

the
ANTI-CANCER
REVOLUTION
EVIDENCE-BASED MEDICINE

THE 19 BEST ANTI-CANCER HERBS AND SPICES

Herbs and spices are revered not only for their culinary properties but for their health benefits including lowering the cancer risk



HERBS

Herbs have been used for centuries for culinary and medicinal purposes and now the science is accumulating to back this up. A growing body of research has demonstrated the health effects attributed to herbs including antioxidant, anti-microbial and anti-inflammatory properties, as well as potential protection against cardiovascular disease, neurodegeneration, type 2 diabetes and cancer.

TOP HERBS



Basil

Basil has been used for culinary purposes for hundreds of years all over the world. The flavonoids in basil leaves have anti-oxidant, anti-inflammatory, anti-cancer, antimicrobial, and wound-healing properties. There are more than 200 different phytochemical compounds in this super herb whose health benefits have been the subject of many studies.



Thyme

Tiny but mighty, thyme has one of the highest concentrations of antioxidants in any herb, helping to eliminate free radicals: and high levels of vitamin C make it a natural immune booster. Other health benefits of thyme include its ability to relieve stress, reduce respiratory issues, improve heart health, protect against chronic diseases, stimulate blood flow and prevent fungal infections.



Rosemary

Rosemary is well known for its antioxidant, anti-inflammatory, antidiabetic and anti-cancer effects. In addition, some of the chemical compounds in Rosemary are showing huge potential as nutraceuticals to enhance the anti-cancer effects of current chemotherapeutics by inducing apoptosis and inhibiting angiogenesis.



Parsley



Dill



Cilantro

**PRO TIP:**

Use herb blends like Italian Seasoning or Herbs de Provence to get more wellness power!

Relevant Studies:

[Evaluation of In Vitro Anticancer Activity of Ocimum Basilicum, Alhagi Maurorum, Calendula Officinalis and Their Parasite Cuscuta Campestris](#)

[Phytochemical Characterization and Bioactive Properties of Cinnamon Basil \(Ocimum basilicum cv. 'Cinnamon'\) and Lemon Basil \(Ocimum x citriodorum\)](#)

[The potential effects of Ocimum basilicum on health: a review of pharmacological and toxicological studies](#)

[Evaluations of thyme extract effects in human normal bronchial and tracheal epithelial cell lines and in human lung cancer cell line](#)

[Spices with Breast Cancer Chemopreventive and Therapeutic Potentials: A Functional Foods Based-Review](#)

[Herbs and Spices- Biomarkers of Intake Based on Human Intervention Studies - A Systematic Review](#)

[Anethum graveolens \(dill\) – A medicinal herb induces apoptosis and cell cycle arrest in HepG2 cell line](#)

[Preclinical study of the medicinal plants for the treatment of malignant melanoma](#)

[Anticancer Effects of Rosemary \(Rosmarinus officinalis L.\) Extract and Rosemary Extract Polyphenols](#)

[Rosmarinic Acid, a Component of Rosemary Tea, Induced the Cell Cycle Arrest and Apoptosis through Modulation of HDAC2 Expression in Prostate Cancer Cell Lines](#)

[Rosemary \(Rosmarinus officinalis\) extract causes ROS-induced necrotic cell death and inhibits tumor growth in vivo](#)

[Botanical Therapeutics: Phytochemical Screening and Biological Assessment of Chamomile, Parsley and Celery Extracts against A375 Human Melanoma and Dendritic Cells](#)

[Petroselinum crispum has antioxidant properties, protects against DNA damage and inhibits proliferation and migration of cancer cells](#)

[Coriander \(Coriandrum sativum\): A promising functional food toward the well-being](#)

[The determination of the potential anticancer effects of Coriandrum sativum in PC-3 and LNCaP prostate cancer cell lines](#)

SPICES

Spices not only enhance the flavor, aroma and color of food and beverages, they also protect from acute and chronic diseases. There is ample evidence that spices possess antioxidant, anti-inflammatory, antitumorigenic, anticarcinogenic and immunomodulatory effects. These effects may support the prevention and treatment of many cancers including lung, liver, breast, stomach, colorectum, cervix, and prostate cancer.

TOP SPICES

SUPER SPICES



Turmeric

The king of anti-cancer spices. Although turmeric (curcumin) has been shown to exhibit beneficial effects against many diseases, its effect on cancer has been studied the most. The therapeutic effects of turmeric and curcumin are well documented for many different types of cancer.



Black Cumin

The wide-ranging anti-cancer effects of *Nigella sativa*, also known as black seed or black cumin, have been extensively studied. It is considered by many to be a “miracle” herb due to its powerful antioxidant, anti-inflammatory, antimicrobial and chemopreventive properties.



Garlic

In laboratory settings, garlic appears to kill some cancer cells and slow the growth of tumors in prostate, bladder, colon, and stomach tissue. More human studies are needed, but there are many reasons to make garlic part of your anti-cancer diet. If you're undergoing conventional cancer treatment, adding garlic to your diet provides much needed support to your immune system.



Cumin

ALSO POWERFUL



Ginger



Saffron



Black Pepper



Chilli Pepper



Caraway



Cardamom



Cinnamom



Clove



Coriander

PRO TIPS:



Choose fresh spices and herbs for extra superfood power.

Use spice blends like Tumeric Twist or Allspice, in addition to one or more of the spices listed, to pack more of a punch.

Add herbs and spices liberally to your food. Aim for a minimum of one blend and one single herb and spice with every meal.

Adding herbs and spices after cooking preserves their anti-cancer nutrients.

[Spices for Prevention and Treatment of Cancers](#)

[Chronic diseases, inflammation, and spices: how are they linked?](#)

[Spices with Breast Cancer Chemopreventive and Therapeutic Potentials: A Functional Foods Based-Review](#)

[Curcumin and Cancer](#)

[Liposomal curcumin and its application in cancer](#)

[Non-Curcuminoids from Turmeric and Their Potential in Cancer Therapy and Anticancer Drug Delivery Formulations](#)

[Effects of resveratrol, curcumin, berberine and other nutraceuticals on aging, cancer development, cancer stem cells and microRNAs](#)

[Curcumin and Health](#)

[Review on the Potential Therapeutic Roles of Nigella sativa in the Treatment of Patients with Cancer: Involvement of Apoptosis](#)

[Recent advances on the anti-cancer properties of Nigella sativa, a widely used food additive](#)

[Nutraceutical properties of cumin residue generated from Ayurvedic industries using cell line models](#)

[Ginger and Its Constituents: Role in Prevention and Treatment of Gastrointestinal Cancer](#)

[Ginger on Human Health: A Comprehensive Systematic Review of 109 Randomized Controlled Trials](#)

[The Immunomodulation and Anti-Inflammatory Effects of Garlic Organosulfur Compounds in Cancer Chemoprevention](#)

[Chemical Constituents and Pharmacological Activities of Garlic \(Allium sativum L.\): A Review](#)

[Capsaicin and Piperine Can Overcome Multidrug Resistance in Cancer Cells to Doxorubicin](#)

[Evaluation of Carum-loaded Niosomes on Breast Cancer Cells: Physicochemical Properties, In Vitro Cytotoxicity, Flow Cytometric, DNA Fragmentation and Cell Migration Assay](#)

[Herbal Medicine: Biomolecular and Clinical Aspects. 2nd edition. Chapter 17 Herbs and Spices in Cancer Prevention and Treatment](#)