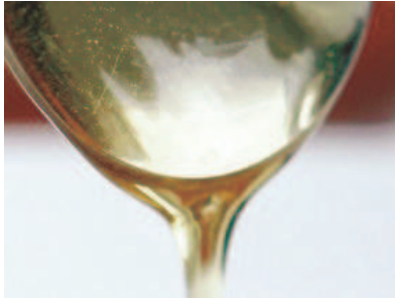


## APPLE A DAY KEEPS DOC AWAY



Rebekah Gibbs took regular doses of special honey

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By Lucy Johnston

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**CASUALTY** star **Rebekah Gibbs, 36, was diagnosed with breast cancer in January 2008, just 10 weeks after giving birth to her daughter Gigi.**

She is now clear of the disease, but what amazed her doctors was that her chemotherapy treatment did not weaken her immune system.

Rebekah believes this was because she took regular doses of a special honey shown in a recent trial to increase the white blood cell count of people



undergoing cancer treatment.

Using the medicinal property of food like Life Mel is a rapidly emerging science. Scientists across the globe are beginning to report on trials demonstrating what nutritionists have long suspected, that certain compounds in foods act as medicines.

Later this month herbal medicine guru Dale Pinnock will launch a new practice, The Natural Solutions Clinic, which embraces this new phenomenon of Medicinal Cookery.

Pinnock, who has spent years studying the therapeutic properties of food, believes he can "offer the most pleasurable drug delivery system imaginable" to patients with diseases such as arthritis, chronic fatigue, immune problems, allergies, high cholesterol and hypertension. He also has dishes to overcome short-term ailments such as hangovers, flu, colds and bacterial infections.



Rebekah Gibbs modelling and on Casualty

His work is being increasingly backed by research. One study, to be published in the journal Breast Cancer Research, showed turmeric and black pepper could help prevent and even treat breast cancer.

The study, carried out at the University of Michigan, is the first to demonstrate how these natural spice compounds could prevent cancer. The research shows curcumin and piperine may help arrest the renewal of cancer stem cells.

Pinnock, who currently runs a busy practice in rural Cambridgeshire, distinguishes his work from that of nutritionists and food gurus before him. "This is not about vitamins or a healthy diet. It is about creating dishes around the non-nutritional but medicinally active chemicals in foods to help treat disease.

"My work aims to fuse traditional natural health care with science. It is about trying to bridge the gap between science and natural health care which is the only way to work in the modern health care system."

Rebekah Gibbs, who was declared free of cancer last month, is convinced the medicinal compounds in honey helped pull her through her devastating ordeal.

Life Mel is made by bees fed on a unique diet that includes special immune boosting herbs such as Siberian ginseng, Echinacea and uncaria tomentosa and scientists think eating it could boost a person's immunity.

Rebekah said: "I am not a medical expert, but I believe the honey worked for me." Ellie Chappell's three-year-old daughter Ella appeared to enjoy similar effects while undergoing eight months of chemotherapy for her kidney cancer.



"It was awful but I honestly believe the honey stopped her from being really sick on the drug and her doctors were amazed that her blood count remained fantastic. I swear by it," said 33-year-old Ellie, of Morpeth, Northumberland.