



Bo Rader, The Wichita Eagle

Wild Tomatillo

Headlines from the Wichita Eagle October 7, 2012

Medicine from the prairie may provide cancer breakthrough

How exciting is this??????

"We've found compounds from the wild tomatillo that have strong anti-cancer properties against breast cancer, skin cancer, thyroid cancer and brain cancer in our early studies, " said Mark Cohen, cancer physician and research scientist who has been working with the plant for more than two years.

Too bad he lost his funding in Kansas and had to move his work to Michigan.

Cohen went on to say, "It's very exciting because not only do those compounds occur naturally, but they're more potent than some drugs currently on the market for these diseases."

Ethnobotanist Kelly Kindscher says, any medicinal benefits found in plant compounds are mostly coincidental. Most are produced to protect the plant in some way or another. "Plants can't run and they can't just grow spines if they don't have them, so they need some kind of chemical defense against being eaten by insects or something."

Did you see in the news the school bus monitor who's YouTube video raised \$700,000.00 to support "stop bullying". Maybe someone needs to come up with a video to encourage people to donate to programs that do PREVENTIVE research.

Also in today's Parade Magazine, page 12, "**Why we need PREVENTION**". Today there are nearly a dozen federal institutions dedicated to cancer research, but that research is fragmented, and it's often duplicated among different departments or agencies. In addition, most of the federal budget for research goes toward developing new treatments; there is only a sliver of the pie dedicated to cancer PREVENTION.

Right here in the prairie we might have something to incorporate into our food supply that can help us build up our immunity. They believe wild tomatillos can be grown commercially. Let's begin to look for recipes to incorporate this abundant *weed* into our healthy life style.

Treat your heart like a tired, hurt child: Accept its tantrums, revenge fantasies, and pity parties, but don't get stuck in them. Say kind things to yourself. When you acknowledge your forbidden feelings calmly, you'll find that you actually have move control over your actions. It's when feelings are repressed that they burst out in dangerous, unhealthy ways. ~ Martha Beck