

Helleborus foetidus

As a plant *Helleborus foetidus* (stinking helleborus) like the *Helleborus niger* has anti-cancer indications indicating potential for apoptosis and immune surveillance and regulation. Both *Helleborus* species have anti-inflammatory substances as a polarity to *Viscum album* and regenerative properties for the nervous system.

The main difference from *Helleborus niger* is the intensive blossoming we can observe in *Helleborus foetidus*, there is a proliferative blossoming compared to the *niger* species. We can also observe a fermentation (metabolic) process in the flower with productions of yeasts organisms giving the flowers an unpleasant smell. This produces an increased temperature inside: the flower is always about 10 degrees warmer than the outside air. The leaves and roots are much smaller in the *foetidus* species and less pronounced than in the *Helleborus niger* where the thicker “black” roots and larger more distinct leaves are clearly pronounced showing a distinct morphological difference between the two plants.

In anthroposophical medicine the intensive flowering, warmth, and fermentations observed in the *Helleborus foetidus* speaks to the metabolic activity of the human being. In regards to cancerous activity such as the abnormal proliferation of cells that we see in Leukemia and Lymphoma reflect this picture of blossoming and active metabolic processes we observe in this plant.

In general, non-solid tumors such as Leukemia (especially) and Lymphoma reflect a more metabolic process of cancer versus the more nerve sense polarity we see with solid tumors where the *Helleborus niger* may be more strongly indicated. The active ingredients are similar to *Helleborus niger* but the plant speaks differently as a constitutional picture.

Currently *Helleborus foetidus* is available as D6 ampule and can be given daily in acute situations and 1-3 times a week in more stable situations. It can be combined with *Viscum album* but it is recommended to give it at the opposite time of day or on opposite days where possible. It may be possible to offer more potencies in the future. Like the *Viscum album* and *Helleborus niger* there are almost no interactions with chemotherapy, immunotherapy or radiation.

The indication for leukemia's and some forms of active lymphoma is gaining acceptance in many anthroposophic European clinics. Minimal research is available and we look forward to more case studies and reports. Please report any interesting case studies or observations to Uriel and we can give some advice on how to write up a case study. There will also be a lecture on *Helleborus foetidus* and leukemia posted on the Anthroposophia Foundation website given by the anthroposophic oncologist Dr. Marion Debus posted very shortly.

Sincerely,

Dr. Steven M. Johnson

Helleborus niger – leaf more dominant
Plus “black” root more dominant



Helleborus foetidus – blossoms more dominant
Plus yeasts in flowers = “stinking helleborus”

