Cancer (prevention, recovery)
Rose Cactus
Principal Herb:Wax Rose/Rose Cactus/Pereskia bleo
Uses:Helps with detoxification. Helpful for people with uterine cancer, breast cancer, prostate cancer and stomach cancer.
Ingredients:
3 large leaves or 5 medium sized leaves
Preparation:
None
Chew the leaves on an empty stomach in the morning.
Dosage:
Daily.
GREEN NAPIER GRASS TEA WITH WATER CHESTNUT AND WINTER MELON
Principal Herb:Green Napier Grass/Pennisetum purpureum
Uses:Helps to clear toxins and heat, nourish yin and cultivate qi, calm the liver and improve kidney function, clear dampness, and is especially effective for reducing fever.
Ingredients:

2 stalks whole fresh plant (including roots) 500 grams water chestnut with skin 200 grams candied winter melon

3 litres water

Preparation:

Wash all the ingredients; Crush the stems of Green Napier Grass. Crush the water chestnuts. Add all the ingredients into a pot and cook for 90 minutes. Dosage: Twice a week. BLACK FACE GENERAL TEA WITH GREEN APPLES Principal Herb:Black Face General/Strobilanthes crispus Uses:Helps with detoxification, cancer prevention and alleviation of constipation. Ingredients: 60 – 100 grams fresh black face general leaves and stems 3 green apples 1.5 litres water Preparation: Wash black face general stems and leaves. Wash green apples and cut it into slices, retaining the skin and seeds. Add all the ingredients into a pot and cook for 90 minutes. Dosage: Twice weeky. https://www.nus.edu.sg/newshub/news/2019/2019-05/2019-05-11/CANCER-st-11may-pA34.pdf	
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