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Clinical Rounds

Lung cancer pilot study

A Bowl of Chinese Vegetables a Day May Keep Tumors Away

Nancy Walsh

ARLINGTON, VA. — Daily consumption of a soup containing herbs and vegetables used in traditional Chinese medicine was associated with tumor regression and prolonged survival in a pilot study of 14 patients with stage IIIb and IV non? small cell lung cancer.

For 2 to 46 months, the patients ate the selected vegetable (SV) soup developed by [Alexander S. Sun, Ph.D.](#) The ingredients in the freeze-dried soup contain components such as protease inhibitors, genistein, and isoflavones, which have recognized antitumor and immune-enhancing activities.

One patient remained tumor free for more than 133 months; a second had complete regression of numerous brain metastases after radiation treatment supplemented by daily SV soup, Dr. Sun said at a conference on complementary and alternative therapies for cancer sponsored by the Center for Mind-Body Medicine and the University of Texas, Houston.

Median survival for the other 12 patients was 33.5 months, and survival at 1 year was 55%, a threefold prolongation, compared with controls, said Dr. Sun of the Connecticut Institute for Aging and Cancer, Milford, Conn. No patients had any toxicity from the treatment.

This pilot study was undertaken on the unanimous recommendation of the Cancer Advisory Panel for Complementary and Alternative Medicine of the National Cancer Institute, based on a phase I/II study of the herbal preparation.

What's Cooking in 'Sun Soup'

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- Soybean
- Shiitake mushroom
- Mung bean
- Red date
- Scallion
- Garlic

- Lentil bean
- Leek
- Hawthorn fruit
- Onion
- Ginseng
- Angelica root
- Licorice
- Dandelion root
- Senegal root
- Ginger
- Olive
- Sesame seed
- Parsley

Source: Alexander S. Sun, Ph.D.

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