

Chemotherapy  
Radiation  
Surgery



# Your Fourth Choice

**Killing Cancer Cells with  
PAW PAW**

**– that Little-Known Treatment  
that Grows on Trees**

**John Clifton**

**COMPLETE HANDBOOK - FOR ALL CANCERS**

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—o—

**John Clifton**

*Foley Square, New York*

Look deep into nature, and then you will  
understand everything better.  
— Albert Einstein

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# Preface

The idea for this book came out of frustration—and not a little anger. Up to about 150 years ago *all* medicine was natural, derived from natural material—plant, animal, and mineral. There was no “alternative” division as opposed to “standard” medicine. People today, though, seem to fall into one of three categories regarding cancer: (1) those who trust in standard medicine only—rejecting all alternative or natural treatment, (2) those who mistrust standard medicine and completely endorse natural remedies, and (3) those who are somewhere in the middle, having no hard and fast opinions about either side.

If I had to categorize myself, I suppose I would fall into the third group—although I do have some strong opinions.

Standard treatments at least have the validation of extensive testing, clinical trials, survival data, etc., and a more solid sense of “you know what to expect.”

Alternative medicines rely more upon anecdotal evidence—this case and that case, this story and that story of patients and their experiences with particular natural remedies. Not that there haven’t been trials and studies regarding natural medicines—there have, but certainly the Alternative side can’t compete with the millions of dollars that the Standard side pours into research, product development, not to mention *promotion* of their products.

When I, through personal experience and research, became aware of the startling effectiveness of a natural remedy called “paw paw” I felt both the thrill of discovery and the



frustration of realizing that most people knew little or nothing about it.

“Big Pharma” — the gigantic pharmaceutical industry — has spent fortunes on convincing us that their products are effective, safe, tested, standard, unassailable, wonderful, amazing — *and* — covered by insurance!

And of course, these big drugs are legally protected, both under patent law and through legal disclaimers regarding side effects, etc. Sometimes their commercials devote more time to warnings about a drug than its benefits. “If death occurs, stop taking *Amazitol* and call your doctor.”

No wonder that Nature is on the losing side. And no wonder that many people mistrust natural products — they simply haven’t been bombarded with expensive commercial messages about them.

To be clear, I’m talking about natural *medicines* — not vitamins and dietary supplements. These indeed receive their share of attention in the marketplace of health products. Perhaps too much attention — to the extent that many well-intentioned people are indiscriminately popping all sorts of vitamin and mineral pills that they don’t always need. Much of their money (and those pills) are going down the drain, so to speak.

Then there is the quackery factor. We’ve all heard stories about totally bogus — even harmful — products being touted as “cures” for you-name-it, and particularly cancer. So people are doubly cautious, and rightly so.

When I became aware of the benefits of paw paw, I wanted to share what I knew to — well — to the world! And the result is this modest handbook on a little-known cancer

treatment that is, in my opinion, abundantly worth knowing about.

What you will find here is a simple guide to paw paw—a natural cancer remedy with a solid background of research, and supported by much evidence.

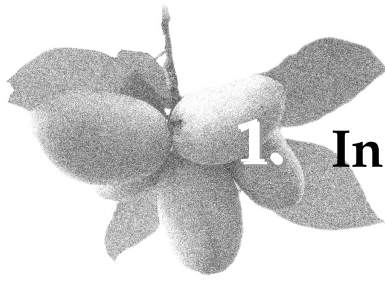
I will explain just what paw paw is, where it comes from and how it could benefit anyone with cancer of most any type. I will tell, in simple understandable terms, how it works in the body. I'll give you a brief history of its development, how it's been tested, researched, etc. I will keep it simple, non-technical, and straightforward.

I'll tell you where to get paw paw, how much (little!) it is likely to cost, how to use it, and how much to take. I'll try to convey how fighting cancer is more than passively putting oneself in the hands of the medical profession—and requires personal initiative.

It is my hope that this book will introduce many cancer victims (and hopefully their doctors) to an alternative that could extend their lives and possibly even save their lives.

—o—

I'll begin with a personal account. . . .



# 1. Introduction

## Josée's story

Chances are you've never heard of paw paw. I know I hadn't, and my wife Josée hadn't—not until she got cancer, in the fall of 2012. Josée was diagnosed with endometrial cancer, which is cancer of the walls of the uterus.

Her gynecologist scheduled her for a hysterectomy, but in the screening process for the operation some irregularities showed up on her chest x-ray. She was then referred to a pulmonologist who did further testing and imaging. He found some masses in her right lung and also some suspicious nodules in her left lung.

So the next stop was an oncologist. After more testing, more scans, and several biopsies the verdict came in: Stage Four non-small cell lung cancer. Just the kind of diagnosis you never want to hear. The survival rate of Stage Four lung cancer is next to zero. And the bad news just happened to come on the day of Christmas Eve. Some present!

The lung cancer was totally unrelated to the uterine cancer—they were two separate, simultaneous cancers. The main mass was in her right lung, and measured 3.5 centimeters in diameter. There were metastases in some lymph nodules, and further malignancy throughout her left lung.

Josée was immediately put on standard chemotherapy. It was presented to us as “palliative” treatment—meaning there was no expectation of a cure, but the cancer could be brought

“under control” and she would enjoy a better “quality of life.” And she might live somewhat longer than she could expect to *without* the chemo.

So the treatments were started, and we would just have to hope for the best. Joséé’s primary care doctor advised to try to accept the situation and “enjoy life” and the days that were left.

But I just couldn’t accept sitting back and waiting for some kind of inevitable doomsday. And battling cancer was nothing new to us. Our dog Sparky<sup>1</sup> had contracted canine lymphoma (deadly in dogs) when he was six years old back in 2001, and we had gotten him through that. What we learned was that miracles *can* happen—but you have to help them along; you have to open doors so that the miracles can pass through.<sup>2</sup> Sparky lived, cancer-free, to the ripe old age of fourteen and a half—we weren’t going to take this Stage-Four-lung-cancer-thing lying down!

## The search for alternative answers

Since standard medicine was not offering a cure, I decided to investigate everything I could *outside of* traditional by-the-book treatment. And, boy, was there a lot of it! Nutritional supplements, anti-oxidants, special formulas of all kinds, cancer diets, etc., etc., etc.

Here’s a sampling of what’s out there:

Alpha Lipoic Acid

Artemisinin

BLA Elixir

Cannabis

CoQ10

Curcumin

Dichloroacetate (DCA)	Omega-3 fatty acids
Enzymes	Omega-6 Oils
Fish Oil	OxyDHQ
Garlic	Protocel
Ginger	Ronuv
Green tea	Selenium
L-glutamine	Sodium Bicarbonate (to reduce bodily acidity)
Life Force Elixir (ener- gized water)	Super PEO
Liquid Zeolite (removes toxic metals)	Vitamin D

Well, you get the idea. The list could go on endlessly. I looked up all these things and more, collecting the information in a three-ring binder—thinking, weighing, considering, evaluating—desperately looking for the magic bullet that might be the answer to beating José’s cancers. Artemisinin looked especially good—there were many amazing cases involving that ancient Chinese herb. (I recommend that you look that one up!) I had heard about curcumin, the kitchen spice that kills cancer cells. And of course there’s the matter of diet—what do you eat to fight cancer and what do you avoid?

Cancer cells, I learned, thrive on carbohydrates and sugar. Starve them! Eat vegetables and lean meats and fish. Oh great, I thought—this is going to really upset our lives. What’s more ingrained than your eating habits? Give up bread? The very thought was daunting. José and I are sen-

iors, and pretty set in our ways. We just couldn't imagine ourselves tolerating the radical changes this literature was insisting we make.

The first oncologist we had consulted maintained that there's no proof that *any* of this stuff worked. No blind studies, no serious research. Just go with chemotherapy; nothing but standard treatments could be trusted. (Surgery, of course was out with this sort of metastasized cancer, as was radiation, due to the widespread areas of the tumors.)

So, that's the catch. Standard medicine promises no cure, but it's the only thing that has been studied, and therefore all you should go for. Hmm.

Not all oncologists agree with this, in cases like Josée's. In fact we found that our next oncologist, who was to be our main man, was open to whatever "extra-curricular" treatments we might come up with.

So I persisted on my search for that one standout alternative treatment that (a) looked promising and (b) had at least *some* validation through tests and anecdotal accounts.

Then one day I just happened to notice a meme someone had posted on Facebook. It was about "graviola," a tropical fruit that was purported to shrink tumors. Someone had commented below the meme that "paw paw" worked even better than graviola.

"Paw paw?" What was that? Another name for papaya? I looked it up. No, paw paw is not papaya. I was intrigued, and proceeded to investigate the matter. Perhaps it would be worth a try. So, what is paw paw anyway? I'll tell you in the next chapter what I found out.

## The treatments begin

Meanwhile, Josée began her first chemotherapy sequence. She would have infusions every three weeks, starting in February of 2013. Her treatments would consist basically of two agents, Carboplatin<sup>3</sup> and Paclitaxel<sup>4</sup>—more or less standard for lung cancer patients. She would also be given Neupogen,<sup>5</sup> a drug to boost the white blood cells destroyed by the chemotherapy.

Along the way she began taking paw paw. We told her oncologist about this and he had no objection. This doctor was very open-minded about her interest in alternative treatments, although, as most oncologists, he knew very little about them. Medical schools teach only three treatments for cancer: chemotherapy, radiation, and surgery. Those are the Standard Medicine Big Three, and oncologists have been taught little else.

The paw paw started some time in March. By May, Josée had had four chemotherapy sessions and it was time for a CT scan (“CAT scan”) of her torso, from her neck down to her upper legs. This would include her uterus as well as the lungs. (The uterine cancer was not treated separately—it just went along for the ride, so to speak, and was expected to react to the chemo along with the lungs.) Since lung cancer tends to spread to the brain, Josée also had a brain MRI.

We were both holding our breath to see the results of these scans. The oncologist had warned us—and our reading on the topic confirmed—that lung cancer was tough to control. It tends to spread to other parts of the body. Chemotherapy was trying to put a lid on it, while the cancer was pushing to expand.

Well, it was an amazing session with the doctor. He told us that the main mass in her right lung had greatly reduced in

size, and that the metastases in her left lung weren't there anymore. "We don't see them," he said. He was amazed, and we were delighted. It was a very happy day!

A few weeks later we had another appointment with the oncologist. He had been consulting with colleagues, and brought up the possibility of surgery, since there was basically only one mass remaining—in the right lung— along with a few nearby lymph nodes. We consulted with a surgeon. But he was hesitant to operate on a 78-year-old patient if there was another option. The other option was radiation.

So we met with a radiologist, and began targeted radiation treatments simultaneously with another round of chemo—this time "Alimta."<sup>6</sup>

But midway through the series, Josée became so toxic that the chemo and radiation had to be stopped. She could barely swallow, and suffered pains and extreme nausea. Her oncologist called an end to it all. But she continued to take the paw paw, and suffered no ill effects from that. Six weeks went by, with no treatment, only paw paw. She then had a scheduled PET scan.<sup>7</sup>

No cancer was seen. She had a biopsy done on the endometrial cancer as well. Negative.

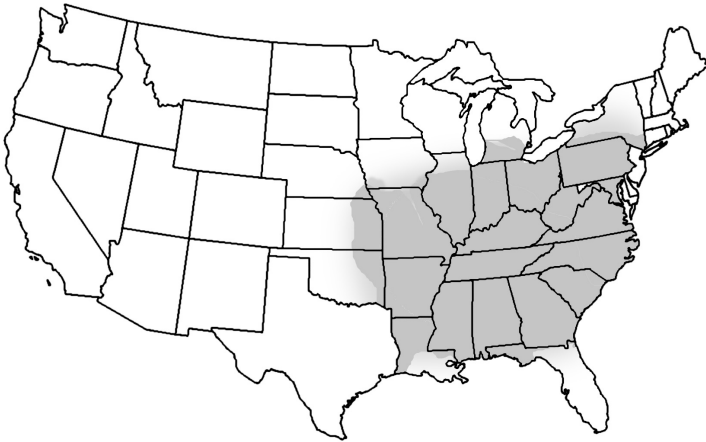
Of course, lung cancer has a way of eventually coming back. As I write this, it's late in the year 2014, and so far it hasn't shown up.

This was such an amazing result! We are convinced that the paw paw had a lot to do with it. It's claimed that paw paw kills cancer cells that chemotherapy leaves behind. Is this true? Was Josée's case consistent with others who had taken paw paw? How did this stuff work? What was going on?



What trials had been conducted? What had other users of paw paw experienced?

Those questions will be what this book is about.



Where Paw Paw Grows in the United States  
(Shaded area)