma (multiple myeloma):** It is the cancer of plasma cell, which is in the bone marrow.
- 6) **Central Nervous system related cancers (CNS):** Starts in the brain or spinal cord

**For example:** Glioblastoma, Astrocytoma

Other specific types:

- a) **Melanoma:** It targets pigment producing skin cells.
- b) **Germ cell tumors:** It starts in testicles or ovaries.
- c) **Neuroendocrine tumors (NETs):** It is slow growing in nature and targets hormone producing cells. It can occur in any parts of body.
  - a) **Gastroenteropancreatic Neuroendocrine tumors (GEP-NETs):** It grows in digestive system, pancreas, small intestine, rectum, and appendix.
  - b) **Pulmonary neuroendocrine tumors:** It grows in lungs.

- c) **Medullary thyroid carcinoma:** It affects thyroid gland.
- d) **Merkel cell carcinoma:** Primary neuroendocrine carcinoma of skin and big nodule in skin exposed areas.
- e) **Neuroblastoma:** It is neuroendocrine tumor and generally grows in tummy, chest or neck.
- f) **Pituitary tumors:** Neuroendocrine tumor that can target Pituitary gland.

#### Types of cancer found in children:

- 1) Leukemia and especially acute lymphoblastic leukemia.
- 2) Brain and spinal cord tumors like medulloblastoma and astrocytoma.
- 3) Neuroblastoma: Begins in immature nerve cells and pretty common among babies and young children.
- 4) Wilms tumor, kidney cancer found in young children.
- 5) Both Hodgkin and non-Hodgkin Lymphoma.
- 6) Rhabdomyosarcoma, cancer which grows in muscle tissue.
- 7) Retinoblastoma, eye cancer, specially found among children under age 5.

#### Types of Head and Neck cancer:

- 1) Oral cancer: Target area is mouth, lips, tongue
- 2) Nasopharyngeal cancer: It begins behind the nose and above the throat.
- 3) Laryngeal cancer: It targets voice box
- 4) Oropharyngeal cancer: It grows in throat, tonsils and base of the tongue
- 5) Salivary gland cancer
- 6) Thyroid cancer Rare types of cancer:
  - 1) Adrenocortical carcinoma: It is mainly cancer of adrenal gland.
  - 2) Chordoma: It is the spinal column cancer.
  - 3) Mesothelioma: It is connected to asbestos, and affects lining of lungs or abdomen.
  - 4) Uveal melanoma: It is known as eye cancer.
  - 5) Ewing's sarcoma: Bone or soft tissue related cancer for children and teenage.
  - 6) Angiosarcoma: It is one kind of blood cancer or cancer of lymph vessels.

#### What to do to prevent cancer:

It is hard to predict cancer manifestation. However, we can live a healthy life style and fight the battle of cancer. This battle is not only for cancer patients, it is for all of us. Whatever may be the cause of cancer, like genetic factor or environmental factor, basic idea is same.

#### We should follow these rules to fight against cancer:

- 1) Daily 1 hour exercise along with 20 min walk, 15 min meditation, and rest light exercise. It will boost our immune system, give strength to our cardio vascular health and meditation will keep the brain fog away. When we do meditation and make sound —OMI, it has a scientific reason to make our cerebral cortex more powerful and control over our emotion. Moreover, it stimulates alpha and Gamma rays also and it is proven. After doing 15 min of meditation, alpha and gamma rays have been increased twice in MRI scan.
- 2) Since one important cause of cancer is genetic mutation, people with cancer history should do hereditary cancer gene panel test, people without cancer history also can do this test. Once in a



year full body checkup and cancer screening is mandatory. If we know the genetic mutation, we can take action towards cancer risk through planning. In one case study, a girl was diagnosed with breast cancer. She didn't inform the genetic counselor about her family case history of cancer. After performing some psychological counseling, they came to know that her father passed away because of breast cancer. So she has been asked to test specific germline mutation test. It is responsible for breast cancer, prostate cancer and ovarian cancer. It worked in her treatment plan. Her brother also had gone through screening for breast mammogram and ultrasonography for prostate. Like BRCA1 and BRCA2 gene mutation for breast cancer, TP53 gene mutation for breast, colorectal and other, PTEN gene mutation, is responsible for abnormal cell growth and causes glioblastomas (brain cancer) and skin cancer melanoma and many other cancers. We shouldn't leave any kind of physical or mental issues untreated. If we see any kind of wound, lump or something, we must address it, without waiting for last min solution. We should stay away from stress, share less screen time, and have 6-8 hours of sound sleep.

- 3) There should be a mutual understanding between patient and the healthcare provider. In many cases, people get detected cancer in metastasis stage because of negligence of healthcare provider or oncologist. Sometimes patient comes and inform, I think have cancer and oncologist take it lightly and just ignore it and diagnose something else. One more important thing is, when patient do not listen to oncologist and do not follow the advice, end up with metastasis or 4th stage. Mostly after finishing radiation for head and neck cancer, oncologist informs patient to do exercise with mouth opener. However, patient ignores it and mouth gets closed forever due to trismus and nothing left to blame, neither the treatment nor the oncologist. So, there should be a strong bond between both oncologist and the patient and work together as a team. Both of them have to listen to each other and if the oncologist is not sure about the case, he/she must take advice from senior or pass this case to someone else, who is in right position to handle this issue.
- 4) Living a healthy lifestyle is another key point to fight against cancer. We should avoid all kind of processed, junk foods, sugary drinks, outside foods, refined sugar, refined flour, refined oil, KFC foods, and processed meats and so on. We should follow a healthy balanced diet based on fruits and vegetables. We can have non veg diet also in moderate level. More and more we should have connection with nature and spend time in nature.
- 5) Stay away from sexually transmitted diseases and it is possible, when we have only one partner. Once someone develops, any one kind of cancer, chances are there, he or she may develop another kind of cancer also as add on. UTI is common factor for almost all cancer patients and whenever any cancer patients have sexual contact with another infected person, he or she may develop UTI, cervical cancer, which is mainly caused by human papilloma virus.
- 6) We should make changes in kitchen stuff, like using more steel and glass stuff rather than plastic one. We can avoid plastic bags, water bottles, plastic lunch boxes and use ecofriendly paper bag or cloth bag. Outside spice powder, white sugar,

refined oil, food color should be avoided. Rather we can make our own spice powder at home. We should be alert about beauty related stuff also, which can give us rashes, allergy and many more.

### **Proven Cancer Diet with Anti-Cancerous and Anti-Inflammatory Foods:**

Cancer is pretty much life style change disease. So, we should follow fixed timing for breakfast, lunch and dinner. If we follow a fixed time, our body will be habituated and give positive result. Breakfast: Morning 7AM to 9AM

*Lunch:* Noon 12Pm to 2PM

*Dinner:* 5PM to 7PM or 8 PM (during this period, our digestive enzymes are more powerful, helps in sound sleep, good sugar control)

- 1) Daily we should drink 3-4 lit water
- 2) All kind of fruits are allowed. Special emphasis is given to these fruits
  - i) Blueberries (antioxidants are quercetin, myricetin, proanthocyanidins and so on)
  - ii) Strawberries (antioxidants are quercetin, ellagic acid and anthocyanins, protects the body against oxidative stress)
  - iii) Raspberries (antioxidants are vitamin C, quercetin, ellagic acid 4,5)
  - iv) Blackberries (antioxidants are anthocyanin, polyphenols, Vitamin C and E)
  - v) Grapes (antioxidants are flavonoids, phenolic acids, anthocyanin, resveratrol)
  - vi) Apple ( antioxidants are quercetin, phloridzin, chologenic acid, catechin)
  - vii) Guava (antioxidants are Vitamin A, Vitamin C, lycopene and various flavonoids)
  - viii) Pears (antioxidants are phenolic compounds such as flavonoids and anthocyanins)
  - ix) Pomegranate (antioxidants are flavonoids, anthocyanin, ellagitannis and so on)
  - x) Pine apple (antioxidants are Vitamin C, flavonoids, phenolic acid)
  - xi) Gooseberry (antioxidants are Vitamin C, tannins, phenolic compound)
  - xii) Mango (antioxidants are mangiferin, gallic acid, other polyphenols)
  - xiii) Sea buckthorn (antioxidants are phenolic compounds, flavonoids, carotenoids, omega 3,6,7 and 9, amino acids, vitamin A, B, C, D, K, P, mineral elements. Omega 7 is good for skin, heart, metabolic health. However, it is advisable to consult with healthcare provider for pregnant female and breast feeding mother)
  - xiv) Morinda citrifolia (noni) .... (antioxidants are Vitamin C, E, flavonoids, beta carotene, iridoids, alizorin which is powerful agent for angiogenic inhibition, the process through which it cuts the blood supply to tumors and limonene in noni prevents mammary, lung and liver cancer through activation of thymus gland, which release additional T cells and kills carcinoma cells)
  - xv) Banana (antioxidants are phenolic compound, carotenoids, Potassium,

- xvi) neurotransmitter dopamine acts as antioxidant in banana and this is the reason banana is called stress relived fruit)
- xvii) Papaya( antioxidants are Vitamin A, C, E, lycopene and these compounds can protect our body from free radical damage and reduce oxidative stress).

#### **Green leafs and vegetables (we should take anyone of these everyday)**

All kind of green leaves and spinach like

- i) Malabar spinach (phenolic compound, flavonoids, carotenoids like beta –carotene, lutein, zeaxanthin and betalains)
- ii) Spinacia oleracea (green palak spinach)...(antioxidants are spinacetin, petuletin, lutein, zeaxanthin)
- iii) Amaranth spinach (antioxidants are betanin, carotenoids, phenolics and vitamin C)
- iv) Fenugreek spinach (antioxidants are flavonoids, phenols, carotenoids, vitamin A, C, E)

#### **Cruciferous Vegetables (we should take anyone of these everyday)**

- i) Cabbage (antioxidants are vitamin C and E, phytochemicals like anthocyanin, kaempferol, quercetin)
- ii) Cauliflower ( antioxidants are glucosinolates, isothiocyanates, vitamin C, K, foliate and so on)
- iii) Broccoli (antioxidants are Vitamin C, E, A, polyphenols, and we have to activate sulforaphane ....broccoli has inactive precursor glucoraphanin and an enzyme named as myrosynase. we need to chop, cut broccoli 40 min before preparing, then glucoraphanin and myrosynase mix together and make a light reaction , myrosynase convert glucoraphanin into sulforaphane. Myrosynase gets destroyed by heat, so we should cook it in low steam for few second to get maximum benefit of sulforaphane). Broccoli sprout has twice the benefit of sulforaphane, same procedure to activate sulforaphane. However, we can have it as salad form also.
- iv) Brussels sprouts ( antioxidants are Vitamin C, K, phytochemicals, glucosinolates, kaempferol)
- v) Turnip( antioxidants are vitamin C, glucosinolates, lutein and so on)
- vi) Radish ( antioxidants are vitamin C, catechin, pyrogallol, vanillic acid)

#### **Other vegetables**

- i) Carrot
- ii) Beet root
- iii) Tomatoes
- iv) Okra
- v) Egg plant
- vi) Ridge gourd
- vii) Bottle gourd
- viii) Pumpkin
- ix) Mushroom
- x) Green banana
- xi) Moringa or drum stick leaves
- xii) Onion
- xiii) Garlic
- xiv) Ginger
- xv) Turmeric

#### **Spices**

1. Clove
2. Ceylon Cinnamon
3. Cardamom
4. Cumin seed
5. Fenugreek seed
6. Carom seed
7. Fennel seed
8. Saffron
9. Black pepper

#### **Pulses, Legumes and Lentil**

- i) Beans
- ii) Lentils
- iii) Chickpeas (white and brown)
- iv) Red kidney beans
- v) Soybeans
- vi) Butter beans and so on.

#### **Dairy products and dark chocolates depending on age, severity and intolerance( small amount)**

- i) Milk
- ii) Yogurt
- iii) Ghee
- iv) Curd
- v) Small piece of dark chocolate Beverages
- vi) 1 cup plain black tea in the morning( without sugar and milk)
- vii) 1 cup plain black coffee at lunch ( without sugar and milk)
- viii) 1 cup green tea in the evening ( without sugar and milk)

#### **Nuts and seeds and dry fruits**

- i) 2 cashews
- ii) 2 almonds ( soak it overnight and through the water, pill it off and consume)
- iii) 2 walnuts ( soak it overnight and through the water and consume)
- iv) 2 pistachios
- v) 2 brazil nuts ( soak it overnight and through the water, pill it off and consume)
- vi) 2 hazel nuts ( soak it overnight and through the water, pill it off and consume)
- vii) Chia seeds
- Viii) Pumpkin seeds
- ix) White and black sesame seeds
- x) Flex seeds
- Xi) Watermelon seeds Xii) Sunflower seeds
- viii) Basal seeds
- ix) Dry fruits like raisins, figs, cranberries

#### **Healthy snacks and drinks**

- 1) Oats with milk and variety of fruits
- 2) Lotus seeds and chick peas roast

- 3) Ball shape sweet made of dates and all healthy trees nut and seeds and sesame seeds
- 4) Coconut water
- 5) Mixed fruit salads
- 6) Quinoa with vegetables

Pomegranate, cranberry, Green tea, Blue berry, Raspberry – all the fruits and green tea plays vital role in angiogenesis inhibition ( cutting blood supply to tumor cells, inhibit growth of cancer stem cell, assist in growth of bacterium akkermansia muciniphila, and grows Urolithin A.

#### ***Inflammation reduction and immunity booster drinks***

- i) 1 index finger size turmeric+ 5 black peppers+ 5 cloves+ 1 thumb size ginger+ 2 cloves of garlic+5 neem leaves+ few mint leaves+ few parsley+ 1 small piece of Ceylon cinnamon = boil all with 1 glass water and make it half glass and drink it as tea. This drinks fights with inflammation and boost immunity.
- ii) 1 spoon chia seed and flax seed, soak it overnight with 1 glass of water, boil it for 2 sec and make it lukewarm+ add small piece of lemon+ 1 spoon apple cider vinegar+ 1 spoon honey+ 1 spoon sea buckthorn can also be added= stir it and drink, it is an energy booster and it will reduce weight as well.
- iii) 1 gooseberry+ few curry leaves+ few moringa leaves+ 1 beet root+ little pomegranate+ 1 boiled carrot=mix all with little water and make juice, drink it. It will fight against inflammation and increase hemoglobin count.

#### ***Fasting and intermittent fasting***

- 1) Once in a week fasting is advisable with water. During fasting, hard work or Vitamin supplements or any other tablets should be avoided. Prolonged fasting may interfere with bile duct and disrupt the work of cholesterol and it may produce gallstone.
- 2) Intermittent fasting is very effective. It is a fixed timing, like if we take morning breakfast at 8am; dinner would be at 8pm. We can increase fasting window 8 hours to 12 hours, then 14 hours.

When we do fasting or intermittent fasting, our immune system destroys or repairs damaged cells through autophagy mitophagy pathway. Our immune system is so smart; it can easily identify which cell is damaged and which one is good. So it recycles damaged cells and at the same time mitochondria, power house of cell also rejuvenates and eliminate damaged mitochondria. It is called autophagy mitophagy pathway.

#### ***Vitamin and Mineral supplements***

- 1) Calcium supplement( Cal mag D plus K2) ( continue)
- 2) Vitamin D supplement( D3+K2 Iu 5000 daily) ( continue until it goes up to 96-97), then stop for 1 month, and then continue again
- 3) Magnesium Glycerinate( continue)
- 4) Vitamin B12 (for brain fog and nerves), if BP is normal...( 6 months)
- 5) If BP is high ,control BP first, then take B12 along with Omega 3 ( it will control BP also)
- 6) Vitamin E supplements for 3 months (IU 400)...it will work on free radical and oxidative stress and rejuvenate the cell.

- 7) Prebiotic and Probiotic supplement( 2 months)
- 8) Iron capsul+vitamin C combination ( 2 months or more)
- 9) Multivitamins for 3 months
- 10) Akkermensia Muciniphila supplement (mandatory to take to activate immuno therapy and people who are not taking immuno therapy can also take.
- 11) Urolithin A supplement ( to boost mitochondria)...( mandatory for everyone)

All these vitamins and minerals should be taken to boost immune system. Few should be for 2-3 months and few should be continued. However, vitamin levels should be also checked, so that we do not get toxicity.

#### ***Treatment procedure:***

Mostly people opt for conventional treatment like surgery, chemo therapy, radiation, few ablation cases for thyroid, target therapy and so on. Few also explore other options like Ayurveda, Unani, Siddha, Homeopathy, and Naturopathy and so on. In few cases, people opt. any one option, along with conventional treatment. All the medical systems are trying their best to figure it out. However, despite being consistent with treatment, sometimes it is such a pathetic scenario, when cancer comes back after few months or years remission.

Whatever may be medical system, one similarity is there, and sometimes cancer comes back after vigorous treatment. It is because of cancer stem cell and angiogenesis process, through which tumor cells gets blood supply and regrow.

In conventional treatment, human beings are forcing cancer cells to die with surgery, radiation, chemo and other techniques. These techniques are really powerful and devastating at the same time. Sometimes, while destroying cancer cells, it destroys normal cells also. So it makes immune system weaker. Immune system is already suppressed; cancer pain is consistent and along with this, these powerful treatments are making the patients weaker. As a result, sometimes they cannot tolerate it.

- i) Immunotherapy ,a trending and powerful technique in cancer treatment

Base of the other alternative medical system is immunotherapy. Immunotherapy is treatment procedure, where we give more importance to immune system. When our immune system is strong, it can fight against any foreign particles, virus, bacteria, fungi and even cancer also. In immunotherapy, we do not force cancer cells to die with surgery, chemo or radiation. Our immune system does this work and as a result, we can see apoptosis of cancer cells without harming normal cells.

However, immunotherapy is not effective for everyone. Dr. Laurence Zitvogel, French Physician and scientist (specialized in Oncologist and Immunology) has done an experiment upon 249 cancer patients, who were taking immunotherapy. Then she again separated those patients, who have been given response to immunotherapy. What she found was shocking and unbelievable. She discovered that only one bacterium is the game changer and it is Akkermansia Muciniphila. People who didn't have much Akkermansia Muciniphila, they didn't give response to immunotherapy. This research is eye opening and a valuable clue for further cancer treatment with immunotherapy. However, good news is that we can cultivate this bacterium with foods like pomegranate, cranberry, green tea and so on. Exciting news is, Akkermensia Muciniphila is available in supplement form also.

**ii) Breathing exercise:**

Breathing exercise is another powerful technique in cancer treatment. When we increase our O<sub>2</sub> levels, it helps us to fight against any kind of chronic disease and many more. In one case study, 4th stage metastasis thyroid cancer patient passed away, when her O<sub>2</sub> level dropped below 88. So in alternative medical system, we give importance in breathing exercise to make our internal organs like lungs, kidney, stomach, brain a fresh start up to fight back and boost our immune system as well.

**iii) Gene Therapy:** In Homeopathy also, we use targeted gene therapy, where we target the particular gene, which is mutated and stop tumor growth in any stage. KEAP1 is a recent discovery of tumor suppressor gene in University of Texas. MD Anderson Cancer Center (2009, Oct 10). It helps in angiogenesis inhibition and arrest tumor growth at any stage. TIP30 is another tumor suppressor gene, which claims to stop tumor growth and inhibits blood supply to tumor cells.

**iv) Importance in gut micro biome and gut health**

Since gut health is the main key of all the diseases, we are giving importance to it. The longest and most complex 10th cranial nerve, vagus is symbolized as CN X, is communicating with gut health and brain in two ways. It starts from medulla oblongata of the brainstem and then exits through skull through jugular foramen and then follows the pathway of neck...carotid sheath...in the midst of the internal jugular vein and common carotid artery...extended through the thorax and then abdomen to various organs. It sends afferent or sensory information from different organs like guts, hearts, lungs, liver to the brain and motor information or efferent information through brain to the muscles, throat, esophagus, and digestive system and so on.

Gut micro biome is the ecosystem of all the micro biomes in our guts like virus, bacteria, fungi, parasites and so on. When our gut health is strong and we have enough good micro biomes, we can fight against any kind of disease. Our ancestors have given importance to gut micro biomes. The root cause of all the diseases like schizophrenia, Alzheimer, dementia, cancer, HIV, depression and so on, are triggered by poor gut health. So we must take care of gut micro biome and gut health to bid all kind of diseases.

IV) Urolithin A, another important gut microbiota, which is the combined breakdown of ellagitannins and ellagic acid. When we eat foods rich in ellagitannins and ellagic acid like pomegranate, berries, nuts, it reaches in our colon. There is specific bacteria in gut micro biota, it metabolizes them sequentially and convert it to Urolithin A.

It can enhance mitophagy and rejuvenate mitochondria. It has the ability to promote autophagy and trigger cancer cells for apoptosis. Again it acts as an angiogenesis inhibition and destroys cancer stem cells. Surprisingly Urolithin A is available in supplement form.

**V) Cancer Golden Therapy:-** It is an important therapy, where we have to make a mixture of all necessary herbs and stand on it, until we feel the taste through our sensory receptor tongue. This therapy is very much effective and we can continue it along with other cancer treatment.

- 1) 3 bitter gourds
- 2) 2-3 index finger size raw fresh turmeric
- 3) 2 thumb size gingers
- 4) 4 peepal leaves

5) 7 neem leaves

6) 4 banyan leaves

We have to paste all with water and transfer this juice in a plastic or steel dish and stand on it. Our feet should be covered by this juice and stand until we feel bitter taste in our tongue. All the herbs have anti-inflammatory and anti-cancerous effect. It works on heart, liver, blood sugar, kidneys and all of our vital organs. It also works in blood purification and calcification. Even it reduces tumor size also. People get strength and it boosts immune system.

v) Lymphatic system or toxin flush out therapy: Before going to bed, we can use Bee Venom toxin flush out pad in our feet and leave it whole night. Next day morning, we need to take it off. It flushes out toxins from our body.

vi) Physical activity and exercise: Whatever may be the treatment procedure like surgery, chemo, radiation, naturopathy, Ayurveda, homeopathy....Physical activity and exercise, meditation, daily walk is the 1st priority. Sometimes, we might have observed, cancer comes back after treatment also. So, in order to stabilize our treatment, we must do physical activity and exercise. It boosts our immune system and fight against any kind of diseases.

vii) Mandatory to take medication for worms and parasites: Everyone should take parasite medicine in every 6 months for immunization. Sometimes, cancer patients get infected with parasite and gets severe infection. Few of them get black color insects in urine and smelly urine. Most of the cancer patients get intense smell from body and even dog can also identify the cancer from this smell. A dog has been found smelling a person and left him. Strange behavior of dog, made him to visit a lab and do full body check up with cancer screening. He wondered when he was diagnosed with cancer and realized the strong sensation of dog.

**Conclusion:**

In conclusion, we can summarize our discussion and get a clear picture about cancer. When we know the fact, it is so easy for us to understand and even fight back against the cancer. So we can say cancer is damage in cellular level and there may be so many reasons to pick it up for discussion. If we summarize it in following way, it won't be wrong:

Cancer is a complex disease along with so many factors responsible for it. So cancer is:

- 1) Genetic disease ( genetic mutation like BRCA1, BRCA2, TP53, PTEN and so on )
- 2) Environmental factor( chemical exposure, food color, usage of too much plastic and so on)
- 3) Life style Change disease( we get stabilization after cancer treatment, when we make changes in lifestyle and cancer is in remission)
- 4) Metabolism related issue ( Yes, it is pretty close, because grade 1 or grade 2 fatty liver is always there with cancer)
- 5) Cancer is gut micro biome related issue (Yes, it is, because imbalance in micro biome is called dysbiosis. It has huge contribution in DNA damage, chronic inflammation and weakens immune system. These are the common features of cancer.



6) Cancer is the cause of prolonged stress (Yes, we can take it, since prolonged stress causes internal changes and it may lead to DNA damage; weaken immune system, chronic inflammation. Mostly people get cancer after getting divorced, broken relationship, anxiety and so on. Stress triggers NETs (neutrophil extracellular trap), it promotes the growth and metastasis of cancer cells).

7) Cancer is related to obesity, suppressed immune system, and chronic inflammation (Yes, we can accept it as a positive sign of cancer development).

8) Cancer is related to Vitamin D deficiency (well, more or less it is linked with other factors also. Vitamin D deficiency plays vital role in any kind of abnormal cell growth and when the vitamin D level gets boosted, tumor shrinks. Almost all cancer patients are found with vitamin D deficiency.

Now we have a more or less clear picture about cancer. It is also an issue related to psychology or mind set up. This is the reason, when someone gets diagnosed with cancer, few can fight the battle in 4th stage also and few ends up in 1st stage. Positive mindset, mental preparedness, family and friend support, depth knowledge about cancer, expert oncologist, Physical exercise, proper diet, lifestyle change, inflammation control, Vitamins and Minerals, strong bonding in between oncologist and Patient, can set up the goal to defeat the cancer. One more important thing is, when we do treatment for cancer, it should not be only cancer treatment. All the issues in our body should be addressed. It should not be just doing surgery, chemo and radiation. Full body check up with vitamin D and B12, electrolytes, cardiac risk marker, total IgE, ESR, CRP, Ultrasound, PSA, PpBS all these parameters should be checked and addressed along with cancer treatment. Oncologist shouldn't claim that there is no cure for cancer, we can give a shot. I do follow all these parameters in my clinic, when I do treatment for any kind of disease and even for cancer. As a result, patients in my clinic never feel exhausted and even cancer patient also stays tuned with Vitamins and Mineral supplements. Patients should have strong mind set to fight against cancer and take all kind of treatment positively. Physical exercise is the key to bid this cancer. Along with treatment, physical exercise and proper diet is mandatory. If we follow the provided diet chart, I am affirmative, one day we can win over the cancer. If we do not do any physical activity and take powerful treatment like surgery, chemo and radiation, we just take rest, nothing is going to work. Our body cannot tolerate so many overloads. Weak immune system cannot carry the burden of those powerful treatments. Our immune system has so much capacity to fight back cancer, when it is strong and boomed properly. Dr. William Li, renowned Cancer researcher said that, 1 billion cancer cells are there in 1 cm tumor. So, if we boost our immune system, it can fight with cancer cells. One more aspect in cancer treatment is, immune system should be strengthen to do apoptosis or cell death, work on free radicals, which is causing carcinogen and the process is called oxidative stress. Anti-oxidants encounter the oxidative stress and fight against free radicals, which causes DNA damage. Our healthy foods that we get from nature are fully loaded with anti-oxidants. So if we avoid all processed, ultra processed, packed, sugary drinks, fried foods, we do not get from nature, we can make ourselves ready to fight back. Well, animal products can be taken in moderate level. Again it depends upon the adjustment of body. Cancer doesn't come itself; it is all because of our faulty food habit, life style, ignorance of existing issue, sedentary life style, too much stress, and hormonal imbalance, genetic mutation. When all of us are aware that, where we are going wrong, we can work on it and try to figure it out before it reaches its edges.

Not only cancer patients, everyone can follow this diet to expect a healthy life. We are the master of our own body and we know better how it works. When body is giving signal, we should try to understand it and take immediate action. We shouldn't wait for tomorrow for something to happen. Everyone is different in their own way and so the body does. If something is good for someone, it may not be suitable to another person. So always listen to the rhythm of the body and decode what it is trying to say.

We have more than 800 lymph nodes all over our body. Function of lymph node is to flush out toxins. Mostly lymph nodes are found in the neck, armpit, chest, abdomen and groin area. When lymph nodes are not flushing out toxins, rather accumulating and getting swallowed, it is a red flag. Swelling in lymph node comes with mild or high grade fever. We must be alert about that. Cancer spreads to other parts of body through swallowed lymph nodes.

Currently cancer scam is going on. We should be aware of this kind of scam. People are conducting webinar and then asking for money to join the class and demanding a large amount of money. We should always consult with a well-trained oncologist, who has depth knowledge in cancer and expert in this field. Even it is more pathetic, when few Practitioners taking cancer cases, when they do not have any clue about cancer. Even few people are going and consulting with Practitioners, who do their practice with herbs in remote area. They do not have any medical degree and they are not updated about etiology of cancer or not at all updated about recent research in cancer. As a result, sometime they end up with 1st stage to metastatic stage. It is always advisable to consult with expert oncologist. Cancer is not something to play with for money. Even in one case study, one oncologist has amputated the patient's limb, because the tumor was in joint. He could have taken another step, rather amputating the person. Always look for 2-3 opinions and then take decision. We are dealing with human being and just for money; we do not have the right to play with someone's life. Oncologists should be updated with new research in oncology field. After cancer treatment, they should suggest healthy diet, when the patient asks about diet. They shouldn't inform that, they can eat whatever they like. So always do background check of Oncologist before approaching them.

All the medical systems are trying to figure out the disease and how to eradicate it. This is the duty and responsibility of everyone to fight back together. All of our kitchen spices are fully loaded with anti-inflammatory and anti-cancerous features. We need anti-oxidants to neutralize free radicals and counter oxidative stress. It is available in all fruits and vegetables, dairy products, animal products, and healthy beverages. So we can consume it and get our anti-oxidants. We can treat our food as medicine or protection shield, and give up the idea to take medicine as food. If we can do little changes in every sphere of our life, we can surely eradicate cancer from root. So we can utilize depth knowledge of cancer as a powerful weapon to fight back. Let's all together get a big hand to eradicate cancer and fight back against it. It is possible, when all of us gather depth knowledge about cancer, talk about it rather suppressing the chapter, voluntarily do cancer screening once in a year along with full body checkup, expect and support more and more cancer research and publications, cancer awareness campaigns and generate more patient care schemes.

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