



# Prostate Health *in* 90 Days

The 2005  
Addition

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Prostate Health *in* 90 Days Without Drugs or Surgery

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## **PART I: THE PROSTATE PROBLEM A NATURAL HEALING PERSPECTIVE**

If you're a man living in the United States, it's particularly important for this report to be in your hands. For instance, did you know...

- **Ninety percent of American men develop some type of prostate problem by the age of 60.** The United States actually leads the western world in prostate problems.
- **Prostate cancer** is the most common form of cancer seen in men.<sup>1</sup> According to the American Cancer Society, another man in the United States dies from prostate cancer every 15 minutes.<sup>2</sup>
- **Benign Prostatic Hypertrophy (BPH)** is characterized by swelling of the prostate. Far from being "benign," this condition can wreak havoc on your life. Affecting half of all men over 40 and three-quarters of those over 65, BPH can disrupt your sex life and cause trouble with urination.<sup>3</sup>
- **Prostatitis**—a condition characterized by burning during urination or pain in the pelvic region—can strike men at any age and does not respond well to conventional treatments. Traditional treatment for prostatitis—antibiotics—is effective in less than 30 percent of cases. *Most men have some form of prostatitis! See: [www.prostatitis60daycure.com](http://www.prostatitis60daycure.com)*

This report will explore the reasons why American men in the 21st Century are so vulnerable to prostate trouble and lay out a definitive plan for you to prevent or, at the very least, ease your prostate problems.

Don't become a victim. There are safe and effective alternative treatments that don't involve drugs, radiation, or surgery. Furthermore, these innovative approaches won't leave you in pain, incontinent or impotent. Read on and discover exactly what it will take for you to prevent and conquer prostate disease.

### **What is the prostate?**

Both a sex gland and a muscle, your prostate is located just below the bladder and in front of the rectum. Its lobes wrap around tubing, called the urethra that carries urine out through the penis. In a man's younger years, the prostate is walnut-sized. Later in life, it typically grows to about the size of an egg.

One of its main jobs is to produce secretions that eventually nourish sperm. Tiny ducts in the prostate manufacture and store these prostatic secretions. When it's working as a muscle, the prostate helps propel semen out of the body. Finally, a healthy prostate has immune defenses that guard against bacteria flowing back into the bladder.

## **How do prostate problems begin?**

There's still much debate about what has caused such a dramatic increase in prostate problems in the United States. We know that many factors can affect your prostate health, such as nutrition, environmental toxins, chronic stress, muscle tension, immune system deficiencies, and even dental toxicities. Strong evidence is suggesting that dental infections and the toxic effects of mercury in amalgam fillings can compromise the immune system. Challenged by these factors, the prostate becomes susceptible to infection, inflammation and disease from bacteria, yeasts, viruses, STDs and other microorganisms.

## **The signs of prostate trouble**

Today in the United States, 40 percent of visits to urologists are for prostate problems. The rate of prostate cancer is rising by as much as 3 percent each year. So chances are good that you or someone you know may face prostate trouble at some point in life.

Prostate trouble often comes to a man's attention through urinary difficulties, problems ejaculating, or pain in the pelvic region. However, men with prostate cancer might not experience any symptoms at all before their diagnosis. That's why prevention and regular check-ups are so important.

Here's a list of the symptoms you don't want to ignore:

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>_ Pain, hesitancy, or urgency to urinate</li><li>_ Decreased force of urinary stream</li><li>_ Burning feeling with urination</li><li>_ Nocturia (getting up several times a night to urinate)</li><li>_ Flu-like symptoms (acute case)</li><li>_ Incomplete voiding</li><li>_ Lower back pain</li><li>_ Discomfort when sitting</li><li>_ Pain during sex or ejaculation</li><li>_ Discomfort in the groin, penis, or testicles</li></ul> | <ul style="list-style-type: none"><li>_ Itchy feeling in the penis</li><li>_ Blood in the urine</li><li>_ Fever of 102 or above</li><li>_ A constant feeling of fullness in the bladder</li><li>_ Premature ejaculation</li><li>_ Erection difficulties/impotence</li><li>_ Male infertility</li><li>_ Fatigue</li><li>_ Depression</li><li>_ Decrease in sexual desire</li></ul> |
|--|---|

„Gale Encyclopedia of Medicine, “Prostatitis,” 1999 edition.

„The Prostate: A Guide for Men and the Women Who Love Them, Patrick Walsh, MD, and Janet Worthington, Warner Books, New York, 1997, p. 25.

If you notice any of these symptoms, consult with your physician to better understand what the signs might indicate. Begin to take steps to improve your prostate health, naturally and effectively, as outlined in this report.

## **The three types of prostate disease**

It is important to educate yourself about the different forms prostate disease can take. There are three major types of prostate disease:

**1. Prostatitis:** An infection and inflammation of the prostate gland and is considered to be a precursor to Prostate Cancer. Prostatitis can show up in the form of urinary complaints, burning, itching, unusual discharge from the penis, sexual dysfunction, pelvic pain, fever and fatigue.

This condition can come on suddenly at just about any age. In fact, approximately 80 percent of sexually active men have prostatitis to some degree. But virgin males can get it too. It can be mild and short-lived, severe with a sharp rise and short course, or it can turn chronic with debilitating symptoms.

The sad truth is that conventional medicine provides few effective treatment options for this condition. Traditionally, it's treated with antibiotics. But studies show that antibiotics relieve symptoms in less than 30 percent of all cases and even then low-grade prostatitis often continues growing without symptoms. Fortunately, new treatments are now emerging that can help you overcome this insidious condition, effectively and naturally. You will learn more about some exciting, new treatments in the next section.

**2. Benign Prostatic Hypertrophy (BPH):** This condition affects 10 million men in the United States and is characterized by gradual swelling of the prostate. As the prostate swells, it begins to press against the urethra, interfering with the normal flow of urine out of the body. A man can suffer from hesitancy in urinating, straining to start the stream, a weak urinary stream, dribbling before or after urinating, frequent urination, or increased urgency. He may also suffer from incontinence as well as incomplete urination, which means that he can't completely empty his bladder.

Increasingly, prostatitis is considered a likely factor in the development of BPH. Therefore, many of the natural medicine approaches that work to prevent and treat prostatitis are also effective for BPH. In fact, some prostate experts believe that

prostatitis and BPH may be the same condition. Men with identical symptoms can be diagnosed with either prostatitis or BPH, the only difference being the man's age. Men under 50 tend to be diagnosed with prostatitis, whereas men over 50 are often told they have BPH. It's important to note, however, that prostate enlargement is the defining symptom of BPH, and it does not always occur with prostatitis.

Moreover, hormone imbalances are also thought to be a factor in BPH. The principal medical "solution" to BPH symptoms is the non-invasive surgery called TURP (transurethral resection on the prostate), also referred to as reaming out the prostate. The urologist inserts an instrument through the penis (while the patient is under anesthesia), removing enough of the tissue to open the urethra and restore normal urine flow. Often, there are major complications with TURP.<sup>9</sup>

<sup>9</sup>HSI Members Alert, June, 2000; "Flowers Aren't Just for Smelling Anymore," p. 4.  
<sup>7</sup>The Prostatitis Syndromes, p. 11.  
<sup>8</sup>Fischer, p. 10.

**3. Prostate Cancer:** Although prostatitis and BPH can, in advanced cases, be quite dangerous, the most serious prostate problem is cancer. Prostate cancer is the most common form of malignancy found in men.<sup>10</sup> Every three minutes, a new case of prostate cancer is diagnosed in the U.S.<sup>11</sup> Many men have prostate cancer and are not aware of it. Autopsy studies of men who died of other causes suggest that by the age of 50 or so, 30 percent of all men have undetected prostate cancer. And by the age of 90, the majority of men have it.

The traditional treatment of prostate cancer involves surgical removal and/or radiation. Each year, 40,000 men have their prostates surgically removed or burned with radiation—often within 48 hours of a cancer diagnosis. Unfortunately, in many cases, surgery and radiation don't work. In fact, cancer often recurs—35 percent of all patients require more treatment within five years, and 76 percent within 10 years.

While short-term survival rates among prostate cancer patients are very high—upward of 90 percent—impotence and incontinence are very real possibilities following most mainstream medical treatments. The nerves controlling erection run along the outside of the prostate, and even with the newer, "nerve-sparing" approach to surgery, these precious nerves are often damaged or destroyed, leaving the man incontinent and impotent for the rest of his life.

More scientists now believe that chronic and progressive prostatitis and BPH contribute to the development of prostate cancer. In fact, many men who develop prostate cancer experience the symptoms of prostatitis or BPH for years before receiving a cancer diagnosis. This has led some prostate experts to question the cause of the cancer. Ronald E. Wheeler, M.D., Director of the Prostatitis and Prostate Cancer Center of Sarasota, Florida, states that "prostatitis and prostate cancer travel together, are seen together and are likely related."

Specifically, scientists think that the chronic infection and inflammation associated with prostatitis can, over time, lead to the development of prostate cancer. Writing for *Scientific American*, Martin J. Blaser, M.D., commented on a related scenario that points to this conclusion: “Consider that the slow-acting bacteria, H. Pylori, causes a chronic inflammatory process...this infection greatly enhances the risk of neoplasms developing, such as adenocarcinomas and lymphomas. It seems reasonable, then, to suggest that persistent microbes may be involved in the etiology of other chronic inflammatory diseases of unknown origin, including carcinomas of the...prostate.” In simpler terms, this means that chronic inflammation caused by bacteria and other pathogens in the prostate, over time, may lead to the development of cancer.

<sup>9</sup> *The Prostatitis Syndromes*, p. 12.

<sup>10</sup> *The Prostatitis Syndromes*, p. 13.

<sup>11</sup> Walsh, p. 25.

While this might scare many of you who have prostatitis or another “benign” prostate condition, the good news is...you don’t have to wait for a cancer diagnosis. There are steps you can take now to protect yourself. You don’t have to wait for a cancer diagnosis and suffer through painful surgery, radiation, incontinence, even impotence. *There are answers.* As you’ll see, you can conquer chronic prostatitis, BPH, and prostate cancer...naturally, safely, and effectively.

## **You’re not alone**

You now have a basic understanding of the different forms prostate disease can take. So it’s time to learn how to defeat them.

In the course of battling my own prostate problems, I developed a 10-step plan that focuses on nutrition, stress management, supplementation, dental improvements and body cleansing.

This plan helped me conquer cancer and lead to a healthier life overall. I can honestly say that I’m glad I developed cancer. I am much healthier and happier as a result. My illness has led me to a whole new level of health, and to developing an approach for treating prostate cancer and other prostate problems so that I can help others.

My message is simple: If you have been diagnosed with prostate problems, you don’t have to let the doctors give you radiation or surgically remove your prostate. There is an alternative—one that will not only eliminate your disease but also increase your general level of health. Since my recovery from cancer, I’ve been dedicated to bringing this successful program to other men suffering from prostate problems. I’ve



seen thousands of men benefit from it. And now you can to.

So, let's get started.

Healthy regards,

Larry Clapp

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President, The Prostate90 Education and Research Foundation

## PART II: A HEALTHIER PROSTATE IN 10 EASY STEPS

Many things can cause prostate trouble, including your diet, emotional distress, stress, muscular tension, dental toxins, environmental and other toxins, radiation, sex life, general lifestyle and even the type of clothing you wear.

The good news is...

There are 10 simple steps you can take to protect your prostate and improve your overall health... without the use of drugs, radiation, surgery or other invasive treatments. Here's an overview of my 10-step plan to achieve prostate health in 90 days.

- 1. Prostate Evaluation:** Getting an early assessment of your prostate health is the crucial first step in your fight. There are *five important tests you need to* get a complete picture of what you're up against.
- 2. Prostate Health-It Is What You Eat:** Of all the factors affecting your prostate health, nutrition can be one of the most powerful influences. You'll find out which foods to include and which to pass on. Even some so-called "health foods" contain questionable ingredients.
- 3. Healthy Mouth, Healthy Body:** Believe it or not, there are toxins leaking in your mouth that can wreak havoc with your prostate. Find out how to stop them in their tracks.
- 4. The Stress Reducers:** It doesn't take a genius to know that stress can have a disastrous effect on your health. Today, scientists have even shown a link between stress and prostate disease. Find out what it will take to relieve stress in your life and improve your prostate health.
- 5. Muscle Relaxation:** Muscle tension and even the clothes you wear can increase prostate problems. Learn six simple techniques for reducing tightness around the prostate.
- 6. Revitalize Your Lymphatic System:** The lymphatic system clears the body of waste and plays a pivotal role in prostate health. Find out why men in the 21st century are under constant attack and what you can do to flush your system.
- 7. Enhance with Supplements:** Researchers have found that natural supplements can go a long way in helping you keep your prostate healthy. You'll learn which supplements on the market can help you conquer prostate problems...and

which ones to avoid!

**8. Start a Fast, Easy Body Cleanse:** In most diseases, including prostate cancer, the build-up of toxins in the body is an important contributing factor. Find out how this cleansing fast can dramatically reduce PSA levels, shrink your prostate, and even eradicate the most aggressive forms of prostate cancer. Your energy level and outlook on life will soar. Men and women alike will benefit from this cleansing fast!

**9. Revitalize Love and Sex:** It's no accident that the highest incidence of prostate cancer occurs in celibate men. How much sex is enough to keep your prostate healthy? Find out more later in the report.

**10. Take Charge of your Health and your Life:** The final part of this 10-step plan gives you specific tools to combat your enemy...whether you've got prostatitis, BPH, or cancer. You'll get the straight truth about the benefits and risks of mainstream treatment plans and learn about emerging, non-invasive methods that are showing promising results.

But, let's start at the beginning. The first step is getting a basic assessment of your prostate health.

## STEP 1: YOUR PROSTATE EVALUATION

Getting a complete assessment of your prostate health is vital for any man who has prostate problems. There are several tests that can help determine your best line of attack against this insidious disease.

**1. Prostate Specific Antigen (PSA) Test.** First things first. If you're concerned about your prostate health, you should ask your doctor for a Prostate Specific Antigen (PSA) Test. PSA is a protein that is present in blood samples and it's thought to be produced in the prostate. PSA numbers seem to rise when infection and inflammation are present in the prostate gland. All men should take a PSA test at age 45 and then every year beginning at age 50. Men at higher risk for prostate cancer (African Americans and those with a father or brother with cancer of this gland) should have their first test at 40 and then annually beginning at age 45. The initial results will serve as a benchmark for later findings.

The PSA Test has been quite controversial, because results are not always consistent with the absence or presence of prostate problems. Typically, a reading of 4.0 or below is considered safe. When the number rises, it's usually not a good sign. A score of 10.0 or above is considered dangerous and a possible indication of cancer beyond the prostate. I've also found that a high number can often be a sign of

prostatitis. Sometimes, however, an isolated high number can be meaningless except as an indication to repeat the test. So, be sure to get that test early in the game and monitor it periodically for increases in PSA.

**2. Digital Rectal Exams (DREs):** While many men dread this procedure, a Digital Rectal Exam is a must for any man at risk for prostate problems. A DRE should be performed during an annual physical exam for men over 40 and earlier for men with prostate problems. During the exam, a doctor places his gloved index finger into a man's rectum to evaluate the condition of the prostate. A general enlargement might indicate BPH. Some enlargement plus bumps or sponginess is often a sign of prostatitis. A rock-hard prostate can indicate cancer. If any irregularities are found, the doctor usually calls for more tests. While a DRE isn't fun, it is ultimately only a few moments of discomfort every year. The test can detect disease early and spare a person from illness, debility, and more unpleasant medical procedures. A healthy prostate will not feel painful when pressed on.

**3. Express Prostatic Secretion Test (EPS):** An EPS test evaluates a sample of prostate fluid obtained during the DRE. When pressure is applied to the prostate, some prostatic fluid flows out through the tip of the penis. This sample is examined under a microscope at the doctor's office or at a lab for the presence of immune-active white blood cells. A finding of five white blood cells or more per high-powered field is a good indicator of infection. Further testing of the sample may determine which infectious organisms are involved. This specimen should be collected as a screening measure at the same regularity as the PSA test, or when symptoms occur.

**4. Segmented Urine Culture:** If you suspect prostate trouble, you can also ask for a test not typically part of a routine annual check-up. A "segmented urine culture" is basically a more detailed urinalysis. Samples are taken at three or four different stages during urination; once at the beginning of the stream, again at the middle, and another at the end. One advantage of this multi-stage urine test is that it examines the initial urine flow out of the urethra and some prostatic fluid, which is part of a urine sample collected at the end.<sup>12</sup>

**5. Albumin:** Another good number to monitor as part of your general prostate care is your albumin level. Albumin is the most abundant protein in the bloodstream. It protects tissues from free radical damage (cellular damage that can progress to cancer); promotes good circulation; helps transport vitamins, nutrients, and hormones; detoxifies cells; and regulates pH levels. Basically, it can be a great indicator of your overall health. When you're sick and your immune system is doing battle, your albumin level usually drops. This test is typically part of a routine blood work-up, but many physicians ignore albumin. This may be because most doctors don't understand how to raise albumin levels when they fall (the "we can't fix it so ignore it" mentality). Make sure to ask for a copy of your report the next time you get blood work done. Check your albumin level. Very healthy individuals can have a

result of 5.5. People with prostate cancer see numbers ranging from 3.8 to 4.1.

## **STEP 2: PROSTATE HEALTH.... IT IS WHAT YOU EAT!**

Nutrition is one of the most powerful influences on your prostate health. The foods you eat each day can optimize the functioning of your body. Conversely, a poor diet can flood your body with toxic elements. When toxins enter your system and your body is not running well, your prostate suffers. A balanced, healthy diet that is free from toxins will help support your prostate and overall health. Here are some basic tips to keep you on the right track.

### **Buy organic produce**

Eating fruits and vegetables is the key to good health, right? Well, not so fast. It's much more complicated than that! Believe it or not, there are 83 active ingredients in pesticides known to cause cancer in humans and animals, and these pesticides are still in use today.<sup>13</sup>

A nine year Wisconsin study determined that farm workers have three to six times the rates of cancerous lymphomas than normal.<sup>14</sup> These workers, who are around pesticides on the job, have very high rates of all types of cancer, including the prostate, stomach, brain, lung, thyroid, and skin.<sup>15</sup>

Random sampling by the U.S. Department of Agriculture in recent years found pesticide residues in 71 percent of the produce tested. Many of these are synthetic chemicals with questionable safety. Unfortunately, in many cases, the Environmental Protection Agency (EPA) only learns how toxic a pesticide is after it has been in use for years. For example, farmers sprayed DBCP, dibromo-chloropropane—a substance known to cause sterility and suspected to cause cancer in humans—on pineapple fields in Hawaii for decades before it was pulled in 1979. As recently as 1999, the government was still testing farm soil in Hawaii for residual DBCP.

Unfortunately, such chemicals linger in the environment...and in our food. Residual DBCP was found in farm soil in Hawaii as recently as 1999—20 years after it was banned! DDT—a pesticide that affects the reproductive system and can contribute to both prostate cancer and breast cancer—was banned in the United States in 1972. Yet it is still showing up in 100 percent of human fat tissues studied each year by the EPA. In 1999, the EPA classified five common pesticides, Captan, Daminozide, Mancozeb, Parathion, and Quintozene, as “probable human carcinogens.” Yet they are still found in grocery stores on apples, peaches, tomatoes, and onions, as well as

various vegetables.<sup>16</sup> Often pesticides are outlawed in the U.S., but other countries still use them on fruits and vegetables. The foreign-grown produce then can be imported into this country.

Here are some simple steps you can take to remove toxins from your diet and protect your prostate health:

- . **Always try to buy organic produce.** Organic produce is always better. Your fruits and vegetables will be free from harmful pesticides and other toxins. It may cost a little more, but your produce will be safe to eat and your prostate will thank you! Look for organic products at your local farmer's market or health food store. Many regular grocery stores also carry some organic products now.

- . **Wash your non-organic produce with a nontoxic fruit and vegetable cleaner.** If organic produce isn't available, use a nontoxic produce wash. Look for Environee ([www.vegiwash.com](http://www.vegiwash.com)) and Fit ([www.tryfit.com](http://www.tryfit.com)). When cleaning leafy vegetables like romaine lettuce, wash and rinse the leaves one at a time. Note: you should always rinse organic produce too, as there may be residues of germs or signs of visiting insects. Water alone is fine for organic items.

- . **Use a hydrogen peroxide solution to clean non-organic vegetables.** Some people prefer to wash their produce in a hydrogen peroxide solution. Add 1 to 1 to 2 teaspoons of Hydrogen peroxide to a gallon of water. Soak leafy vegetables for five to 10 minutes, fruits and heavier vegetables for 10 to 15 minutes, and berries for five minutes. Then soak the produce in a water-only solution for another 5 to 10 minutes before using it or storing it.

- . **Peel non-organic fruits and vegetables**, such as apples and cucumbers and throw away the peels.

- . **Pull off and discard outer layers of non-organic leafy vegetables**, such as lettuce and cabbage.

<sup>12</sup> *Prostate: Questions You Have...Answers You Need*, Sandra Salmans, People's Medical Society, Allentown, PA, p. 33.

<sup>13</sup> From the EnviroLink Network

## Fill your plate with fortifying veggies

When choosing vegetables, include more fortifying ones, like those in the cruciferous family, such as broccoli, kale, cabbage and Brussel sprouts. Studies have shown they can reduce the risk of prostate cancer. In one study, rates of prostate cancer declined by an impressive 41 percent among men who ate three or more servings of cruciferous vegetables a week.<sup>17</sup> Furthermore, by consuming more raw vegetables, you'll be getting more bang for your buck. Raw veggies are packed more densely

with nutrients. They also contain live enzymes and fiber, which support smoother, more efficient digestion.

## **Limit your fruit intake and buy organic**

Too much fruit or fruit juice in your diet can contribute to yeast overgrowth in men with prostatitis. So limit your consumption to one piece of fruit a day. To aid in digestion, it's best to consume fruit on its own, in between meals. Many fruits contain the highest concentration of pesticide residues, so buy organic whenever possible.

<sup>14</sup> *The Staying Healthy Shopper's Guide*, Elson M. Haas, Celestial Arts, pp. 31-32.

<sup>15</sup> Haas, *ibid*; and *Toxic Deception*, Dan Fagin and Marianne Lavelle, Common Courage Press, p. xvi.

<sup>16</sup> *Live Better Longer: The Parcels Center 7-Step Plan for Health and Longevity*, Joseph Dispenza, iUniverse, p. 9.

## **Buy organic meat**

Commercial meat products can harbor a wide range of toxins, pesticides and herbicides, undetectable to the eye. These agents enter the animals' bodies from their feed. In addition, antibiotics and synthetic hormones administered on the farm may linger and remain active in the meat sold at the grocery store.<sup>18</sup> Powerful environmental pollutants, such as dioxin and PCBs, have also been found in our meat supplies.<sup>19</sup> Another increasing hazard involves bacterial contamination from *E. coli*. It's estimated that only one-third of the meat recalled since 1994 because of *E. coli* was ever returned. It is believed that the other two thirds was eaten!<sup>20</sup>

You should look for grass-fed or organic meats. In addition to being raised in the pasture, these animals do not receive hormones, antibiotics or unnecessary drugs. One of the most important advantages of grass-fed beef is that it provides higher levels of Omega 3 fats, an important nutrient often missing in the American diet. Omega 3s help guard against heart disease, stroke and other serious conditions. In addition, grass-fed beef is leaner, has less saturated fat and is less likely to host *E. coli* bacteria. To learn more about grass-fed meats or to purchase it on-line, visit the *Optimal Wellness* website at [www.mercola.com](http://www.mercola.com).

*If you can't buy organic meat, you can use the bleach soaking method mentioned earlier for produce. The bleach soak helps to cleanse the meat of hormones and antibiotic residues, and it also tenderizes the food. It can be used with all kinds of flesh food, including fish, but it is not recommended for ground meat. Frozen meat is soaked for 15 to 20 minutes until thawed. Thawed meat should stay in the bleach/water mixture for 10 minutes. Afterwards, soak the meat in plain water for another five to 10 minutes.*

## **Buy organic dairy products**

Commercial dairy products can deliver all the same toxins found in meat.<sup>21</sup> This makes sense since most of these foods come from cows. Interestingly, dairy consumption has been linked to prostate cancer in 16 studies published in medical and scientific journals. One Harvard study found that 2-1/2 servings of dairy a day can increase your prostate cancer risk by more than 30 percent.<sup>22</sup> With these kinds of statistics, you may want to limit the amount of milk, cheese, butter, and other dairy products you eat on a daily basis.

## **Consume high-quality protein**

In an attempt to clean up their diets, many men with prostate problems cut way back on their protein consumption. This is a big mistake! Protein helps maintain and repair your body's tissues and fluids.

Protein foods also supply important nutrients, such as zinc, that protect the prostate. It is important, however, to select high-quality protein, such as wild (not farm raised), deepwater salmon or tuna fish; organic peas, beans or lentils; and low-fat, range-free, organic meat.

A basic guideline for protein intake is four ounces (such as a single breast of chicken or a cup of tuna) at every meal for men and three ounces for women. In addition, include a little protein in twice-a-day snacks—about one ounce at each sitting.

From the National Cancer Institute.

<sup>18</sup> The Road to Immunity, by Kenneth Block, M.D., and Neillie Sabin, p. 138.

<sup>19</sup> Ibid.

<sup>20</sup> The Los Angeles Times, June 6, 2001, "The Bug That Ate the Burger," Section H, p. 3.

## **Eat protein with carbohydrates**

A combination of carbohydrates and protein will lead to smoother digestion. But to keep your energy level steady, consume high-glycemic carbs (such as breads and pasta) in moderation. They cause your insulin level to rise rapidly and can lead to energy spikes followed by deep crashes. Eating carbs with protein helps to slow down the digestive process and creates a steady flow of energy. Green vegetables are among the lower-glycemic carb choices. Wholegrain foods containing barley, buckwheat, oats, rye, or wheat are also good choices. Just make sure they actually contain "whole grain." Some products may look brown and resemble wholegrain products but are actually artificially colored with a small amount of whole grain



added. When you see enriched flour as an ingredient, you know it's not a whole-grain product.

## **Avoid food additives**

Many of the unpronounceable words found on packaged foods are synthetic additives. Food additives can be found in everything from hot dogs to cereal to salad dressing. Even some so-called “health foods” contain additives. Some of the main chemical additives are colorants, preservatives, and artificial flavorings. According to the *Center for Science in the Public Interest*, some of the top food additives you want to avoid are: aspartame; BHA and BHT; caffeine; monosodium glutamate (MSG), nitrate, nitrite, olestra, potassium bromate, saccharin and sulfites. Watch out, because the flavor enhancer monosodium glutamate also comes disguised as part of autolyzed yeast, calcium caseinate, gelatin, glutamate, glutamic acid, hydrolyzed protein, hydrolyzed soy protein, monopotassium glutamate, sodium caseinate, yeast extract, yeast food, and ‘yeast nutrient.’<sup>23</sup>

<sup>21</sup> *The Road to Immunity*, p. 139.

<sup>22</sup> From the Physicians Committee for Responsible Medicine.

## **Beware of so-called “health foods”**

Some so-called “health foods” contain food additives that are questionable. Be sure to check the label...even on products that seem healthy. Here are just a few examples of foods to avoid and their healthier alternatives.

PRODUCT/FOOD	ADDITIVE	ALTERNATIVE
<b>Nabisco's Wheat Thins</b>	<ul style="list-style-type: none"> <li>Partially hydrogenated soybean oil</li> <li>MSG</li> <li>Artificial color</li> <li>Disodium inosinate</li> <li>Disodium guanylate</li> </ul>	Ak-mak 100% whole wheat, stone-ground sesame crackers
<b>Progresso's Home Style Chicken Soup</b>	MSG	Homemade soup
<b>Gordon's Lemon Pepper Frozen Fish</b>	<ul style="list-style-type: none"> <li>Partially hydrogenated soybean oil</li> <li>Sugar</li> <li>Soy protein isolate</li> <li>MSG</li> <li>THBQ</li> <li>Sodium erythorbate</li> </ul>	Fresh, wild deep-sea fish
<b>Old Tyme Split-Top Wheat Bread</b>	<ul style="list-style-type: none"> <li>Calcium propionate</li> <li>Mono and diglycerides</li> <li>Azodicarbonamide</li> </ul>	100% whole wheat bread

### **Say "No" to soda and coffee**

Soda has been the most popular drink in the United States since 1976. In fact, the average person drinks 50 gallons of soda a year. What's wrong with that? Well, 75 percent of the sodas we drink contain artificial sweeteners. And a regular 10-ounce can of soda contains the equivalent of 10 teaspoons of sugar.<sup>24</sup> In addition, the phosphoric acid in soda weakens our bones. Diet sodas often contain a chemical additive called aspartame, which many experts believe can be toxic to the brain and body.

Coffee is another popular drink in today's fast-paced world. Lots of us need a "cuppa joe" to get going in the morning. But the caffeine in soda and coffee can irritate the prostate. Furthermore, non-organic coffee contains pesticides and herbicides.

### **Drink six to eight glasses of pure water a day**

This one's pretty obvious. Instead of grabbing a soda, reach for a glass of pure water.

Adequate water intake supports good digestion and helps flush out the lymphatic system. Keep a water bottle at your desk or in the car and make a point of drinking from it throughout the day. High-quality spring water is best.

### **Avoid spicy foods**

Those extra hot wings or tacos piled high with jalapenos may taste great. But the reality is that spicy foods can aggravate the prostate and tax your digestive system, so it's best to pass on the hot salsa and chips at your next party!

### **Keep some fat—It's essential for a healthy prostate**

The low-fat craze of the 1990s caused many men to go overboard and eliminate nearly all the fat from their diet. This was a big mistake! Our bodies need fat to function properly. Fat helps lubricate the body and is an important component of your cell membranes. It also provides fuel to help your system process other nutrients. As a basic rule of thumb, fat should constitute about 30 percent of your diet. Good sources of fat include organic avocados, as well as cold-pressed, unrefined olive oil, organic cold-pressed flax oil or coconut oil. However, avoid refined, hydrogenated oils—fats that are altogether too common in packaged foods. Eliminate fried foods too, as they deliver trans fats (a fatty acid found in hydrogenated oil that can cause cholesterol problems, heart disease and cancer). Flax oil should only be consumed when eaten with cottage cheese and/or goat yogurt. Alone, it has been shown to grow prostate cancer in vitro.

Also, be sure to consume adequate amounts of essential fatty acids, such as those found in Omega 3 and Omega 6 oils. These fatty acids protect our cell membranes and ward off cancer (and help keep our cholesterol levels in check). Most men consume enough Omega 6 oils, but need much more Omega 3. To boost your Omega 3 intake, eat organic walnuts and fresh, wild mackerel, tuna, salmon, trout, halibut, cod, sardines or anchovies from deep-water sources. To cut back on Omega 6, avoid all vegetable oils, including safflower, sunflower, canola and corn oil. It seems no Americans come even close to eating enough Omega 3s. A recent study shows most Americans test 200 to 1, Omega 6 to Omega 3. Some healthy Americans tested 40 to 1. *The ideal ratio is 4 to 1.*

### **Discover the amazing power of flax oil and flaxseed**

Be sure to get one or two servings of flaxseed a day. You've never heard of flaxseed? Well, bear with me for a moment—this point may take some explaining.

Dr. Johanna Budwig, a German biochemist, studied the relationship between fats, nutrition, and illness. She found that seriously ill cancer patients are deficient in Omega 3 oils (and the essential fatty acids they provide). Based on Budwig's work, I developed the recipe below to increase your intake of Omega 3 in a way that supports your prostate health and healing.

For prevention, you should eat this combination once a day. If you already have prostate problems, especially if you suspect cancer, eat two servings a day. Subjects in one Los Angeles study, involving treatment with unrefined flaxseed oil, reported experiencing an increased sex drive and improved urination, as well as increased energy and a reduction in the size of the prostate.<sup>25</sup>

It's important to remember that even if you're eating this flaxseed recipe daily, you should still try to regularly incorporate other natural sources of Omega 3 fatty acids into your diet.

For the recipe, use organic ingredients if possible. You'll find flaxseed in health food stores.

<sup>23</sup>From The Truth in Labeling Campaign.

<sup>24</sup>From the Center for Science in the Public Interest.  
*How to Fight Prostate Cancer and Win*, p. 35.

In your blender, place:

1/2 cup cottage cheese

1 cup goat yogurt

2 tablespoons cold-pressed, organic flaxseed oil

2-3 tablespoons flax seed (measure before grinding)

2-4 Tablespoons organic cold pressed, unrefined Coconut Oil

Optional: fresh or frozen organic blueberries or strawberries or better yet add garlic, cilantro, other greens.

In addition, add pure water to the consistency desired—about one cup creates a smoothie texture.

The flaxseeds should be purchased whole and ground at home. You can use a spice or coffee grinder for this purpose. It's important to grind the seeds fresh and use the ground flax right away. The make-up of ground seed changes very quickly—in about 45 minutes.

To learn more about Dr. Budwig's work, you can read the user-friendly *How to Fight Cancer and Win*. Two other interesting sources are *The Oil Protein Diet Cookbook* and the more technical *Flax Oil as a True Aid Against Arthritis, Heart Infarction, Cancer, and other Diseases*.

*Note: It is important to keep flaxseed oil refrigerated (so it doesn't go rancid) and to purchase it from a source that you trust to supply a fresh product. You want a cold-pressed, organic, non-refined form of flaxseed oil.*

## **Coconut Oil**

Natural coconut oil, cold pressed and unrefined is a healthy, tasty addition to ones food regimen in smoothies, as spreads and for cooking. It is the only oil that does not breakdown when heated to cooking temperatures. It is anti-viral, anti-fungal and aids in weight loss, contrary to mainstream assertions that because it is a saturated fat it is harmful. It is very good for general and prostate health. See: [www.prostate90.com](http://www.prostate90.com)

## **Eat in moderation**

Did you know that eating less actually helps you live longer?<sup>26</sup> Scientists have found that animals on limited-calorie diets live 40 percent longer than those who eat more.<sup>27</sup> At your ideal weight, your system will have more energy for tissue and organ repair. A simple formula for figuring your daily caloric needs is “The Rule of 10.” You begin by multiplying your weight by 10. For example, if you weigh 170 pounds, you'd get an initial figure of 1,700. Next, you multiply your initial result by 150 percent (yielding 2,550 calories) if you're extremely active, 140 percent (2,380 calories) if you're moderately active, or 130 percent (2,210 calories) if you're lightly active to get your total daily calorie requirement.

## **Relax and enjoy your meals**

To support smooth digestion, eat at a relaxed pace in a comfortable environment. Scientific studies have demonstrated the importance of your emotional state when eating. So avoid eating when you're stressed or upset. You should also avoid drinking alcohol with, immediately before, or immediately after meals. It dilutes your digestive enzymes and inhibits nutrient absorption. And, of course, try not to eat before going to sleep—it's too taxing on your system. Your body is built to use this time for repair and rejuvenation.

## **STEP 3: HEALTHY MOUTH—HEALTHY BODY**

Researchers now believe that microorganisms and toxins in your mouth can depress

your immune system, contributing to many types of chronic degenerative conditions.<sup>28</sup> Beyond this, infections in your mouth may actually migrate to the prostate. In my work with prostate patients, ***I have never seen a prostate problem without a problem in the mouth.***

For many years, dental health professionals have debated the idea that local infections in the mouth could cause symptoms elsewhere in the body. Recently, the *American Academy of Periodontology* showed a link between periodontal disease and coronary artery disease—finding it doubles the risk.<sup>29</sup> Other studies show a link between oral infections and cerebrovascular accidents (CVAs), including stroke.<sup>30</sup>

Meanwhile, research on the mouth-prostate infection link is still in its early stages. A pilot study at the University of Southern California showed that specific microorganisms living in the mouths of eight men with prostate problems were also residing in each individual's prostate. In this small study, there does appear to be a direct relationship between these oral infections and infections in the prostate. That seems to support the theory that if you want to clean up the infections in the prostate, you have to clean up all the infections in the body—including those in the mouth.

<sup>28</sup> *The Way of Walking: Eastern Strategies for Vitality, Longevity, and Peace of Mind*, Jacques Mora Marco, Contemporary Books, Chicago, p. 150.

<sup>29</sup> From The Infinite Faculty Institute, a life-extension resource.

<sup>30</sup> *Alternative Medicine: The Definitive Guide*, Future Medicine Publishing, Puyallup, Washington, p. 81.

Considering dental health and its connection to the prostate, Harold Ravins, D.D.S, a leader in the field of biological dentistry states, “We have not been able to locate a man with prostate problems who also has a clean mouth. If you have no infections in the mouth, you have a much better chance of *not* developing prostate trouble.” Here are four simple steps you can take to wipe out toxins and infection in your mouth, helping to support your prostate health.

**1. Find a biological dentist:** Nobody likes to visit the dentist. But if you're concerned about your prostate health, you need to find a good *biological dentist*. A holistic practitioner who focuses on your overall health, a biological dentist can help you address problems in your mouth that negatively affect your prostate health. He'll be well-versed in techniques that can help you wipe out infection and fight illness. To get a referral to a biological dentist in your area, contact the Holistic Dental Association, [www.holisticdental.org](http://www.holisticdental.org), *American Academy of Biological Dentistry* in Carmel Valley, California, at (831) 659-5385; the *Environmental Dental Association* in San Diego, California, at (800) 388-8124 or (858) 756-7845; or the *International Academy of Oral Medicine and Toxicology* in Orlando, Florida, at (407) 298-2450 (website [www.iaomt.org](http://www.iaomt.org)).

**2. Beware of root canals:** Why do infections sometimes linger after the completion of root canals? According to Dr. Ravins, it's partly because infections in the root are always somewhat tricky to clear; there are many little canals tucked in

there. Perhaps the tooth was in an awkward position in the mouth and it was difficult for the dentist to get all the infection out during the procedure. “Not every tooth is suited for a root canal,” Ravins states. “It shouldn’t be done if the location is too difficult.” A lingering infection spreads and hides in the jaw bone, usually causing infections in the prostate..

Some infections that exist after root canals don’t cause pain, because the nerve has been removed and therefore go uninvestigated. “It’s important to note that younger, healthy people have benefited from root canals, however they should not be done on people already having health issues” says Dr. Ravins. *“The important issue is that the removal of the infection be complete and that is virtually impossible, because of the 2+ miles of tubules in every tooth.”*

**3. Fight gum infections:** Infections in the gums should also be carefully watched, especially in men with weakened immune systems. Weak resistance may cause pathogenic organisms to multiply in the mouth. Warning signs of gum infections can include bleeding gums, pain, or movement in the teeth. Since these infections tend to be low-grade, they can be easily missed, however they lead to heart disease and cancer. Saliva testing can detect the presence of pathogenic microbes. Gum infections are easily eliminated with proper hygiene, including herbs and proper nutrition.

**4. Have your amalgam fillings (silver fillings) removed:** Amalgam is the most widely used material in fillings, and its safety has recently come into serious question. Amalgam, or silver fillings, are actually made of a combination of materials, including mercury (56%), silver, tin, copper, and zinc. It’s the mercury in the amalgam that has been the subject of the hottest debate. Mercury is the most toxic metal on earth!

<sup>29</sup> The American Academy of Periodontology website, <http://www.perio.org/consumer>.

<sup>30</sup> “Periodontal Disease and Risk of Cerebrovascular Disease,” Tiejian Wi, M.D., et al. *Arch Intern Med*, 2000; 160: 2,749-2,755.

Mercury is believed to have a slow, but powerful effect on the body. In fact, it is believed that mercury may:

- Disturb the body’s chemical balance<sup>31</sup>
- Increase the number of antibiotic-resistant bacteria in the mouth, intestines, and elsewhere<sup>32</sup>
- Interfere with cellular activity<sup>33</sup>
- Damage the central nervous system<sup>34</sup>

- Alter the hormone function of the endocrine system<sup>35</sup>
- Increase depression<sup>36</sup>
- Increase heart attacks and other cardiovascular diseases<sup>37</sup>
- Damage the kidneys<sup>38</sup>

Researchers have found that mercury vapors from silver fillings are released when we chew food (especially hot or acidic food) and brush our teeth. The *World Health Organization* estimates that people with amalgam fillings are exposed to anywhere from three to 17 micrograms of mercury per day. Others have calculated that a *single silver filling* releases up to 10 micrograms a day. ***There is no level of mercury in the body that is safe by any standard anywhere.***

Besides leaking mercury, amalgam fillings begin to break down after about seven years. When a filling starts to break down, it becomes porous and less contained and begins to lose its shape. Infection and structural weaknesses result. Amalgam fillings are rated to last seven years.

Standard filling mixes referred to as “gold” can also lead to health problems. These mixed-metal fillings can cause corrosion, decay, and infection of the underlying tooth. Furthermore, fillings containing gold or any other metal should never be mixed with silver fillings. Any time two metals are used in the mouth, they create a “battery effect” that generates a low-level electric current that interferes with the body’s natural energy.

Dr Ravins feels the new Cerec system for immediate grinding out porcelain restorations right in the office, is close to perfect for replacing amalgam fillings. There also new composite materials that can be used for replacing amalgams. The less metal used in the mouth the better. Any material used must be tested for bio-compatibility with your body.

Mercury amalgams are still a controversial issue. However, our clinical experience has demonstrated over and over again that prostate problems, including cancer, are cleared only after ridding the mouth of infections and mercury amalgams. In order for the prostate to heal, the removal of the mercury must be followed by homeopathy or one of the various means of chelation in order to assist the body in excreting the mercury from deep in the tissue, brain, prostate, and other vital organs.

The bottom line here is to have your amalgam fillings removed and replaced. Dr. Ravins feels that a perfect replacement for amalgam is still out of reach. For now, the best option is to use a filling containing only one metal, such as gold. “Holistic gold,” a mixture of gold and platinum, is also recommended. Other alternatives include composite plastic materials and porcelain. Note that no other metal should be used



until all of the mercury is out of your mouth. Any material used must be tested for bio-compatibility with *your* body, as each person has different sensitivities.

The American Academy of Periodontology website, <http://www.perio.org/consumer>.

<sup>32</sup> *Prostate Health in 90 Days*, Larry Clapp, p. 147.

<sup>33</sup> Summers, A.O., etc. "Mercury Released From Dental "Silver": Fillings Provokes an Increase in Mercury-and Antibiotic-Resistant Bacteria in Oral and Intestinal

Floras of Primates," *Antimicrobial Agents and Chemotherapy*, April 1993, pp. 825-834.

<sup>34</sup> D. Echeverria, etc., "Neurobehaviorial Effects From Exposure to Dental Amalgam," *FASEB Journal* 12, 971-980 (1998).

<sup>35</sup> Ziff, Sam. *The Toxic Time Bomb*, pp. 92-96.

<sup>36</sup> Sibelerud, Robert, et al. "Psychometric Evidence that Dental amalgam Mercury May Be an Etiological Factor in Manic Depression," *Journal of Molecular*

*Medicine*. Vol. 13, No. 1, First Quarter 1998, pp. 31-40.

<sup>37</sup> Salonen, Jukka T. et al. "Intake of Mercury from Fish..." *Circulation*, Vol. 91, No. 3 February 1, 1995, pp. 645-55.

<sup>38</sup> Sam Ziff, *The Toxic Time Bomb*, p. 88.

The removal of amalgam fillings and other improvements in dental health can be important factors in fighting prostate disease and helping you reach higher levels of good health. But if you do not have these fillings removed, you should not do any chelation to remove mercury. because it can pull more mercury from the mouth into the body tissue, including the brain and the prostate..

## STEP 4: THE STRESS REDUCERS

While stress is a fact of life, our response to the daily grind can affect our overall health. Research has shown that stress suppresses the immune system...and that can make you vulnerable to all kinds of health problems, including prostate disease.<sup>39</sup>

Stress, particularly chronic stress, is especially damaging to the prostate. Stress causes all areas of the body to tense up, restricting blood flow and energy. The prostate relies on tiny blood vessels for nutrition and cleansing. When blood flow is restricted, damage ensues. This damage sets the stage for prostate enlargement and even cancer.

Patient after patient has related how their symptoms accelerate during periods of intense stress. Gary T., a 35-year-old man with prostatitis from Myrtle Beach, South Carolina, is a good example. It was after New Year's weekend when Gary began to suddenly experience severe symptoms of prostatitis. A year and a half later, after some success with fighting the condition, Gary says he can clearly see a pattern of flare ups when he doesn't "take care of" himself because of stress. Weeks can go by without symptoms, and then when he doesn't eat right, stays up all night, and drinks too much, his prostatitis symptoms come back with a vengeance.

We have all noted changes in our bodies when we feel especially stressed or anxious. Your heart begins to race. Your stomach churns. You might feel light-headed. At night, you could have trouble sleeping. This kind of stress also affects your immune system. Your adrenal glands go into overdrive. And as your adrenaline rises, the number of protective natural killer cells in your system decreases. Natural killer cells

attack and destroy a wide range of threatening organisms, including viruses and even certain types of cancer. Lowered levels of natural killer cells leave your body more vulnerable to infection and disease, including prostate cancer.

One clinical trial of more than 300 men published in *Health Psychology* magazine in 1999, found that high stress levels are associated with elevated Prostate Specific Antigen (PSA), a key indicator of prostate trouble. Another study conducted at North Carolina State University examined the relationship between stress and prostatitis in rats. Researchers found that even mild stress produced increased inflammation of the prostate gland. Conversely, inflammation diminished for rats not placed under stress.

In the May 15, 1998, issue of *Cancer* magazine, researchers reported that untreated anxiety and depression are common among men with prostate cancer. They noted that 80 percent of prostate cancer occurs in men over 65 and that this group experiences a number of significant age-related stressors, including retirement and the loss of a spouse, other family members, and peers.

A daily practice of meditation can help you become more calm and centered, preventing stress and prostate trouble. While you may wonder how “communing with your inner self” can help in your fight against prostate disease, science has begun to prove that meditation can actually help boost your overall health and well-being.

» *The 10 Best Tools to Boost Your Immune System*, Elinor Levy, Ph.D., and Tom Monte, Houghton Mifflin, New York, pp. 128-129.

Researchers at the University of Miami found that both daily meditation and progressive relaxation exercises increase a person’s CD4 levels. CD4 cells, also known as helper T cells, help us fight disease and infection (by identifying antigens in the body and triggering the immune system to destroy them).

But that’s not all.

Harvard University psychologist Ellen Langer conducted a three-year-long study that examined the health effects of meditation on nursing home patients. Patients practiced Transcendental Meditation (TM), a specific type of meditation that uses a mantra and triggers relaxation. At the end of the study, the researchers found that residents who practiced TM lived longer than others. After three years, all of the TM practitioners were living, compared with only 38 percent of the non-participants.

Here’s a basic, easy guide for meditation:

- Sit in a quiet, comfortable position with your eyes closed.
- Beginning at your feet and working your way up your body to your

head, relax your muscles. Silently tell yourself that your feet are completely relaxed, your ankles are relaxed, your calves are relaxed, etc.

- Pay attention to your breathing as you inhale and exhale through your nose. Say the word one silently to yourself with each exhalation.
- Continue breathing easily and naturally, saying “one” with each exhalation, for 10 to 20 minutes.
- When you’re finished, don’t get up immediately. Sit quietly with your eyes closed for a few minutes.
- Then sit for a few more minutes with your eyes open.

Don’t worry if at first you have trouble clearing your mind during meditation, or if you’re not as relaxed as you would like to be. Keep working at it. By practicing meditation once or twice daily, you’ll become more able to relax. By meditating daily, you will help support your immune system, protect your overall health and specifically guard the health of your prostate.

## STEP 5: RELAXING MUSCLE TENSION

Muscle tension is one way that the body lets us know that our stress level is getting too high. Researchers have found that people with tension-related illnesses tend to favor one body system or location where they are most likely to store their stress.<sup>40</sup> For men with prostate problems, this can be the pelvic region.

Prostate patient Gary T., whom I mentioned in the previous section, has noticed that muscle tension in the pelvis plays a role in the return of his symptoms. He says that during a flare-up, “those muscles tend to want to tighten up.” Therefore, Gary makes a conscious effort to relax his pelvic muscles by relaxing in a Jacuzzi or getting a massage.

Muscle tension in patients with prostate problems can be generalized in the pelvic muscles but may also include tight areas elsewhere in the body that exhibit extreme pain when touched. Wherever you feel pain, here are six simple steps you can take to relieve muscle tension and improve your prostate health.

**1. Be aware of your body:** We can begin to hold on to stress even before we become conscious of it. So the first step in relieving muscle tension is to be aware of your body. Begin to notice where you hold stress...whether it’s in your stomach, neck, shoulders, face, or pelvis. Some people find it helpful to make notes about their

muscle tension and keep track of possible triggers.

**2. Progressive relaxation:** Progressive relaxation is a deliberate practice where you set aside time to consider each part of your body, to tense it purposefully, and then to relax it. You can do it while sitting or lying down. Begin with your feet and work up to your head. Tense each area, and then relax it. Pay attention to the places that seem the tightest. At the end of the session, spend a moment or two relaxing. At first, you may find that it takes 20 minutes to scan your body. But with practice and more skill on your part, this process may take only a few minutes.

**3. Massage:** Men with prostate problems, especially prostatitis, have found that massage can be very helpful in relieving muscle tension in the pelvic region. Raya King, a Los Angeles-based body worker, has seen hundreds of men with prostate problems. According to King, “Tension in the pelvic floor muscles can contribute directly to prostate problems. The constriction is not good for the prostate because it affects blood flow.”

King is trained in Hellerwork massage, a type of deep-tissue massage. As King explains it, “In Hellerwork, you specifically work with the connective tissue of the body to lengthen and liquefy it so that the patient has more freedom of movement.” If you prefer a lighter form of massage, look for a practitioner who specializes in the Alexander Technique or Bowen Therapy. Chiropractic adjustments and acupuncture can also help lessen muscle tension and improve blood flow to the pelvic region.

**4. Biofeedback:** Practicing biofeedback is a way of gaining a greater understanding of how your body holds muscle tension. Machines and instruments provide you with a report on where your body displays stress. The readings analyze your muscle tension, heart rate, blood pressure, skin temperature, and even brain activity. While hooked up to the non-invasive machine, you’ll get important information on how to help relax your body. Using trial and error, you’ll discover what actions help you relax. And by learning how to relax better, you’ll improve your blood flow and give your body the energy it needs to fight off infection and disease.

**5. Regular exercise:** Regular exercise can help reduce muscle tension while improving your mood and attitude. It promotes the production of endorphins—substances that naturally reduce pain and promote feelings of well-being. Exercise also gets your lymphatic system in gear.

**6. Watch your wardrobe:** Even the clothes you wear can cause tension and prostate trouble. Tight clothing restricts the flow of energy and blood to the groin and encourages tight muscles by hindering body movement. It also holds the testicles rigidly in place. The testicles need room to move to allow normal blood flow and to regulate their temperature at the optimal level for sperm and hormone production. So it’s best to avoid tight undergarments and jeans, opting instead for loose pants and boxer shorts. Also, stay away from tight belts, as they tend to reduce blood flow.

## STEP 6: RELEASE THE FLOW OF YOUR LYMPHATIC SYSTEM

Known as the “second circulatory system,” the lymphatic system contains clear, cell nourishing fluid with immune-enhancing powers. One of its major jobs is to clear the body of waste and unwanted elements, including metabolic by-products, toxins, parasites, bacteria, viruses, fungi, and cancer cells.

Along this vast route of channels lie 600 receptor sites that clear waste. These sites are called lymph nodes (sometimes referred to as lymph glands). The nodes usually appear in clusters, such as behind the ears, under the armpits, in the abdominal cavity, in the groin, and behind the knees. The nodes in the groin/upper-leg region are the ones that draw toxins from the prostate.

A smooth-running lymphatic system can dramatically support your good health, says Michael Tick, a naturopathic doctor who has worked with the lymphatic system for healing for 30 years. But sometimes problems develop. The lymphatic system is often taxed to the limit, due to the high amount of toxicity the body takes in daily. Sometimes, it's more than the system can handle and the waste gets stuck.

Here are some simple steps you can take to keep your lymph system unblocked and running smoothly:

- 1. Engage in regular exercise:** Regular exercise can help improve your body's overall circulation and flush toxins out of troublesome spots.
- 2. Boost your water intake:** Water intake is vital for flushing waste out of your system. Make sure you're drinking at least eight glasses of water per day.
- 3. Find a lymphatic therapist\*:** If you've got chronic prostate problems, I recommend you find a qualified lymphatic therapist. This type of therapist is a specialist who can help you open the blocked lymphatic channels, improve your overall health, and better the health of your prostate. There are many different techniques lymphatic therapists use to clear the clogged channels. Judy Taylor, director of the Center for Lymphatic Health in Santa Monica, California, practices the 2,000-year-old art of Gua Sha. In this technique, a therapist applies organic oil to the skin and then scrapes a jade tool (which looks like a credit card) across the skin. Along with this massage, the therapist uses a special machine that emits low-frequency sound waves to help break up blockages. The sound waves also help increase circulation in the area by dilating capillaries. The procedure clears,

cleans, and unblocks the lymphatic channels and nodes. One session usually lasts about an hour.

According to Taylor, “In all the years I’ve been working on people, there were only two who didn’t have some form of lymphatic blockage.” Taylor recalled one particular patient in his 60s who had prostatitis and arrived at her clinic in very bad shape. It was so severe he had difficulty walking. The man had worked in a chemical factory for years and suffered from severe toxicity. His response to lymphatic treatment wasn’t immediate, but, in the end, it was well worth the effort. After 12 sessions, it helped break up the blockages, remove the toxins, and lessen his symptoms.

**4. Rock, swim, or bend your way to good prostate health:** You can also rock on a small medical device called a *rebounder* to get your lymphatic system moving. Because some men have complained to me of knee problems, I advise that your feet do not leave the rebounder and that you just gently rock on the device at first (rather than jump up and down). This should be more than sufficient for the first two months. Taylor’s company, *Life Source International LLC*, offers many products that are helpful in maintaining lymphatic health. These include a home *Art of Gua Sha* kit that includes an instructional booklet, a *Gua Sha* tool, and organic body oil; a line of high-quality rebounders called Lympholines; and individually packaged lymphatic body oil. The Lympholines are more shock-absorbent than less expensive rebounders. For more information, call (888) 391-3719 or visit [www.lymphforlife.com](http://www.lymphforlife.com).

\*Note: When searching for a lymphatic therapist, look for someone who is certified with a reputable training facility like *Taylor’s Center for Lymphatic Health*. Another facility in the U.S. is the *Dr. Vodder School of North America*, which has a locator service on their website at [www.vodderschool.com](http://www.vodderschool.com).

## STEP 7: ENHANCE WITH SUPPLEMENTS

Researchers have found that natural supplements can go a long way in helping keep your prostate healthy. Let’s take a look at some of the cutting-edge supplements on the market today that can help you conquer prostate problems.

— **Cernilton:** Discovered in Sweden about 50 years ago, the flower-pollen extract *Cernilton* (pronounced *sir-nill-tun*) is a combination of the pollen of eight different plants. Cernilton has been shown to inhibit and reverse enlargement of the prostate, as seen in BPH. Plus, a 1988 double-blind, placebo-controlled study showed that Cernilton improved nocturia (excessive nighttime urination) in 68.8% of cases. A second study confirmed the initial

results. Cernilton also seems to act as a smoothmuscle relaxant in the bladder and prostate. And experts have noted its ability to block DHT, a male hormone that stimulates prostate enlargement. Contact information for Graminex, the producer of Cernilton, is in the Resource Directory at the back of this book.

\_ **Cetyl Myristoleate (CM):** This naturally occurring fatty acid is a strong anti-inflammatory and immune modulator. It helps to reduce inflammation throughout the body and to regulate the immune system.

\_ **Coenzyme Q10:** This supplement has been garnering attention for its antioxidant and apparent cancer-fighting properties. An essential substance that occurs naturally in the body, it declines with age. It is believed to protect cell membranes. In one study, it was found helpful in warding off occupational exposure to toxins.<sup>41</sup>

\_ **Epilobium (Small-Flowered Willow Herb):** This herb comes from a European plant with a rose-purple flower that attracts hummingbirds. The herb has a long history on that continent as a folk remedy for prostate problems. It's known particularly for its anti-inflammatory and anti-infectious properties. Men report elimination of urinary symptoms, and a preliminary study found a reduction in cancer and inflammation of the prostate, including the inflammation associated with BPH. Look for a liquefied formula for better results.

\_ **Lecithin:** Lecithin can help the body absorb Cetyl Myristoleate (see above). It is also believed to fight toxins, through its support of brain functioning, digestion, and the liver. Choline, a powerful antioxidant, is also a component of Lecithin.<sup>42</sup>

\_ **Phytosterols:** Phytosterols are special nutrients found in all plants and vegetables. They are the active ingredients that have helped make saw palmetto well-known for prostate support. In scientific studies, the phytosterol beta-sitosterol has been shown to inhibit the growth of cancer cells and help maintain a healthy male hormone balance. One new product on the market called **NeoProstate** delivers these nutrients in a more concentrated form that works four times faster than saw palmetto.

\_ **Probiotics:** Men taking antibiotics for prostatitis should also take probiotic supplements to keep their digestive systems in balance. Probiotics can restore the body by providing the necessary and beneficial bacteria that antibiotics kill off along with the "bad guys." One basic variety of "good guy" bacteria to look for is *Lactobacillus acidophilus* — a bacterium found in milk and fermented milk products (especially in yogurt with 'live cultures') that aids digestion.

**\_ Digestive enzymes:** High-quality, plant-based digestive enzymes can be helpful for most people, as they aid in overall digestion. Look for a broad-spectrum food enzyme product in your local health food store.

Several supplement companies have put together prostate support products, using various substances. NeoProstate, a product from Beachwood Canyon, Naturally contains phytosterols in a more concentrated form that works four times faster than saw palmetto. Contact information for Beachwood Canyon, Naturally is in the Resource Directory at the back of this book or visit their website at [www.bcn4life.com](http://www.bcn4life.com).

### **Other beneficial supplements you may already know**

**\_ Selenium:** Selenium's use in prostate care was originally discovered by accident at the University of Arizona during a skin cancer trial. At the end of the eight-year study, researcher Dr. Larry Clark found no effect from selenium on skin cancer. However, the subjects who took selenium (rather than a placebo) had a 50% reduction in prostate cancer diagnosis. Currently, the National Cancer Institute is conducting an extensive prostate cancer trial that combines the use of selenium with vitamin E. (See the report on the new trial below.) It appears that selenium is a strong antioxidant. Found in soil, it is difficult to consume only from food. A typical supplemental dose is 100-200 mcg. a day. Selenium can be toxic; 900 mcg. a day is the maximum safe dosage but should be taken with supervision. Even 200 mcg. can be too much for some people, especially when they are getting a lot of selenium from their food.

**\_ Zinc:** This is a supplement frequently associated with prostate care, perhaps because higher levels of this trace mineral are found in the prostate than in any other organ. Semen is also rich in zinc. Consequently, it's thought that zinc is important for both prostate health and potency. Marginal zinc deficiencies are common in older men.

If you use zinc supplements, be careful not to take too much. High levels of zinc can throw off the mineral balance in your system. A dosage of 50 mg. A day is recommended.

**\_ Lycopene:** Found in tomatoes and tomato-based foods, this phytonutrient has also gotten a lot of attention for its association with lowered prostate cancer risk. For example, a Harvard University study found that a 21%-43% lowered risk of prostate cancer could result from a diet rich in these foods. (Note that the tomatoes must be heated for the lycopene to become



bioavailable.) Lycopene is an antioxidant, and it's also involved in intracellular communication. Slightly higher levels of lycopene are found in the prostate. Often blood levels of lycopene lower with age.

**\_ Pygeum Africanum:** Made from the bark of an African evergreen tree, this supplement has been heavily promoted for prostate health. Like Neoprostata, the active ingredient in Pygeum is the phytosterol beta-sitosterol (although it is found in lower amounts in the typical Pygeum Africanum supplement). Pygeum is thought to balance hormone levels, reduce inflammation, and improve the quality of prostate secretions. Note that Pygeum Africanum is an endangered species. HSI recommends that people only use supplements made from Pygeum that is cultivated in a sustainable fashion.

**\_ Stinging Nettle:** Nettles in general have been used as folk remedies for reducing allergic reactions. Stinging Nettle is thought to reduce inflammation and relieve congestion. It also delivers some fatty acids.

© The Detox Solution, pp. 252-253.

Several supplement companies have combined some of the natural ingredients listed above in formulas to promote prostate health. One example is Ultimate Prostate Support by NorthStar Nutritionals. It combines saw palmetto, stinging nettle, zinc, vitamin E, selenium, lycopene, and sustainably cultivated Pygeum Africanum. Contact information for NorthStar is listed in the Directory of Resources at the back of this book.

### ***12-year study will track the impact of selenium and vitamin E***

The National Cancer Institute is currently overseeing the largest prostate cancer prevention study ever conducted. The undertaking is being called "SELECT," which stands for Selenium and Vitamin E Cancer Trial. Begun in the summer of 2001, the trial will last 12 years and involve 32,400 men over the age of 55. The study is being coordinated through more than 400 sites in the U.S., Canada, and Puerto Rico. The goal of SELECT is to determine whether a combination of selenium and vitamin E can be helpful in reducing the incidence of prostate cancer. Previous studies looking at skin and other types of cancers led to findings that the two supplements might be helpful in lowering one's risk for prostate cancer. The two supplements appear to have a synergistic effect on each other in the human body. In doses higher than 900 mcg a day, selenium can be toxic. The recommended daily dose is 100-200 mcg., but should be taken with supervision.

## **Supplements related to hormones**

- **Chrysin:** This is an important supplement for men and the prostate

because it prevents healthy testosterone from converting to unhealthy DHT and estrogen, two major enemies of the prostate and of sexual health for males. Men with high testosterone, low estrogen, and low DHT do not get prostate problems. Pesticides, hormones, antibiotics, mercury, and other toxins in our culture all work to reduce testosterone and increase estrogen and DHT. Chrysin helps to stop this harmful progression. This supplement is available through Beachwood Canyon, Naturally ([www.bcn4life.com](http://www.bcn4life.com)).

- **Testosterone:** Supplementation with testosterone can be good for men and the prostate in appropriate cases. It should be accompanied with careful monitoring, however, to ensure that the hormone is not feeding a cancer. Monitoring is done with digital rectal exams, PSA tests, and power color Doppler sonograms. Furthermore, the testosterone must be natural.

It is available by prescription from compounding pharmacies, such as Women's International Pharmacy and College Pharmacy. These two companies make a transdermal cream that is very natural and effective. Synthetic hormones have proven to be carcinogenic for men and women.

- **Natural Progesterone Cream:** Progesterone is a natural female sex hormone that plays an important role in balancing the effects of estrogen in women. Some have advocated the use of natural progesterone creams by women before and during menopause. While these creams are sometimes recommended for men to balance testosterone and alleviate symptoms of prostate enlargement, I have seen that the results have been disappointing. Most men report immediate erectile problems when using progesterone creams. Progesterone is also produced in the male body by the adrenal glands and the testes. Again, synthetic hormones appear to be carcinogenic.

## Natural Antibiotics

**Garlic:** Medicinal uses of garlic date back to the ancient Greeks and Egyptians. Its active ingredients include sulfur compounds and the trace minerals selenium and germanium. When cloves are cut or crushed, an inert compound in garlic is converted into the active ingredient—allicin. While research has confirmed garlic's reputation as a potent medicinal herb, it is not clear which ingredient in garlic is most important, or if it might be the synergistic effect of all the ingredients working together. Garlic has been shown to have anti-bacterial, anti-viral, anti-fungal, and anti-parasitic

properties. In both human studies and in the lab, it has proven to be effective against the yeast *Candida albicans*, and the bacteria *Streptococcus* and *Straphylococcus*, among other microorganisms.<sup>43</sup>

One of the best ways to consume garlic is to drink a freshly-made vegetable juice that has several cloves blended in. Just throw the cloves into your juicer when you're making the drink. You might, for example, add garlic cloves to a homemade juice combination of carrots, apples, and greens. Note: Because of garlic's anti-clotting effects, you should avoid taking this herb just before and immediately after having surgery.

<sup>43</sup> *The Real Vitamin and Mineral Book*, pp. 203-206; *The People's Pharmacy Guide to Home and Herbal Remedies*, pp. 302-305.

**\_ Oregano:** The name "Oregano" comes from Greece where this herb grew wildly on hillsides; it is derived from the Greek phrase "oros ganos," which means "joy of the mountains." This pungent and tasty herb has anti-microbial, anti-fungal, anti-cancer, and antioxidant properties. Preliminary studies at Georgetown University in Washington, D.C. found that oregano oil—and in particular carvacrol, one of its chemical components—appears as effective as traditional antibiotics in reducing infection.<sup>44</sup> Two ways you can buy oregano are either as a pure essential oil or in capsules that mix oregano oil with extra virgin olive oil.

## STEP 8: START A "FAST" EASY BODY CLEANSE

A build-up of toxins in the body is a crucial factor in many diseases, including prostate cancer. Yes, our bodies have natural cleansing mechanisms. However, due to the extraordinary amount of toxicity in the modern world, we sometimes have trouble getting rid of all the junk.

Toxins enter your body through the foods you eat, environmental pollutants, incomplete digestion, and even parasites hiding in your intestinal tract. Toxicity in the body contributes to fatigue, brain fog, premature aging, susceptibility to colds and the flu, depression, chronic illness, and disease. Over time, these toxins also build up and harm your prostate.

Furthermore, the colon is adjacent to the prostate, touching one-third of the prostate's surface area. It's very easy for leaking toxins and parasites to "move" from the colon to the prostate.

Fasting provides an opportunity for your body to take a break from the majority of its digestive duties, allowing it to address the toxicity in your system. During the fast, 35 percent of the body's energy, which is normally devoted to digestion, becomes

available for healing. A cleansing fast supports digestion and helps remove the build-up of toxins in your colon and throughout your entire system.

It also conveys other health benefits. They include:

- Increased immune resistance
- More resources for fighting infection already in the body
- More resources for organ and system repair
- Enhanced digestion and better absorption of nutrients
- Increased energy, as the body's toxic load is lightened
- A general overall revitalization
- Improved physical appearance, as your skin takes on a healthy glow
- Spiritual renewal resulting from emotions surfacing during the fast.

“Georgetown University Medical Center press release, Oct. 6, 2001, <http://www.georgetown.edu>.

A cleansing fast supports your general health and is extremely beneficial for men and women alike. In fact, I've often found that patients are most successful in completing the fast when they embark upon it with their spouses. Specifically, we know fasting is extremely helpful to men with prostate problems. For some men, the PSA rating drops as much as 50 percent during or just after the fast; others achieve this result in 90 days.

The cleansing fast presented here combines several “tried-and-true” approaches. This eight-day lemonade fast is extremely effective in clearing toxins and parasites from the body. Plus, it works to address underlying problems throughout the *entire* body, not just the intestines or prostate. Nevertheless, this particular fast does give the body more energy to rebuild the prostate and fight any infection that may have settled there.

I realize that the concept of a fast can be daunting, and you may wonder if you're physically up to completing an eight-day program. I'll level with you—this will not be the easiest thing you've ever done, but getting started is the main step. Very few people who perform the fast fail to finish it. Here's a step-by-step plan to guide you safely and successfully through the fast. And the results you achieve will be well worth the effort. Time and time again, men have seen their overall health improve and their prostate symptoms significantly decrease by using this *Ultimate Eight-Day*

*Fast/Cleanse.* You can do it too. ***Preparation is the first key to success.***

**\_ Preparation:** If you've never done a fast, it will be helpful for you to understand that the practice has been used safely for centuries. Fasting is mentioned in the Bible as well as in the writings of Homer. It is a healing and restorative practice that was utilized during ancient times in the temples of Egypt, Greece, and throughout the Mediterranean.

Because people sometimes use food to avoid their feelings, it's wise to prepare emotionally to complete the fast. Be aware of feelings that might come up that you have been avoiding. It's also important to eat lightly the night before your fast in preparation for the cleansing that is to come.

You should also be aware that common "cleansing reactions" can include rashes, diarrhea, constipation, brain fog, headaches, body aches, nausea, dizziness, sweating, puffiness under the eyes, and bad breath. However, these reactions are usually minor and short-lived. Most people report feeling great after the first day or two of the fast.

If an eight-day fast sounds too long for you, plan to approach the process at your own pace. Give it a chance for a day (or two, or three) and see how you're doing. It's important to note that men who have done the Ultimate Fast experience an enormous energy boost after getting through the first few days. You may decide the benefits will be worth going for the full eight days. Even a couple of days of fasting will bring some results, though the cleansing hits its peak in the latter days of the fast, after the digestive system has had time to shut down and the body can fully focus on the healing process.

Finally, be sure to consult with your doctor before undertaking this fast, especially if you're over the age of 50 or have diabetes, heart problems, or another serious condition. You should be aware that fasting is a practice that few regular doctors are educated about, so you may want to get more help from an alternative practitioner. You could visit a naturopath, a nutritionist, or a holistic M.D. for a consultation. If you feel your reactions are extreme and the symptoms mentioned above don't go away, stop your fast and consult with a health professional. In addition, if you're taking prescription drugs, make sure you consult with your regular physician before beginning the fast. Interestingly, some people are able to reduce or eliminate prescription drugs during the fast.

**\_ The Cleansing Formula:** Before beginning your fast, you'll want to purchase some herbal formulas to support your body's cleansing. There are many different programs out there on the market. The basic formulas needed for the fast are:

**1. Parasite Cleanse Formula:** To clear the GI tract of parasites and intestinal worms. A good parasite cleanse formulation will cleanse and restore the colon and promote good digestion, as well as support the liver, kidneys, and immune system. It also acts as an antidiarrheal and anti-inflammatory to help heal the GI tract. Such formulations may include extracts of black walnut, buckthorn bark, butternut bark, clove fruit, pau d'arco bark, and wormwood.

**2. Colon Cleanse Formula:** Will detoxify your bowels and help prevent abdominal cramping. Such formulas often contain golden seal, an herb associated with Native American medicine, now known to boost glandular activity, regulate the liver, ease indigestion, and promote a healthy hormone balance; Licorice Root which has a relaxing effect on the digestive tract, while stimulating the adrenal glands and endocrine system; and rhubarb root, which helps remove accumulated fecal material from the intestines and prevents build-up.

**3. Bentonite Clay:** People have been safely taking in clays like bentonite since biblical times. Clay is used for cleansing in more than 200 cultures around the world. A purified real clay made from volcanic ash, bentonite absorbs toxins and pathogenic organisms. This clay can absorb bacteria, pathogenic viruses, mold, pesticides, heavy metals, and more. In addition, bentonite is the only substance known to bond with the plaque along the colon so that this material can be excreted. The debris is often seen as a broken-egg-shell-like material in the stool. You should not take medications, supplements, or food for an hour before or after taking bentonite. Exceptions are the lemonade drink, tea, and water.

**4. Psyllium Seed and Husk Powder:** This indigestible fiber provides a gentle, cleansing bulk capable of passing through the intestines. Psyllium has been used in Ayurvedic and Traditional Chinese Medicine for thousands of years. Both the husk and the seed of the shrubby fleawort plant may be used in making psyllium powder. Formulas containing both seem to cause less bloating. The psyllium powder is mixed with bentonite and water to provide a gentle, gelatinous bulk that lubricates and cleanses the intestines.

**5. Whole Body Cleanse Tablets:** Such formulas help detoxify cells and tissues throughout your body. They strengthen liver, kidney, pancreas, spleen, and gallbladder functions; promote good circulation; aid digestion; and act as antibacterial and antifungal agents. Such formulas often contain gentian root, which is known to promote the production of saliva, stomach acid, and digestive juices. Plus, gentian is one of the best herbal stomach tonics. They can also contain Irish moss, a water-soluble fiber that reduces intestinal irritation and purifies the cellular structure and vital fluids, and sarsaparilla root, a botanical often used by herbalists to treat BPH. Sarsaparilla helps to suppress overly active immune responses while strengthening general immunity and promoting a healthy glandular balance.

Several supplement companies sell psyllium, bentonite, and cleanse formulas. The

herbal program I recommend to use along with the Ultimate Eight-Day Fast comes in a convenient kit from Beachwood Canyon, Naturally. Contact information for that company is in the Resource Directory at the back of this report. Note that the taking of additional supplements, beyond those used for the fast, should wait until the Ultimate Fast is completed. Consult your health care professional if you have special concerns.

**The Ultimate Eight-Day Fast/Cleanse:** During these eight days, you will drink lemonade every day. The drink is sweet and easy to prepare. The following recipe will fill a one-quart container and makes 32 ounces or enough for four eight-ounce servings. I believe it's best to mix up six quarts per person in the morning to be used throughout the day. You can pack the lemonade up and take it with you wherever you go. Do not refrigerate the lemonade; drink it at room temperature.

### **Ultimate Fast Lemonade Recipe**

In a one-quart bottle, place:

- . 1.5 ounces of lemon juice (squeezed fresh from organic lemons; it takes about 1 1/2 lemons)
- . 1.5 ounces grade B maple syrup
- . A pinch of cayenne pepper
- . Pure water, enough to fill the bottle to the top. To mix, stir the lemonade thoroughly or shake the container. Enjoy the drink throughout the day and make more when you need it. During the fast, men should drink at least five quarts, or 20 8-ounce glasses a day. Women should drink at least four quarts or 16 eight-ounce glasses. Lesser amounts will result in headaches and low energy. Stanley Burroughs, originator of the lemonade fast concept, has commented that if someone feels hungry or weak on the program, then they are probably not consuming enough of the lemonade drink. For variety's sake, you can also sip hot herbal teas; I recommend peppermint.

## **DAY 1**

Drink as much of the lemonade as you'd like, but ***eat no food***. On this first day, the only supplements you'll need are the liquid parasite cleanse formula and the colon cleanse tablets.

- . Take 10 drops of the parasite cleanse with one colon cleanse tablet in the morning.
- . Use 10 more drops of the parasite cleanse alone in the early afternoon.
- . Then take 10 more drops of the parasite cleanse with one more colon cleanse tablet at bedtime.

*Note: If you don't get a chance to start your fast first thing in the morning on Day One, simply start drinking the lemonade, stop eating, and follow the instructions from the time you begin onward.*

Remember, be patient. If you begin having trouble sticking to the fast, be sure that you're drinking enough lemonade. Also, take it easy. Get more rest than usual, if necessary. Exercise, preferably outdoors, once a day and get a massage. Remember, the end result will be more than worth the effort!

## **DAYS 2 TO 8**

It is most important to begin Days 2 through 8 with the oral saltwater enema. This is a simple and effective technique to clear the bowels of the toxins released during the fast. Without the oral saltwater enema, toxins will just be recycled, not eliminated. That will contribute to headaches and reduce the effectiveness of the fast. To make the saltwater enema, follow these steps.

- . Add two rounded teaspoons of non-iodized sea salt into an empty one-quart container.\*
- . Then fill about one-third of the container with pure water that you have just brought to a boil. (During the fast, play with the amount of hot water you use to create a mix that is hot but safe to drink. With practice, you'll get it right.)
- . Next, add room-temperature pure water, filling the container to the brim.
- . Drink the entire quart right away unless it is too hot. If so, cool it a bit by setting the container in cool water.
- . After drinking the salted water, your entire digestive tract will clear from top to bottom, usually within an hour.



*\*Note: Hain is one brand of non-iodized sea salt very commonly available in grocery and health food stores. Contact information for the company is in the Resource Directory at the back of this book.*

If you feel constipated, even after using the saltwater enema, try drinking an herb tea made for the purpose of getting things moving again. One such tea is *Smooth Move* by Traditional Medicinals, and it is available at health food stores. Consume the tea the night before right at bedtime, and you are likely to have a bowel movement by morning. If it works better for you, the tea can be used in place of the saltwater enema during the fast.

On Days 2 to 8, you'll also want to keep up on your lemonade and supplement regimen:

- . Drink the lemonade whenever you're thirsty. This will also ward off painful headaches and lethargy. Again, men should drink at least 20 glasses a day and women should drink 16 glasses.

- . Take 10 drops of the liquid parasite cleanse three times a day—the first dose after the saltwater enema in the morning, the second in the early afternoon, and the third at bedtime.

- . Four times a day (five if you're over 150 pounds), at three-hour intervals, add one tablespoon of bentonite and one rounded teaspoon of psyllium to about four ounces of lemonade. Mix it thoroughly and drink immediately before it begins to gel. The bentonite and psyllium will help cleanse your colon. Together, they form a gel plug that adheres to the plaque in the intestines and is passed during elimination. Again, it's important to note that you should always take medications or supplements at least an hour before or after taking bentonite.

- . Continue to take one colon cleanse tablet once in the morning and at bedtime. By the fourth day, you'll want to work up to three tablets twice a day (for a total of six tablets). You want to have two healthy bowel movements a day, so adjust your intake accordingly.

*Note: During the fast, most people can expect one bowel movement after the saltwater enema. After the eight days, you will expect and require two to three bowel movements a day.*

## **DAY 9 AND BEYOND**

You've made it! Enjoy the accomplishment of completing the fast. You should feel

healthier, refreshed, and energized. You should also begin to notice a marked improvement in your prostate symptoms. Here are a few tips for continuing to get the most out of your hard work:

. Many proponents say that the day you break the fast is the most important. While Stanley Burroughs recommends ending the fast on Day 9 with orange juice, I recommend making the transition with a light homemade soup at lunch. To make the soup, use fresh organic vegetables like cabbage, Brussels sprouts, green beans, squash, and peas. Another alternative is to make a salad for lunch, with organic produce, dressed with a little olive oil and lemon juice. For your evening meal, put together a light supper of fish, steamed vegetables, and an organic salad. These meals can help you stay on track with your new regimen of organic eating.

. You'll also want to continue with the parasite cleanse drops until both bottles in the kit are gone (about 70 days).

. Also, continue the colon cleanse tablets (to a maximum of three tablets twice a day, for a total of no more than six). Use what is needed to have two to three bowel movements a day.

. Starting on Day 9, take three whole body tablets in the mornings (a half-hour before breakfast on Day 10 onwards), and three more before dinner. Work up to five, twice a day—for a total of 10—and continue this until all the tablets in the two bottles in the kit are gone.

It's important to cleanse twice a year as a regular practice to keep your prostate and body healthy. Clearing toxins from your body is particularly important if you already experience symptoms of prostate disease, such as urinary irregularities, ejaculation problems, and pelvic pain. Many men before you have received relief from their prostate symptoms after completing the Ultimate Fast. And the supplement regimen (outlined in Step 7) will work well to continue the healing process.

## **STEP 9: FOCUS ON YOUR SEX LIFE**

A healthy sex life is good for the prostate. Working as a muscle, the prostate stays strong. And when the prostate fluid is released regularly in semen during sex, the gland is more likely to stay open and clean. It's no accident that the highest incidence of prostate cancer occurs in celibate men. For some men, once a week may be the right amount of sex; for others, it is once or more a day or once a month. There is no magic number that guarantees good health. It's best just to do what feels good and doesn't cause fatigue.

But simply having sex is not enough. Ideally, sex is more than a physical act—it is a loving union with your partner. A passionate, fulfilling sex life can help you achieve a state of emotional well-being. For example, one man I know had rising PSA numbers and typical prostate problems. He hadn't had sex with his wife for two years. Once he healed the relationship with her and their sex life returned to normal, the PSA results turned around and his symptoms dramatically improved.

## **STEP 10: FIGHT BACK**

The first nine steps outlined in this report are meant to help you conquer prostate disease basically on your own terms and in your own way. In this section, we'll discuss the three types of prostate disease in greater detail and take a look at specific diagnostic and treatment options that might accompany self-help to assist you in conquering them.

### **PROSTATITIS**

Standard diagnostics and treatments have often failed to provide resolutions to men with this condition. Less than 30 percent of men with prostatitis benefit from antibiotics—the treatment of choice among most doctors. Patients are given one antibiotic after another for months and months...and nothing works. At the same time, the prostatitis can get worse because the antibiotics dramatically weaken the immune system. The good news is that the self-help steps can make a dramatic difference with prostatitis. Also, there are diagnostic tools that can help you better pinpoint the infectious pathogens when an infection is involved. You should be aware that a wide range of organisms can be involved with prostatitis beyond bacteria, including yeast and viruses, which are often overlooked.

#### ***A Hot, New Debate: What Causes Prostatitis?***

I've already mentioned that it's very hard to treat prostatitis. A man might get five different prescriptions for antibiotics and nothing clears up the infection. This is because doctors have a hard time matching the right antibiotic with the offending bacteria causing the infection. A new test pioneered by Dr. Jordan Dimitrakov, M.D., helps pinpoint the exact cause of prostatitis. Computerized sequencing of samples allows Dimitrakov to *determine the exact strain of bacteria, virus, yeast, or mycoplasma that is triggering the condition*. By knowing exactly what is causing the prostatitis, doctors can then effectively prescribe the right medication.

Dimitrakov has also been instrumental in uncovering a connection

between yeast and prostatitis (remember, most doctors assume bacteria causes prostatitis). In 1999, at the annual National Institute of Health conference on prostatitis, Dimitrakov reported on his research at the Pasteur Institute involving 1,000 patients with the condition. Researchers found that 13 percent of their patients who had been told they didn't have a yeast infection actually did. No other organism, including bacteria, was found. "Most people in the urological community would discount fungus as the cause of prostatitis, simply because it is difficult to detect," Dimitrakov says. He notes that yeast cultures grow more slowly than cultures for bacteria. Plus, it can be very difficult to find an effective test for it.

Another problem is then finding the right antifungal to wipe out the yeast infection. Dimitrakov has also been following a connection between prostatitis and Chlamydia and other infections. Dimitrakov believes that when a man contracts chlamydia, his immune system goes into high gear attacking the offending substance. Then, even after the original infection is cleared up, the immune system continues to attack the prostate. According to Dimitrakov, "By studying the cytokines, you can differentiate between an active type of infection you can treat with antibiotics and a reaction of the immune system which could never go away using antibiotics."

While there is still a lot of research yet to be done, Dimitrakov's findings look very promising. Be sure to find a urologist who's familiar with the latest research in the field.

Massage can be a crucial key for healing, as it increases blood flow and can open up blockages in the prostate. Prostate drainage is an option for resistant cases when all else fails. It can be followed by some gentle massage. Finally, note that an auto-immune problem sometimes persists, whereby the immune system keeps attacking the prostate even though the infectious agent is now gone.

## **Diagnostic Tests**

### **. Urine testing**

The urine test, also known as a urinalysis, is a standard tool used by doctors. The problem is, it provides relatively little information about your condition.

### **. Digital Rectal Exam (DRE)**

When prostatitis is suspected, doctors usually perform a DRE to determine if the prostate is swollen or tender. At this point, antibiotics are usually prescribed.

### **. Expressed Prostatic Secretion Test (EPS)**

Performed during a DRE, an EPS provides a sample of the prostatic fluid for analysis. If white blood cells are present, the presence of an infection is indicated. Further testing of the sample can lead to more precise prescriptions of anti-microbial medication. To obtain the fluid, the physician presses against the back of the prostate through the rectum with a gloved finger. This pushes the sample fluid out the tip of the penis. You will likely need to specifically ask for this test, as most doctors will not automatically offer it. Unfortunately, many doctors will not supply the test either, so shop around.

### **. Multi-stage Urine Test**

This is a more detailed type of urine test that collects urine at three or four different stages. In this process, the samples include: urine from the initial stream, urine from the midsection stream, and a final specimen taken after the physician massages the prostate. Containing some prostatic fluid, this third sample can be the most revealing to doctors. This is another test you will likely need to request.

## **Treatment Options**

### **. Combining Self-Help with Treatment**

It's best to try the self-help options first to see if they bring a reduction in your prostatitis symptoms. At the same time, a key treatment can be massage to bring more blood flow into the pelvic region and open up blockages in the prostate. Raya King is a massage therapist who specializes in men with prostate problems. You'll find her contact information at the end of this report. In addition, the Prostate90 Foundation can provide other resource materials on massage related to prostatitis, as well as other referrals. Visit [www.prostate90fdn.org](http://www.prostate90fdn.org).

If your prostatitis persists despite your best efforts, you may need to take anti-microbial medication. It's best to try to get a careful analysis of the organism or organisms involved, in order to avoid the scenario I've described of men getting one prescription for antibiotics after another. Taking too many antibiotics can actually make the pathogens more difficult to fight and also have additional negative health effects.

If, after all this, the prostatitis continues, you might consider prostate drainage. Basically, it's a very aggressive DRE where the doctor pushes hard against the prostate with his gloved finger to release infected prostatic fluid through the penis. This can move organisms out that had been trapped inside a clogged prostate. Be sure, however, to find a physician who does not take an overly aggressive approach to the

drainage, which could actually damage the prostate. Prostate fluid that is released during prostate drainage can contain organisms that up to that point had alluded detection since they had been hidden inside the gland.

*Note: Today, better resources are emerging for the fight against prostatitis. The Prostate90 Foundation is consistently researching the new options. In the resource section, you'll find the contact information for the Foundation—including an affiliated Internet discussion group for men with prostate problems.*

## **BENIGN PROSTATIC HYPERPLASIA (BPH)**

As we noted earlier, many men with the same symptoms are diagnosed with either prostatitis or benign prostatic hyperplasia simply depending on age. And since treatment for prostatitis can significantly reduce a BPH patient's symptoms, it's wise to try the techniques mentioned above as an initial course of action. You need to understand, however, that a substantial improvement of prostate enlargement takes time. Addressing the underlying problem of prostatitis and getting involved with the self-help steps (cleansing, clearing out toxins in the mouth, and improving your diet) will get you moving along the right path.

Here are some other steps you can take to combat this condition:

### **Diagnostic tests**

#### **. Digital Rectal Exam**

As with prostatitis, this is generally the first line of attack. Physicians can feel an enlarged prostate in the exam and recommend a treatment plan.

#### **. Urine Flow Test & Ultrasound**

Your doctor may also test your urine flow using a machine called a uroflometer. This will help determine how severe the urine blockage is. It can also be helpful in assessing your progress as treatment continues. An ultrasound can also help you and your doctor assess the size and texture of the prostate.

### **Treatment Options**

#### **. Supplement with Cernilton**

You may want to supplement with Cernilton, mentioned earlier in this report. By acting as an anti-inflammatory agent, this herb helps address the enlargement of the prostate. It relaxes the smooth muscles of the

prostate and bladder and blocks the production of dihydrotestosterone (DHT), a male hormone that is thought to stimulate prostate growth. Cernilton is also said to help the body adapt to stress and maintain a good immune system. It's best to take this product in the early stages of BPH.

#### **. NeoProstate**

Earlier in this report, I discussed the role that phytosterols can play in prostate health. They are found in many herbs used to promote prostate health, including saw palmetto. Neo-Prostate, by Beachwood Canyon, Naturally, is a concentrated phytosterol supplement that works four times faster than saw palmetto. It helps reduce urinary difficulties, including urgency, reduced flow, nocturia, and frequent urination. Some men report improvements within days of taking the supplement. Two major studies have found beta-sitosterol, a phytosterol contained in NeoProstate, to be safe and effective. This supplement helps promote good hormone balance, supports the immune system, promotes cell integrity, and reduces metal toxicity in the body.

#### **. TURP (Trans Urethral Resection of the Prostate)**

A typical surgery performed to address BPH is a Trans Urethral Resection of the Prostate—a procedure known as TURP. Possible complications from this “rotor-roter” surgery are impotence, incontinence, loss of sensation in the penis, decreased blood flow to the penis, retrograde ejaculation, and, paradoxically, a narrowing of the urethra as the result of scar tissue.<sup>45</sup> Many men wish they had known about these complications earlier; don't be one of them.

<sup>45</sup> *The Prostatitis Syndromes*, pp. 42.

## **PROSTATE CANCER**

Over time, carcinogens and other factors cause normal cells in the prostate and elsewhere in the body to mutate into cancerous ones. Tragically, 180,000 American men are diagnosed with prostate cancer each year.<sup>46</sup> While prostate cancer tends to grow slowly and resists spreading, there is a possibility it will migrate into the bones, lungs, or other organs.<sup>47</sup>

Here are the general steps taken in diagnosing and treating prostate cancer:

### **Diagnostic Tests**

#### **. PSA Test & Digital Rectal Exam**

These two basic tests are again the starting point for any type of

prostate disease.

### **. Biopsies**

Following a PSA and DRE test, your doctor might recommend a biopsy on a small amount of prostate tissue to test for cancerous cells. There are some downsides to this procedure, however. First of all, it is extremely painful. To obtain the sample tissue, a needle is used to travel into the prostate through the rectum. Typically six to 12 needles are required to grab the sample tissue in a single biopsy. The biopsy is usually done in the urologist's office without anesthesia, guided by ultrasound.

Secondly, there are many tiny ducts in the prostate. Each time a needle goes in, some of those ducts might get damaged. As a result, the ducts might get blocked up with scar tissue and other matter. This can cause further festering of an infection (as a general rule, where there is cancer, there is also an underlying case of prostatitis). If you undergo more than one biopsy, the damage to the ducts is increased. And after a biopsy, you're likely to experience aggravated symptoms. You may notice side effects like decreased ejaculation, rising PSA numbers, and even difficulty with erections or impotency. There have even been documented cases of men developing Peyronies disease—a condition in which a lump causes the penis to bend. You're at risk of experiencing all this...even though you could receive a negative biopsy result! I recommend sonograms over biopsies.

### **. Sonograms**

The viable alternative that I recommend is a power color Doppler sonogram. With the addition of power color Doppler advances to the ultrasound technology, doctors can detect cancers not easily found by MRI or Digital Rectal Exams. On the sonograms, the decreasing or increasing size of a tumor can also be tracked. Sonograms can also be used to check the progress of your treatment for prostatitis, BPH, or prostate cancer. Radiologist Robert L. Bard, M.D. of New York is the only sonogram practitioner I recommend for diagnostic testing of the prostate. For more information about diagnostic sonograms, visit his website at [www.cancerscan.com](http://www.cancerscan.com).

<sup>46</sup>*How to Fight Prostate Cancer and Win*, William L. Fischer, p. 133.

<sup>47</sup>*ibid*, p. 133.

### **. Gleason Score**

Men who want to evaluate how aggressive their prostate cancer is before choosing a treatment plan can decide to have a Gleason Score developed. To determine the Gleason grade, a pathologist studies



samples of your prostate tissue in a laboratory. Healthy cells are well-formed; cancer cells are not. The pathologist also looks at how prevalent the cancer cells are in your sample tissue. Then, a score is given on a scale of 2 to 10. The most dangerous score is 10. Generally, a score of between 2 and 4 means your cells are reasonably well-formed; 5 to 7 indicates that they are only fairly well-formed; and 8 or higher suggests poorly-formed cells. Knowing your Gleason Score can help you recognize your starting point in your battle. Be aware, however, that determining a Gleason Score involves getting a biopsy to collect prostate tissue. Consequently, you do run the risk of possible side effects. Also, this is a subjective test to process and score. Pathologists often disagree, and patients have sent the same slide to different pathologists and received Gleason Scores from 4 to 9.5.

## Treatment Options

If you are diagnosed with prostate cancer, your doctor will likely present you with four treatment options:

**1. Radical Prostatectomy:** By and large, American urologists favor surgical removal of the prostate. But the grim statistics show that up to 85 percent of patients are left impotent after surgery and 27 percent are at least somewhat incontinent.<sup>48</sup> Still some men seem to stay quite active after this procedure...a good example is Bob Dole.

**2. Radiation:** Radiation treatment is based on the premise that high-energy radiation waves will shrink tumors and prevent cancer cells from growing. Possible side effects from radiation treatment include diarrhea, fatigue, infection, and incontinence. Between 20 and 50 percent of men experience permanent impotence from external radiation therapy.<sup>49</sup> Some doctors favor Internal Seed Radiation, as it can be more precise. Yet the recurrence rate with Internal Seed Radiation is also disappointing.

<sup>48</sup> *Ibid.*, p. 137.

<sup>49</sup> *Prostate: Questions You Have...Answers You Need*. Sandra Salmans. People's Medical Society. Allentown, PA, pp. 143.

**3. Watchful Waiting:** Sometimes the doctor gives the patient a cancer diagnosis and recommends monitoring the situation with Digital Rectal Exams and PSA tests every three to four months to check for any spreading or growth of the cancer. This type of “watchful waiting” is sometimes recommended for older men in the early stages of prostate cancer, before the tumor is big enough to “warrant” an attack by surgery or radiation. This tactic has the benefit of not assaulting the body, but it does nothing to stimulate the body's defenses. Many studies, though, have found that the life span of patients who engage in “watchful waiting” matches or

slightly *exceeds* the life span of those who opt for surgery. Furthermore, the quality of life with watchful waiting is far superior. It is interesting to note that doctors in the United Kingdom seem to prefer watchful waiting over prostatectomy, especially for older patients. Only about 4 percent of urologists in England recommend radical removal of the prostate.<sup>50</sup>

**4. Active Waiting:** I've added a fourth option that I call "active waiting." As you've just read, prostate cancer tends to progress very slowly and, in many cases, it doesn't metastasize to other parts of the body. Consequently, you probably have some time to put the alternative self-help techniques to work for you. I recommend trying the first nine steps of my program for one to three months to see if your symptoms diminish. If you don't see any results, you can always seek more radical treatment.

During this period of active waiting, it's important to consult with your doctor regularly and monitor your situation with appropriate testing. You should get a PSA test once a month and a sonogram every three to six months to track your progress. Also, you might want to consider a Computerized Regulation Thermogram, which examines the body's ability to regulate itself by measuring the temperature at 60 different sites on the skin. These readings provide an assessment of how the different organs and systems in your body are functioning.

During "active waiting," make sure you do the following:

**. Fasting and Cleansing**

I firmly believe that fasting and cleansing can help even advanced prostate cancer patients. After I was diagnosed with prostate cancer for the second time, I fasted for 32 days. I know that sounds radical, but tests conducted after the fast showed that the cancer had disappeared. It's important to note, however, that I was following the other first eight steps of this program at the same time. Fasting also provides you with a time for reflection. For many men, prostate cancer brings an awakening. You may realize that you need to reevaluate your priorities in life, because, as you've read, stress is a major factor contributing to illness and disease.

After you fast and cleanse your mouth, you may also want to get a **Biological Terrain Assessment (BTA)** to test the acidity and pH balance in your body. It involves gathering urine, blood, and saliva samples to analyze your body's overall health. To find a medical facility that offers the BTA test in your area, call Dr. Robert Greenberg, one of the test's developers, at (520) 474-4181.

## ***Program Successfully Treats 74 Percent of Study Subjects***

Using sonograms taken by radiologist Robert Bard, M.D., of New York City, researchers tabulated results from 36 men on my 10-step plan for prostate health. Twentysix men, or 74 percent of the participants, showed a significant reduction in the size of their prostates, averaging a 27 percent decrease. Of the eight men who originally had tumors, seven had tumor reductions. Tumors completely disappeared in three of the men. Also, no tumors increased in size while the men followed the program.

<sup>50</sup> Fischer, p. 137.

## **Add key supplements to your regimen**

I recommend completing your fast before using any kind of prostate cancer supplement, because they work so much better after cleansing. Remember, it's important to continue with the entire 10-step program and not rely solely on supplements for healing.

There are some specific supplements used to fight prostate cancer:

. **AHCC**, a mushroom extract, is one of the few natural immune stimulators that demonstrates the ability to promote cancer remission in clinical trials. It stimulates immune function in at least a half dozen ways. It's believed to do everything from boosting cytokine production to increasing natural killer cell activity against cancer cells. During in vitro, animal, and human studies, AHCC has been shown to be effective in fighting prostate, liver, ovarian, and breast cancer, as well as AIDS and other life-threatening diseases.<sup>51</sup> Used successfully in Japan for many years, AHCC is now available in the United States, and is the main ingredient in **ImmPower**, covered in the January 2000 issue of the *Health Sciences Institute* newsletter. Providing 500 mg. capsules, ImmPower is taken twice a day—once in the morning and again at night.

. **Coenzyme Q10** is a substance found in all body tissue, but it declines with age. Low levels of this substance has been a factor in many types of cancer. Supplementation appears to be quite helpful in various types of hard-tissue cancer, but not with lymphomas. For instance, a Denmark physician treating 32 “high-risk” breast cancer patients with antioxidant vitamins, essential fatty acids, and CoQ10 wrote of better-than-expected survival rates and greater feelings of well-being among the patients. He also reported a tremendous tumor remission.<sup>52</sup> Initial research is also showing that men who have prostate cancer have

more success reversing their condition when they take high levels of CoQ<sub>10</sub>.

In addition, anecdotal reports show that the men do better with my program too, including the fast, when taking CoQ<sub>10</sub>. A good product to choose is *Jarrow's Q Sorb*. You take 500 milligrams daily for the first month, then reduce your dosage to 200 milligrams. CoQ<sub>10</sub> can be taken alone during the fast, but is used with meals afterwards.

<sup>51</sup> Health Sciences Institute *Members Alert*, January 2000, Hybridized mushroom extract destroys cancer cells and provides powerful immune protection.”

<sup>52</sup> Biochemical and Biophysical Research Communications, March 30, 1994; 199: 1,504-8.

. **PC SPES** is a formula that includes eight herbs used in Traditional Chinese Medicine plus saw palmetto, which has reported considerable success in promoting prostate health over the last decade. Recently, however, it was pulled off the market due to concerns that the supplement had been contaminated with prescription drugs.

## Tap these sources of expert advice

If you've got prostate troubles, you probably want to find a qualified urologist who will listen to all your concerns and help you weigh all the treatment options. You may also want to develop a team of practitioners of alternative medicine to support your recovery, such as a nutritionist, a homeopath, a holistic dentist, and a holistic physician. The *Prostate90 Foundation* provides referrals as well as coaching for men with prostate problems. In addition, for referrals to holistic physicians, contact the *American Holistic Medical Association* in McLean, Virginia, at (703) 556-9728 or at [www.holisticmedicine.org](http://www.holisticmedicine.org). You can also contact the *American College for the Advancement of Medicine* in Laguna Hills, California, at (714) 583-7666 or [www.acam.org](http://www.acam.org). The *American Holistic Health Association* of Anaheim, California, at (714) 779-6152 or <http://www.ahha.org> is another resource.

In the back of this report, you'll find a list of additional reading that can help in your fight against prostate disease. I highly recommend reading *How to Fight Prostate Cancer and Win* by author William Fischer. It provides a wealth of information and is easy to read. Also, look for my books, *Prostate Health in 90 Days*, as well as the forthcoming *Prostatitis: The 60-Day Cure*. As mentioned earlier, I run an e-mail forum called the *Alternative Prostate Discussion Group*. Men who have already recovered by using these methods are subscribers. There is much valuable discussion there of successes and problems experienced by prostate patients. You will get answers to your questions by posting them to the group. Subscribe to the forum by visiting [www.prostate90.com](http://www.prostate90.com) and clicking on “discussion/support group.” And you can also pose questions to the *Prostate90 Foundation* by calling (310) 587-9855.

Now that you understand the basic causes of prostate problems as well as the conventional and alternative treatments, let's put together a step-by-step plan that you can follow at a glance. Over the next few pages, you'll find programs, in point form, to prevent and conquer prostate disease.

## **PART III: YOUR PERSONAL HEALTH & HEALING PLAN**

### **Plan 1: Prevention of Prostate Problems**

**Step 1.** Improve your diet. This includes choosing organic foods and passing up on packaged products with chemical additives. Also try to add the cottage cheese and flaxseed/oil mixture to your routine at least once a day to enjoy the many benefits of Omega 3, including cancer prevention.

**Step 2.** Bolster your eating program with supplements known to support the health of this important sex gland. At the same time, promote smoother and efficient digestion by using probiotics and food enzymes.

**Step 3.** When you're ready, cleanse your body using The Ultimate Eight-Day Fast so that your system can release toxins, get rid of parasites, fight infection, and generally function at a more optimal level. Even if you can't complete an eight-day fast, start gradually and do what you feel comfortable with. Every little bit will help.

**Step 4.** Remove any negative health influences in your mouth with the help of a biological dentist. These factors may include hidden infections related to previous root canal work, infections of the gums and jaws, amalgam (silver) fillings, old deteriorating fillings, and incompatible or allergy-provoking dental materials.

**Step 5.** Incorporate stress reduction strategies into your life, such as body awareness, progressive relaxation, and meditation. Be particularly alert to when you are holding tension in the pelvic muscles, a habit that can lead to stagnation in the region and prostate problems.

**Step 6.** Promote strong immune-enhancing circulation with massage and regular exercise. Pay attention to lymph flow by seeing a lymphatic massage therapist periodically. Exercise daily if possible, but at least three times a week for a half-hour per session.

**Step 7.** Make an effort to keep a harmonious connection with a loving partner. Love and sex are good for your overall well-being and the health of your prostate. It may be the one factor that makes all the difference!

**Step 8.** Monitor the health of your prostate on a regular basis. First, have an annual Digital Rectal Exam starting at age 40. Next, get initial PSA and Expressed Prostatic Secretion (EPS) tests done at age 45 and then every year after 50. In addition, watch your albumin level as reported in your routine blood work-ups. Also, get a Biological Terrain Assessment (BTA) test to check the acidity of your body.

## **Plan 2: Prostatitis**

**Step 1.** Don't settle for just the standard urine test and a Digital Rectal Exam (DRE). Obtain a more precise diagnosis by getting an Expressed Secretion Test (EPS), which looks for microorganisms in a sampling of your prostatic fluid, and the other, more advanced tests described in this report if necessary. Have a PSA Test done so you'll have a number to use for comparison during treatment. A sonogram can detect how advanced the prostatitis is. *Note: If you have a sudden, severe (acute) case of prostatitis, you may need to take anti-microbial medication right away.*

**Step 2.** When you're ready, cleanse your body using The Ultimate Eight-Day Fast so that your system can release toxins, get rid of parasites, fight infection, and generally function at a more optimal level. Even if you can't complete an eight-day fast, start gradually and do what you feel comfortable with. Every little bit will help.

**Step 3.** Assess ways to reduce stress in your life. Incorporate stress reduction strategies into your daily routine, such as body awareness, progressive relaxation, and meditation.

**Step 4.** Remove any negative health influences in your mouth with the help of a biological dentist. These factors may include hidden infections related to previous root canal work, infections of the gums and jaws, amalgam (silver) fillings, old deteriorating fillings, and incompatible or allergy-provoking dental materials.

**Step 5.** Improve your diet. This includes choosing organic foods and passing up packaged products with chemical additives. Add the cottage cheese and flax oil/seed mixture to your diet twice a day. (Later, as maintenance, you'll want to eat this once a day.) Support your efforts by using the prostate-friendly supplements described in this report, including *Epilobium* and *NeoProstate*.

**Step 6.** Promote strong immune-enhancing circulation with massage and regular exercise. This will help if tension in the pelvic region contributes to your prostatitis. Pay attention to lymph flow by seeing a lymphatic massage therapist. Exercise daily if possible, but at least three times a week for a half-hour per session.

**Step 7.** If your prostatitis persists, consider Prostatic Drainage along with selective antimicrobial medication. Consider an autoimmune problem if no infection

seems evident. Quercetin, a type of powerful bioflavonoid, has proven helpful with autoimmune conditions.

**Step 8.** Monitor your progress with regular PSA and EPS tests, Sonograms, and Digital Rectal Exams. A Biological Terrain Assessment Test and a Computerized Regulation Thermogram can provide precise information about your health status.

**Step 9.** Make an effort to keep a harmonious connection with a loving partner. Love and sex are good for your overall well-being and the health of your prostate. It may be the one factor that makes all the difference!

**Step 10.** Continue your new health-promoting habits even after the prostatitis is cleared. Tap into stress reduction techniques, stick to your nutritious diet, exercise daily, etc. Do The Ultimate Eight-Day Fast twice a year to help your system run strong.

### **Plan 3: Benign Prostatitic Hyperplasia (BPH)**

**Step 1.** If you suspect you have an enlarged prostate, have a Digital Rectal Exam and a Sonogram. A urodynamic evaluation can also be helpful in assessing the extent of the blockage of the urethra. Also, consider whether an underlying case of prostatitis may contribute to your BPH symptoms. Remember, most men with BPH also have prostatitis. The prostatitis will show up on the sonogram. For prostatitis, you'll also want to get an Expressed Secretion Test (EPS).

**Step 2.** When you're ready, cleanse your body using The Ultimate Eight-Day Fast so that your system can release toxins, get rid of parasites, fight infection, and generally function at a more optimal level. Even if you can't complete an eight-day fast, start gradually and do what you feel comfortable with. Every little bit will help.

**Step 3.** Assess ways to reduce stress in your life. Incorporate stress reduction strategies into your daily routine, such as body awareness, progressive relaxation, and meditation.

**Step 4.** Whether or not you're getting treatment for prostatitis, think about taking supplements that will directly address the prostate enlargement. *Cernilton*, a flower-pollen extract, and *NeoProstate*, a concentrated phytosterol supplement, can be helpful.

**Step 5.** Improve your diet. This includes choosing organic foods and passing up packaged products with chemical additives. Add the cottage cheese and flax oil/seed mixture to your diet twice a day. Later, as maintenance, you want to eat this

once a day.

**Step 6.** Monitor your progress with regular PSA tests, Sonograms, Digital Rectal Exams, and EPS tests (if appropriate). A Biological Terrain Assessment Test and a Computerized Regulation Thermogram can provide precise information about your health status. Look for improvement in your urinary and ejaculatory symptoms, and a clearing of the prostatitis initially. It may take longer, but over time, you should also see improvement in your BPH symptoms.

**Step 7.** Remove any negative health influences in your mouth with the help of a biological dentist. These factors may include hidden infections related to previous root canal work, infections of the gums and jaws, amalgam (silver) fillings, old deteriorating fillings, and incompatible or allergy-provoking dental materials.

**Step 8.** Promote strong immune-enhancing circulation with massage and regular exercise. These approaches will also be helpful if tension in the pelvic region contributes to your prostatitis. Pay attention to lymph flow by seeing a lymphatic massage therapist. Exercise daily, if possible, but at least three times a week for a half-hour per session.

**Step 9.** Make an effort to keep a harmonious connection with a loving partner. Love and sex are good for your overall well-being and the health of your prostate. It may be the one factor that makes all the difference!

**Step 10.** Continue your new health-promoting habits even after the Prostatitis is cleared and your BPH symptoms have improved. Tap into stress reduction techniques, stick to your better eating program, exercise daily, etc. Do The Ultimate Eight-Day Fast twice a year to help keep your system running strong.

## **Plan 4: Prostate Cancer**

**Step 1.** Evaluate your situation carefully with testing. This will include getting a PSA reading and a Digital Rectal Exam. You can avoid a biopsy by getting a sonogram (visit <http://www.cancerscan.com>). Some men will want to have a Gleason Score determined to gauge the aggressiveness of their cancer.

**Step 2.** Educate yourself about your options. Many men will find that they have at least a month to begin trying alternative approaches to see if they achieve improvements. You can always turn to a fallback plan, such as the more precise Internal Seed Radiation, if you don't see results. Develop a medical fallback plan and keep this as a possibility to use if you need it.

**Step 3.** Begin The Ultimate Eight-Day Fast as soon as possible. Men with



cancer sometimes decide to do the fast longer than the suggested eight days. I fasted for 32 days the second time I got cancer, and within that time my cancer cleared. When doing the fast for longer periods, you'll want to work with the support of a health care practitioner who is well versed in the fasting process.

**Step 4.** Monitor your condition using PSA tests, Sonograms, a Biological Terrain Assessment Test, and Computerized Regulation Thermography. Regularly reassess the situation.

**Step 5.** Men facing cancer often want to take some time off to focus on the fast and on healing. Use this time to evaluate the stress in your life and think of ways to make changes, including how you deal with stress.

**Step 6.** Make an effort to keep a harmonious connection with a loving partner. Love and sex are good for your overall well-being and the health of your prostate. It may be the one factor that makes all the difference!

**Step 7.** Remove any negative health influences in your mouth with the help of a biological dentist. These factors may include hidden infections related to previous root canal work, infections of the gums and jaws, amalgam (silver) fillings, old deteriorating fillings, and incompatible or allergy-provoking dental materials.

**Step 8.** Keep evaluating your condition. If you feel you need further support, consider the supplements CoQ<sub>10</sub> and AHCC among your options.

**Step 9.** Consider the possibility of an underlying case of prostatitis and then have it treated if found.

**Step 10.** Improve your diet. Now is the time to include the most nourishing foods possible in your diet. Add the cottage cheese and flax oil/seed mixture to your diet twice a day. Later, as maintenance, you'll want to eat this once a day.

**Step 11.** Promote strong immune-enhancing circulation with massage and regular exercise. These approaches will also be helpful if tension in the pelvic region contributes to your prostatitis. Pay attention to lymph flow by seeing a lymphatic massage therapist. Exercise daily, if possible, but at least three times a week for a half-hour per session.

**Step 12.** Continue your new health-promoting habits even after the cancer and prostatitis have cleared—no matter what route you took to get there. Tap into stress reduction techniques, stick to your better eating program, exercise daily, maintain a loving relationship with your partner, etc. Do The Ultimate Eight-Day Fast twice a year to help keep your system running strong.

With prostate trouble, as with other health concerns, staying informed and taking

action to support your healing is essential. If you just blindly hand over your health concerns to someone else, you may end up with problems that are even worse, such as incontinence or impotence. Though improving, mainstream medical treatments for prostate diseases are extremely limited. Ask your doctor if his approach will help your body heal itself. Ask for comparative analyses with other possible treatments. Get second and third opinions and learn all you can about your condition. The good news is that there are alternatives.

I hope you've learned that there are simple steps ***you can take*** that will make a dramatic difference in your battle against prostate disease. Remember, you're just 90 days away from complete prostate health. Start your healing plan today. Monitor your condition. Change your diet. Cleanse your system. And enjoy life. Sure, we live in a world where the food we eat and the air we breathe can challenge our health. But you don't have to become a casualty of the times.

There are many ways men can fight back. Yes, it will require your energy and commitment, but think of the payoffs. It can help you avoid surgery, drug treatments, incontinence, and discomfort. It can help you maintain a healthy and fulfilling sex life. Take control of your future and reclaim your vitality. You can do it...thousands before you have already succeeded!

## **PART IV: YOU'RE JUST 90 DAYS FROM PROSTATE HEALTH**

### **MEMBER SOURCE DIRECTORY**

#### **Doctors/Organizations**

##### **Prostate90 Education and Research Foundation**

—provider of coaching for prostate illness prevention and recovery

2106B Nelson Avenue

Redondo Beach, CA 90278

Phone: (310) 587-9855

Fax: (815)361-1048

[www.prostate90fndn.org](http://www.prostate90fndn.org)

##### **Beachwood Canyon, Naturally**

—producers of prostate support supplements and the Ultimate Fast Kit

27 West 94th Street, Suite #1

New York, NY 10025

Toll-free: (888) 803-5333

Phone: (212) 665-8070

Fax: (212) 665-4460

Internet: [www.bcn4life.com](http://www.bcn4life.com)

**Harmony Company**

—formulator of AHCC (ImmPower)

P.O. Box 93

Northvale, NJ 07647

Phone: (800) 422-5518 or (860) 426-1518

**Graminex**

—producers of Cernilton

95 Midland Road

Saginaw, MI 48603

Phone: (877) 472-6469 or (989) 797-5502

Fax: (989) 799-0020

[www.graminex.com](http://www.graminex.com)

**Harold Ravins, D.D.S.**

**Center for Holistic Dentistry**

12381 Wilshire Blvd., #103

Los Angeles, CA 90025

Phone: (310) 207-4617

Fax: (310) 820-5047

[www.ravecoholistic.com](http://www.ravecoholistic.com)

**Raya King (Hellerwork massage therapist)**

Los Angeles, CA

Phone: (323) 936-6696

**Judy Taylor**

**Center for Lymphatic Health/Life Source International LLC**

1007 Montana Avenue, Suite 125

Santa Monica, CA 90403-1654

Toll-free: (888) 391-3719

Phone: (310) 284-3565

Fax: (310) 826-6083

[www.lymphforlife.com](http://www.lymphforlife.com)

**Robert L. Bard, M.D. (Radioiologist, PCD Sonography of the Prostate)**

New York, NY

(212)355-7017

[www.cancerscan.com](http://www.cancerscan.com)

**Dr. Jordan Dimitrakov, M.D. (medical researcher and prostate test innovator)**

E-mail: [jjdimitrakov@aol.com](mailto:jjdimitrakov@aol.com)

**Soram Khalsa, M.D.**

**Khalsa Medical Clinic**

—provider of Computer Regulation Thermography

436 North Bedford Drive, Suite 308

Beverly Hills, CA 90210

Phone: (310) 274-6200

Fax: (310) 274-8600

[www.khalsamedical.com](http://www.khalsamedical.com)

**Michael Galitzer, M.D.**

**American Health Institute**

—provider of Biological Terrain Assessments

12381 Wilshire Blvd., #102

Los Angeles, CA 90025

Phone: (310) 820-6042

[www.ahealth.com](http://www.ahealth.com)

**Books**

*Prostate Health in 90 Days Without Drugs or Surgery* by Larry Clapp, Ph.D.

*Prostatitis: The 60-Day Cure* by Larry Clapp, Ph.D. [www.prostatitis60daycure.com](http://www.prostatitis60daycure.com)

*How to Fight Prostate Cancer and Win* by William Fischer

*The Prostatitis Syndromes* by Bradley R. Hennenfent, M.D.

*The Prostate: A Guide for Men & the Women Who Love Them* by Patrick Walsh, M.D., and Janet Farrar Worthington

*The 10 Best Tools to Boost Your Immune System: A Total Health Prescription* by Elinor Levy, Ph.D., and Tom Monte

*The Road to Immunity: How to Survive & Thrive in a Toxic World* by Kenneth Bock, M.D., and Nellie Saban

*The Detox Solution: The Missing Link to Radiant Health, Abundant Energy, Ideal Weight, and Peace of Mind* by Patricia Fitzgerald

*Eat Right 4 Your Type* by Peter J. D'Adamo, M.D., and Catherine Whitney

*Live Better Longer: The Parcells Center 7-Step Plan for Health and Longevity* by Joseph Dispenza

*The Staying Healthy Shopper's Guide* by Elson M. Haas, M.D.

*Flax Oil as a True Aid Against Arthritis, Heart Infarction, Cancer and Other Diseases* by Dr. Johanna Budwig

*Fast Food Nation: The Dark Side of the All-American Meal* by Eric Schlosser

*Toxic Deception: How the Chemical Industry Manipulates Science, Bends the Law, and Endangers*

*Your Health* by Dan Fagin, Marianne Lavelle, and the Center for Public Integrity

*Fats That Heal, Fats That Kill* by Udo Erasmus

*The Oil Protein Diet Cookbook* by Dr. Johanna Budwig

*Love and Survival: 8 Pathways to Intimacy and Love* by Dean Ornish

## **Websites**

**Antonio Novak Feliciano, M.D.**, the physician credited with the comeback of prostate drainage in prostatitis treatment.

[www.web.idirect.com/~ino/](http://www.web.idirect.com/~ino/)

**Association for Applied Psychophysiology and Biofeedback**

[www.aapb.org](http://www.aapb.org)

**Benefits of Calorie Restriction**

[www.infinitefaculty.org](http://www.infinitefaculty.org)

**Center for Science in the Public Interest**

A public service organization researching food issues.

[www.cspinet.org](http://www.cspinet.org)

**Alternative Prostate Health**

[www.prostate90.com](http://www.prostate90.com)

**The Environmental Working Group**

[www.ewg.org](http://www.ewg.org)

**The EnviroLink Network**

[www.envirolink.org](http://www.envirolink.org)

**Health Problems Associated With the Mouth**

[www.altcorp.com](http://www.altcorp.com)

**The Krisiloff Diet for Prostate Concerns**

[www.krisiloffdiet.com](http://www.krisiloffdiet.com)

**Optimal Wellness**

Information on grass-fed animals and various health issues

[www.mercola.com](http://www.mercola.com)

**The Physicians Committee for Responsible Medicine**

[www.pcrm.org](http://www.pcrm.org)

**The Truth in Labeling Campaign**

[www.truthinlabeling.org](http://www.truthinlabeling.org)

**Dr. Vodder School of North America**

You'll find a locator service for lymphatic massage drainage therapists on their website.

[www.vodderschool.com](http://www.vodderschool.com)

**Why Grass-fed Meat Is Best**

[www.eatwild.com](http://www.eatwild.com)

[www.Mercola.com](http://www.Mercola.com)