

# Health Sciences Institute UK Members' Alert

## ...CUTTING-EDGE HEALTH UPDATE

### How A Unique Form Of Honey Can Boost The Immune Systems Of Cancer Patients Undergoing Chemotherapy

Honey has been used medicinally for more than 2,000 years and is known to have potent antibacterial, anti-inflammatory and antioxidant properties.<sup>1</sup> It can treat a wide range of health problems from coughs, hay fever and stomach upsets to eye problems, skin infections and burns. Its healing properties are thought to come from enzymes that release gluconic acid and hydrogen peroxide.

HSI has focused a lot of attention on one particular type of honey: Manuka honey. Derived from a shrub that is indigenous to New Zealand, manuka honey has been found to be effective against antibiotic-resistant superbugs like MRSA as well as *Helicobacter pylori* infections such as peptic ulcers and gastritis.

Now, we're delighted to bring you news of another type of honey that is currently making its debut in the healthcare arena. Life Mel Honey is proving beneficial for cancer patients undergoing chemotherapy and radiation treatment whose immune systems have been seriously compromised.

The honey was originally developed by a Russian microbiologist, Dr Alexander Goroshit, and is now made in Israel where he presently works. His curiosity was initially aroused by the fact that beekeepers' families in a small Russian town remained healthy, despite a local cholera epidemic.

His subsequent research proved that the food bees consume affects their honey's properties.<sup>2</sup> So he set about producing honey from bees fed a specific blend of key medicinal herbs – including echinacea, nettles, calendula, avena sativa, melilotus, Siberian ginseng, red clover, melissa, mulberry, dandelion, chicory, bilberry, elecampane, fig and beetroot. These plants are rich sources of vitamins, minerals, flavonoids and essential oils that work directly on the immune system.<sup>3</sup>

#### Reducing the incidence of neutropenia is vital for the survival of cancer patients

Life Mel Honey has been found to be particularly beneficial against a condition called neutropenia, which cancer patients are especially vulnerable to as a result of chemotherapy.

Neutropenia causes a dangerously low count of neutrophils (infection-fighting white blood cells). Neutrophils usually make up between 50 and 70 per cent of circulating white blood cells and serve as your primary defence against infections by destroying bacteria in your blood.

Patients suffering from neutropenia are far more susceptible to bacterial infections as a result and, without prompt medical attention, their condition can soon become life-threatening.

To make matters worse, when a patient's white blood cell count is dangerously low chemotherapy may have to be reduced or discontinued – thereby increasing the risk to the patient from their cancer.

#### 40% of cancer patients suffered no further episodes of neutropenia when taking the honey

A small study by oncologists at Sieff Hospital in Israel has revealed that Life Mel Honey can significantly help reduce the incidence of neutropenia and chemo-induced anaemia.<sup>1</sup>

The study involved 30 patients, aged 39 to 76, all of whom were either suffering from a primary tumour or metastases (secondary tumour). Cancers included those of the breast, lung and colon. All 30 patients had neutropenia and had been treated with colony-stimulating factors (CSFs).

CSFs are growth factors that stimulate the production of infection-fighting white blood cells. They are often used as a drug treatment for patients with neutropenia but can cause side effects, and in the long run they have been found to make little difference to freedom from infection or to survival rates.<sup>5,6</sup>

All of the patients were given 5 grams of Life Mel Honey per day (taken in the morning on an empty stomach) for five days from the start of each chemo treatment. Blood count readings were taken at least once a week after each course of chemo.

The researchers found that 40 per cent of the cancer patients given the honey did not suffer any further episodes of neutropenia and did not require any further treatment with CSFs. In addition, 32 per cent of the patients taking the honey reported 'improved quality of life'.

Life Mel Honey was also found to be effective at reducing the incidence of chemotherapy-induced anaemia in 64 per cent of the patients. Better still, no side effects were experienced following the use of the honey.

The findings also revealed that Life Mel Honey had a positive effect on the haematopoietic (blood production) system and was able to stimulate the production of white blood cells, red blood cells, haemoglobin and blood platelets.

#### What to take for best results

The recommended dosage for Life Mel Honey is two teaspoonfuls a day – one in the morning on an empty stomach and one last thing at night. The honey has a pleasant, sweet distinctive taste and although the consistency is thick it dissolves on your tongue quite quickly and pleasantly.

Reports suggest that cancer patients starting Life Mel Honey two weeks prior to receiving treatment experience better results.

Contraindications: Pregnant and breast feeding women should consult their doctor before using Life Mel Honey. The product is not recommended for children under the age of one, or for diabetics or people allergic to bee products.

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