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Notice from the district hospital in Csorna, department for internal diseases  
(Chief: Dr. med. Alexander Ferenczi)

## **Tumor Treatment with Red Beets and Anthocyanins, respectively**

By Dr. med. Alexander Ferenczi

I reported in this journal about my experiences in tumor treatment with red beets already twice. As a success of an 8 years research I could make the following statement:

*A constituent of the red beets is a tumor inhibiting active substance. This active substance is not a toxic substance; similar to the so far known tumor inhibiting drugs, instead, it is a natural substance in an unlimited digestible food. The curing effect appears step by step in weeks and depends from the daily dosage. The minimum dosage is to give from this active substance as much as is in 1l of pressed red beet juice. The treatment with this active substance is probably a substitution treatment similar as with insulin, because in case we reached a complete remission the disease will relapse after 4 – 6 months from the last dosage of the medication and it will be afterwards much more difficult to cure, or it would not cure at all. The patients would have to take this active substance uninterrupted; then it would be expected, that they would stay without symptoms. This active substance is durable, because the metabolism of the stomach does not damage it. In my before mentioned notices (1955 and 1959) I expressed first the opinion, that I wanted to research at first this dyestuff for its effects. This research I could not realize because the extraction of this dyestuff was above my finances. Then, "scientific incident" came to my help.*

E.W., a 14 years of age patient had lymphosarcoma with metastases around the neck. Two test excisions and out of this material three histological specimen were tested in three institutes: in the district hospital in Szekszard, at the university of Pecs, and in the Oncological Institute in Budapest. All three results were identical: Lymphosarcoma. Prognosis was hopeless. The relatives of the girl wrote to me and asked me for advise. I read the results only (the patient lived far from me), and I advised to drink the pressed juice of red beets; and certainly, I declared the case for hopeless, too. That was in November 1958. After one year I received a message, that the girl was not able to ingest the red beet juice, she drank it for some days only. But the dark red color of the juice reminded them on the dark red color of red wine (they lived in Szekszard, a famous Hungarien red wine area), so they gave the girl red wine as regular drink, daily a half of a liter in several tranches. The girl could take it, and after some weeks the girl got better; the metastases, and the tumor itself started to retreat, then they disappeared, the girl gained weight, in a word, the girl seemed to be cured completely. In March 1960 they told me, that the girl could not take the red wine since 1959, but she would be well, she goes to school, and sometimes she danced. I answered, that the girl would have to take the red wine mandatory, otherwise she would relapse. Later in fall 1960 I received the message that the girl could not drink the red wine at all (so she drank the red wine during one year). In April she attracted a recidive, and she died end of April 1960.

Concluding, that was a patient with a lymphosarcoma expected to die some weeks later in 1958. Then she drank daily ½ l of red wine for a year, and she lost all symptoms completely, therefore was recovered clinical completely. She stopped drinking red wine in November 1959, because she could not take it anymore, she relapsed after about 4 months and died end of April in 1960.

How could I explain this case? Diagnostical error was excluded, since identical diagnosis' came from three independent institutions, the recidive and the end of the patient support the diagnosis of a tumor, too. We have to assume that the girl lost all symptoms for one and a half year. In this case it is very probable, that the dyestuff of the wine was the active substance, because the color of the pressed juice und of the red wine is very similar. Und really, the chemical formula's of the dyestuffs (of the red wine and of the red beets) both are nearly identical, both are anthocyan compounds<sup>1</sup>, with a number of differing radicals (see formula's). My opinion was, if the dyestuffs with identical base compounds and several differing radicals are effective against tumors both, then the base compounds only are important and not the differing radicals, and these are superfluous. Only these parts which are identical in both formula's are important, and probably the effective form is generated by the metabolism.

Therefore, we have to continue our tests with the dyestuff. The extraction of the dyestuff would be very complicated, expensive, and slow, therefore I thought there could be available a similar anthocyan compound, because that could be effective according to my theory, too, and even must be effective. The Pharmacological Research Institute agreed with my theory and determined as available an anthocyan compound, the primulin (malvidin-3-galaktosid), which is very similar to the red wine dyestuff (see formula below), from this one they ordered for me some kilograms. The anthocyan compounds are wide spread plant pigments, they are indication dyestuffs, they are red or blue after the acidic or alcalic reaction. Except in red wine and in red beets they occur in other plants as well, i.e. in roses, corn flowers. My preposition was to give from the anthocyan dyestuff that much of the anthocyan dyestuff to the cancerous patients that it would be comparable to the dyestuff contents of 2-3 l of red wine (or of the pressed red beet juice). On this way one could hope, that the patients could take the active substance without ballast over years. The Pharmacological Research institute received in October 1960 the order as of March 1960. Unfortunately, it was another compound, no anthocyan

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<sup>1</sup> We know today, that the red wine pigment is an anthocyan (a flavonoid, food dyestuff E 163); but the red beet dyestuff is a betacyan (betanin, no flavonoid, food dyestuff E 162). Both are antioxidants and radical scavengers; however, anthocyanes are metabolically not as stable as betacyanines by far (they are not found in feces and urine), and mostly destroyed in the stomach. It is said, that an anthocyan's cancer inhibiting effect is based on the activation and balancing of the human immune system much more than by the mechanisms effective with betanin. The analogical conclusion and some research behind it was first published by Möse and Häfferl (University of Glaz). The analogical conclusion of Dr. med. Ferenczi was widely accepted in the early 1960ies, including the consequences he suggested. Later, this construct was used to devaluate his work, and to cast doubt over his observations.

Interestingly, in red wine occurs betanin in small amounts as well (about 30 mg per liter). Red beet juice contains up to 700 mg per liter.

dyestuff, therefore for me useless. Certainly, we are in negotiation to get another anthocyan dyestuff or to extract the dyestuff from red beets.

The Pharmaceutical Institute did research as well, if anybody else did use the anthocyan dyestuff as a tumor inhibiting substance. They found one notice only in 1959. In this notice Moese and Haefferl (University of Glaz) quote my clinical results and pursued animal tests with a dyestuff extract of the red beets. They found that the red beet dyestuff is an anthocyan compound, they identified as well a chemical formula which is identical with the one here quoted. They produced on many ways and very complicated dyestuff extracts and found that these extracts are really effective against animal cancer, and that they are tumor growth inhibiting. Curing of the cancerous animals was not possible, but they quoted the known fact that there is no sure conclusion derived from the effect of any drug on test tumors in animals to spontaneous attracted human tumors. The main thing is, that the authors according to their own experiences arrived at the conclusion as well that in the red beets is a cancer inhibiting active substance, and that the success of their animal tests is comparable to my clinical experiences. In their tests the active substance was effective only then, if it was ingested per os, but not with injections. That would support my theory that in order to unfold the effect of red beets, the stomach metabolism would be necessary, the metabolism only creates the effective formula! Otherwise, their tests have the same shortcoming as my tests described in the first notice (1955), which mentioned animal tests with Guerin Tumor; the animals there ate the red beets ad libitum, too; therefore, the dosage was not known; however, there was an inhibiting effect!

Others as well did research my experiments and arrived at the same experiences. I.e. the professor of chemistry Dr. Erdos in Mexico. He had the same difficulties as I had with the dosage of the red beets, but he had in two cases good success as well. In his notice he interpreted my experiences and patients histories, and he gives a very interesting overview about the use of plants against tumors; here he mentioned as well, that he met natural doctors in Yugoslavia and Algeria who cured tumors with red beets.

Schmidt as well researched my therapies, which resulted in similar successes. He published his experiences, too.

Another thing I want to point to. The tumor treatment with red beets or with anthocyan dyestuffs respectively is something completely new; so far we do not know how they act. My opinion is, that if we would learn more about the mechanism, so we will arrive at new understanding about the development of cancer. These substances do not work cytostatical, they are not toxic, but attack probably the core of the tumor. What they attack is the cause of the tumor development, therefore, this therapy direction will show the cancer cause research new ways.

Today I wait for the anthocyan dyestuffs, for Primulin, so far I do not know, where I could buy them. It is very well possible that these dyestuffs would be able to provide for a complete solution of the cancer cause, the patients will take a certain dose daily and lose their symptoms (see the case of the lymphosarcoma). But it is possible as well, that they are just very effective medications against tumors, but would not solve the cancer cause. Up to then one could use this therapy against tumors, too. With red beets or with red wines this therapy is way better and more effective - and, what is important as well, it is completely harmless - than the treatment with toxic cytostatic drugs. The minimum

dosage seems to be in 1 l of red wine or 1 l of red beet juice, therefore I advise a combination of both substances: daily a ½ l of red wine, 2 – 3 dl of red beet juice and to eat about 20 dekagram of red beet salad. Certainly, the therapy could be combined with other therapeutical approaches (x-ray radiation, surgery). All patients cannot ingest these amounts; I had patients who were not able to drink 2 dl of red wine daily. But many of them can not take this quantity perhaps over months and maybe longer; however, on this way we can buy time.

Summary. The author derived from the treatment with red beets and red wine good successes. The red dyestuff appears to be effective. Today he prepares tests with pure dyestuffs (anthocyan dyestuffs) which could cause in cancer therapy a surprise. Up to then, the author advises a combined therapy.

**Literature:** Erdos and Ferenczi, Medicina, Mexico, 821, 234 (1959). – Ferenczi, Zschr. Inn. Med., Leipzig, 408 (1959). – Moese and Hafferl, Sc. Pharmaceut., Wien, 27, 230 (1959). – Schmidt, Konst. Med. 8, 4, 93 (1960)

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