

Herbal Medicine for Cancer

Integrative health • Medical research • Patient safety

My role: Research • Content strategy • SEO • Writing

- Ghostwritten; published under client byline

At a glance: An evidence-based overview of herbal medicine as a complementary approach to cancer care. The article examines potential uses and limitations of herbal therapies while emphasizing the important distinction between complementary care and cancer treatment, as well as potential side effects and interactions with conventional medications

Below the excerpt, see [SEO elements](#) and [Sources](#).

Excerpt

Herbal medicine uses plant-derived substances to treat illnesses. It is a complementary therapy some cancer patients may add to their treatment plans. Research does not show any evidence that herbal medicines can treat or cure cancer. But some herbs may serve other purposes for cancer patients.

Patients should exercise caution with herbal medicines for various reasons. Research has linked some herbs to side effects like diarrhea, nausea and skin irritation. Certain herbs may also interfere with standard medications and treatments. Beyond this, herbs are not subject to premarket evaluation by the U.S. Food and Drug Administration (FDA). This can lead to quality and safety risks.

Still, studies show some herbs may offer benefits to some cancer patients. Benefits may include relief from cancer symptoms and treatment side effects.

Cancer patients should talk to their oncology teams before taking any herbal medicine. Their doctors can explain which herbs may be appropriate for them.

Herbal Medicines Sometimes Used for Cancer Treatment

Turmeric

Turmeric is a flowering plant with a vibrant, orange-colored root. This plant contains the chemical compound curcumin, which is available as an herbal supplement. Evidence from cancer studies suggests curcumin may:

- Decrease inflammation during chemotherapy treatment
- Improve quality of life for chemotherapy patients
- Lessen the severity/frequency of chemotherapy side effects
- Curcumin has been linked to mild side effects like diarrhea, headaches and skin rashes.

A 2022 study of curcumin in non-mesothelioma cancers found various benefits. Some patients with solid tumors took curcumin while receiving chemotherapy. They experienced significantly

lower rates of chemotherapy-related side effects. These patients also needed fewer medications to manage chemotherapy side effects.

These studies are not mesothelioma-focused but may still interest patients. These study findings are encouraging, but they cannot replace the guidance of an oncologist. For their own safety, patients should talk with a mesothelioma doctor before taking any herbal medicine.

[Herbs continue on post]

Herbal Medicines Cancer Patients May Want to Avoid

Some herbs have both potential benefits and risks to cancer patients. But other herbs may be dangerous or offer little to no proven benefits. It may be safest for some cancer patients to avoid these herbs altogether.

- Cannabis (or marijuana) may limit the benefits/reduce the effects of immunotherapy.
- Essiac tea is claimed to be an anti-cancer remedy, but evidence does not support the claims. In some tests, it has even increased tumor growth.
- Green tea may interfere with the effects of an anticancer drug. It may also increase the risk of side effects from other specific cancer drugs.
- Natural antioxidants may interfere with the efficacy of certain chemotherapy drugs.
- St. John's wort can disrupt some treatment drugs, including chemotherapy.

SEO Elements

Title Tag: Herbal Treatments as Cancer Remedies? Uses & Risks

Meta Description: Herbal medicine may help mesothelioma patients alleviate symptoms and treatment side effects. Find a list of medicinal herbs doctors may recommend here.

Sources

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