

Japan's Leading Alternative Cancer Therapy "AHCC" Gains Acceptance in the U.S.

Reducing side-effects of chemotherapy and helping induce remission

By Dr. Debbie Bemis

Have you ever talked to your doctor about using nutritional supplements as a part of your treatment regimen or post-therapy? If so, then chances are that you were discouraged from using them. But now, an innovative biotechnology company from Japan is working to change that by making the case to mainstream U.S. physicians that these natural compounds should be used alongside pharmaceutical drugs during treatment and for managing remissions post-therapy.

One on Japan's most widely-used nutraceuticals targeting cancer is Active Hexose Correlated Compound, known commonly as "AHCC". A fermented extract produced from the mycelium of hybridized medicinal mushrooms grown in the extract of rice bran, AHCC been shown to significantly improve the immune system by increasing the production of the body's "killer cells", whose function is to destroy abnormal cells and invading organisms in the body.



Currently used in over 700 clinics throughout Asia, AHCC has gained wide acceptance due to the volume of research devoted to its applications. As the subject of over 100 research papers from the world's leading research centers, AHCC has been studied at prestigious U.S. institutions such as the UC Davis Cancer Center, Columbia Presbyterian Medical Center, the Yale School of Medicine and the Harvard-affiliated Brigham and Women's Hospital, among others.

The most important factor driving the acceptance of AHCC at cancer clinics has been its impact on reducing the side-effects of chemotherapy. AHCC has been shown to help reverse the suppression of immunity (that results from cytotoxic chemotherapy treatments) by significantly raising patients' white blood cell counts, as well as contribute to the prevention of chemically induced alopecia (hair loss), the reduction of nausea and vomiting and the protection of the bone marrow (by helping prevent myelosuppression and anemia, which contribute to the patient's fatigue).

Numerous animal studies and a few human clinical trials have also been conducted to measure the effect of AHCC on tumor mass, tumor growth and metastasis. While the results from animal models have been very promising, more clinical trials are needed. However, in one landmark study of 269 post-surgical liver cancer patients, the group taking AHCC (113 patients) showed a 14% higher rate of survival than those in the placebo group (156 patients). More importantly, only 49% of the patients in the AHCC group had recurrence of cancer compared to 67% in the control group (the results were statistically significant).

In his book on AHCC, Dr. Dan Kenner who extensively studied this compound writes that the "data from the treatment of over 100,000 patients with various types of cancer has shown that 60% of the patients have benefited to some degree and many have found it effective enough to induce remission". In spite of these impressive results, AHCC should not be perceived as a "magic pill" – rather it is a complementary cancer therapy to be used alongside pharmaceuticals as a part of a holistic approach to cancer care.

Currently based at the Ludwig Institute for Cancer Research, Dr. Bemis was involved in nutraceutical research in her previous position as a scientist at the Columbia-Presbyterian Medical Center. She is an associate member of the American Association for Cancer Research and a member of the AHCC Research Association to which she contributed this article.

For more information on AHCC, please visit www.AHCCResearch.com.

Breast Cancer Wellness

M A G A Z I N E

Empowering MIND • BODY • SPIRIT

SPECIAL TRIBUTE

25 Years

**Susan G Komen
for the Cure**

The Power of Purpose

Hala Moddelmog: Her Story of
Service, Strength, and Survival

**Is Nutrition
Nonsense?**

Pay Attention to
Your Emotional
Needs

Volume 2, Issue 3
Fall 2007

