

## About Graviola – Annona Reticulata

Graviola, which is the common name for *Annona reticulata*, is a fruit also known as soursop, guanabana, and custard apple. It comes from a tree common to South America and the Caribbean region. The leaves of the tree are commonly used in traditional medicine treatments to treat diarrhea and eliminate worms.

Proponents claim it is more effective at killing colon cancer cells than common chemotherapeutic drugs because it seeks out and destroys prostate, lung, breast, colon, and pancreatic cancers while leaving healthy cells unharmed. It is also said to provide an immune system boost.

**The National Cancer Institute** included graviola in a plant-screening program that showed its leaves and stems were effective in attacking and destroying malignant cells. Strangely, the results were never released to the public and remained part of an internal NCI report.

There have been several promising cancer studies on graviola since 1976, when it was first introduced, but the tree's extracts have yet to be tested on cancer patients. No double-blind clinical trials exist.

Regardless, graviola has been shown to kill cancer cells in vitro (i.e., in laboratory cell cultures) in as many as 20 laboratory tests. A study conducted at Catholic University of South Korea demonstrated two chemicals extracted from graviola seeds were selective in cytotoxicity and comparable with Adriamycin (a common chemotherapy drug) for targeting and killing malignant breast and colon cancer cells.

Perhaps the most significant result of this study and others is that Graviola was shown to selectively target only cancer cells, leaving normal, healthy cells untouched.

By comparison, chemotherapy indiscriminately seeks and destroys all actively reproducing cells, including normal hair and stomach cells, which leads to the devastating side effects of hair-loss and severe nausea.

**Another study, published in the Journal of Natural Products, showed that graviola also outperforms Adriamycin in laboratory tests. One chemical found in graviola selectively killed colon cancer cells at 10,000 times the potency of Adriamycin.**

Research from **Purdue University** detailed the active components of the tree, which may be potent in inhibiting the growth of cancer cells. The Purdue studies found the active components to be effective against multi-drug-resistant (MDR) cancer cells, those cells that survive chemotherapy and cause cancer to return.

Purdue researchers also found that leaves from the graviola tree killed cancer cells “among six human-cell lines” and were especially effective against prostate and pancreatic cancer cells.

In a separate study, Purdue researchers showed that extracts from the graviola leaves are extremely effective in isolating and killing lung cancer cells.

Graviola looks to be a promising alternative or supplement to mainstream treatments. Graviola and N-Tense (an anti-cancer formula featuring graviola and seven other rainforest herbs) are completely natural substances. No side effects have been reported except for possible mild gastrointestinal upset at high dosages (in excess of 5 grams) if taken on an empty stomach.

See N-Tense, a patented substance that contains 50% graviola. **SOURCE: Alternative Cancer Research Institute**

### Further Reading & References

- Memorial Sloan-Kettering Cancer Center: Graviola, <http://www.mskcc.org/mskcc/html/69245.cfm>
- Weil: Graviola: A Worthwhile Botanical Against Cancer? <http://www.drweil.com/drw/u/QAA400299/graviola-a-worthwhile-botanical-against-cancer>

- The Healing Power of Rainforest Herbs: A Guide to Understanding and Using Herbal Medicinals by Leslie Taylor (2005)
- Graviola Leaf For Cancer (Soursop), <http://www.fasting.ws/juice-fasting/disease-treatments/graviola-leaf-for-cancer-soursop>
- Graviola Tree and Paw Paw Treatments, <http://www.cancertutor.com/Cancer/Graviola.html>