



Prostatitis

- Precursor to Prostate Cancer
- *Every Man Has It*

The 60 Day Cure

Bestselling Author Larry Clapp, Ph.D., J.D.
Prostate Health in 90 Days without drugs or surgery

PROSTATITIS – THE 60 DAY CURE

**Why Most Men Have This Precursor
to BPH and Prostate Cancer
& an Innovative 10-Step Program for Healing**

Larry Clapp, Ph.D., J.D.

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Prostatitis: The 60 Day Cure
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The information in this book is presented solely for educational purposes. It is not intended to serve as medical advice or a prescription, or to replace the advice and care of your doctor. Be sure to check with your doctor before beginning any aspect of this program. It is also a good idea to check with your doctor before beginning, altering or ending any health, lifestyle or diet program.

Some respected authorities feel that prostate massage can cause an existing prostate cancer to spread. If you have prostate cancer or an infection of the prostate, check with your doctor before having prostate massage.

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International Prostate Symptom Score (I-PSS) Calculator

The International Prostate Symptom Score (I-PSS) is based on the answers to seven questions concerning urinary symptoms. Each question allows you to choose one of five answers indicating increasing severity of the particular symptom. The answers are assigned points from 0 to 5. The total score can therefore range from 0 to 35 (asymptomatic to very symptomatic).

Select the best answer to each of the seven questions below. When you complete the responses, add your score to compute your total I-PSS and compare to the American Urological Association (AUA) categorization of that score.

0 to 5 0=never, 5=almost always (or 5 times or more where appropriate)

1. Incomplete emptying

Over the last month, how often have you had a sensation of not emptying your bladder completely after you finished urinating?

2. Frequency

Over the past month, how often have you had the urge to urinate again, less than two hours after you finished urinating?

3. Intermittence

Over the past month, how often have you found you stopped and started again several times when you urinated?

4. Urgency

Over the past month, how often have you found it difficult to postpone urination?

5. Weak stream

Over the past month, how often have you had a weak urinary stream? (Please compare to your stream size at age 30.)

6. Straining

Over the past month, how often have you had to push or strain to begin urination?

7. Nocturia

Over the past month, how many times did you most typically get up to urinate from the time you went to bed at night until the time you got up in the morning?

Your Total I-PSS: _____

The AUA Categorization of Your Symptoms:

(Mild: less than 8; Moderate: 8-19; Severe: 20-35)

“This book is a must-read for anyone who has cancer of the prostate or wishes to maintain optimal prostate health. It provides the reader with a road map for the latest cutting-edge technologies in medicine. Dr. Clapp is to be commended for having the courage to seek out 21st Century medicine, and to make it available to all of us.”

— Michael Galitzer, M. D., The American Health Institute

Chapter 1

Why You Should Be Informed about Prostatitis

Why should you care about Prostatitis? Let's start with some basic reasons. If you're a man, you probably have this condition—that is, an inflammation or infection of the Prostate gland—to some degree. And if you're a woman, you may want a better understanding of this pervasive male problem.

It has been my experience that 100% of the men who consult with me *do* have Prostatitis; these men are either seeking techniques to prevent a deterioration of their prostate or are asking for advice regarding symptoms and prostate disorders they have already developed. I've found that they may have Prostatitis on its own or in addition to other prostate ailments. According to a National Institutes of Health (NIH), Prostatitis is actually more common than the two better-known and more widely discussed prostate conditions—Benign Prostatic Hyperplasia (BPH) and Prostate Cancer!¹

For many reasons—including a widespread lack of knowledge about Prostatitis, the inadequacy of the most commonly used diagnostic tools and the fact that many cases occur without identified symptoms—the majority of the Prostatitis cases go undiagnosed and untreated. This is despite the growing evidence that Prostatitis can lead to an enlargement of the prostate (the condition commonly called BPH) which in turn can become Prostate Cancer. Today, Prostate Cancer is believed to be the most common cancer occurring in men.²

Even when Prostatitis *is* diagnosed, existing treatments are often not very successful. Administration of antibiotics is the standard medical protocol, even though (according to the urologists' own statistics) these medications are effective only in less than 30% of cases. Of growing concern is the fact that a long course of antibiotics can actually worsen a man's health. The experience of 45-year-old Robert W. is all too common for men with symptomatic Prostatitis....

In Robert's case, the symptoms began with pain in his lower abdomen and urgent "calls" to urinate. With data from an Expressed Prostatic Secretion (EPS) test, Robert's

¹ *The Prostatitis Syndromes*, Bradley Hennenfent, M.D., p. ix.

doctor diagnosed his condition as Bacterial Prostatitis. Yet, after taking a series of different antibiotics (four to six weeks with each type) for eight months, Robert could not permanently shake the symptoms. They kept coming back! Finally, his urologist announced they had run out of options with the antibiotic treatment, and Robert would have to learn to live with this condition! After the prolonged course of antibiotics, Robert was left with debilitating side effects—including a weakened immune system, a higher white blood cell count and food allergies. Plus, he appeared to harbor an even worse infection.

As you can see, the consequences of being uninformed about Prostatitis can be quite serious. And there's more. If a weakened state in the prostate progresses to Cancer, radiation or surgical removal of the prostate may be recommended by mainstream medical practitioners. These treatments can result in a reduced quality of life, including incontinence and loss of sexual function! In addition, the Cancer can still reoccur—35% of men who go the route of surgery or radiation require additional treatment within five years.³

In my own life, I learned the hard way about the terrible possible consequences you can face when the early warning signs of deteriorating prostate health are neglected. When I lived in Hawaii, my physician said for years that my prostate was quite enlarged and irregularly shaped. He told me it was “just part of aging.” To my question of “What can I do about it?” he replied that there was nothing that could be done. At one point, I did undergo a biopsy to check for Cancer. The results came back negative. Many years passed with reassurances from my doctor that I was OK. Then, in 1990, came an elevated PSA test result and a subsequent second biopsy. This time, the biopsy confirmed my worst fears—yes, it was the “big C”... Cancer! In response to my questions, the doctor informed me he had delayed taking action until my condition was bad enough and he could cut the prostate out!

Given the limited and unappealing options of surgery and radiation, I began intensive research into other alternatives. With time, independent research and input from an array of health professionals, I was able to develop a treatment for Prostate Cancer that

² *The Prostatitis Syndromes*, p. 13.

³ “Conventional Treatments,” Prostate90 website, http://www.prostate90.com/conven_treat/Default.htm.

I used to heal myself. I also learned that I had the additional condition of Prostatitis, which cleared too with my efforts. My approach to healing soon became the subject of my best-selling book, *Prostate Health in 90 Days: without Drugs or Surgery*, which many men have used to defeat Cancer of the prostate.

Despite *Prostate Health in 90 Days'* focus on Prostate Cancer, men with that disease were not the only ones who reported benefits from using the information it contained. I also heard from and worked with men diagnosed with Prostatitis who were able to heal using the ideas I developed. Some of these men participated in the Internet support group, Pralt Discuss, associated with my website, www.prostate90.com.

For instance, Barry J. wrote: *I just finished seven days on Larry's fast and cleanse... and to my surprise, on about Day 6, my Prostatitis symptoms began to disappear. I still-four days after completing the fast-have less frequency, less urgency, a more normal sized [urine] stream and almost no dribbling.* And John R. sent the following e-mail: *Larry's [first] book at a minimum helps Prostatitis... use his book to knock that out so that Cancer does not develop.* And after improving following 16 years with chronic Prostatitis, Bob G. warns: *I've gone through six urologists and two hospitals... Antibiotics were all that the urologists would prescribe. If I don't have an infection and all tests confirm it, then why? Finding a member of the medical profession... who has the patient's interest is a rare occurrence.*

So, my message to you is that it's likely you have Prostatitis and the condition of your prostate will probably get worse. You don't have to take the original course I did—inaction and blind acceptance of a physician's reassurances—a path that is likely to allow the condition to fester. Instead you can spare yourself years of suffering and benefit from the extensive research I have done in prostate health.

About a year ago, I decided to write *Prostatitis: The 60-Day Cure* in order to place the spotlight on Prostatitis so that men with this condition could heal at an early stage. You can be among those men who are able to take advantage of the crucial information presented within the pages of this book. The specific focus here is on Prostatitis, so there's much more discussion about it than in *Prostate Health in 90 Days* which centered on Prostate Cancer.

Even when I was faced with Prostate Cancer, I learned how to save my life. Now it's time to protect your own. A proven way to wipe out Prostatitis is to learn about nontraditional alternative treatments—and then to use them to heal yourself. This course of action will diminish your chances of developing Prostate Cancer later. Be encouraged by that fact that my healing strategy has worked for thousands of men recovering from prostate problems over the years.

Defeating Prostatitis doesn't have to take the rest of your life. By following my step-by-step program and contacting the inside sources I will list, you can cure yourself in most cases in just 60 days! That's less time than it takes most people to learn to drive or to shop for a house. Isn't your long-term good health, daily quality of life, and continued active sexual life worth the effort?

Prostate Facts & Stats

Prostatitis occurs more often than any other prostate disorder, including BPH and Prostate Cancer.⁴

More than 8 million American men have Prostatitis.

At least 80% of men who have been sexually active have Prostatitis to some degree,⁵ but it is also seen in virgin males.

Many cases are asymptomatic (without symptoms).

This condition can appear anytime in a man's life after puberty, but most often strikes in his 20s, 30s or at retirement age.

Estimates are that 40% of visits to American urologists are for Prostatitis.⁶

As the first prostate disorder to occur in men, Prostatitis should serve as an early warning of possible future problems.

Benign Prostatic Hypertrophy (BPH) affects half of all men over 50, and three-quarters of those over 65.⁷

By age 80, the incidence of BPH is even higher.⁸

⁴ *The Prostatitis Syndromes*, p. 1.

⁵ Ronald Wheeler, M.D.

⁶ *Gale Encyclopedia of Medicine*, "Prostatitis," 1999 edition.

⁷ William L. Fischer, *How to Fight Prostate Cancer & Win*, Agora Health Books, 2001.

Estimates are that 1 in 5 men will get Prostate Cancer,
Compared to 1 in 8 women getting Breast Cancer.⁹

Prostate Cancer is the most common Cancer
Occurring in men today.¹⁰

The death rate for Prostate Cancer is 2 to 3 times higher for African-American men
than for any other ethnic group.

Every three minutes a new case of Prostate Cancer is diagnosed in the U.S.¹¹

Every 15 minutes a man dies from Prostate Cancer.¹²

Rates of Prostate Cancer have increased an astounding 600% since 1985,
the fastest rise seen in any type of cancer.¹³

Disease occurs more frequently in the prostate
than in any other human organ.¹⁴

Prostate 101

Before we delve further into the issue of Prostatitis, let's review some basic information that you should know about your prostate. This complex male sex gland is normally about 20 to 30 centimeters in volume (about the size of a walnut), but in our culture it can enlarge to as much as 50-220 cubic centimeters (as mine did). The prostate sits at the base of your much larger bladder, where it creates slightly alkaline secretions that form part of the seminal fluid. Every day, between one-tenth to two-fifths of a teaspoon of prostatic secretions are produced. When a man is sexually aroused, between 4 to 10 times that amount is secreted by the prostate.

⁸ Sandra Salmans, *Prostate: Question you have ...Answers you need*, People's Medical Society, 1996.

⁹ Atlanta Clinic of Preventive Medicine, <http://www.acpm.net/prostate.html>.

¹⁰ *The Prostatitis Syndromes*, p. 13.

¹¹ *The Prostate: A Guide for Men and the Women Who Love Them*, Patrick Walsh, M.D., and Janet Worthington, Warner Books, Baltimore, MD, 1997.

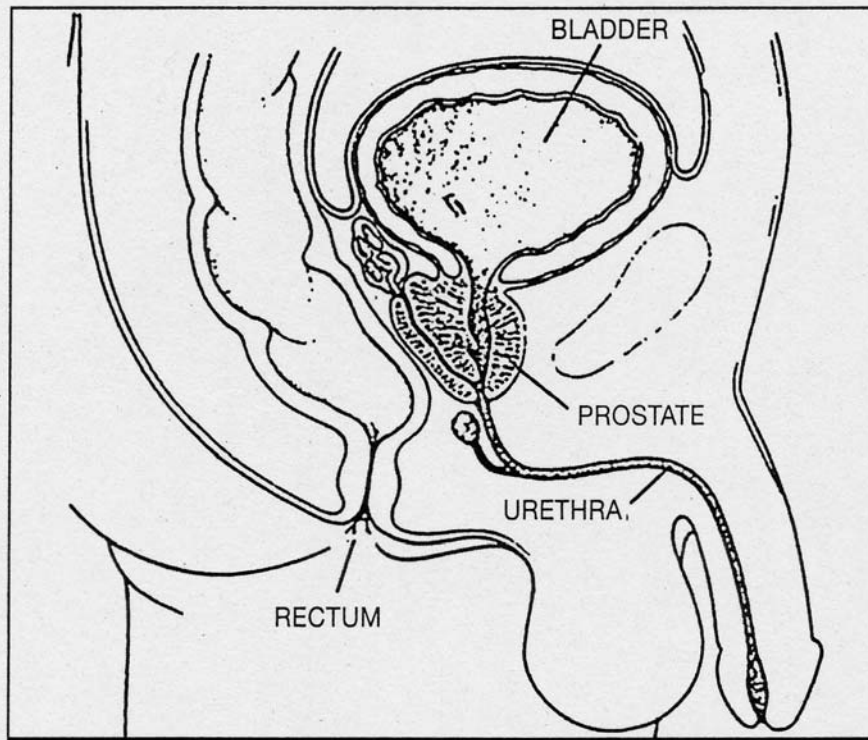
¹² *The Prostate*.

¹³ Atlanta Clinic of Preventive Medicine, <http://www.acpm.net/prostate.html>.

¹⁴ *The Prostatitis Syndromes*, p. 2.

THE PROSTATE

What It Is and What It Does

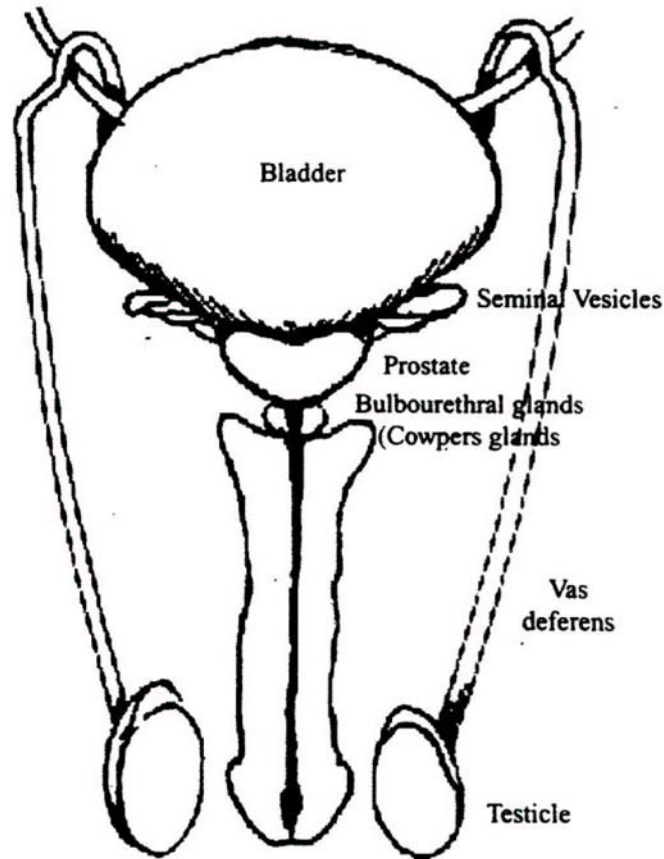


The prostate and the urinary tract share an outlet to the outside world, a tube known as the urethra—the reason that urine and semen come from the same opening at the end of the penis. Because this tube passes directly through the “doughnut hole” in the center of the prostate gland, enlargement of the gland can narrow the exit tube—thus causing the urinary problems familiar to so many men.

From *Prostate Problems*, by Charles E. Shapiro, M.D., and Kathleen Doheny, Dell Surgical Library.

Seminal fluid is the liquid portion of the semen that is discharged during orgasm. In seminal fluid, prostatic fluid is mixed with additional secretions from the two seminal vesicles (located one to either side of the prostate) and the testicles. One of the roles of prostatic fluid is to provide nourishment to the fragile sperm to keep it healthy and active as it moves to the ovum.

Two nearby smaller glands, referred to as the Cowper’s or bulbourethral glands, also issue secretions during sex. These secretions may serve as lubricants.



A main purpose of the urethra tubing is to carry urine from the bladder through the prostate and out of the tip of the penis. The prostate surrounds the urethra. Fluids from the prostate are also transported through the urethra pathway. Because of its location and use of the urethra, an unhealthy prostate will likely contribute to a man having urinary problems. Conversely, the immune defenses of a proper functioning prostate help prevent bacteria from traveling onward up the urethra onto the bladder.

Sperm is shot out of the body with help from muscle contractions of the prostate. One of the prostate's jobs is to pump the sperm out of the body with enough power to reach a woman's ovum. This means the prostate functions as both a gland and a muscle.

There are many reasons why the prostate's state of health can directly affect the quality of a man's sex life. In addition to the factors mentioned above, blood that flows

through the prostate is involved in creating erections. Important nerves linked to pleasurable sensations in sex pass through or around this gland too.

Finally, the emotional center of a man's sexuality is also located in the prostate. Feelings of sexual pleasure, disappointment, stress, inadequacy, immorality, hate and dislike are all stored in this gland. Unreleased negative emotions thus can contribute to prostate problems.

What Is Prostatitis?

As you've learned, Prostatitis refers to an inflammation and/or infection of the prostate, an important male gland. The prostatic inflammation/infection can be brief and mild, sudden and considerable, or long-lasting and chronic. Many cases of Prostatitis are asymptomatic, i.e. without recognized associated symptoms. However, rarer "acute Prostatitis" presents sudden severe symptoms, including pain and tenderness in the pelvic region (in the area where the prostate is located), pain in the penis and testicles, an urgent need to urinate, blocked urination, weak erections, fatigue, fever and chills.

In acute cases, Prostatitis symptoms may be so disruptive they can restrict a man's ability to sit comfortably, drive, hold a job, be in a relationship or have an erection. Acute symptoms may plague men who are only in their 20s and 30s. Without successful treatment these men live miserable lives.

Often the typical symptoms of chronic Prostatitis are attributed to aging. These are similar to those found in acute cases, but they may be milder. The symptoms include nocturia (the need to get up to urinate several times during the night); pain, hesitation or urgency in urination; and/or difficulty maintaining erections. Other problems may be pain in the lower back, testicles, perineum (area between the testicles and anus), lower abdomen, rectal area or during urination or ejaculation. A man may also notice a hardened discharge on the tip of the penis upon awakening, brownish or yellowish secretions during the day and an itchy feeling inside the penis. Eventually, restricted urination may lead to recommendations for catheterization or surgery to open up the urinary passage through the center of the prostate.

Below, typical Prostatitis symptoms are listed for your easy review. In the **Appendix I**, we have also included the NIH Chronic Prostatitis Symptom Index, another tool for comparing your symptoms to those commonly associated with this condition.

Symptoms of Prostatitis

Pain, hesitancy or urgency in urination

Nocturia (getting up several times at night to urinate)

Incomplete voiding

Decreased force of the urinary stream

Burning feeling with urination

Lower back pain

Pain during sex and/or ejaculation

Discomfort in the groin area, penis or testicles

An itchy feeling in the penis

Discharges at the tip of the penis

Blood in urine

Fever of 102° or above (in acute cases)

Flu-like symptoms (in acute cases)

Erection difficulties/impotence

Premature ejaculation

Male infertility

Fatigue

Depression

Decrease in sexual desire

Prostatitis has been called “the waste basket of clinical ignorance” by urologist Thomas Stamey, M.D., of Stanford University because of the current sad state of diagnosis and treatment in standard medicine.¹⁵ Part of the problem is that all the possible causes of Prostatitis have not been completely investigated through scientific methods. It seems obvious, however, that a man with Prostatitis often has multiple causes operating

¹⁵ Article “Chronic Prostatitis Affects Everyone” by Ronald Wheeler, M.D., p. 1.

all at one time. These factors can include bacteria, yeast, viruses, parasites and STD organisms, along with lifestyle issues such as stress, diet, lack of exercise, sexual conflicts, etc.

Many urologists believe that when a man makes unprotected love, he is exposed to bacteria, yeast, viruses and parasites that are foreign to his prostate. He may come in contact with organisms associated with such STDs as Chlamydia, Gonorrhea, Syphilis, HIV, Herpes, Cytomegalovirus (CMV), etc. (The man's state of health may determine whether he has an actual STD breakout.) The more women that a man has sex with, the more varieties of microorganisms he will encounter. These organisms can accumulate in the prostate over the years and can contribute to the condition of Chronic Prostatitis. This theory correlates with many studies that have shown that the more women a man has been with sexually, the more likely he is to develop Prostate Cancer.

It is my belief that, in these modern times, microorganisms are coming in contact with human prostates that are weakened by a variety of toxins in the diet and environment. (This is why cleansing the body and fasting are integral parts of my program.) It appears the accumulation of different strains of organisms is more than a weakened prostate can handle. Thus it becomes inflamed and enlarged. Women are also weakened by toxic factors; hence they also host a wider range of organisms. In unprotected sex, whatever is going within the woman will end up in the man, and visa versa.

Many men recall a lovemaking after which prostate problems began, particularly when they were drunk during sex. A prostate already weakened and irritated by alcohol often becomes inflamed and/or infected during intensive lovemaking. During my tenure as Executive Officer of a destroyer, I noted an old Naval saying that proved to be very true, "A drunk sailor who screws his brains out will have the drip in two to three days".

There is still much that is not known about the causes of Prostatitis. However, recent research indicates that many problems in Prostatitis are associated with blockages in this gland caused by current or earlier infections. This is a promising area for both treatment and further understanding of this illusive condition. You'll find more information on this particular subject throughout the book.

Prostatitis & Prostate Cancer

While the link between chronic Prostatitis and Prostate Cancer seems obvious to some, those in standard medicine can be reluctant to confirm it definitively or may deny that there is a connection at all. Yet, chronic inflammation of other organs is commonly associated with various cancers. One needs only to look at the connection between Hepatitis and Liver Cancer, inflammation of the lower esophagus and Esophageal Cancer and Ulcerative Colitis and Colon Cancer to see this phenomenon in action. **The truth is Prostatitis is *always* found in conjunction with Prostate Cancer.**

Evidence of the relationship between these two maladies can be seen when surgically removed prostates or biopsied prostate tissue are examined. In 1979, Drs. Kohnen and Drach found that 98% of surgically removed prostates showed signs of inflammation. Urologist Timothy Moon, of the University of Wisconsin, and others report that 100% of the surgical and biopsied specimens they have examined, indicate the existence of Prostatitis.¹⁶

Prostatitis & Benign Prostatic Hypertrophy (BPH)

Remember, I wrote that my prostate had been enlarged for years before I was diagnosed with Prostate Cancer? Well, the technical term for an enlargement of the prostate is Benign Prostatic Hypertrophy or BPH. Sometimes this swelling of the prostate does not lead to Cancer, but often Prostate Cancer is preceded by BPH. And BPH may be the result of Prostatitis.

One of the major problems with BPH is that prostate enlargement can eventually interfere with the flow of urine through the urethra, resulting in the man not being able to completely empty his bladder. Sometimes the enlargement grows toward the outer sides and does not compromise the urethra as much.

Ironically, it seems that men with identical symptoms may be diagnosed with either Prostatitis or BPH—the difference is sometimes only the man's age. In these cases, men under 50 tend to be told they have Prostatitis, whereas those over 50 receive a diagnosis of BPH.¹⁷ I believe this is because Prostatitis is actually a precursor (preceding

¹⁶ Article, "Chronic Prostatitis Affects Everyone," p. 5.

¹⁷ sci.med.prostate.prostatitis FAQ, Part 1.

condition) to BPH. Looking over the symptoms of BPH, it is easy to see how much they overlap with those associated with Prostatitis. Symptoms for BPH include hesitancy in urination, frequent urination, nocturia (getting up several times at night to urinate), urgency to urinate, straining to start a urine stream, a weak stream, stopping and starting the urine and dribbling of urine before and after urination. Additional problems may be incomplete emptying of the bladder and incontinence.

It has been estimated half of all men have BPH by the age of 60, and that 90% will suffer from it by age 85. Isn't it time to start curbing these numbers? Two logical approaches would be to deal with Prostatitis properly before it advances to BPH and to treat Prostatitis in cases of BPH.

What You Can Do

Prostatitis has not received the medical research it deserves. While several major prostate studies are now underway, their findings will take time. Meanwhile many physicians lack information about what treatment is really effective for Prostatitis, reacting automatically with the administration of antibiotics. Remember, by the urologists' own calculations, these medications are only effective for less than 30% of patients. This leaves at least 70% of patients still with the condition of Prostatitis, plus there is reoccurrence within that 30%.

Though most of us may wish to simply take a pill or supplement and then go on with our business, I think we're also realizing that this often isn't possible. While supplements and sometimes antibiotics can prove very helpful, healing your prostate is likely to require more. The good news is that I have already done much of the groundwork for you. *Prostatitis—The 60-Day Cure* lays the answers before you as part of an easy-to-follow 10-step program. I know these steps work because they worked for my own Prostatitis. I also talk to men every day with this condition who are using my approach for successful healing.

So, keep reading and begin to take action to protect your health and quality of life. Don't leave the fate of your prostate, sex life, relationships and physical health in the hands of physicians still searching for answers. Prostatitis is an early warning that

changes need to be made. With the help of *Prostatitis—The 60-Day Cure*, you can begin to take positive steps to a healthier and happier future.

How This Book Is Organized

In this first chapter you have discovered some of the reasons Prostatitis is at epidemic proportions in the U.S. today. You have also learned that there can be terrible consequences if this condition is not effectively treated. However, you are also discovering there are steps you can take to heal. Keeping the significance of prostate education in mind, let's consider what is ahead in *Prostatitis: The 60-Day Cure*.

In the remainder of **Part I, “Prostatitis, An Early Warning You Don’t Want to Ignore,”** we will explore:

- How to assess your state of health to determine whether Prostatitis is a problem for you (though it is best to assume that you do have some degree of this condition).
- The standard diagnostics you are likely to be offered (which are not very effective) and other approaches that work well.
- The medical treatments that standard medicine is currently using and why they often do not work.
- The problems associated with the prolonged use of antibiotics.
- The promising emerging options for Prostatitis treatment, all of which are incorporated into the book’s highly effective 10-step healing program.

In **Part II, “The 60-Day Cure,”** you will become acquainted with the 10-step plan. These steps include:

- **Step 1 – Fasting and Cleansing for Prostate Health**
- **Step 2 – Upgrading Your Dental Health to Support Your Healing and Well-Being**
- **Step 3 – Choosing Supplements & Herbal Remedies that Work**
- **Step 4 – Better Nutrition: Eating Right for Your Body & Prostate**
- **Step 5 – Adding Prostate Massage, Massage Therapy & Lymphatic Stimulation to Further Your Healing**

- **Step 6 – Using Prostate Drainage to Clear Resistant Blockages & Those Hidden Infections**
- **Steps 7-9 – Three More Techniques for Healing: Stress Management, Exercise & Personal Growth**
- **Step 10 – Adding More Passion, Mutual Pleasure & Spiritual Depth to Your Love Life**

In **Part III, Putting It All Together**. You will learn how to do just that.

The final chapter will present “Your Personal Healing Workbook,” showing you how to place the pieces of your recovery puzzle into a workable plan.

Yes, finally, a comprehensive program to diagnose and cure Prostatitis is available, and it is right in your hands in the form of this book, *Prostatitis: The 60-Day Cure*. It is my hope that this book will improve the quality of many men’s lives, as well as limit and prevent rampant prostate deterioration and its associated complications.

Looking Ahead to Chapter 2

In the next chapter, “Diagnosis? In Many Cases, Difficult,” we will discuss the diagnostic approaches most commonly used today, and why they often fall short of offering the best information. You will also learn of better alternatives, including the *Expressed Prostatic Secretion (EPS) test* which is rarely done by most urologists. In addition, you will learn of the many microorganisms that can be involved in this challenging condition known as Prostatitis.

Chapter 2

Diagnosis? In Many Cases, Difficult

Unfortunately, many of the standard tests given for Prostatitis are limited in how helpful they can be in identifying the specific root or cause of your symptoms. In my work with men suffering from Prostatitis, I have found other tests to be more effective—both for diagnosis and monitoring the effectiveness of care. The diagnostic tools I prefer include the **Expressed Prostatic Secretion Test (EPS)**, which used to be part of the standard medical protocol for prostate problems. However, since most men still receive the more common tests given by urologists and personal physicians today, it is important to be knowledgeable about the more typical methods. So before we explore the diagnostic approaches I most often recommend, let's walk through the prostate-related tests that you are most likely to encounter during visits to your doctor.

The PSA Test

Despite the controversy currently gaining momentum about this type of medical analysis, it's common for a **PSA Test** to be given upon any sign of prostate trouble. The PSA Test is sort of like the standard Pap smears given to women for monitoring any possible decline in the condition of their cervix. PSA Tests have been available since the early 1980s.

In this test, an assessment is made of the level of a protein called "*Prostate Specific Antigen*" (*PSA*) that is present in your blood sample. This substance is manufactured naturally in the prostate. It is an agent that helps thin the ejaculate and makes the swim toward the ovum easier for sperm. PSA is also a substance that increases in the blood when an infection or inflammation of the prostate is occurring. The presence of Cancer in the prostate also raises the amount of PSA.

Typically, a PSA level of 4.0 or below is considered to be safe and normal. Any rating from 4.0 up to 10.0 is labeled suspicious and borderline. And readings above 10.0 are thought to be dangerous and to indicate metastasis of the Cancer. However, in my experience, I have found that an isolated single reading of the PSA level can be quite

meaningless. For instance, men with PSA numbers below 1 may still have progressive cancers. Alternatively, men with PSA levels in the hundreds may have no sign of Cancer. On this note, the National Cancer Society reports that 25% of men with Prostate Cancer have low PSA numbers.¹⁸ So PSA numbers alone are not reliable. The test results are best used as indicators of changes over time, considering the entire PSA history. If the PSA number is going up, it is usually not a good sign.

Note that Prostatitis can raise a man's PSA level as much or even more than Prostate Cancer does. So whenever a man has a high PSA level, Prostatitis is often a major component—if not the primary one. In addition, other elements can also increase PSA numbers—including biopsies, motorcycle or bicycle riding and ejaculation. It is wise to also consider these additional factors when evaluating PSA Test results.

Currently, the American Cancer Society (ACS) and the National Comprehensive Cancer Network (NCCN) are calling for most men to have an annual PSA Test done starting at age 50. In addition, these organizations suggest that higher-risk men—African Americans and any male with a close relative (i.e., a father or brother) diagnosed with Prostate Cancer at a young age—begin earlier (such as at age 45).¹⁹ Because having a baseline for each individual man can be so important, I think it is essential for all adult males to ask that one PSA test be done five years earlier than is suggested by the ACS and NCCN. The average man should request that a PSA Test be performed at age 45, and then each year beginning at 50. The higher-risk man would have one done at age 40, and then annually starting at 45. In this way, men can have a benchmark to use for comparison to later test results. If your insurance will not pay for this early testing, direct payment for the test is usually inexpensive—around \$15 to \$35.

Recently, researchers have learned that the prostate specific antigen may not be so “specific” after all. They have found that when women have Breast Cancer, their PSA numbers also rise. It appears that PSA may be the body's way of fighting Cancer. So perhaps we shouldn't be working so hard at lowering the levels of PSA. Again, I recommend the PSA Test mainly as a tool for noting changes over time. It can be helpful

¹⁸ American Cancer Society website.

¹⁹ American Cancer Society website,
http://www3.cancer.org/cancerinfo/NCCN_Prostate_Guide_II.pdf.

in tracking rises that may be indicating a potential health threat, for monitoring the impact of treatment and for noting decreases in the PSA level.

The Digital Rectal Exam

While a **Digital Rectal Exam (DRE)** may sound like a highly technical process, the term “digital” actually originates from the Latin word for finger. Here it refers to the placement of a doctor’s index finger into a man’s rectum to assess the condition of the prostate. For this exam, the patient bends over an examination table and supports the weight of the upper body by resting against the elbows and forearms. It is suggested that the man point his toes inward while in this position, as the stance can open up the rectal area and make the exam more comfortable.

Focusing on the purpose of the exam rather than on any personal uneasiness will also help you get through a DRE. In addition, consider asking your physician to describe the exam and what he is evaluating as the DRE is taking place.

A local anesthetic such as Lidocaine jelly may or may not be administered, depending on the patient and his suspected sensitivity to the exam. Before performing the DRE, the physician will put on a thin, transparent glove and coat the encased index finger with lubricant. Just before entering the anus, the physician should gently touch the rectal opening and allow it to automatically contract and relax. This natural body reflex is known as “the anal wink.”

A healthy prostate will appear smooth, symmetrical, slightly movable and soft upon the physician’s touch; it also will present no bumps or hard spots. A healthy prostate is also not painful when massaged. In cases of Prostatitis, the prostate will feel somewhat enlarged and spongy. Particularly with acute Prostatitis, the prostate may be tender and painful as the doctor’s finger makes contact. If you feel that the pressure on the prostate hurts, tell your doctor. He may decide to discontinue the exam to prevent driving an infection into other areas, such as the testicles or bloodstream.

DREs are performed routinely during regular physical exams for men over 40 and earlier in cases where prostate problems are suspected. In men presenting prostate symptoms, a DRE is often done in conjunction with a PSA Test. The drawback of a DRE is the subjectiveness of the physician’s assessment. What one doctor may consider to be

spongy may feel fine to another. While the DRE is not a perfect test, it can be a helpful tool for finding early warning symptoms that need to be further considered.

Note: A DRE should never be performed just before a PSA test. Stimulation of the prostate—including during a DRE—will cause the PSA levels to rise. The level can stay elevated for up to 48 hours after a DRE. Unfortunately, the precaution of doing the PSA test first is often ignored, despite the fact that the DRE will alter the PSA reading.

Interestingly, most cancers are located on the side of the prostate that is next to the rectum. This is also the area that is accessible to the physical reach of the physician's finger. Later you will learn about the importance of colon cleansing in reducing prostate problems. The location of the prostate makes it susceptible to toxins leaking from an unhealthy colon.

Urine Testing

This routine testing is also referred to as *urinalysis*. If you have been to a doctor for a check-up, you are probably already familiar with this type of test. Often a receptionist will instruct you to stop in the bathroom to deposit a urine sample before you visit with the doctor. In other cases the physician may order the test if an infection of the prostate is suspected. Urinalysis then can involve a dip stick test, microscopic examination of the urine sample and the development of a culture.

Occasionally, a bacterial infection will be detected through an analysis of the urine. Unfortunately with Prostatitis, standard urine test results often offer little useful information. Part of the problem is that the patient is commonly told to leave a midstream sample, thus organisms that may have been in an initial sample may be missing. Also, a sample may alter when sediment settles to the bottom when the fluid is not spun around for examination. Or the culprit organisms may still be trapped within the swollen prostate itself. In addition, culturing may lack enough sensitivity to pick up the organisms that are present or the culture may have been grown for too short a time. Better options for collecting specimens for tests and cultures are described below in the “Preferred Tests & Approaches” section.

Urine tests can be helpful in screening for major diseases such as Diabetes or Kidney Disease. Thus your physician may rule out other causes for your symptoms. The

test can also locate the presence of pus or white blood cells in the urine and therefore confirm the likelihood of an infection. Blood may also be found in the urine sample, a factor which may be related to Prostatitis, or it may suggest a problem elsewhere in the genitourinary tract, such as in the bladder or kidneys.

Other Possible Standard Tests

Cytoscopy

With Cytoscopy, a device is inserted through the opening of the penis, on through the urethra and up into the bladder. This test can be useful in determining whether any inflammation has occurred along the lining of the tube-like urethra. The physician also looks for the presence of polyps and other growths, a narrowing of the urethra known as a *stricture*, etc. The condition of the bladder can also be assessed. The development of flexible fiber optic scopes has made this procedure more comfortable for patients; you will want to demand that this type of scope be used if a Cytoscopy seems necessary. Make this request at the time the Cytoscopy is scheduled.

In most cases of Prostatitis, the tests I recommend are sufficient, and that a Cytoscopy is not necessary. Still some men may find Cytoscopy to be helpful in diagnosis, particularly if a stricture or bladder growth is present. Blood in the urine may prompt the test. This procedure is most often performed with a local anesthetic, though you can opt for a sedative. While some men only experience pain and bleeding for a few days following a Cytoscopy, others find it further aggravates their symptoms and condition.

The Urine Flow Test

When urinary symptoms are primary among a man's complaints, a urologist may order testing that evaluates the properties of the urine stream—including pressure, flow rate, etc. These assessments are also known as *urodynamics*. One of these tools, the **Urine Flow Test**, charts how the urine passes out of the body, presenting a graph of the flow. The rate is measured in milliliters per second. For the analysis the man may be asked to stand or sit on a special urinal and to urinate into a funnel. Or he may simply deposit urine into a cup as the process is timed with stopwatch.

Urine Flow Tests are used most often when enlargement of the prostate—possibly *Benign Prostatic Hypertrophy (BPH)*—and a resulting blockage of the urethra tubing are suspected. It has limited application in diagnosing Prostatitis, but is useful as a benchmark of healing progress or regress.

In women, the urethra (the tube that carries urine from the bladder and out of the body) is very short—just about an inch and a half long.²⁰ However, in men it measures, on average, eight to nine inches.²¹ The length of the urethra in men sets them up for more potential problems with urination. Swelling of the prostate and its intrusion onto the urethra is one of the possible developments. Note: Sometimes urinary symptoms are caused by a weak bladder. Bladder pressure can also be measured through urodynamics.

Needle Biopsy

A biopsy is not used to diagnose Prostatitis; rather it is conducted when Prostate Cancer is suspected. Concern about this possibility may spring from the results of the PSA and DRE evaluations. The **Needle Biopsy** can be done right in the urologist’s office. Using a rectally inserted device, a needle is shot through the thin lining that separates the colon and the prostate. The “aim” of the device is guided by ultrasound. Several tiny samples are usually taken of the prostate tissue.

Caution should be taken when considering whether or not a Needle Biopsy is necessary. As Prostatitis is usually present, there is the possibility that the procedure could push an infection deeper into the prostate. Biopsies typically aggravate Prostatitis symptoms, raise PSA levels and reduce ejaculate by 50%. Other complications may also develop, including a new infection, impotence, Peyronie’s (a condition that can distort erections of the penis) or blood in the ejaculate for one to four months, etc.

Biopsy samples will be evaluated by a pathologist for the possible existence of cancerous cells. The pathology is subjective and varies with the pathologist; for instance, the same slide might be rated from Gleason 4 to 9 by different pathologists. While the detection of cancer cells would be important, a negative finding is not a sure test of whether any cancer is present. It could simply be that the cancerous portion of the

²⁰ *Gray’s Anatomy*, current 1974 edition, pg. 1007.

²¹ *Gray’s Anatomy*, pg. 1005.

prostate was not snipped. If the result turns out to be positive for Cancer, the next step will be for your condition to be “staged” (an evaluation of the extent of the Cancer). For more information on healing Prostate Cancer naturally, refer to my book, *Prostate Health in 90 Days*.

While the PSA and DRE can be helpful in initially bringing the condition of Prostatitis to light, further testing is often necessary to find the causes. Unfortunately, today when Prostatitis is suspected, many physicians and urologists simply respond by throwing antibiotics at the problem. These medications may only suppress the symptoms temporarily, when they do “work,” causing the organism to become insensitive to antibiotics and much more virulent. As you read in Chapter 1, antibiotics work in less than 30% of cases and they can actually impair the state of a man’s health when the use of these drugs is prolonged. To protect yourself, it is crucial to know about other diagnostic and treatment options that may prove to be more effective.

Preferred Tests & Approaches

In my work with men facing Prostatitis, I have seen many patients endure test after test without receiving meaningful results. While the causes of Prostatitis can sometimes remain illusive, I have found the following tests and approaches to be most productive in verifying the presence of this condition and in pinpointing the responsible microorganisms and other contributing factors.

Lifestyle Assessment during Physical Exams

On average, women outlive men by about six years. One reason may well be that women are much more likely to go to a physician for a health problem in the early stages.²² Men tend to avoid doctors unless a problem is persistent. Therefore, when a man does show up at his doctor’s office, it’s an important opportunity for the physician to point out lifestyle factors that could be contributing to various health problems—including Prostatitis.

²² <http://www3.utsouthwestern.edu/library/consumer/chekmen.htm>.

This book, *Prostatitis: The 60-Day Cure*, looks at many lifestyle issues that can exacerbate the symptoms of Prostatitis—including **a poor diet** and **lack of exercise**. Another relevant lifestyle issue is **stress**. Many men report their Prostatitis symptoms surface or get much worse during times when they are juggling the most responsibilities and facing their biggest challenges. Yet, stress is a factor that is overlooked by most physicians. Since tension and anxiety always contribute to prostate problems, discuss this with your doctor during your appointment and find help in learning to better handle stress. (You can also check out the stress management tools provided in Chapter 10.) On a related note, Valium has been shown to help ease Prostatitis symptoms for many men. While it is a dubious long-term treatment, Valium can be helpful for trouble-shooting possible contributing factors in the Prostatitis such as stress.

It is a good idea to prepare yourself ahead of time to be as precise as possible about your symptoms and concerns during your doctor's appointment. While you may spend from 5 to 30 minutes with your doctor, you are with your body 24 hours a day, seven days a week. Spend some time in the days before your checkup thinking about the symptoms you've noticed, how severe they are, when they started, what was happening at the time and how often these manifestations occur. For instance, have you noticed any unusual secretions coming from the urethra? While your physician should examine your penis and scrotum carefully, you may remember that the secretions happen at particular times—such as during defecation (which can push prostate fluid out the tip of the penis). You may also be able to uncover some possible lifestyle factors yourself. Consider, for example, whether the Prostatitis could be related to your **sexual history**. Infectious organisms are often passed from one sex partner to another. By putting thought into what you want to say at the appointment, you are likely to get more out of your time with the physician. If the necessary time is not given, perhaps it is time to start thinking about changing doctors.

Multi-Stage Urine Test

Earlier we discussed the standard urine testing that is conducted by most physicians and urologists. Over the years, a more sophisticated type of analysis has been developed which can involve either three or four stages of urine sample collection. It is

sometimes referred to as a *segmented urine culture*. One advantage of a **multi-stage urine test** is that the initial urine flow out of the urethra is examined. This may be a valuable specimen, as experience shows it is more likely to contain the culprit pathogens than the midstream sample.

In the three-step process, the samples include: (1) some of the initial urine stream; (2) a midstream section; and (3) a final specimen taken after the physician gently massages the prostate. Because of the stimulation of the prostate, the third sample includes some prostatic fluid.

A similar four-step procedure is called the *Meares-Stamey four-glass test*. Interestingly, a 1998 American Urological Association study found that only 11% of urologists used the four-glass test at least half the time with Prostatitis patients. However, those who did were more likely to use treatments other than antibiotics.²³

Urethra Swabbing

After examining the patient, an informed physician may take samples from the urethra using swabs specially designed for this purpose. This is a step that is recommended by Bradley R. Hennenfent, M.D., in his monograph *The Prostatitis Syndromes*. The urethra swabbing devices are sort of like Q-Tips, but longer and thinner. Dr. Hennenfent suggests that three samples be taken and that each one be used for a different test (see next paragraph). Unfortunately, even with swabbing, culturing may be disappointing. More sophisticated tests are likely to be required.

The first swab is used for **gram staining**. In the gram stain smear certain bacteria and organisms will be resistant to discoloration while others are not. This process can be valuable in that it provides information not available through culturing alone. First, gram staining can determine whether a sample would be adequate for culturing. Second, it can deliver a preliminary narrowing of the suspected organisms involved in an infection. Third, a gram stain smear may indicate that special cultures should be performed, such as for anaerobic or fungal organisms. Lastly, results from gram staining may be helpful in interpreting later culture results.

²³ <http://prostatitis.org/stameymeares.html>.

Next, the second swab of the urethra is utilized for a culture (often bacteria). Here there is an attempt to grow existing organisms in a prepared medium. Through a culture, the infecting organism may be identified and specific antibiotics can be tested to subdue it.

Finally, the last swab can be sent to a lab for culture to check for a possible Chlamydia infection. In recent years, Chlamydia has surpassed Gonorrhea as the number one bacterial STD (sexually transmitted disease) in the U.S., with 4 million cases occurring annually.²⁴ An alternative route for Chlamydia screening is a DNA test that examines a sample from a man's initial urine stream. The Centers for Disease Control (CDC) is now recommending DNA-type tests for Chlamydia.

Note that unlike Dr. Hennenfent, some physicians prefer to do urethra swabbing after an EPS test.²⁵

The Expressed Prostatic Secretion Test (EPS)

One of the main tests that I recommend for diagnosing Prostatitis is an **Expressed Prostatic Secretion Test**, also known as an **EPS**. During an EPS, the doctor presses against the back of the prostate through the rectum with a gloved, lubricated finger. As the result of the pressure applied by the physician, some sample prostatic fluid will flow out the tip of the penis. During this process the patient may experience the sensation that he is about to urinate. Instead, prostatic fluid will appear that can be used for analysis.

When Prostatitis is suspected, enlightened physicians will include an EPS as part of the Digital Rectal Exam (DRE). Unfortunately these doctors are in the minority. Therefore, it is likely that you will have to seek out a physician who will do an EPS.

Only a small amount of prostatic fluid is required for an EPS. Samples may be collected on a swab, in a small jar or better yet, directly onto a microscope slide. During the examination under the microscope, the physician will look for white blood cells. This evaluation must be done immediately by the doctor in his office, as the sample will change quickly. The physician should allow you to look through the microscope and point out what he has seen. A count of 10 white blood cells per high powered field (PHF) is considered to be normal by urologists. A rating of more than 10 is considered

²⁴ *PR Newswire*, July 3, 1997.

abnormal. I believe that the figure of 10 is too high. In my work, I have found a result of 5 to be a good indication of an infection.

Part of this prostatic fluid sample may be sent to a lab. At the lab, testing and culturing of the sample can be done for further confirmation that an infection is occurring and to determine what microorganism could be responsible. Tests may include a gram stain in which the level of white blood cells, bacteria and fungi are noted. A pH test could also be done; levels above 7 are often found with Prostatitis. Various cultures may be developed as part of the search for the infecting agent; the pathogens could be bacteria, viruses, yeast, protozoa, etc. (See list of organisms toward the end of this chapter.) Physicians may also ask that assessments be made regarding the most effective antibiotic or other drug treatment.

There was a time when the EPS test was routinely used by urologists in assessing the health of their patients' prostates. Yet, most urologists may not be equipped and/or they might refuse to do an EPS. I have never received a satisfactory answer to why this important diagnostic tool has been nearly abandoned. I strongly urge men to ask for an EPS, as it utilizes one of the most valuable types of samples for diagnosing Prostatitis—the prostatic fluid.

Prostate Massage

In my research into healing alternatives for prostate trouble, I developed a method of treatment called Prostate Massage. Massage of the pelvic region is combined with a gentle massaging of the prostate itself. This work around and directly on the prostate can open up blocked ducts inside the organ and allow for the release of infectious material. Prostate massage can be conducted by a bodyworker or a partner, or it can be self-administered. You will find more information on prostate massage in Chapters 3 and 8.

For diagnostics, massage can be important because released material may contain infectious organisms that were alluding detection. Once these ducts are opened, more material can be collected for analysis by a physician. So, it can be helpful to combine prostate massage by a massage therapist or at home with later diagnostic visits to your doctor.

²⁵ <http://www.prostatitis2000.org>.

Another cutting-edge approach to treatment and diagnostics is a type of mechanical massaging of the prostate that is combined with the administering of proprietary enzymes. Originating in Russia, the **Prostacizer** equipment is now under development for availability in the U.S. as both a physician-offered and home-use treatment option. This massaging of the prostate is more gentle than a process known as prostate drainage (described below), but it still results in a release of prostatic fluid. This release and the stimulation of the region by the equipment can be enough to bring relief without the use of antibiotics. If needed, after an initial period, the released samples are tested to precisely select effective anti-microbial medications. The original Russian researchers found that blocked glands tend to release on Days 7 and 8 of a typical 10- to 20-day treatment period. For more information, see the next chapter on treatment as well as Chapter 8 which addresses the different types of prostate massage which are available.

Drainage of the Prostate

Some physicians are now offering **Prostate Drainage** to patients who have been diagnosed with or are suspected to have Prostatitis. Upon diagnosis this is often accompanied with antibiotic or other drug treatment. Drainage—which is more forceful than prostate massage—causes fluid and pus that has accumulated in obstructed prostate ducts to be released. It can be useful in more resistant cases where the more gentle prostate massage is not helpful in opening up blocked areas inside the prostate. Material released from within the prostate can then be used to make a more precise diagnosis.

With drainage, it takes as many as four sessions before the offending organisms are forced out of the prostate. Gram stains, cultures and counts of pus cells may be performed using the collected specimens. Testing of the drained fluid usually continues until a sterile sample is obtained.

The standard frequency of drainage is every other day (three drainages a week). Patients reportedly experience relief from many Prostatitis symptoms within 4 to 12 sessions, but it is not unusual for them to report some improvements even after just one drainage session. Unfortunately, recurrences of Prostatitis are common after drainage, probably because these patients have often already gone through many rounds of antibiotics.

Still, prostate drainage with or without antibiotics, has been a breakthrough in the treatment and diagnosis of Prostatitis. A. E. Feliciano, M.D., of the Philippines, who pioneered much of the early work in this area of prostate care, deserves a lot of credit for opening up urology to new Prostatitis treatment options other than the use of antibiotics. Drainage is now practiced at the University of California in Los Angeles (UCLA) and at other institutions.

Semen Analysis

As you learned in Chapter 1, secretions from the prostate make up part of the seminal fluid. Therefore, a **Semen Analysis** can be valuable in diagnosing Prostatitis. This test may be referred to as an *ejaculate analysis*. A Semen Analysis offers the advantage of convenience; a sample can be collected by a patient anywhere and sent on for evaluation. Currently, labs do not work directly with patients; instead you need to coordinate the testing with the help of a health professional who has contacts with the labs that offer it.

With a Semen Analysis, all types of microbes can be looked for, such as bacteria, viruses, yeast and protozoa, including sexually transmitted organisms such as Chlamydia bacteria. The sample may also be examined for the presence of white blood cells which may indicate an infection and/or inflammation of the prostate. Both gram stains and cultures may be done. In cases where fertility is a concern, evaluations can also be made regarding the characteristics of the sperm—including volume, activity, motility, sperm count and shape/form. Prostatitis has a negative effect on a man's fertility.

Saliva Testing

As seen in HIV testing, **Saliva Tests** are gaining in popularity as they provide an alternative to blood sample collection.

At one time, when conducting a line of research into the connection between dental health and the condition of the prostate, I utilized saliva tests. For the research, I ordered comparisons of samples of prostatic fluid and saliva taken from eight test patients. These evaluations were conducted at the University of Southern California in Los Angeles. The technicians looked for bacteria, viruses and yeast. What we learned

through the small test group is that the same organisms that were present in the prostatic fluid also existed in the oral fluid!

A promising area of this prostate research that became too costly to continue was searching for the presence of *anaerobic bacteria* in the oral fluids. Anaerobic bacteria are a variety that cannot survive in an oxygenated environment. Yet, inside the human body, they vastly outnumber aerobic bacteria. As you can imagine, trying to take samples without exposing the anaerobic bacteria to oxygen is a difficult and time-consuming process. Even so, I believe this could be a fruitful area of prostate research in the future. Current conventional testing methods do not usually look for anaerobic bacteria.

Again, the convenience of taking saliva samples makes this an attractive option in Prostatitis diagnosis. White blood cells can be detected in the saliva, as well as the various pathogens that can trigger an infection and/or inflammation.

The Power Color Doppler Sonogram of the Prostate

This new technology is a relative of the ultrasound equipment that allows expectant mothers and fathers-to-be to view their child inside the womb. Radiologist Robert L. Bard, M.D., of New York City, is the front runner of P.C.D. Sonogram of the prostate. This process overcomes the unreliability associated with biopsies and PSA tests. The addition of the Power Color Doppler advances to ultrasound technology made the sonogram testing more sensitive; it allows for switching of power and color during a rectal exam to better see tumors, Prostatitis, calcifications, BPH and, most importantly, blood flow within the prostate. By measuring blood flow, a tumor can be seen at a very early stage. Aggressiveness of any tumor is determined by blood flow.

To date, Dr. Bard is the only radiologist that I have found to do this highly specialized type of prostate assessment. Many patients fly to New York City from all over the world for appointments with Dr. Bard after finding that they are getting inconclusive feedback from their physicians. Through testing by Dr. Bard, one patient, for instance, learned that he had only a mild inflammation of the prostate indicating Prostatitis of a low grade. He was also relieved to hear that a previous malignancy that had been biopsied a year earlier was now dormant. The patient and Dr. Bard discussed the various approaches being used to heal the man's prostate, and a follow-up

appointment was scheduled for six months later. Through the sonograms, others have been able to witness their tumors getting progressively smaller while the Prostatitis and calcifications improved as well.

For further information on Dr. Bard and the Color Doppler Test, visit cancerscan.com.

Current Classifications of Prostatitis

The job of classifying the different Prostatitis disorders currently comes under the jurisdiction of the National Institute of Kidney and Urologic Diseases, a government research institute commonly known as NIDDK. In 1995, a group of clinicians, researchers, and patients met at a NIDDK/NIH Chronic Prostatitis workshop in Bethesda, Maryland, and agreed on four categories as the basis for future research, clinical evaluations, epidemiological studies, etc. One change was that “Prostatodynia,” a category that was part of the 1968 Meares-Stamey definitions, was dropped. Currently, the four NIDDK classifications are:

- **Acute bacterial prostatitis:** Often experienced with a sudden onset and severe symptoms, this is a less common, but more easily treated form of Prostatitis. Symptoms include chills, fever, pain in the lower back and genital area, urinary frequency, urinary urgency at night, burning or painful urination, body aches and a demonstrable infection of the urinary tract.
- **Chronic bacterial prostatitis:** This second type is a long-lasting or recurrent condition that may resist treatment. Bacteria of some form persist in irritating and infecting the prostate and urinary tract.
- **Chronic prostatitis/chronic pelvic pain syndrome:** This “syndrome” involves symptoms whose cause cannot be conclusively pinpointed with current diagnostics. Inflammation may or may not be involved. Symptoms go away and return without warning.

- **Asymptomatic inflammatory prostatitis:** Here infection-fighting cells are found in the semen, prostate secretions or prostate tissue, yet the patient does not complain of pain or discomfort. A physician who is checking a man for possible infertility or testing him for signs of Prostate Cancer usually discovers the condition.

While having a diagnosis and fitting into one of the above categories can be helpful for some Prostatitis patients, other men can waste a lot of time going from doctor to doctor trying to get a definitive answer about what they have. If you find that a diagnosis is eluding you, I suggest that taking *effective action* for healing is likely your best course. You'll find many suggestions for self-healing and effective therapeutic support within the pages of this book. My hope is that *Prostatitis: The 60-Day Cure* can help many patients avoid an endless merry-go-round ride in the world of medical diagnostics.

The Future of Diagnostics: More Careful Screening for Organisms

While the available diagnostic tools for Prostatitis are improving, some patients still remain in the dark when trying to find the source of the infection and/or inflammation of their prostates. For example, one patient, even with drainage, didn't receive any conclusive information from the testing of his specimens—even with weeks of trying. Yet an infection was evident, as pus was found in his prostatic fluid. Common sense told us there was an infection, yet science could not supply the cause.

Still cutting-edge medical professionals working with Prostatitis patients are screening for an ever-widening range of organisms. And they are having some success. For instance, one doctor was only able to help a Prostatitis patient after it was determined that a particular strain of yeast, *Candida dubliniensis*, was involved.²⁶ In other cases, it is discovered that more than one infectious agent is present. Below you'll find a list of some of the organisms that have been linked with Prostatitis symptoms. Note that some organisms are considered normal flora, but can overgrow in an unbalanced internal environment.

Organisms Being Tested for in Prostatitis

- Bacteria, including enterobacteriaceae (E. coli); staphylococcus (Staphylococcus aureus, epidermidis, and saprophyticus); corynebacterium including klebsiella, proteus (proteus mirabilis and morgani), enterobacter (E. aerogenes), streptococcus (alpha-Strep), enterococcus mycobacterium tuberculosis, and pseudomonas (Pseudomonas aeruginosa)
- Neisseria gonorrhoeae bacteria (associated with Gonorrhea)
- Chlamydia trachomatis bacteria (associated with Chlamydia and Nongonococcal Urethritis)
- Papova viruses such as Human Papilloma Virus (HPV) (associated with Genital Warts)
- Human Herpes simplex viruses (HSV), types 1 and 2 (associated with Herpes)
- Cytomegalovirus (CMV) (more infectious in patients with depressed immune systems such as people with AIDS)
- Yeasts, including Candida albicans and dubliniensis
- Trichomonas vaginalis (a protozoan that causes vaginitis in women)
- Gardnerella vaginalis (which causes bacterial vaginosis [BV] in women)
- Epstein-Barr virus (associated with mononucleosis)
- Adeno viruses
- Entero viruses
- Toxoplasma gondii (protozoans)
- Mycoplasma (Parasitic microorganisms without cell walls that are intermediate between a virus and a bacteria), including Mycoplasma hominis and genitalium, and Ureaplasma urealyticum
- Anaerobes (organisms, including bacteria, that can live without oxygen), such as Coliforms and Peptostreptococcus.²⁷

²⁶ Interview with Dr. Jordan Dimitrakov, M.D.

²⁷ Prostatitis Foundation website,

[http://www.prostatitis.org/latemay97/\[034\]Normal_flora\[034\]_etiologic_agent](http://www.prostatitis.org/latemay97/[034]Normal_flora[034]_etiologic_agent),

<http://www.prostatitis.org/bacterialcause.html>; <http://www.prostatitis.org/coryne.html>; Dr. Antonia Novak Feliciano website, <http://www.qinet/User/Dr.ANF/chronic.htm>;

Informatica Clinic website, <http://www.efis2000.pl/inne/pgrab/androgrn/meth.htm>.

Among the medical professionals providing more extensive lab work are Dr. Antonio Novak Feliciano of the Philippines and the Informedica Clinic in the Ukraine. For more information, visit the Dr. A. N. Feliciano website at <http://web.idirect.com/~ino/> and/or the Informedica pages on the Prostatitis Foundation website at <http://www.prostatitis.org/sebastopol.html>.

Don't Wait If A Diagnosis Is Elusive

While we are beginning to see some assessment improvements among more informed practitioners, most Prostatitis patients are still being analyzed with diagnosis tools that offer few answers. If you've seen two or more doctors and a diagnosis is still not forthcoming, use common sense to make your own judgment and begin to take action to improve your health. The approach suggested in *Prostatitis: The 60-Day Cure* works for most forms of Prostatitis; the only exception is that you'd need more urgent care if you have the acute variety. Even before seeing your physician, you can begin to take such steps as cleaning up your diet and reducing your stress level.

What's Ahead

While many patients are frustrated by the current state of diagnostics for Prostatitis, most won't be much more encouraged by the standard medical care that's offered. Be informed before you agree to any form of treatment. Read on to Chapter 3, "Standard Medical Treatments & Emerging New Options."

Chapter 3

Standard Medical Treatments & Emerging New Options

While Prostatitis is a very common condition among men, devising effective treatment options has been a challenge for Western medicine. The monthly magazine *Urology Times*, which reports on current medical news for physicians, has described chronic Prostatitis as “one of the most frustrating disorders to have or treat.” Another publication, *Impotence & Male Health Weekly*, reports that “there is a general consensus among physicians that the management of chronic Prostatitis is dismal.” And cutting-edge physician Antonio Novak Feliciano notes on his website that many Prostatitis patients “have the same history of going from doctor to doctor... and trying one antibiotic after another for weeks and months... [without] reporting a permanent cure.”

Physicians sometimes blame the current state of affairs on the lack of clinical trials to point them in the right direction. The *Urology Times* article states that the “frustration and unhappiness” physicians feel in dealing with Prostatitis “is driven by a lack of confidence and comfort in their ability to accurately diagnose and subsequently rationalize treatment.” Whatever the reason, patient advocates charge that this frustration has prompted physicians to avoid Prostatitis patients or to simply hand them antibiotics as a type of knee-jerk response.

Though many Prostatitis patients continue to receive poor care, some new alternative approaches are already delivering promising results. So read on as the current standard treatments are described, but keep in mind that other new options are now emerging. You’ll read about the best ones at the end of this chapter, all of which are included in some way in my 10-step program for healing Prostatitis. Be encouraged by the fact that this 10-step program has brought relief to many patients. An underlying principle of my program is that, as with any health challenge, strengthening the body’s own resources is the wise strategy. For example, almost without exception, I have seen the health of men with Prostatitis dramatically improve, just by using Step 1 of my plan—The Ultimate Cleanse.

So if you're reading this because your treatment for Prostatitis has been unsuccessful, don't despair. And if you've just discovered that you have Prostatitis, this chapter will caution you about possible problems you'll want to avoid.

Let's move on now to today's common Prostatitis treatments.

Antibiotics, The Standard First-Line Approach

As confirmed by many sources, as well as my own observations, antibiotics remain the most common approach that physicians use for treating Prostatitis. In the same *Urology Times* article mentioned earlier, urologist Daniel Shoskes, M.D., writes that most physicians "use antibiotic therapy almost exclusively as first-line therapy." Often this is done without much diagnostic testing to justify this treatment decision. Right now, under these current conditions, antibiotics are effective against the various antagonizing pathogens, including bacteria, in less than 30% of cases. And then it may only be a temporary success.

A wide range of antibiotics is used to address Prostatitis, including the broad-spectrum varieties ciprofloxacin (the now well-known Cipro), norfloxacin and ofloxin (Floxin).²⁸ Other typical antibiotics are trimethoprim (Proloprim or Trimplex) or trimethoprim-sulfamethoxazole (TMP-SMX, Bactrim, Septra).²⁹ Note that the Prostatitis Foundation warns of problems particular to the use of the quinolone family of antibiotics, which includes ciprofloxacin, norfloxacin and ofloxin. The problems they cite include Tendonitis and other tendon problems, as well as interactions with antacids, supplements such as zinc, iron, and calcium, the drug Theophylline, and caffeine. Visit the Prostatitis Foundation website at <http://prostatitis.org/ciproeffects.html> for more information on the quinoline issue, including a case study.

The duration of antibiotic treatment varies, based on how you as a patient are responding. Depending on the type and severity of Prostate inflammation and possible infection, your physician may start you out with a prescription lasting a week, six weeks or more. A series of different antibiotics may be tried when earlier treatment fails. I have seen men whose immune systems were wrecked by several rounds of antibiotics over a

²⁸ American Academy of Family Physician website: <http://www.aafp.org>.

²⁹ *Impotence & Male Health Weekly*, December 14, 1998, "Diagnosis and Treatment of Prostatitis in Canada."

period of many months. However, even a short sequence of antibiotics will disrupt the delicate natural ecology inside your body. Along with the trouble-making pathogenic bacteria, beneficial bacteria are also destroyed by these medications. This “good guy” bacteria is needed to keep our natural internal flora in balance and to help us fight infections. More on that in the next section of this chapter.

Certainly, some men with Prostatitis do get relief with general prescriptions for antibiotics. As noted, the often-reported estimate for success with these drugs for the condition is less than 30%. Success is most likely to occur when a man’s Prostatitis is bacterially based, and his particular troublesome strain of pathogenic bacteria is easily knocked out by the medication his doctor has chosen. According to the *Urology Times*, improvement may also come because other microorganisms—such as chlamydia, mycoplasma, gram-positive organisms, and anaerobes—are eradicated by the antibiotic selected. Still, as noted, the Prostatitis may eventually return.

As you read in the last chapter, more thorough screening for the offending infectious organism, or organisms, is a practice being adopted by innovative physicians in the Prostatitis field. For example, Dr. Antonio Novak Feliciano, of the Republic of the Philippines, carefully cultures prostatic fluid to determine the specific type of bacteria or other organism involved in the infection. His approach to treatment combines a highly selective choice of antibiotics or other anti-microbial medication *with prostatic massage*. You will find more information on Dr. A. N. Feliciano’s program toward the end of this chapter. Note: While Dr. A. N. Feliciano has laudably pioneered more sensible treatments for Prostatitis, too many patients have reported recurrence with his approach within two months. Again, a suspected cause for this is the long-term use of antibiotics by many of Feliciano’s patients before they reach his clinic.

Problems with Long-Term Antibiotic Use

In recent years, an alarm had been sounded and is growing in volume regarding the dangers of antibiotic misuse. Biologist and toxicologist Mark Lappé, author of the 1986 pioneering book *When Antibiotics Fail*, was among the first to warn us of the problems associated with ignoring the natural defenses of our immune systems and the tendency of physicians to instead rely on broad-spectrum antibiotics. Other books

followed, including such titles as *The Antibiotic Paradox: How Miracle Drugs Are Destroying the Miracle* by Stuart B. Levy, *Antibiotic Crisis: Antibiotic Alternatives* by Leon Chaitow, N.D., D.O., and *Beyond Antibiotics: Boost Your Immunity and Avoid Antibiotics* by Michael A. Schmidt and Lendon H. Smith.

Since I first addressed the problem of antibiotic misuse in relationship to prostate problems several years ago, the debate on this subset issue has grown substantially. Regularly I hear stories from men with Prostatitis who took antibiotics for months on end, with not much to show for it but a depleted body and hampered immunity. Little did these men know that the antibiotics they were taking could actually make their health worse.

The reason? Well, inside of a healthy body, hundreds of different microorganisms live in balance. These include bacteria, viruses, yeasts, etc. In fact, potentially harmful bacteria and other pathogenic organisms reside within us all the time. Under normal circumstances, beneficial “good guy” bacteria keep the “bad guy” organisms in check.

However, when antibiotics kill off the beneficial bacteria, we can run into trouble. Since an environment has been created where our normal defense mechanisms are not working, harmful organisms have an opportunity to take over. If an infection exists (such as in the prostate, as often is the case with Prostatitis), the body can offer a weaker immune response. This is because our internal “flora” (the healthy balance of bacteria, viruses, yeast, etc.) is normally involved in immunity, but the internal environment has now been altered by the medication.

Consider the story of patient Jake M.:

Jake’s Story

This patient was diagnosed with Prostatitis at age 46. For the first year, he searched for a doctor who would help. Along the way, Jake went to three physicians. Each one had the same answer—antibiotics. Usually the duration would be from four to six weeks. Instead of improving, Jake found his symptoms worsening. While he started with pain in his testicles, Jake’s condition deteriorated to include abdominal pain, urinary frequency and genital irritation. Jake was “fed up” with conventional medicine.

Then Jake came across my first book, “Prostate Health in 90 Days,” and began to study it. He did the Ultimate Cleanse, cleaned up his diet, exercised more and explored the other steps to healing. Slowly, he began to see his health improve. Jake learned the hard way that healing and recovery truly do take time and effort on the part of the patient. Just popping pills wasn’t enough.

FYI: Antibiotic Resistance

One problem that has grown out of the popularity of antibiotic use for treating many health conditions is the development of drug-resistant varieties of pathogens. This is something that Alexander Fleming, the discoverer of penicillin, foresaw when he cautioned physicians to use antibiotics appropriately. Scientists have found that bacteria are adapting and transforming themselves, sometimes actually sharing information across species! Remarkably, the bacteria learn how to remain unaffected by particular antibiotics. This growing resistance calls for stronger forms of antibiotics, which, in turn, can trigger greater side effects.

In 2000, the World Health Organization called for the wiser use of antibiotics in countries that tend to over-prescribe. And a December 2000 editorial in the *New England Journal of Medicine* requested a halt in the inappropriate use of antibiotics. The editorial noted that Pneumococcal bacteria, the most common cause of pneumonia, are becoming resistant to numerous antibiotics.³⁰ Others have noted that many members of the Staphylococcus family of bacteria have also developed immunity against most antibiotics.

Physicians working with Prostatitis patients are also finding that the infecting organisms can learn to adapt and eventually resist prescribed antibiotics,³¹ becoming more virulent in the process. They point out that this is just one more reason to carefully assess which, if any, medication is the best choice for the individual patient.

Advice for Those Who Have Been There

³⁰ *The New England Journal of Medicine*, December 28, 2000, “Managing Antibiotic Resistance,” by Richard Wenzel and Michael Edmond, p. 1961.

³¹ A. N. Feliciano website/Article 19 pages, “Treatment” section.

If you feel that your internal flora has been compromised by the overuse of antibiotics, there is a specific test that can assess the possible damage. A stool analysis, offered under various names by a number of different diagnostic labs, is available to patients through alternative health practitioners, such as nutritionists or homeopaths.

One of the best labs to use is the Great Smokies Diagnostic Laboratory in Asheville, North Carolina. Their Comprehensive Digestive Stool Analysis looks at abnormal gut flora and ecology as well as immune factors, among other issues. To learn more, visit the Great Smokies website at <http://www.gsdl.com>.

Once an assessment is made, your health practitioner can also help you restore a healthy internal flora with the use of probiotics—nutritional products supplying beneficial bacteria. For more information on probiotics, see Chapter 6, “Choosing Supplements & Herbal Remedies that Work.”

Other Common Medical Treatments

While physicians routinely prescribe antibiotics for Prostatitis without much diagnostic testing, other medical treatments may be suggested—depending on your symptoms and their severity. These additional medical treatments are described below to enhance your general knowledge. However, note that in many cases, Prostatitis patients can benefit from simply following the self-help steps outlined in this book, or they may also need to work with the new medical approaches described at the end of this chapter. Be aware that a medical treatment that is overkill or ineffective may simply add more symptoms to your list, instead of easing the ones you already have now. Also, in your journey back to health, you’ll want to identify the root causes of your condition, rather than to simply address the symptoms.

Transurethral Resection (TURP)

TURP is a form of surgery that is also referred to as *reaming out the prostate*, or more casually, a “Roto-Rooter” of this gland. A patient goes under anesthesia for the procedure. During a Transurethral Resection, the prostate is reached by using a 12"-long device called a resectoscope that is placed inside the penis, up the urethra, and into the prostate. The goal is to remove prostatic tissue adjacent to the prostatic urethra that may

be the cause of an obstruction. TURPs are most common in cases of Benign Prostatic Hyperplasia (BPH), where an enlarged prostate blocks the flow of urine. However a Prostatitis patient may also find that his physician is recommending it.

A TURP may lead to a chronic irritation of the formerly underlying prostate tissue, which has become exposed through the surgery but was never meant to be. Other complications include the development of scar tissue, incontinence, impotence, dry ejaculation and retrograde ejaculation (semen ejects into the bladder). Often the procedure needs to be repeated in a few years after prostate tissue grows back. While a few men with Prostatitis have found a TURP helpful, many say they regret having had the procedure. It is often best to treat the Prostatitis in various other ways, even in BPH patients (who usually have Prostatitis too). To read comments from patients and others about TURP, type in “TURP” on the Prostatitis Foundation search page—<http://prostatitis.org/search.html>.

“Microwaving” of the Prostate

The formal name for microwave treatment of the prostate is *Transurethral Microwave Thermal Therapy (TUMT)*. Patients scheduled for a TUMT receive local anesthesia. During the TUMT, prostate tissue is “zapped” to create space for the free flow of urine through the urethra. To prepare for TUMT, a catheter is placed through the penis and up into the urethra. Nearby, at the rectum, the microwave generator rests. The application of the microwaves occurs through remote control. The Prostatron is the brand name of the device commonly used for microwave prostate treatments.

According to an article in the *Wisconsin State Journal*, a side effect of TUMT reported by one-third of men is the temporary inability to urinate. Thus these patients had to deal with the inconvenience of leaving their doctor’s office with a catheter in place.³²

Concerns have been raised about possible long-term damage to the prostate and surrounding tissue from the microwave heat treatment involved in TUMT. Because of such unknowns, it is wise to proceed with caution and a lot of research. To read about men’s experiences with TUMT, visit the Prostatitis Foundation website at <http://www.prostatitis.org/prostatron.html>.

³² Prostatitis Foundation website, <http://www.prostatitis.org/prostatron.html>.

Transurethral Needle Ablation (TUNA)

Like TUMT, TUNA is a type of heat therapy for the prostate. According to the manufacturer VidaMed, their “TUNA System delivers low-level radiofrequency energy directly into hyperplastic prostate tissue while preserving the urethra and adjacent structures from harm.”³³

A write-up of a seven-patient Taiwan study of TUNA reports that temperatures in the prostate reach 90 to 100° C during TUNA, while the urethra temperature stays below 43° C. Four men in the pilot Taiwan study were said to receive relief of their chronic nonbacterial Prostatitis symptoms; three experienced only partial relief.

This procedure is seen by some to be a lower risk alternative to Transurethral Resection (TURP), the “Rotor Rooter” process described above. Still self-help measures, prostate massage and, if needed, carefully selected microbial medication are more highly recommended by this author. To read a sampling of patients’ experiences with Transurethral Needle Ablation, type in “TUNA” on the Prostatitis Foundation search page—<http://prostatitis.org/search.html>.

Drainage of an Abscess

In *The Prostate: A Guide for Men and the Women Who Love Them*, Dr. Patrick Walsh, M.D., states that a prostatic abscess is sometimes involved in cases of acute Prostatitis. He notes that this localized accumulation of pus is somewhat like a pimple on the prostate, and it can create uncomfortable pressure. If a physician suspects an abscess, an ultrasound or MRI is performed to confirm its presence. Drainage can be done using a needle that is passed through the rectum or perineum.³⁴

If your doctor finds an abscess, remember that like any other symptom, the underlying causes need to be addressed—not just getting rid of symptoms.

Removal of the Prostate

As a last resort for extreme cases of Prostatitis, a physician might recommend the surgical removal of your prostate—a procedure known as a *prostatectomy*. This primarily

³³ Prostatitis Foundation website, <http://www.prostatitis.org/tuna.html>.

³⁴ *The Prostate: A Guide for Men and the Women Who Love Them*, by Patrick Walsh, M.D., p. 282.

occurs when a man begins to feel that his symptoms have become intolerable—as with extreme urinary retention.

This is not a decision to be taken lightly. Two likely consequences of prostatectomy are impotence and incontinence. In a study at Johns Hopkins University in Baltimore, Maryland, researchers found that 50% of men who had prostatectomies under what was considered the most ideal conditions were incontinent three months after surgery. Eight percent remained so 24 months later. Fifty percent experienced long-term impotence.³⁵

A man in this situation must make an honest assessment of whether he has fully explored his alternatives. I have seen many men who felt their Prostatitis symptoms were “intolerable” find relief over time by using the steps recommended in this book.

In most cases, removal of the prostate is an extreme measure which is really out of context for Prostatitis patients, especially when the underlying causes have not been addressed.

Removal of the Seminal Vessels

The technical name for this procedure is a *seminal vesiculectomy*. It is used in only rare cases, and even then with caution. Usually these cases either involve infertility or a chronic severe infection. A common symptom in these patients is pain on ejaculation rather than the relief usually felt by Prostatitis patients. According to urologist Daniel Shoskes, M.D., a traditional seminal vesiculectomy is a difficult surgery with a high rate of complications.

Dr. Shoskes has developed a new approach to this surgery, which he says avoids the difficulties commonly involved in doing the procedure. The surgery is performed through a lower abdominal incision which leaves the urethra and prostate “untouched.” Long term follow-up has not been reported since this is a relatively new procedure; Dr. Shoekes reports that no impotence or incontinence has resulted. To learn more, visit <http://www.prostatitis.org/seminalectomy.html>.

³⁵ *The Healthy Prostate*, by Arnold Fox, M.D., and Barry Fox, Ph.D., John Wiley & Sons, New York, 1996, pp.80-81.

Sitz Baths

One self-help technique that doctors sometimes suggest is a sitz bath. *I have observed that these baths can be highly effective in soothing Prostatitis symptoms.* A sitz bath is simply a soak in a bathtub filled about 1 foot of comfortably hot water that has added ingredients. These ingredients are 1 cup of Baking Soda plus *either* 1 cup of Sea Salt *or* 1 cup of Epsom Salt. What is Epsom Salt? This is a naturally occurring substance, mined from the earth, and it contains magnesium, sulfur, hydrogen and oxygen. These components help “pull” toxins out.

A sitz bath may ease prostate inflammation, thus reducing pain and allowing for easier urination. (Note that in cases of extreme retention or pain, you should see your doctor.) These soaks are also helpful in reducing muscle tension. They are most effective in drawing blood to the prostate if the tub is not full; otherwise the differentiation in body temperature is lost if the whole body is immersed.

A sitz bath should last for about 10 to 20 minutes. You can add more hot water, as needed. At the end of the bath, you may feel sleepy, so it’s wise to plan this activity just before bedtime.

If you have high blood pressure or eczema, sitz baths are not recommended.

Breaking Up of Prostatic Stones

Often calcifications occur in the prostate, forming stones that may contribute to the symptoms of Prostatitis. In some men, the stones chip or crumble, and the fragments are noticed on occasion, exiting as sand- or gravel-like substances in the urine and semen. Over time, the stones can rebuild, or new ones might develop.

It is thought that prostatic stones are caused when secretions of the prostate get trapped due to inflammation of this gland and/or because of obstructions. Another cause could be an accumulation of pus and debris that has hardened. So the stones can be thought of like a pearl formed in an oyster. Stones may also be created as tissue changes due to inflammation of the prostate.

A new approach for breaking up the stones is with Holmium lasers, which are designed for applications in urology, such as dealing with kidney stones. However, massage or drainage may be needed to clear the prostate of the debris, and these

processes may be enough on their own to move a stone out of this gland. Some words of caution: There is a concern that exploding stones in the prostate may permanently damage the tiny ducts in this gland called acini. So it may be best to let the stones break down over time through fasting, cleansing and nutrition, as we are experiencing clinically.

Some men take magnesium and zinc supplements to try to prevent the formation of prostatic stones, and they report a degree of success. This nutritional approach has been helpful in curbing the development of kidney stones in the past, so it is assumed that prostate stones are similar. However there are differences.

Allopurinol

There are researchers who believe that Prostatitis is sometimes caused by the back flow of urine into the prostate (urinary reflux). This has been reported particularly in physically active men participating in such sports as bicycling or jogging.³⁶ In these cases, the medication Allopurinol may be recommended, for it decreases urate in the urine, and therefore may reduce the irritation of the prostate.

Some men have been ecstatic regarding the dramatic relief they experienced after taking Allopurinol. The symptoms that were treated included urinary urgency, frequent trips to the toilet during the night, and pain with urination or ejaculation. A three-month study in Sweden involving 20 nonbacterial Prostatitis patients found their symptoms to be relieved without side effects. However the medical literature reports some nasty possible side effects with Allopurinol, including fatal skin rashes, fever and/or chills, and gastrointestinal problems such as diarrhea and nausea.³⁷ The risk seems to increase with longer use, and the residual long-term effects of this drug are not clear.

If your Prostatitis symptoms are severe, you may find that taking Allopurinol is a way of buying time to consider other options. However, since relief can come with the methods recommended at the end of this chapter, and through the self-help program offered in the book, it may be wise to try other approaches first.

³⁶ *The Prostatitis Syndromes*, p. 15.

³⁷ *The Prostatitis Syndromes*, pp. 46-47; The Prostatitis Foundation website, “The Allopurinol Cure for Prostatitis.”

Proscar

The brand name of the Merck & Co. finasteride product is Proscar, and it is commonly prescribed to help shrink the enlarged prostates seen in BPH patients. Proscar is a synthetic compound that reduces the amount of DHT (dihydrotestosterone) available to the prostate. DHT is converted by the body from testosterone, the male hormone.

It takes a while for Proscar to work, at least weeks, to months—and its full effect is not seen for six months. The medication is taken for the long term, as symptoms can return if a man goes off the prescription. While Proscar may help reduce the size of the prostate, it isn't always as effective in helping with the urinary symptoms such as flow.³⁸ I don't recommend it, as I've seen the natural supplement Neoprostate and cleansing work well for reducing DHT in Prostatitis patients and for relieving symptoms. You'll find more information about Neoprostate and cleansing later in this chapter. Note that at least one study has found possible links between Proscar and Prostate Cancer.³⁹

Hytrin

The main use for this alpha-blocking medication is for treating high-blood pressure. Hytrin (terazosin) entered the field of Prostate treatment because of the intent to relax the smooth muscle of the prostate as well as the bladder neck; it is thought that this can perhaps reduce blockage of urinary flow in cases of symptomatic BPH. Some patients report that it is effective for this purpose.

The other side of this story is that the side effects of Hytrin can be considerable. In a three-year study of terazosin published in *Urology*, 20% of the subjects dropped out because their side effects were too severe. These side effects include dizziness, light-headedness, nausea, fatigue, sudden drops in blood pressure and palpitations. Men who already have low blood pressure or suffer from fainting spells definitely should not be on this medication. Because of the noted side effects, Hytrin is often taken before bedtime.

Hytrin might be helpful for men with Prostatitis when muscle tension is a contributing factor. However, as with the other medications, it is suggested that you try

³⁸ *Prostate*, p. 118.

³⁹ *The Healthy Prostate*, pp. 55-57; *When the Man You Love Won't Take Care of His Health*, p. 236; *The Prostatitis Syndromes*, p. 48; the Prostatitis Foundation website, search, Proscar.

the other recommendations suggested in this book first. You can find various natural approaches to reducing muscle tension by checking the index.⁴⁰

Anti-Inflammatory Drugs

Some doctors recommend treating the inflammation that occurs in Prostatitis with anti-inflammatory drugs. These may include over-the-counter anti-inflammatory medications like ibuprofen or aspirin.⁴¹ In most of the cases I have seen, these medications did not work and they only served to irritate the prostate.

New Exploratory Treatment Avenues

Because there is much to be learned about all the possible factors causing Prostatitis, there are other therapeutic approaches that doctors are now exploring. These include work with the idea that inflammation of the prostate might be the result of *immune disorders* or *allergies*. Here efforts are made to address the chronic inflammation of the prostate (which perhaps continues even after the offending pathogen is gone), or to identify the possible allergens. Another track of medical treatment, mentioned briefly above, is based on the theory that Prostatitis might be a *tension disorder*. Along these lines, it is proposed that chronic tension in the pelvic area chokes off blood supply and irritates the prostate as well as the delicate structures involved in urination. Since people tend to hold tension in particular areas of the body, those who favor the pelvic region might be more susceptible. In Chapters 8 and 10, we'll address the issue of physical tension in further detail with alternative healing methods such as massage, exercise and stress reduction. Note: While physicians might address tension in the pelvic area with muscle relaxants, I have seen some patients get results from taking *Valium*, a medication often given for anxiety and stress. It's not unusual for a man with Prostatitis to report that his problems began during a period of emotional distress. Valium would not be my suggestion for long-term treatment, but it may be helpful for a time before other approaches are determined or have an effect.

⁴⁰ *The Healthy Prostate*, pp. 53-54; *Prostate*, pp. 116-118.

⁴¹ *Prostate: Questions you have... Answers you need*, by Sandra Salmans, p. 36.

Regarding Yeast & Prostatitis

As with any condition where prolonged prescriptions of antibiotics are part of the picture, there is the possibility that some men with Prostatitis may develop a yeast imbalance. As you read earlier in this chapter, antibiotics kill off the “good guy” or beneficial bacteria along with the bad. This creates the perfect environment for yeast to overgrow, particularly when lots of sugars and carbohydrates are consumed.

This problem has been given a lot of attention in the women’s health field, and there are some good books for both men and women that can help you decipher if yeast could be contributing to your health problems. These titles include *The Yeast Connection Handbook* by William G. Crook, M.D., *The Candida-Yeast Syndrome* by Ray Wunderlich, Jr., M.D., and Dwight Kalita, *The Missing Diagnosis* by C. Orion Truss, M.D., and *The Yeast Syndrome* by John Parks Trowbridge, M.D., and Morton Walker, D.F.M.

Some men have found relief or a reduction in their symptoms by adopting the anti-candida diet suggested by Dr. Crook and others. Anti-fungal medications may also need to be taken for an extended period. Symptoms of a yeast imbalance include skin rashes, food allergies, sugar cravings, rectal itching, digestive disturbances (gas, bloating, constipation, diarrhea) and nasal congestion. Note that men with Prostatitis may be given anti-fungals after their antibiotics treatment as a regular course by more informed physicians, or at the same time as a preventative.

Two Approaches to Note

A combination of approaches is gaining some success with patients, though the percentage of recurrence has been disappointing. This effort is centered on prostate drainage coupled with the careful choice of anti-microbial medications.

The Manila Protocol

In the last chapter on diagnostics tools for Prostatitis, you learned that cutting-edge health practitioners in this field are spending more time evaluating what the offending infectious organisms might be—if there are any. Dr. Antonio Novak Feliciano, M.D., of Manila in the Philippines, was mentioned as one of the physicians doing this

more extensive work. Well, Dr. A. N. Feliciano has been getting a lot of attention for his treatment of Prostatitis patients, in which he combines the **more thorough lab analysis** of specimens with **prostatic drainage**. In fact, American patients frustrated with their medical treatments in the States are flying to Manila just for the opportunity to work with Dr. A. N. Feliciano. Interestingly, this physician is a former Prostatitis patient himself, and at that time, he witnessed first-hand the way one antibiotic after another can be offered as possible solutions but only make matters worse.

Note that his son, Dr. Antonio Espinosa Feliciano, is offering similar care in the Philippines through a separate facility. In addition, a growing number of U.S. physicians are beginning to use these approaches in their treatment of Prostatitis as well.

On his website (<http://web.idirect.com/~ino/novak.htm>), the elder Dr. Feliciano proposes various theories for why antibiotics and other anti-microbials often do not work or only provide temporary relief for Prostatitis patients. For instance, he notes the need for more precise selection of medication with the statement that *“The antibiotics must be the right combination to eradicate infections caused by possible multiple organisms from [among] seven venereal diseases and more than 60 sexually transmissible so-called normal flora infecting the genitourinary tract.”* Dr. A. N. Feliciano also states that in most cases the length of anti-microbial treatment should take no longer than one to three weeks, with only rare exceptions. This can be possible when the selection of the medication is more precise. In addition, this physician presents the idea that, in typical medical treatment, the medications may not kill the bacteria, or other infecting microbes, because the organisms are trapped inside the blocked ducts of the inflamed prostate. Thus prostatic drainage can force the microbes out of the prostate, open up the formerly obstructed areas, and allow for a better penetration of the medications.

Prostate drainage involves palpation of this gland by the practitioner’s gloved index finger to move blocked infectious material out. This procedure used to be the “gold standard” of medical treatment for Prostatitis before the days of antibiotics. Today, it is making a comeback. A cautionary note is warranted however. An overly aggressive method of drainage by some American physicians is to be avoided as it may actually cause damage to the prostate. Because of this potential ill effect, drainage should be

reserved for those men whose prostate glands remain plugged, even after the more gentle prostate massage.

Later in Chapter 9, a full discussion of prostatic drainage will be presented, including more details about how the treatment is performed.

Effective & Exciting Alternatives

Fortunately for patients, our understanding of Prostatitis is moving out of the darkness of uncertainty and into the light of progress. Indeed, this is a very exciting time. Daily, it seems, we are learning more about what can work for healing at my Prostate90 Foundation. Five of the main areas where I am noting definite advances for Prostatitis are with fasting and cleansing, prostate massage, more effective supplementation, nutritional support and attention to dental health.

Fasting & Cleansing

During my own experience with Prostate Cancer and Prostatitis back in the 90s, one of the most dramatic contributions to my recovery was fasting and cleansing. These tools for supporting good health have been utilized for centuries in many cultures but are getting renewed attention today. I've put together an easy-to-follow regimen with clearly defined steps. My program involves an 8-day fast that is combined with a 90-day herbal program for further cleansing and the eradication of parasites.

During the fast, the body gets a break from its digestive duties so it can focus on healing and rejuvenation. The special lemonade that you use in my Ultimate Cleanse and the supplements in the program provide energy that would be missing in a strict water-only fast. Through doing the Ultimate Cleanse, most men see an improvement in both the urinary difficulties and sexual dysfunctions that are often part of the condition of Prostatitis. So whatever the minor discomforts of the program may be for you, I think you'll find it well worth it. Most people on the Ultimate Cleanse are surprised that it is so easy to do.

It can be helpful to do the Ultimate Cleanse with the support of a knowledgeable health practitioner. Referrals are available from the Prostate90 Foundation at 310/587-

9855. The foundation itself also provides coaching for the fast and cleanse program. To tap into this resource, call 310/587-9855 or e-mail coaching@prostate90fndn.org.

The Ultimate Cleanse program is described in detail in the next chapter, including the most common questions that people have about it. The fast and cleanse are a great jumpstart to the rest of the program in *Prostatitis: The 60 Day Cure*.

Prostate Massage

In the 90s, as I developed an approach for addressing Prostate Cancer and Prostatitis, I was looking for a way to produce more release of prostate fluids than what results from a Digital Rectal Exam. Working with Los Angeles Hellerworker Raya King, I created a combination of a massage of the tight muscles of the pelvic region (including those around the prostate) with a gentle kneading of this organ/gland. The two-pronged approach to prostate massage that we created encourages the opening of blocked prostate ducts and the release of infected fluids. (Note that this is a less forceful approach than with the prostate drainage described earlier.) Patients I then sent to King experienced cleared or reduced symptoms, better sexual function, and an overall feeling of greater well-being. You'll find more information on King's work (including patient stories) as well as other approaches to prostate massage in Chapter 8.

Note: Medical researchers at the Sanos Clinic in Moscow, Russia, have developed a sophisticated type of mechanical prostate massage which will soon be available in the U.S. Their massage is accomplished with the help of a device featuring a balloon-like apparatus that is inserted into the rectal canal and inflated and deflated. This massage is combined with the administering of a proprietary enzyme solution through the urethra before the treatment begins. The gentle massage and enzyme therapy can be enough on their own to bring significant healing to a prostate troubled by Prostatitis. If not, after an initial period, anti-microbial medication may be prescribed, determined by the material released through the massage. The Sanos Clinic reports a 97% success rate with their typical 10- to 20-day treatment protocol, and just a 0.3% return of the condition.

In the U.S., a machine called the *Prostacizer* is currently under development based on the work of the Sanos Clinic. Machines will soon be available for use in both

physicians' offices and in the home. For information on its availability, contact the Prostate90 Foundation by phone (310/587-9855) or e-mail: info@prostate90fndn.org.

For more information on the various types of prostate massage described above, read Chapter 8, go to the Prostacizer website at www.prostacizer.com and visit the Sanos Clinic website at <http://www.sanos.aha.ru>.

Nutrition for Healing

In my work with Prostatitis patients, I've found changes in the diet to be one of the most powerful self-help tools. You'll find full coverage of dietary issues in Chapter 7, "Better Nutrition: Eating Right for Your Body and Prostate."

An interesting program centering on nutritional healing for Prostatitis and other genitourinary problems has been ongoing for over two decades. It's run by Dr. Milton Krisiloff, M.D., the former Chief of Urology of Saint John's Hospital of Santa Monica, California, who is now in private practice. (This doctor became renowned as Ronald and Nancy Reagan's personal physician.) Dr. Krisiloff believes that many of the symptoms in the genitourinary system are the result of "allergic type reactions" to foods and beverages. His approach involves cleaning up his patients' diets by advising them regarding which foods and drinks to avoid. The potential problem-makers he has pinpointed include sugar and sugary foods, hot spices, coffee, sodas and alcohol.

A few years ago, a study looked at the effectiveness of Dr. Krisiloff's approach in regard to Prostatitis. It scrutinized his results with the over 1,170 Prostatitis patients who went through his program between 1977 and 1998. At the start, each participant had exhibited at least two symptoms of the condition. Their progress was then evaluated 12 weeks after adopting Dr. Krisiloff's dietary regimen. Defining success as a "significant" improvement in all symptoms, the study found that Dr. Krisiloff achieved a remarkable 87% rate of victory over Prostatitis.

Here is one man's experience with Dr. Krisiloff's program. Saul was a 57-year-old businessman with a history of chronic Prostatitis. His worst symptom was urinary urgency. This man was making trips to the bathroom every 60 to 90 minutes, as well as waking up about three times a night to urinate. After trying several medications, Saul was told by his urologist that prostate surgery was required. Fortunately a friend of Saul's

suggested a visit with Dr. Krisiloff for a second opinion. Saul decided to give the physician's nutritional program a try, and within eight weeks of changing his eating habits, Saul's chronic Prostatitis symptoms were gone.⁴²

To learn more about the Krisiloff diet, visit his website at <http://www.krisiloffdiet.com>.

On a related note, many times I hear Prostatitis patients complain that they cannot give up their coffee or wine—even though we know the beverages can be irritating to the prostate. Yet these men are dealing with the frustrating and often emotionally upsetting symptoms that come with Prostatitis. It can be important while you are in a weaker state of health to give up these beverages, although they are a source of enjoyment for you. Later, when you are well, it may be possible to reintroduce the drinks back into your diet in sensible amounts.

The point of Dr. Krisiloff's work is obvious; nutrition plays a vital role in prostate health. Again, for an entire nutritional program I have developed for better prostate and overall health, see Chapter 7.

More Advanced Herbal Support

Many men associate the herb saw palmetto with care for the prostate. This herb comes from a plant that is actually a small palm tree, native to coastal areas of the southeastern United States. Saw palmetto berries are said to have been used by Native Americans to make a tonic, and by the late 1800s, an herb derived from the plant began to be recommended by eclectic physicians in the U.S. for promoting health in the genitourinary tract. Today it is widely promoted for prostate health.⁴³

Despite its heavy promotion, in my work with men who have Prostatitis, I have been unimpressed by the results saw palmetto supplementation can bring. So I am pleased to be able to recommend a product that has been highly effective. It contains the healing elements of saw palmetto—phytosterols and zinc—but in higher, more beneficial quantities. That product, which was specially designed to provide prostate support, is

⁴² Krisiloff Diet website, <http://www.krisiloffdiet.com>.

⁴³ *Saw Palmetto: The Herb for Prostate Health* by Christopher Hobbs, L.Ac., and Stephen Brown, N.D., Botanica Press, Loveland, Colorado, 1997, pp. 34-35.

called *Neoprostate*. It is available from Beachwood Canyon, Naturally from the website <http://bcn4life.com> or by calling 888/803-5333.

Phytosterols, referred to also as sterols, are delivered by most plant foods, but in very small amounts. In *Neoprostate*, there is the same amount of sterols that you would find in 3,000 dried saw palmetto berries, or 7.75 pounds of fresh fruits and vegetables. This supplement was created to make the sterols more easily absorbable than they would be from food sources.

One way that *Neoprostate* is said to promote prostate health is through the maintenance of a good hormone balance. Studies show that the supplement is able to impede the prostate-enlarging hormone DHT. (This is the same hormone that the drug Proscar is made to suppress.) Men taking *Neoprostate* have found it effective in eliminating or reducing urinary urgency, nocturia (getting up numerous times during the night to urinate), erectile problems and impeded flow.

In addition to phytosterols, IP6 (inositol hexaphosphate) is part of the *Neoprostate* formula. IP6 is a component of certain foods high in fiber, including cereal grains, legumes and some seeds. Inositol hexaphosphate is believed to protect cell integrity and to prevent the accumulation of metals in the body.

In Chapter 6, you'll learn more about other supplements that can assist you in efforts to rebuild the health of your prostate.

A Surprising Influence—Dental Health

In my last book, *Prostate Health in 90 Days*, I alerted readers to the ways that the health of the mouth is related to a healthy prostate. Interestingly, lingering infections in the mouth, sometimes left behind from improperly performed root canals, can weaken our immune defenses. Other types of infections in this orifice include those between the teeth. In my first book, I also discussed why amalgam fillings, made with the toxic metal mercury, should be replaced with those made with materials that are in harmony with the body. Both of these issues can be addressed with the help of health professionals in a newly emerging field—biological dentistry.

Because I have seen dental factors be so crucial in restoring the health of prostate patients, I am again including a chapter about them in this book. You'll find more

information in Chapter 5, “Upgrading Your Dental Health to Support Your Healing & Well-Being.”

Get Off the Medical Merry-Go-Round

As you’ve discovered in this chapter, there are alternatives to an endless ride on the medical merry-go-round of unsuccessful treatments for Prostatitis. Self-help techniques—including doing the Ultimate Cleanse, improving your diet and choosing the best supplements—can really make a difference for most men who suffer from Prostatitis. And we are seeing that prostate massage and holistic dentistry can also be quite beneficial.

Stay tuned. You will learn more about how to make progress on your journey back to prostate health in the chapters ahead.

Chapter 4

Step 1 – Fasting & Cleansing for Prostate Health

Now that you have been informed about the current state of medical treatment for Prostatitis, we can begin to explore my highly effective 10-step program of care for a prostate troubled by this condition. The program starts with the Ultimate Cleanse, an 8-day fast which is accompanied and enhanced by an herbal regimen that continues for a period afterwards. This extended herbal regimen is for further rejuvenation of the body and for the clearing of parasites. The overall goal of Step 1, is to create an internal environment in your body in which deep healing can take place. Since publication of *Prostate Health in 90 Days* in 1997, a major step toward improved prostate health has proven time and time again to be the Ultimate Cleanse. This has been the case for thousands of patients.

By reading this chapter, you will be become acquainted with:

- The ways fasting and cleansing can help improve your health
- Some of the early pioneers who used these methods in the United States
- How to prepare for the Ultimate Cleanse
- The step-by-step process of doing the fast and herbal regimen
- The carefully chosen herbs used in the program
- Complementary therapies you may also want to put to work for yourself
- How to follow up the fast and cleansing regimen.

Understanding the Fasting & Cleansing Process

Fasting and cleansing is a process that is centuries old. It is a healing and restorative practice utilized during ancient times in the temples of Egypt, Greece and many other regions of the world. It is mentioned often in the Bible in such passages as the following one from the book of Isaiah: *“Is not this the fast I have chosen?... and thine health shall spring forth speedily.”* The word *“fast”* itself is derived from the Hebrew term *“tsom,”* which is associated with the phenomenon of people losing their appetites in

times of distress. In such emergencies, all one wants to do is deal with the problem at hand. Hunger is forgotten.

In a sense, having Prostatitis is a type of emergency too. In his monograph *The Prostatitis Syndromes*, Dr. Bradley R. Hennenfent, M.D., describes this condition as a “urological emergency,” because delaying effective treatment often leads to a chronic, distressing state of disease.⁴⁴ Whether you’re already dealing with a long-standing case of Prostatitis or are just starting to have symptoms, your body and your prostate are calling out for your attention right now. The fast and cleanse are part of an informed response.

While the idea of a fast may be new to you, you’ll find answers in this chapter that will make the process easier for you. For instance, you may worry about extreme hunger during the fast. Actually, people find that they have high energy and are remarkably satisfied when they drink at least the amount of the special lemonade recommended in the program and combine this with the herbal protocol. Fasting expert Stanley Burroughs said, *If you are hungry or lack energy, drink more lemonade*. This always works. The fast is easy, fun and enlightening.

Note that men without current prostate problems, as well as women, can benefit from the fast and the accompanying herbal program too. A man planning to do the Ultimate Cleanse may want to encourage his partner to join him in the program. This will provide greater support in doing the fast and cleanse, and the program can improve your mate’s well-being as well.

Benefits of Fasting & Cleansing

Earlier I mentioned that the main purpose of the program described in this chapter is to create an internal environment in your body that is conducive to healing. Our goal is to help you achieve higher levels of health. This is not possible when your body is out of balance as it is now. Many factors are currently thwarting your body’s attempts to fight the condition of Prostatitis. Poor lifestyle choices, a toxic load that is more intense than ever before in history, an overwhelmed immune system, a digestive tract carrying too many harmful organisms and not enough beneficial ones, a variety of parasites, etc., are all combining to make healing more difficult. Many diseases (not just Prostatitis) can

⁴⁴ *The Prostatitis Syndromes*, p. 1.

result from such factors, because the body becomes too weak to maintain health and to combat challenges to your well-being.

Let's take a look at how fasting and cleansing can turn the situation around and make positive contributions to the health of your prostate and your overall wellness status.

- **Improved digestive health** – Over a 70-year period, the average American eats about 23,000 pounds, nearly 12 tons, of solid food.⁴⁵ In our industrial culture, that food is overly processed, heavily doused with synthetic chemicals, lacking in fiber and essential fatty acids, and harder to digest. Many people in the U.S. suffer from slow bowel transit time (how fast food travels through the intestinal tract) or even constipation. Clogging up in the intestines, food rots and produces toxic substances. Some of this matter gets deposited as plaque along the walls of the intestines. Slow-moving meals and decaying matter provide fertile ground where pathogenic microorganisms and parasites can flourish. Beneficial bacteria lower in number, as they are overtaken by the “bad guys.” As you saw in the last chapter, if antibiotics are also being taken, the beneficial bacteria population can be decimated.

The above scenario is draining to our systems for many reasons. Beneficial bacteria are essential to healthy immunity. The pH of the bowel is affected when food is not digested efficiently. When the digestive tract is out of whack, we assimilate the nutrients in our food poorly. Imbalances can also lead to damage to the lining of the digestive tract, making its walls porous and creating a condition called “leaky gut syndrome.” Inflammatory reactions, skin breakouts, and food allergies can result as toxic matter passes through the walls. Sitting adjacent to the rectum (the last stop along such an unhealthy digestive system), the prostate is more vulnerable to being affected by toxins and pathogens.

However, when you fast and cleanse, you give the body an opportunity to restore the digestive tract to a healthier state. Normally, about 35% of the body's energies are devoted to digestion. Taking a break from ingesting solid food, you allow the priority to be restoration rather than digestion. In addition, healing of the lining of the digestive tract is promoted by the herbal products recommended for this program. Also, assisted by the

⁴⁵ Chopra, Deepak, *Perfect Digestion*, p. ix.

herbal preparations and other supplements, the internal flora can come back into balance to feature more beneficial bacteria. During the fast and cleanse, matter that has been retained along the intestinal walls can be released and eliminated too. Rising up to a higher level of health, the body can begin the work of detoxification—clearing toxins from the digestive system and elsewhere.

- **Strengthening of the immune system** – When the body is freed from the major portion of its digestive duties, more energy can be devoted to immune functions and healing. Also, when the balance of the microorganisms in the digestive tract is restored and toxins begin to be cleared there, additional immune system resources will be available. Finally, some of the herbal support that is part of this program was specifically selected to enhance immune function. You will learn more about that last point in the section on the herbs later on in this chapter.

- **Clearing of parasites** – Parasites are becoming an increasing health problem. The *Journal of the American Medical Association* reports that by the year 2025, more than half of the 8.3 billion people on earth will have at least one type of parasitic disease.⁴⁶ Well, when the body is in a depressed state—as evidenced by the Prostatitis—it is even more susceptible to parasitic infections than normal. The possible invaders range from 30-foot-long tapeworms down to microscopic organisms.

An important step in eradicating parasites is clearing the intestinal walls of encrusted matter. The intestinal lining is one place where parasites take residence in the body. Part of the program in this chapter is designed to rid the intestines of this debris. Plus, a major component of the cleanse is the clearing of parasites in the digestive tract and the whole body with the help of a liquid herbal formula. In the formula are herbs that kill parasites as well as their larva and eggs, and the herbs also help restore your natural resistance to parasites. Later, when you improve your diet by reducing sugars, increasing fiber, and watching out for toxic ingredients, you'll help protect yourself from reinfestation by these organisms too.

- **Additional Benefits** – There are many other gains you can achieve through fasting and cleansing. For one, don't be surprised if people comment after the process about how great you look. Since your system will be operating at higher level, you're

⁴⁶ Health Sciences Institute Report, "Parasites: The Plague of Our Times," Vol. II, pp. 5-6.

likely to project an attractive, healthy “glow.” With smoother digestion and overall greater well-being, you’ll feel better emotionally too. Finally, fasting is still utilized today by many religions as a spiritual practice. See if taking time to care for yourself in this manner doesn’t allow you to have some reflective moments that enliven your spirit.

- **What about the Prostate, Specifically?** – Of course, the main focus of this entire book is how the prostate can be restored to a higher state of health. Men are finding that fasting and cleansing can be a great jumpstart in this work. When the body is able to allocate more of its resources to healing this gland, remarkable changes can occur. With a stronger immune effort, bacteria and other microorganisms may be cleared. Inflammation may be reduced, and symptoms lessened. Some men even find that all of their symptoms go away by just doing the fast and cleanse. I fasted for 32 days when my Prostate Cancer reoccurred, and this practice was a significant factor in my recovery. That was seven years and 25 fasts ago. Based on my own experiences and those of many others, I think you will definitely experience some positive changes.

Fasting Pioneers in America

As you’ve read, the use of fasts to promote healing goes back to remote times. In China, it was practiced by the early Taoists. It is said to have been employed by Arabian physicians during Europe’s Medieval Age. In Italy, Neapolitan physicians as far back as 200 years ago, prescribed fasts that lasted as long as 40 days. Well, over the years, there have been a number of well-known advocates of fasting in the United States too. While their approaches differ in some ways, all have emphasized fasting as a means for reaching higher levels of well-being.

During the mid-20th century, **Herbert Shelton** is said to have supervised over 40,000 fasts of varying lengths for people of all ages. He was part of a health movement known as the Natural Hygienists, started more than a century earlier in 1822. Between 1928 and 1968, Shelton wrote 35 books which emphasized the simplicity of sustaining health without drugs or expensive therapies. There are still Natural Hygienic organizations in the U.S., and Shelton’s books continue to sell. Hygienists are vegetarians who emphasize raw foods and proper combinations.

In his popular 1964 work, *Fasting Can Save Your Life*, Shelton distinguished fasting from starvation by explaining that fasting continues only so long as the body can sustain itself from its stored resources or “built-in pantries.” In his opinion, there were four main reasons to fast: (1) for weight loss, (2) to tap into the energies of the body normally employed in the work of the digestive system, (3) to rest organs related to digestion and therefore rejuvenate the cellular structure through the inactivity, and (4) to eliminate wastes from the body.

Shelton believed that the best location for a fast was a supervised facility run by Hygienists. He advocated not setting a predetermined length for the fast, but instead measuring its results and effects along the way. Fasts could last, he wrote, “a few days, a few weeks or a few months.” A few short fasts could be better in some cases than one long one, Shelton notes. During the fasts Shelton advocated, only distilled water was consumed, though “light feeding” might have occurred two or three times during very long fasts. Water was taken in according to thirst, and physical activity was kept to a minimum. No enemas or laxatives were permitted.

In his 1964 book, Shelton notes that the benefits of fasting are limited by what healing the body can actually do.⁴⁷ However he writes that the body can do much more during a fast than it can during periods of full activity.⁴⁸ About 90 pages of his book are devoted to fasting related to specific illnesses; a chapter on “Prostate Enlargement” makes the point that relief from symptoms will only be temporary if “changes in the way of life” do not occur. Among the habits to stop, Shelton included consumption of coffee and alcohol, over-work, sexual excesses and overeating.

Note that water-only fasts can be very difficult to do, especially for first-time fasters. Shelton’s program was severe, but it led to further refinements in fasting techniques in subsequent years.

Bernard Jensen began his career as a chiropractor in 1929, but turned to nutrition in part to solve his own health challenges. He traveled the world in an attempt to understand the principles that made for a long and healthy life. Jensen established the Hidden Valley Health Ranch in 1955, where patients could stay and guests would come

⁴⁷ Shelton, Herbert. *Fasting Can Save Your Life*, Natural Hygiene Press, p. 47.

⁴⁸ *Fasting Can Save Your Life*, p. 49.

for health lectures. Over the years, he became one of the world's leading authorities on natural health and healing. Jensen passed away in February 2001 just a month before his 93rd birthday.

One of Jensen's classic works is *Tissue Cleansing through Bowel Management*. It was revamped by Avery Penguin Putnum and re-released in 1998 as *Dr. Jensen's Guide to Better Bowel Care*. In a 1981 edition of the earlier work, Jensen describes a seven-day program of fasting and cleansing. No solid foods were to be eaten during that week, but the program could be supplemented with herb teas, clear vegetable and potato peeling broths, or diluted fresh vegetable juices. The fasting regimen was rather complex. It mainly featured a two-part "cleansing drink" containing apple juice, water, Bentonite clay water, and a psyllium-husk intestinal cleanser in part 1, and water, apple cider vinegar, and honey in part 2. Consumption of this two-part drink was alternated throughout the days with the taking of specific supplements. Other components of the Jensen program included skin brushing and colon irrigation. The seven-day regimen was repeated seven weeks later.

Jensen recognized "poor bowel management" as an important component of illness in the majority of his patients. He called for a raising of our level of "bowel consciousness" to see how daily habits can adversely affect digestion. Along with advocating fasting as a way to clean out the bowel and to restore regularity, Jensen believed in living a simple life, being optimistic, eating only unprocessed foods, consuming little meat, getting exercise, and being exposed to fresh air and sunshine. *Tissue Cleansing through Bowel Management* includes detailed explanations of what can go wrong in the digestive system when its needs go unaddressed.

My fast draws mainly from the work of Stanley Burroughs, but it also utilizes some products pioneered by the late **V. Earl Irons**. Born in West Virginia in 1895, Irons became a graduate of Yale University in 1919. Irons' life went in a new direction when he developed an arthritic condition at the age of 40. In seeking answers, he became a life-long explorer of natural approaches to health.

Irons was an earlier developer of the idea of using psyllium seeds and husks to create a bulk that could pass through the colon and cleanse it. His company's current Colon Cleanse formula (Intestinal Cleanser #19), a psyllium powder, is similar to the

psyllium product supplied by Beachwood Canyon, Naturally in my Ultimate Cleanse kit. Irons' Bentonite clay formulas are excellent, and a Bentonite product you can use in my program is sold today under the name Dr. Irons Vit-ra-tox Detoxificant #16. (Note that this is equivalent to the Ultimate Cleanse kit's Sonne's #7 Bentonite product, also made by the Irons company.) Dr. Irons Fast products have been used by colonic professionals for more than 50 years, and they were also utilized by Bernard Jensen. In fact, Jensen's program for fasting was based on the Dr. Irons Seven-Day Fast.

Interesting components of the Dr. Irons Fast are cereal grass supplements, whole beet plant juice tablets, wheat germ/flax oil capsules, and a natural source Vitamin C. It is recommended to users of the Dr. Irons Fast that they eliminate all sugars from their diet and consume 60% raw food when returning to their regular lives. Although highly effective, I find the Dr. Irons and Jensen fasting programs to be too harsh, time-consuming, complicated and difficult for most people.

The Master Cleanser Fast that was developed by **Stanley Burroughs** has been used internationally since 1940. It is also known as "the lemonade diet." In my research of the fasts available, I found his program to be the best. I modified it by adding a parasite cleanse after the work of Hulda Clark, Ph.D., and a colon cleanse based on the work of V. Earl Irons and Bernard Jensen. Herbal support was combined with my fast with the help of Art Bartunek of Beachwood Canyon, Naturally.

Burroughs chose lemons because of their year-round availability and the richness of their mineral and vitamin content. The lemonade is made by adding lemon juice and real maple syrup to water. He also found the average Grade-B maple syrup to offer important nutrients, including sodium, potassium, calcium, magnesium, manganese, iron, copper, phosphorus, sulphur, chlorine, silicon, Vitamins A, B1, B2, B6, C, Nicotinic acid and Pantothenic acid. Burroughs views the lemonade to be "a complete food in liquid form."

His first try with the program was a 10-day regimen designed for a man who came to Burroughs for help with a health problem. In his booklet "The Master Cleanser," Burroughs shares that he had received letters from around the world that discussed the "superiority" of his regimen. Thus, he came up with the name "The Master Cleanser."

Burroughs also notes that though a lemon is an acid fruit, it becomes alkaline when processed in the body. The lemonade can assist us in our efforts to achieve the right pH balance in our systems. The cleanse process also helps bring pH into proper balance.

On the subject of water-only fasts, Burroughs writes that they are “too dangerous and unnecessary to achieve the results of internal cleansing.” While such a fast would require the user to rest in bed, he designed the lemonade fast to provide enough support that users could maintain their normal life.⁴⁹

Preparing to Do the Ultimate Cleanse

My Ultimate Cleanse program is a two-prong process; an 8-day lemonade fast is combined with a 90-day parasite and whole body cleanse. Many people find that they are able to do my program on their own. If you would prefer to locate a health practitioner to work with, you can call the Prostate90 Foundation at 310/587-9855 for a referral. People with special needs, such as heart problems or Diabetes, should consult with their health professional regarding doing the program. Ideally, this practitioner would be familiar with the practices of fasting and cleansing for rejuvenating the body.

In preparing mentally and emotionally to do the fast, there are some common questions that people have. Let’s address them now.

Q: Can I really go for eight days without eating?

A: If you have never fasted before, the idea of not eating solid foods for over a week may require an adjustment in your thinking. Remember, fasting is a common practice that goes back to ancient times. Also, the fast in the Ultimate Cleanse program is not truly a total fast, in that the lemonade mix and supplements provide support you would not receive on a water-only regimen. It may be helpful for you to keep in mind that you are not abandoning the idea of eating on a permanent basis. In eight days’ time, you and food will be reunited.

The main idea behind doing the fast is to take care of yourself so that your body can heal and be rejuvenated. So you are actually giving yourself special attention. This program is not about deprivation.

⁴⁹ Burroughs, Stanley. “The Master Cleanser,” various pages. 1993 edition. Burroughs Books, Auburn, CA.

Q: Won't I be hungry the whole time?

A: People who do the fast sometimes say that the first few days can be the most difficult. After that time, the body begins to go with the program, and there is less awareness about not taking in solid foods. You can support yourself throughout the program by drinking as much of the lemonade as you wish. Another option is to sip pure organic herbal teas. A peppermint tea is included in the Ultimate Cleanse kit. Note that people with sugar processing problems, such as hypoglycemia, can take a few special measures. These will be described later in this chapter when the protocol is detailed. Diabetics may want to work through the program with the support of a health practitioner.

Q: Do I have to do the entire eight days?

A: If you have never fasted and eight days sounds too long for you, plan to approach this process with a “wait and see” attitude. Give the fast a chance “one day at a time” for several days, and see how you are doing. You may just be surprised by how well you feel once you get the hang of the program. Most people who thought they could only fast for a couple days went on to complete the fast because they felt so good. One of the main reasons that people get uncomfortable during the fast is from either not drinking the salt-water mixture each morning or preparing it improperly. Be sure to read the instructions for it carefully. Another common mistake is not consuming enough of the lemonade. During the fast, men should take in at least five quarts of the lemonade a day; women should consume a minimum of four quarts. And don't skip the use of the psyllium powder and Bentonite clay that is called for in the program; these products will help you feel better during the process.

Keep the idea in mind that this is a special effort you are taking to support your health. The results can be well worth any minimal discomfort you may experience during this short time. Most people actually report that they have more energy during the fast. If you do have a bit of trouble, take it easy. Rest more than usual, if necessary. Get involved in some light exercise, preferably outdoors. Have a daily massage when possible.

If you wish, you can stop the lemonade fast at any time. Some people are more comfortable starting with shorter periods of fasting, and working up to eight days.

However, those who get the best results do the entire program. The most debris is seen leaving the body on Days 5 to 7.

Q: Can I drink coffee or any alcohol?

A: The short answer to this question is “No.” Expanding beyond that, I want to point out that these beverages are introducing toxins into the body. Why would you want to do that when you are working at cleansing your system? If you have an urge to drink coffee, try an organic herbal tea instead. Avoid teas with caffeine (except green tea), or those that have been decaffeinated. (If you are a caffeine drinker, begin to reduce your intake several days before starting the fast.)

The fast is the perfect time to get rid of or to cut back on habits that you feel are not supportive of your health. The consumption of coffee and alcohol are two good examples.

Q: Can I smoke?

A: Like with caffeine, it’s wise to start cutting back on smoking even before the fast starts so that you can try to avoid this habit during the eight days. Perhaps go on a smoking cessation program before you fast. The optimal approach is not to smoke at all during the fast.

The Ultimate Cleanse has a way of clearing addictions from the system. Some people find that the program gives them the final support they need to give up the toxic habit of smoking. You’ll want to quit smoking as part of your self-help program at some point anyway, so perhaps now is the time to get support for that effort.

Q: Can I exercise during the fast?

A: Moderate exercise is actually beneficial during the fast; it supports elimination of toxins through sweating and via the boosted circulation of the blood and lymph. The exercise could include leisurely walking, biking or swimming. However you don’t want to plan to run a marathon during this period.

Q: Can I take supplements?

A: Generally it’s best to use just the products that are part of the Ultimate Cleanse program during the eight days of fasting. One exception might be the liquid Epilobium herbal formula that is part of the BCN Prostate Support Kit. If you have particular concerns, discuss them with your health practitioner. Interestingly, one result of the fast

can be a reduced need for supplements. So you may want to consult with a health practitioner to muscle test for which supplements your body still needs after the fast. If you would like a referral, call the Prostate90 Foundation at 310/587-9855.

Q: What about medications?

A: Optimally it is best not to be taking medications during the fast. However, you may be on a medication that you cannot stop.

Note that the need for medications is sometimes reduced or eliminated by the fast. So be open to no longer needing the medication, or only requiring it at a reduced dosage after cleansing. If you are on medications, work with a health practitioner familiar with fasting and/or a holistic M.D. during this process. Referrals are available through the Prostate90 Foundation at 310/587-9855.

Q: Are there any side effects from the program?

A: Most people are able to do the fast and herbal regimen without significant discomfort. Some people on the fast don't experience any negative side effects at all, reporting that they feel terrific. However there are a few minor items that you may notice. These include a little mind fog, rashes, itchiness, water retention, pimples, body aches and a different taste in the mouth. All are signals that the body truly is clearing toxicity. In very rare cases, and I have never seen it in my exposure to many people doing fasts, there could be vomiting, dizziness and weakness. If you have trouble, stop the fast, and try it at another time with the support of coaching through the Prostate90 Foundation or counsel from a knowledgeable health practitioner.

Q: When is the best time to do the fast?

A: With men who have Prostatitis, time is of the essence. You'll want to do the fast as soon as you can. It can be of great assistance in your recovery. Stanley Burroughs designed the lemonade fast so that fasters could go on the program while maintaining their regular lives. Still, when possible, it is best to pick a time when your life doesn't have more than the usual intensity. It can also help to begin the program on a Saturday so that you'll be rolling with it before you go back to work on Monday morning. Some fasters prefer to do the Ultimate Cleanse fast during time off from work, but that is usually not necessary.

Q: What do I tell family, friends and coworkers?

A: You probably don't want to discuss the fast with people who will be unsupportive. Some fasters decide not to attend business or social meals during the eight days of the fast. In contrast, I've done the fast many times, and I feel perfectly comfortable attending such gatherings accompanied by a bottle of the lemonade. I simply ask the waiter for a glass, then tell the others, "This is my lunch today. Enjoy yours," and leave it at that. In one case I know of, a faster attended many cocktail parties during the eight days, taking his container of lemonade with him each time and pouring it into an elegant cocktail glass! This shows you the high level of comfort he had with the program.

Note that getting a loved one or friend involved can be helpful, as you can share your discoveries and process. You're also likely to find that there will be some differences in your experiences.

A big part of being successful with the Ultimate Cleanse is simply making the commitment to do it, without being overly serious about the process. Become informed about the fast by reading the background before you begin. Buy all your supplies. And start. You can always go off the fast if you wish, and try it another time. Even a couple of days can bring some positive results. You're likely to find, however, that the fast really isn't that difficult.

The Ultimate Cleanse Shopping List

- 7 to 8 organic lemons (or 10 to 14 limes) per day
- 12 ounces of grade B maple syrup per day
- 1 bottle cayenne pepper
- 2 bottles PC 1-2-3 Parasite Cleanse formula
- 3 bottles Nature's Pure Body Whole Body Program
- 3 bottles Nature's Pure Body Colon Program
- 1 bottle Bentonite clay liquid (Sonne #7, Dr. Irons Vit-ra-tox, or equivalent)
- 8 ounces of psyllium powder (Beachwood Canyon's or Dr. Irons Vit-ra-tox)
- 1 box of uniodized sea salt (Hain's)
- 2 gallons pure water a day
- 4 to 6 one-quart juice bottles

1 set measuring spoons (plastic, not aluminum)
1 white colander
herbal tea – especially mint (optional)
skin brush (optional)
tongue scraper (optional)

Note: The Ultimate Cleanse kit from Beachwood Canyon, Naturally contains everything on the above list except the lemons, salt, maple syrup, bottles, colander, measuring spoons, skin brush, tongue scraper and, of course, the water.

The Ultimate Cleanse Program

During the eight-day fast, your primary intake will be a homemade lemonade that is very easy to prepare. The only ingredients you'll need to make the lemonade are a bag of lemons (organic, preferred), real grade B maple syrup, cayenne pepper and bottled spring or purified water. It helps to make a couple jugs at a time. I make 5 quarts for each participant in the morning while drinking my salt water.

The following recipe will fill two 1-quart containers.

Ultimate Cleanse Lemonade Recipe

In two 1-quart bottles, place:

The juice of 3 lemons (one and a half lemons per bottle)

Then in each container, add:

Enough grade B maple syrup to equal the amount of lemon juice produced

A pinch of cayenne pepper

Pure water, enough to fill the bottle to the top

To mix, stir the lemonade thoroughly or shake the containers. Enjoy the drink throughout the day, and make more when you need it. (The above recipe makes 64 ounces of lemonade, enough for eight 8-ounce servings.) During the fast, men should take in five quarts, or 20 8-ounce glasses, of the lemonade a day at least. Four quarts, or 16 8-ounce glasses, is the minimum for women doing the fast for better health. Lesser amounts will result in headaches, low energy, etc., and thus more difficulty with the fast. Stanley Burroughs, originator of the lemonade fast concept, has commented that if someone feels hungry or weak, then they are not drinking enough of the lemonade drink.

Note: Limes can be substituted for the lemons or rotated with them for variety. If you buy limes, use 4 limes for every 2 quarts of water (thus in place of three lemons).

Note: For variety's sake, you can also sip hot or iced herbal teas. I recommend peppermint.

You'll want to use some cleansing formulas for further support during the fast. There are many different programs out there. The one I recommend comes with the Ultimate Cleanse kit from Beachwood Canyon, Naturally of New York City (<http://bcn4life.com/uc1.htm>). It was specially designed to work with my program for prostate support. The basic components of the Ultimate Cleanse kit are:

- **A Parasite Cleanse Formula:** an herbal preparation in liquid form
- **Colon Cleanse Tablets:** to detoxify your bowels
- **Bentonite Clay:** a real clay that addresses the plaque in the colon and pulls it from the intestinal walls. The clay can also absorb toxins and pathogenic organisms including bacteria.
- **Psyllium Seed & Husk Powder:** an indigestible fiber that provides a gentle bulk to make a plug in the colon to remove plaque and debris as it passes through the intestines.
- **Whole Body Cleanse Tablets:** to detoxify your cells and tissues

Note: While the fast lasts eight days, the entire Beachwood Canyon cleansing program continues for 90 days to revitalize the body and to destroy all parasites and their larva and eggs. Done gradually, a cleanse will be more effective and gentler on your body. The following instructions will help you work with the Beachwood Canyon, Naturally Ultimate Cleanse kit.

Day One: Drink as much of the lemonade as you'd like, but eat no food. On this first day, the only supplements you'll need will be 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 ingest 10 additional 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.)

Days Two to Eight: It is most important to begin Days Two to Eight with the oral salt-water enema. This is a simple and effective technique to clear the bowels of the toxins released during the fast. Without the oral salt-water enema, toxins will just be recycled, not eliminated. That will cause headaches and affect the effectiveness of the fast.

To make the salt-water drink, place 2 rounded teaspoons of *uniodized* sea salt into an empty 1-quart container. Then fill one-third of the container with pure water that you have just brought to a boil. Next, pour in room-temperature pure water, filling the container to the brim. Drink the entire quart right away, unless the salt water is too hot. If so, consume the liquid enema as soon as it has cooled a bit. Usually within one hour of drinking the salt water, your entire digestive tract will clear from top to bottom. Note: One brand of uniodized sea salt very commonly available in health food stores is Hain's. Call 1-800/434-HAIN for information.

Three times a day, take 10 drops of the liquid Parasite Cleanse. First, one half-hour after the salt-water enema in the early morning. Second, in beginning of the afternoon. Third, at bedtime.

Start drinking the Ultimate Cleanse Lemonade whenever you get thirsty. Again, men want to drink at least 20 8-ounce glasses of lemonade over the course of the day, and women should consume no less than 16 8-ounces glasses.

Four times a day (five if you're over 150 pounds), at three-hour intervals, add 1 teaspoon of bentonite and 1 rounded teaspoon of psyllium to about 4 ounces of lemonade. Shake the mixture thoroughly, and drink this down immediately before it begins to gel.

(Note: Be sure to time when you take the bentonite. You want to avoid taking the Parasite Cleanse or the Colon Cleanse formulas within one hour before or after the bentonite.) The bentonite and psyllium will help to cleanse your colon. Together they form a gel plug that adheres to the plaque in the intestines and is passed during elimination.

Begin on Day One to take one Colon Cleanse Tablet in the morning and another at bedtime. Work up to no more than three tablets twice a day (six total) by the fourth day. You want to have two healthy bowel movements a day, so adjust your intake accordingly. Some people take one Colon Cleanse Tablet twice a day; others, two twice a day; and still others, three twice a day. If you get diarrhea or loose stools, cut back on the amount you're taking.

From Day Nine Onward: Enjoy the accomplishment of completing the Ultimate Cleanse fast. Now you'll 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 six tablets a day); use what is needed to have two to three bowel movements daily.

Starting on Day Nine, take three Whole Body Tablets a half-hour before breakfast, and three more a half-hour before dinner. Work up to five, twice a day before these meals—for a total of 10 Whole Body Tablets—and continue this until all the tablets in the two bottles provided in the kit are gone.

Breaking the Fast: Note that it is on Day Nine that you will be *breaking the fast* at lunchtime. Proponents say that this is one of the most important aspects of fasting. Here's how to proceed. Continue with the salt-water enema and the lemonade in the morning of Day Nine. While Stanley Burroughs would recommend ending the fast with orange juice, my advice is to make the transition with a light homemade soup at lunch. To make the soup, lightly cook fresh organic vegetables such as cabbage, Brussels sprouts, green beans, squash and peas. Another alternative is to have a midday salad, made 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.

Note to Those with Sugar Imbalances: If your body has trouble regulating sugar, as in hypoglycemia, there are adjustments that you can make to the Ultimate Cleanse regimen. Do the first two days as noted above, but use a mixture of half maple syrup to half molasses instead of only maple syrup. Stanley Burroughs found that molasses seems to help those with sugar imbalances process the syrup in the lemonade easier. On Day 3, you can start to supplement the program with a product called Glycemic Balance which is made by Jarrow Formulas. This is a whole food product that provides basic nutrition without causing the body's blood sugar to fluctuate. Consume one scoop in the morning, and one at night. Continue taking Glycemic Balance through to Day 8. Except for continuing to use half maple syrup and half molasses, the rest of the Ultimate Cleanse regimen is the same beyond Day 8. Glycemic Balance is also available from the Beachwood Canyon, Naturally website at <http://www.bcn4life.com/>.

Diabetics will want to consult with their health practitioner before doing the fast, or read Burrough's booklet, *The Master Cleanser*, carefully. The booklet is available at health food stores and from the "Prostate Book Store" on the www.prostate90.com website.

A Little Observational Experiment

There's a simple way to observe some of what your body is clearing during the fast. Starting on Day Two of the fast, start putting a white plastic colander in your toilet when you eliminate to collect your feces. The fluids will wash through the colander, leaving the solids behind for your observation. You can use the wood stick from a frozen juice treat or tongue depressor to poke around. Here's some of what you might notice:

- Gel – That's probably the bentonite and psyllium. It will look like a grayish transparent gel, and the length will be about one to six inches.
- Live or dead parasites – You could find worms, ranging from two or three feet in length to very tiny ones. Others are so small that you'd need a microscope to locate them.
- Whitish or beige-colored substances that looks like pieces of eggshell – That's the plaque from the walls of the colon.

- “Ropey” stuff – This may be about an inch thick and one to two feet long. It will look similar to a woven rope. That’s the accumulated debris from the colon walls.
- White oval globules mixed into the gel and ropey stuff – You’re seeing mucus or dead parasites.

Aren’t you glad you’re doing the fast and cleanse?

Cleansing Herbs

As you scrutinize the labels of products used for cleansing, you may see names of herbs and other ingredients that are unfamiliar to you. While these products may be synergistic blends (meaning that it is the combination of herbs that produces the effect), it is interesting to look at the individual properties of items that may be listed. Descriptions are provided below for ingredients that might be used in each type of product; items are listed in alphabetical order for your convenience.

Parasite Formulas

Astragalus Root: Long used in Traditional Chinese Medicine, this herb is a strong immune system supporter with anti-viral properties.

Black Walnut (green hull): Dating back to the ancient Greeks, Black Walnut has strong anti-parasitic properties, and it is effective against microscopic organisms like Candida as well as larger parasites such as worms.

Buckthorn Bark: This herb assists in restoring and toning the colon. It is an anti-parasitic and helpful for relieving constipation.

Butternut Bark: Used as a folk medicine in America at least as far as the early 1800s, Butternut Bark helps the body to kill and expel parasites.

Clove Fruit: A kidney tonic in Traditional Chinese Medicine, Clove has a wide range of activity against pathogens included in the parasitic range. It has anti-viral properties.

Garlic Bulb: Known since ancient times to help clear parasites, garlic contains allicin, a strong anti-microbial found to be effective against bacteria, fungus and some viruses.

Ginger Root: The Chinese have long been aware of Ginger’s help as a digestive aid, and folklore tells that Confucius refused to eat a meal without consuming this root.

Kirta: A remarkable herb, Kirta is a strong immune stimulator and liver-supporter. It has long been used in India to ease indigestion.

Pau D’Arco Bark: This herb has anti-microbial, anti-fungal, and anti-parasitic properties.

Pumpkin Seed: Pumpkin seeds have long been used to support prostate health. They provide zinc, essential fatty acids, alpha-linolenic acid (ALA) and phytosterols.

Senna Leaf: This herb helps to potentiate the other ingredients in this formula.

Wormwood: Descriptions have been found of wormwood on Egyptian papyrus that date back to 1600 B.C. This bitter herb has long been used to rid the body of worms and other intestinal parasites.

Colon Cleanse Formulas

Buckhorn Bark: See description under “Parasite Formulas” above.

Cascara Sagrada Bark: This herb potentiates the other ingredients in the colon formula. Cascara is thought to promote a healthy tone to the colon.

Fennel Seed: Fennel supports the nervous system’s contributions to the natural detoxification processes of the body. It also helps to prevent abdominal cramping.

Ginger Root: See description under “Parasite Formulas” above.

Golden Seal Herb: Associated with Native American medicine, the herb is now known to boost glandular activity in the body and to promote a healthy hormone balance. Golden Seal is a liver regulator, and it can help ease indigestion.

Licorice Root: Early use of licorice was seen in the Chinese and Ancient Roman civilizations. It has a relaxing effect on the digestive tract, while stimulating the adrenal glands and endocrine-system.

Psyllium Seed: See description in the next section on “Psyllium Powder.”

Rhubard Root: While the garden vegetable made a great pie filling, this type of Rhubard has medicinal uses. It can assist in removing accumulated fecal material from the intestines and in preventing its buildup.

Psyllium Powder

Psyllium: Psyllium has been used in Ayurvedic and Traditional Chinese Medicine for thousands of years. Both the husk and seed of the shrubby fleawort plant may be used in making psyllium powder. Formulas with both parts seem to cause less bloating. The powder is mixed with water to provide a gentle, gelatinous bulk that lubricates and cleanses the intestines. Bowel transit time is increased with the use of psyllium. This is an excellent product to use during a cleanse, but should not be part of your regular daily routine. The best products have no additives. Because psyllium is helpful in relieving both constipation and diarrhea, it can be a good herb to keep in the medicine cabinet for occasional use.

Bentonite Clay

Bentonite: People have been taking in clays like Bentonite since Biblical times. In fact, clay is consumed for cleansing in over 200 cultures around the globe. Derived from volcanic ash, it is Bentonite Clay’s ability to absorb toxins that makes it so valuable in a

cleanse. This clay can absorb bacteria, pathogenic viruses, mold, pesticides, heavy metals, etc. You should not take in medications, supplements or food around the time you consume Bentonite. Leave a window of one hour before and one hour after using Bentonite. The exceptions are the lemonade drink, tea or water. Look for a purified Bentonite product.

Whole Body Formulas

Barberry Root: An herb used in ancient Egypt, Barberry increases bowel movements and helps to remove congested material from the intestines. It improves bile flow and liver function.

Black Cohosh Root: A Native American remedy, Black Cohosh was once used for snakebite. This herb can clear certain toxins in the bloodstream. It has antibacterial and anti-fungal properties.

Buplerum Root: This herb is used in Traditional Chinese Medicine to strengthen the liver.

Capsicum or Cayenne Fruit: Yes, this herb comes from the same plant that produces the hot spice, cayenne. It is an excellent internal disinfectant, and Cayenne promotes good blood circulation.

Chickweed Herb: This herb is an GI tract anti-inflammatory and pain reliever. It is sometimes utilized for relief of painful urination. Chickweed is also valuable for clearing the blood of toxicity.

Dandelion Root: Dandelion supports the liver in its detoxification work. The herb has anti-inflammatory properties.

Echinacea Purpurea Root: This plant is said to have been utilized widely by the Native Americans. It is an infection fighter and an immune supporter. Echinacea has been dubbed the “King of Blood Purifiers” for its blood-cleansing abilities.

Fenugreek Seed: An ingredient in traditional folk remedies for stomach problems and constipation, Fenugreek is able to soften accumulated and hardened mucus so it can be eliminated by the body

Gentian Root: Gentian promotes the production of saliva, stomach acid and digestive juices. It is one of the best herbal stomach tonics. The herb also stimulates bile flow and is liver-protective

Ginger Root: See description under “Parasite Formulas” above.

Golden Seal Herb: See the description under “Colon Cleanse Formulas” above.

Irish Moss: An herbal preparation that is made from a widely used seaweed, Irish Moss provides water-soluble fiber that reduces intestinal irritation. In addition, the herb purifies our cellular structure and vital fluids.

Licorice Root: See the description under “Colon Cleanse Formulas” above.

Milk Thistle Fruit: Used widely to treat liver damage by encouraging cell renewal, Milk Thistle has been researched for over 50 years in Europe. European herbalists also prescribe it as a digestive tonic

Oregon Grape Root: The plant from which this herb is processed also produces Oregon’s state flower. The herb is helpful in the treatment of skin problems. Oregon Grape Root has purifying properties, including for the blood.

Peach Leaves: This herb is helpful for constipation. Peach Leaves also have a soothing effect on the nervous system.

Peppermint Leaf: There are many application for Peppermint in dealing with digestive issues. This herb improves digestion overall, relieves “wind” and speeds the transit of food through our systems.

Prickly Ash Bark: This herb is a lymphatic system stimulator. It boosts circulation. Prickly Ash can improve urinary function. The herb also supports the liver, pancreas and spleen.

Safflower Seed: Safflower was used medicinally in both ancient Egypt and during the Middle Ages. It is a traditional remedy for constipation. Safflower is also used for a sluggish liver or troubled gall bladder. It assists our bodies in removing congested hard phlegm.

Sarsaparilla Root: Herbalists are using Sarsaparilla in the treatment of BPH. It helps to suppress overly active immune responses, while strengthening general overall immunity. The herb promotes a healthy glandular balance.

Slippery Elm Bark: A source of water soluble fiber, Slippery Elm Bark assists in relieving stomach complaints by neutralizing excess acidity. Slippery elm is soothing and nourishing to the intestinal lining. This herb is also a body purifier.

Yarrow Flower: Used as a tonic, Yarrow helps regulate liver function, and it is healing to the glands of the body. It has blood-cleansing properties. This herb has anti-microbial properties.

Yellow Dock Root: This is one of herbal medicine’s best blood purifiers. Yellow Dock Root promotes bile production and tones the liver and spleen. This herb is a natural astringent.

Other Supportive Therapies

There are a few additional steps you might consider based on your individual needs.

Chelation: If you need support to improve your circulation, consider this therapy. It has been used in Europe for over 40 years by physicians. This is a way to “roto-rooter” the blood vessels through the body, including those in the prostate and heart. Most men experience harder, long-lasting erections after chelation.

There are two types of chelation. With *EDTA*, the chelating agent is funneled into your bloodstream through an IV needle inserted in your arm. The EDTA is permitted to circulate for 1-1/2 to 3 hours. During the process, lead, plaque and calcium are pulled from the walls of the blood vessels and arteries. The walls are softened as a result. You can read a book, watch TV or sleep during the procedure. One to 30 sessions may be needed. I personally had eight to boost my circulation when I was fighting my Prostate Cancer and Prostatitis. The second type of chelation is called *DMPS*, and it involves a single injection in the arm. DMPS binds to mercury and other heavy metals and carries them out through the elimination processes. For referrals to practitioners or physicians providing chelation work, contact the American Board of Chelation Therapy in Chicago at 800/266-3685. Another source is the American College for the Advancement of Medicine in Laguna Hills, California; you’ll find their website at www.acam.org.

Colonics: Some fasting and cleanse programs traditionally call for colonics to be administered during the time you’re on the plan. Bernard Jensen and V. Earl Irons were both advocates for cleansing accompanied with colonic treatments, primarily with a colema board at home. I feel this is optional during the Ultimate Cleanse fast as the oral enema is so thorough.

Colonics, or colon hydrotherapy, involves irrigating the colon with water to remove built-up material and other forms of toxicity. You can locate a colonics professional in your area by contacting the International Association for Colon Therapy in San Antonio, Texas, at 210/366-2888. Their website is iact@healthy.net.

Lymphatic drainage massage: Lymphatic massage practitioners are trained specifically to unblock and move lymphatic fluid through your lymph vessels and nodes with gentle massage or a special Gua Sha tool. This can be very helpful for clearing pathogenic organisms and toxicity. One of the main training facilities for lymphatic

specialists is the Dr. Vodder School of North America; the school has a locator service on their website at <http://www.vodderschool.com>.

Moving Forward

Once you've completed your fast and cleanse, you can start to think about making this at least a twice-a-year routine. I do the Ultimate Cleanse at least four times a year.

Let's move on to the next step of my program for healing your Prostatitis—cleaning up the mouth. To learn more, read on to Chapter 5, “Step 2: Upgrading Your Dental Health to Support Your Healing & Well-Being.”

Chapter 5

Upgrading Dental Health to Support Your Healing & Well-Being

In health care, we have been witnessing a shift in the type of treatment sought as the number of visits to “alternative” practitioners increases. A seven-year study, published in the *Journal of the American Medical Association* in 1998, reported a 42% increase in the use of alternative therapies over a seven-year period.⁵⁰ Well, a lesser-publicized development is the emergence of *dental* professionals who also take an alternative approach to their work. This field, called “*biological dentistry*,” offers insights that can be helpful in a man’s efforts to recover or prevent Prostatitis and other prostate problems.

Like holistic medical professionals, biological dentists look at how their work is affecting the whole body rather than merely suppressing particular symptoms or addressing individual body parts. They are aware of the wider possible implications of dental procedures, and view each patient as a person with unique needs. As part of their diagnostics, biological dentists work with acupuncture meridians that have been identified in the mouth. If a tooth is unhealthy, the meridians help the biological dentist pinpoint links to trouble elsewhere in the body, such as in the prostate or thyroid.

As with medicine, there has been some resistance among traditional practitioners to these new ideas about dentistry. Yet over time, I have seen so many men get results from paying attention to what biological dentistry has to teach us.

What we’re learning is that there a number of factors involving the mouth that can contribute to the lowering of one’s overall health. These include:

- Infections related to earlier root canal work
- Infections lingering elsewhere in the gums and jaws
- Amalgam (“silver”) fillings that leach mercury vapors into the body

⁵⁰ “Trends in Alternative Medicine Use in the United States, 1990-1997,” *JAMA*, November 11, 1998.

- Amalgam (“silver”) fillings that continue to be used after they begin to break down
- Dental materials that are incompatible with an individual patient’s system
- Fillings in the mouth containing a variety of metals that generate low-level, yet body-interfering electrical currents when combined with saliva.

Slowly over time, these problems can weaken immunity, raise the level of toxicity in one’s system, and impair the biological terrain of the body. Residing in a weaker overall system, the prostate will find it more difficult to combat infectious organisms and to maintain a state of health.

Considering dental health and its connection to the prostate, Harold Ravins, D.D.S., a leader in the biological dentistry field, reports, “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.” I would agree. Having worked with thousands of men with prostate problems, I have seen that prostate problems and dental problems are invariably linked.

Let’s take a closer look now at some of the areas of your mouth where infections may be brewing.

Infections & Root Canals

Today root canals are a standard and important dental procedure, enabling patients to keep teeth that would have been pulled in earlier times. In 1998 alone, an estimated 60 million root canals were performed. Yet, routine root canals are difficult to do, because there are so many little canals tucked inside our teeth. To be effective, all the infected contents of the pulp and root canal must be removed. Unfortunately, that does not always happen. According to Dr. Ravins, sometimes a tooth is in an awkward position, and it can be difficult for the dentist to get all the infection out. Thus part of the infection may be left behind. “Not every tooth is suited for a root canal,” points out Dr. Ravins. “It shouldn’t be done if the location is too difficult.”

In other cases, it's the inadequate sealing of the tooth involved in the root canal work that leads to trouble. Room is left for bacteria and other organisms to seep inside the tooth and infection sets in.

A mentality of "if it doesn't hurt, leave it alone" further compounds the problem. Even when detected on an X-ray, a deep infection often goes unaddressed if the patient is not complaining about pain. And using traditional diagnostic tools, a simmering, underlying infection may go unidentified.

Since improperly performed root canals are a major source of hidden infections in the mouth, this is an important factor to evaluate for your dental health and overall well-being.

Infections of the Gums

Our mouths contain hundreds of types of organisms. In an unbalanced, sick system, opportunistic pathogens can take advantage and reside in the mouth in higher quantities. Weak resistance may allow the bacteria and other organisms to flourish. This can lead to infections of the gum, ranging from the more simple, inflammatory gingivitis to the more intense, degenerative disease of periodontitis. Different stages of gum disease can actually be occurring in various areas of the mouth at the same time. Mercury toxicity, aging and deteriorating fillings, poor nutrition and imbalanced body energies all contribute to an environment that welcomes an increase in gum infections. Defective dental work, including restorations and crowns, can be a factor in a specific area of the mouth.

Even in the general population, gum disease is very common. Estimates are that more than 85% of the U.S. population over the age of 30 has some form of it. If your immune system is weak, as evidenced with the presence of Prostatitis, it's likely that gum deterioration is also a problem for you. Signs of gum infection include bleeding, puffiness, spaces that develop between the teeth, receding gums, tenderness and swelling, persistent bad breath, a changing bite, pus and sores.

Infections of the Jaws

If the canals of the tooth are improperly cleared out or incompletely filled in during a root canal procedure, a residual, low-grade infection is likely to persist. Lowered immunity can then allow the infection to become even more intense than under normal conditions. Since the tooth root goes into the bone, the infection may spread into the jaw and fester. While we think of bone as a hard and solid body part, it's actually somewhat porous and very susceptible to infection. So an abscess of the bone or other degeneration can result when the infection migrates there. One of the most common diseases of the bone is Osteonecrosis, which is a type of chronic infection. Sometimes the infected bones become so soft that a needle can be easily pushed through, making diagnosis of an infection rather simple; this initial finding would then be confirmed by X-ray.

Oral Infections & the Rest of the Body

An issue that has been of considerable debate in the dental community is whether infections in the mouth can travel to other locations in the body and cause further problems. In the early 20th century, this idea of “focal infections” was widely held. Infected and compromised teeth were commonly extracted by dentists—too frequently, some insist. Weston Price, a dentist of the period, spent 25 years researching dental issues and published two extensive works on dental infections and their relationship to disease. Even so, with changing dental procedures, the theory of focal infection was, for the most part, abandoned in the late 1930s. Now, however, with the development of refined techniques to trace the origins of infections, the focal theory is receiving renewed interest.

“This is about a rediscovery, not a discovery,” wrote Professor Hubert N. Newman of the Eastman Dental Institute and Hospital of London, England. “...we certainly now have the means of evaluating these rejected and now re-awakened theories of focal infection... For some [diseases], the evidence is strong, for others, tenuous, and for many, indirect but intriguing.”⁵¹

Basically a focal infection is defined as a local infection that triggers symptoms in another part of the body. For instance, much research has looked at the role of migrating oral pathogens in the deterioration of the heart. One theory of heart disease, in fact, holds

⁵¹ “Focal Infection,” *J. Dent. Res.*, 1996 75 (12): 1912-1919.

that oral bacteria negatively impacts this vascular organ after entering it through the blood stream. Further, this view contends that the bacteria attach to the blood vessels and contribute to clotting. Studies cited by the American Academy of Periodontology have specifically linked periodontal disease with coronary artery disease, finding that it seems to double the risk.⁵²

Another researched area is the link between oral infections and cerebrovascular accidents (CVAs), including stroke. The State University of New York at Buffalo and the Office of Research on Minority Health at NIH jointly delved into this matter. Their national study, published in the *Archives of Internal Medicine* in 2000, reported gum infections to be a “significant risk factor” for both CVA and stroke. As part of the study, the researchers looked at gingivitis, periodontitis and other types of oral infections.⁵³

As it is an area of active research, we are certain to learn of other connections between the mouth, illness and disease. Investigations already undertaken have associated poor oral health with low birth-weight infants, pre-term births, Diabetes, respiratory diseases, Osteoporosis and early death from any cause.⁵⁴ But what about the prostate? For what we’ve learned so far, read on.

Interesting Prostate Findings

In my years of work with men with prostate problems, from Prostatitis to Prostate Cancer, there has been case after case in which addressing dental issues contributed to their recovery. Some of these men had rising PSA numbers and symptoms that just wouldn’t go away until they got their mouths cleaned up. For instance, in one case, a man’s PSA figure had risen a hundred points in just one week! In every other way, this fellow seemed to be in good health—including what appeared to be immaculate dental work. An exam by a biological dentist located massive infections in three quadrants of the patient’s jaws. Once these infections were cleared, the man’s PSA dropped into the normal range.

⁵² The American Academy of Periodontology website, <http://www.perio.org/consumer>.

⁵³ “Periodontal Disease and Risk of Cerebrovascular Disease,” Tiejian Wi, MD, et al. *Arch Intern Med*, 2000; 160: 2749-2755.

⁵⁴ “Association of the oral flora with important medical diseases,” W.J. Loesche, *Curr Opin Periodontol*, 1997; 4:21-28; plus <http://www.altcorp.com>, “The Mouth-Body Connection.”

In 1998, based on experiences with such cases, we did a pilot study. We wanted to see if pathogenic organisms residing in the mouths of prostate patients would also be found in their prostates. So we had samples of saliva and prostatic fluid taken from eight such subjects. I immediately hand-delivered these samples to the lab at the University of Southern California in Los Angeles.

Confirming our experience, not only were similar organisms found in both samples for each individual subject; the organisms detected in both samples were, in fact, identical! In other words, all the organisms found in each individual's mouth also were present in his prostate. Among the organisms looked for and identified were both anaerobic and aerobic bacteria, various types of fungus, Chlamydia bacteria, Herpes viruses I and II and Cytomegalovirus (CMV).

Biological dentist Harold Ravins was also involved in this pilot study. He comments, "From my clinical experience, I have long suspected that there was a connection between the organisms in the mouth and those in the prostate. When we did this study, we didn't know what would be found. This study gave us some direction and showed that the infections in the mouth were repeated in the prostate. The findings support the idea that if you want to clean up the prostate, you have to clean up all the infections in the body—including those in the mouth."

Yes, this preliminary data backs up what I have been seeing with prostate patients all along. It appears that there is a direct connection between the oral infections and those found in the prostate. While further research is needed, prostate patients are finding that addressing oral infections is a necessary part of supporting their recovery. This has become a regular daily experience, and a dramatic example is the patient with the rising PSA numbers who I mentioned a few paragraphs earlier. The prostate improves dramatically when the mouth is cleaned up.

Dental Detective Work

In order for infections to be addressed, they must be identified. One way that Dr. Ravins locates suspicious old root canal work is by noting the way that the root was filled. "If the filling isn't all the way to the root tip, we know that there's a very good chance that a problem exists with the root canal," he points out. "This can be seen in an

X-ray.” Sometimes a patient complains of pain in a certain tooth, and this will lead to the X-ray being taken. However pain is not present in many cases.

In addition to the conventional X-rays, there are other, more sophisticated diagnostic tools that are used by biological dentists like Dr. Ravins in their detective work. Digital, high-contrast color X-rays, which put out 90% less radiation than regular ones, offer greater precision in studying the teeth. Panoraphic images enlarge the view of the teeth, sinus and surrounding bone by about 40%, making it easier to locate problematic areas. A CAT scan provides a three-dimensional picture of the jaw and can be helpful in diagnosing bone infections. Together, these three modalities give the dentist hard data about the infections that might be present.

Also, electro-dermal screening or electro-acupuncture can be employed to search out those lurking infections. This device places a small amount of electric current on an individual tooth, and provides a reading. A deviation from the normal pattern is a sign that is taken into consideration with the other screening results.

Addressing Those Underlying Infections

When a biological dentist notes a deep infection related to old root canal work, the tooth must be addressed. Extractions are sometimes performed, or the cap may have to come off so the canals can be adequately cleaned this time around. This second approach requires a lot of time and skill, says Dr. Ravins, and further infection may be discovered underneath that was not yet noted. Simply drilling through the crown to get to the infection is not something he recommends, though patients may ask about this thinking it will save money. Full exploration of the underlying area requires the crown to be removed.

Care for the Gums

Since gum disease can be a reflection of the health of the rest of the body, the steps you are taking in other chapters of this book should help you prevent and recover from such problems. Yet, in addition, your gums may need some specific attention.

In biological dentistry, gum care is called “soft tissue management,” and it includes regular cleanings to clear away plaque. The dentist also makes sure that no

defections in dental work are causing gum irritations. Removal of amalgam will take care of any negative impact from those types of fillings. Patients are also encouraged to brush at least twice a day, and to floss once a day.

In some cases, gum surgery may be necessary, though biological dentists usually try other options first. These other efforts would include pH balancing, good self-care and cleaning of the involved gum pockets at the dental office. Natural rinses and homeopathics may also be recommended.

Homeopathy

While biological dentists will recommend traditional medicines when this makes sense, they are more likely to turn to homeopathic remedies. Homeopathy is a system of treatment that was created by Samuel Hahnemann, M.D., in the late 1700s. Hahnemann is said to have been discouraged by the medical practices of his day, and so he decided to come up with some alternatives.

Homeopathy is based on the Law of Similars, in which the ruling principle is “like cures like.” The healing agents used in homeopathic solutions are natural substances that usually come from plants, minerals or animals. It is a healing system used around the world, with an estimated 500 million people receiving these medicines.⁵⁵

In biological dentistry, uses of homeopathy include reduction of swelling, pain relief, curtailment of bleeding and treatment of abscesses. Some dentists have received specific training in this field, while others consult with a homeopathy professional.

Later in this chapter, you will learn about a revolutionary saliva test which will determine if Mercury is compromising your immune system and about groundbreaking homeopathic solutions for mercury detoxification.

Hold the Mercury? A Historical Perspective on the Issue

In addition to the idea of focal infections, biological dentists are also raising another controversial issue—the use of mercury as an ingredient in so-called “silver fillings” (also known as amalgam restorations). For almost a century and a half, the

mainstream dental profession in the U.S. has held that these amalgam restorations are safe. Today this mercury-laden “silver” mixture is the most widely selected filling material. However its safety is coming into question in countries around the world—from Canada, to New Zealand, Sweden, Denmark, England, Austria, Germany, Saudi Arabia, and the United States.⁵⁶

This is not the first time that possible dangers from mercury have been debated in the fields of medicine and dentistry. It’s interesting to look back at this metal’s extensive, and at times, controversial, history.

An early mention of mercury notes its use as a medicine in India as far back as 500 B.C. And during the 7th century A.D., the Chinese are believed to have placed a silver paste containing mercury into teeth that had decayed. Arabian physicians are credited as being among the first to thoroughly study mercury’s effectiveness in medicine, and they offered mercurial ointments to their patients during the 10th century.

While therapies utilizing mercury were seen in Europe by the 13th century, they did not become controversial until around 300 years later. Questions surfaced during the 16th century, a period in which mercury ointments were the standard treatment for syphilis. At this point in history, mercury miners in Austria and Spain were exhibiting negative effects from exposure to this metal in their work. The miner’s symptoms included the shakes, blackened teeth, digestive difficulties and oral infections. A century later, the work day for these miners was cut back from 16 hours to just six to limit their risk. Additional ill effects reported in miners at the time of the change in hours included premature death and paralysis. During the 17th century, mercury was identified as a work hazard in other fields too (for chemists, painters, medical staff, etc.), and its use in medicine declined.

Mercury’s use in medicine in England was controversial during the 18th century, a period during which practitioners there appear to have been divided in their stands.

⁵⁵ *Alternative Medicine, The Definitive Guide*, compiled by the Burton Goldberg Group, Future Medicine Publishing, Puyallup, Washington, p. 272.

⁵⁶ Godfrey, ME and Feek, Colin, “Dental amalgam,” *New Zealand Medical Journal*, Vol. 111, August 28, 1998, p. 325 (letter to editor); “Mercury vapor in the oral cavity...,” *Journal of Orthomolecular Medicine*, Vol. 11, No. 2, Second Quarter 1996, pp. 87-94; Baldwin, EAA. “Controlled trials of dental amalgam are needed.” *British Medical Journal*, Vol. 309, October 29, 1994, p. 1161; *Biometals*, Vol. 10, October 1997, pp. 315-23; “A Debate on Mercury in Fillings,” by Amy Pyle, *Los Angeles Times*, Oct. 25, 1999.

Mercurial medicines were then introduced to the United States toward the end of that century. Then in the early 19th century, a mercury-based silver paste came into wide use for fillings in England and France. And by the 1830s, its utilization was seen in North America too.

By 1845, concerns over ill health effects, including dementia and poor motor coordination, lead the American Society of Dental Surgeons to discourage the use of “silver” fillings in the States. However, proponents prevailed, and the ASDA was disbanded in 1856. This country saw the rise of the American Dental Association (ADA) in 1859, which advocated silver fillings as safe. Tin was added to the “silver” mixture shortly after the ADA was formed.

It was also during the 19th century that scientific investigations of mercury’s dangers began in the U.S. For instance, toxic effects to reproduction were documented through insect experiments. Still mercury products were popularized for medical treatments of everything from Diarrhea to Typhoid Fever. In the late 19th century, mercurials began to also be used as antiseptics.

During the 20th century, the use of amalgam restorations allowed dentistry to flourish in the U.S., as it made dental care more affordable for many. Even so, opponents, including Professor Alfred Stock of Germany, were warning of the dangers of vapors escaping from the “silver” fillings. Stock suffered from mercury toxicity himself, resulting from years of laboratory work related to his teaching and experiments. He is credited with identifying amalgam restorations as a source of mercury vapor.

Several massive poisoning incidents during the 1900s also turned the spotlight on mercury’s darker side. Two of the most famous were at Minamata Bay and Niigata, Japan, where environmental contamination and consumption of mercury-laden fish lead to deaths, degenerative neurological effects, and birth defects. Media-covered episodes in Iran and New Mexico were related to consumption of food stuffs or feed treated with methyl mercury fungicide.⁵⁷

To this day, the ADA declares “silver” as safe for use as a filling material, and more than 100 million amalgam restorations are installed in the mouths of Americans

⁵⁷ Ziff, Sam. *The Toxic Time Bomb*, pp. 2-7. DAMS website, “The Dental Amalgam Issue,” ‘Historical Overview of Mercury Use in Dentistry,’ <http://www.amalgam.org/>.

each year. Still a growing number of dentists are questioning this position, and in his book *Whole-Body Dentistry*, Mark Breiner, D.D.S., describes his own awakening experience: “I went to my nearest library, armed with a lot of questions, to begin my investigation... Having faith in the ADA, I was stunned to find an abundance of documented research and scientific data that called into question the safety of amalgam use... I felt my patients should be better informed.”⁵⁸

Interestingly, in 2001, California replaced its seated dental board members, and the board’s refusal to adequately address the mercury issue was part of the dissatisfaction with these members. Meanwhile, in August of that same year, the Governor of Maine signed a bill that requires dentists in his state to inform patients that amalgam fillings contain mercury and that the metal can have negative health effects. “We hope the U.S. will take Maine’s lead and move forward with legislation on a national level,” Maine Gov. Angus King said. Arizona and Colorado have also passed similar measures. Rhode Island now requires insurers to cover the cost of alternative dental fillings. A class action lawsuit is pending in Federal court against the state of Maryland Dental Board.

There are bills pending in the California legislature and in Congress to ban the use of mercury in dental fillings; immediately for women and children and in five years for everyone!

The Concerns about “Silver”

Amalgam or “silver” fillings are actually made with a combination of five metals—mercury, silver, tin, copper and zinc. Mercury makes up 50% of the mixture. The use of mercury is questioned because this metal is one of the most toxic substances on earth (as evidenced by its history). Researchers have found that mercury vapors from silver fillings are released when we chew food, brush our teeth, or eat hot and/or acidic foods. The World Health Organization has estimated that people with amalgam fillings are exposed to from 3 to 17 micrograms of mercury each day. Others have calculated that a single silver filling releases up to 10 micrograms a day.

Mercury’s effect on the body is believed to be slow, but powerful. Among the health effects that have been linked to mercury exposure in general are:

⁵⁸ *Whole-Body Dentistry*, Mark A. Breiner, DDS, pp. 21-22.

- Reduced immune function
- A disturbance of the body's chemical balance
- An increase in antibiotic-resistant bacteria in the mouth, intestines and elsewhere⁵⁹
- Interference with cellular activity
- Damage to the central nervous system and associated adverse behavioral effects (as seen in dental workers who handle amalgam materials)⁶⁰
- Altering of the hormonal functions of the endocrine system⁶¹
- Increases in depression⁶²
- Increases in heart attacks and other cardiovascular diseases⁶³
- Damage to the kidneys.⁶⁴

While mercury is clearly toxic to the human body, more research is needed to confirm the exact impact caused by mercury vapors leaching from amalgam fillings. Still, mercury from amalgam restorations is suspected as a factor in such severe illnesses as Alzheimer's Disease and Leukemia.⁶⁵ Problems in the mouth that have been conclusively linked with silver fillings include bleeding gums, inflammation of the tissues surrounding teeth, and bone loss in the jaws.⁶⁶ Effects in the prostate from silver fillings are just beginning to be researched, but are already evidenced by cases of men with a range of problems in this gland. Note that modern environmental toxins, which are a constant

⁵⁹ Summers, AO, 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. 825-34.

⁶⁰ D. Echeverria, etc., "Neurobehaviorial effects from exposure to dental amalgam," *FASEB Journal* 12, 971-980 (1998).

⁶¹ Ziff, Sam. *The Toxic Time Bomb*, pp 92-96.

⁶² Siblingrud, 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.

⁶³ Salonen, Jukka T. et al. "Intake of mercury from fish,..." *Circulation*, Vol. 91, No. 3, February 1, 1995, pp. 645-55.

⁶⁴ Sam Ziff, *The Toxic Time Bomb*, p. 88. Lorscheider, F.L., Vimy, M.J., and Summers, A.O. "Mercury Exposure from Silver Tooth Fillings: Emerging Evidence Questions a Traditional Dental Paradigm," *FASEB Journal* (April 1995).

⁶⁵ "A Debate on Mercury in Fillings," by Amy Pyle, *Los Angeles Times*, Oct. 25, 1999.

⁶⁶ *Toxic Time Bomb*, p. 73.

challenge to our immune systems, make it harder for our bodies to ward off the negative effects of mercury.

Besides leaching mercury from Day One, another problem that concerns biological dentists about amalgam fillings is that these restorations begin to break down after about seven years. Many of my patients realize that their fillings are decades old, and they're shocked to learn that seven years is the projected life of silver fillings. After seven years, the fillings become more porous, are less contained and begin to lose their shape. Infection and structural weaknesses can result. More mercury leaches out as the fillings become less intact.

With prostate patients, I have seen removal of amalgam fillings and other improvements in dental health to be important factors for recovery and for generally reaching higher levels of well-being. In my own life, I have also seen the removal of "silver" to be an important element of my healing. When I first had Prostate Cancer, I went to a dentist to have the amalgam restorations in my mouth taken out. When the Cancer returned, I learned that some of the "silver" was still there; I had been deceived to believe that all of those fillings were gone. Getting rid of the still existing fillings assisted my effort to get rid of the Cancer, and it has not returned.

Read on to learn more about the mercury removal process, alternative filling materials, and new ways to eliminate mercury residues from the body with homeopathy.

Removal of "Silver" Fillings

Dentist Harold Ravins reports that some prostate patients must be referred to other health professionals before a complete restoration can be done when the fillings containing mercury are removed. "If a patient has a compromised immune system, we would refer them to a physician to have their immune system built up," notes Dr. Ravins. Hormonal, digestive and adrenal gland problems are among the other conditions that might need to be worked through. Detoxification of the patient is needed in some cases.

However Dr. Ravins takes the position of treating the patient and not the tooth. This means removing the amalgams without delay, since the patient will be influenced by the mercury toxicity. Then a permanent restoration is completed only after the patient's state of health has shown improvement.

In biological dentistry, a rubber dental dam is put in place to isolate the teeth involved in the amalgam removal work. This prevents mercury and other materials from going down the patient's throat. The room is also ionically sterilized. In addition, high-powered suction may be used to trap mercury vapors coming off the amalgam being taken out. Dr. Ravins suggests that perhaps two or three, but no more than four teeth, be addressed at a time. During a single session, the dentist numbs one side of the mouth, and only removes the silver from teeth in that area. Sessions are usually limited to an hour or an hour and a half to prevent aggravating a patient's jaw. Temporary fillings are used in this work initially, and more permanent materials are placed later.

Note that when silver fillings that have begun to break down are taken out, it is common for the dentist to discover decay underneath these fillings.

It's important to find a dentist who has been trained specifically to remove amalgam. A case in point. In December 1990, the prestigious investigative TV news program, *60 Minutes*, did a story on the issues around the use of mercury in dentistry. Armed with the show's information, patients convinced dentists unfamiliar with this type of work to remove their silver. In his book, *Whole Body Dentistry*, Dentist Mark Breiner describes getting "hundreds" of calls from patients who had become ill after this removal work had been completed.⁶⁷ He notes that the toxicity introduced into these patients' systems during the removal process had not been adequately considered. Biological dentists take special measures to minimize their patients' exposure during this process. And as noted earlier, they also take a person's current state of health and existing toxic load into consideration.

Alternative Filling Materials

Among the reasons that "silver" has remained the predominant filling material are that its ease of installation, long-term durability and low cost have been difficult to duplicate. American Dental Association studies show that amalgam restorations do not deteriorate until about seven years of use. Dentist Harold Ravins believes an equally durable and affordable material is just on the horizon. Pressure from patients for a safer choice than mercury will help make this happen.

⁶⁷ *Whole Body Dentistry*, p. 73.

What does Dr. Ravins suggest that patients use in the meantime? Though the wisest choice will vary according to a patient's particular needs, he says one of the best alternatives is "holistic gold," a gold mixture that uses some platinum. If other metals are selected, it is best to use just one. Composites (a specialized and sophisticated plastic/glass material made for dental use) are another option; they offer the added advantage of being a tooth-colored shade that does not stand out as much as metal fillings. For crowns, Dr. Ravins recommends a composite covered with porcelain. He adds that when using porcelain, cementation makes for a more permanent restoration than the use of bonding.

Compatibility Testing

Toxicity to dental restoration materials is an issue that biological dentists take into consideration. Testing with blood studies, electrodermal screening or applied kinesiology is done to find the best materials to use with individual patients. Particular biological dentists have their preferred methods. For instance, Dr. Ravins uses applied kinesiology (muscle testing). In Breiner's book, he discusses blood tests that look for antibodies for the dental materials being considered.

Dr. Ravins notes that, when it comes to the root canal restoration work, he feels that the conventional gutta-percha filling material is still "the best of the evils" to use. While some biological dentists employ a competing European product that is very biocompatible, he's noticed that this alternative product unfortunately, seems to "melt away" in three to four years. Gutta-percha is a natural product, but has a coloring agent added.

Because each of our systems is unique, it's best to have your compatibility tested to the dental materials being considered before anything is placed in your mouth.

Determining Your Body's Mercury Toxicity Level

Removing the mercury from your mouth is only the first step. The key is to also remove the mercury from the tissues of your body wherever it has been deposited.

Any person who has had amalgam fillings is presumed to have mercury toxicity. However while mercury may be in your tissue, it often does not show up in conventional

blood or urine tests. It may not even show up in a special urine test done as part of a DMSA challenge (a type of chelation whose safety is now under question).

DMSA is a drug that can pull mercury out of body tissues. It is administered by injection. In a DMSA challenge, the amount of mercury in the body tissues is extrapolated based on a urine sample taken after the injection of the DMSA. A number from 0 to 50 is assigned. Getting the rating down to 6 or 7 becomes the goal.

The DMSA challenge test is expensive, its safety is debatable, and the test must be repeated in order to track the results of any effort to detoxify the mercury from your system. I have worked with others to develop a safe and efficient alternative. We came up with an innovative and easy-to-use saliva test that determines the mercury level by measuring antibodies. So, there is finally a simple way to determine the mercury level in your system without doing the complicated DMSA challenge test. This is a major breakthrough! The Mercury Saliva Test was developed by Immunosciences Laboratory, Inc., in Beverly Hills, California, and is available from <http://www.mercurytestkits.com/>

Removing Mercury from the Body

If you learn that mercury toxicity is a problem for you, consider taking a mercury detox formula. My team and I have been working for years to develop such products, and two of our homeopathic mercury detox formulas were just brought out into the marketplace and are available from the Beachwood Canyon, Naturally website at <http://www.bcn4life.com/> or call direct at 888-803-5333. Homeopathy is a nontoxic system of medicine that has been used worldwide for nearly two centuries. Its formulas are designed to stimulate the body's own healing mechanisms, in this case those used for detoxification and cleansing.

The first homeopathic product, **MerClear**, is for people who still have “silver” fillings in their mouths. Containing such homeopathic ingredients as baptista tinctoria and hydrastis canadensis, MerClear promotes the release of mercury held in the body without pulling metal out of the amalgam that is still in the mouth.

The second homeopathic product, a professional formula named **Amalgam Clear**, was designed for those individuals who have already had their “silver” fillings removed. Like MerClear, it assists in cleansing mercury from the body. Amalgam Clear's

ingredients include limited amounts of different agents—such as mercury, six different types of silver, nickel and titanium—that you are exposed to when you have “silver” fillings. Their presence reminds the body to release these substances, using the basic homeopathic principle of “like cures like.”

With the mercury detox formulas, it is recommended that you use an additional formula at the same time to activate the lymphatic system. **Lymphatic Stimulation** is another homeopathic solution, and it assists the body in its work to remove the mercury from your system through lymphatic drainage.

You will find more information on all three of these products at <http://www.mercurytestkits.com/>

Supportive Practices for Mercury Detoxification

In addition to taking the supplements described above, there are other steps you can take to assist your body in removing mercury and other heavy metals.

- Buy fresh organic cilantro and eat it in salads, as a garnish, and on its own.
- Take *chlorella* supplements. This single-cell plant is high in chlorophyll. It binds with heavy metals, including mercury, and assists the body in clearing them.
- Avoid fish that is thought to be high in mercury residues (canned tuna, swordfish).⁶⁸
- Sweat it out in a dry or wet sauna or in a tub of comfortably hot water with Epsom salts added.
- Enjoy a regular massage, or try a lymphatic drainage session. For more information, see Chapter 8.
- Drink lots of water, preferably at least six to eight glasses of pure spring water each day.
- Keep up your exercise regimen, aiming for at least a half hour of aerobic exercise on most days.

Negative Energies

⁶⁸ “Mercury in Seafood,” by Robert J. Price, Ph.D., Seafood Technical Specialist, University of California, Davis. <http://seafood.ucdavis.edu/Pubs/mercury.htm>.

When you scrutinize all the metals that go into “silver” fillings, you realize that five different kinds (mercury, silver, tin, copper and zinc) are combined into this one material. Other filling types mix different metals too. This mixing of metals can cause problems. When a mixture of two or more are placed together in a salt solution like saliva, electrical currents are generated. Different metals contained in two teeth in the mouth produce the same effect. This effect—a current being created between two different kinds of metals—is a basic concept children learn about in science classes.

This process is similar to what occurs in a battery—positive and negative poles generate the electricity. The strength of the current will be determined by the types and amounts of metals involved.

While the amount of electrical current may seem small, it’s important to realize that even a little amount can affect our systems negatively. So many functions in the body rely on electrical impulses to run smoothly. European studies indicate that a current over 100 millivolts and three micro amps is an unacceptable level in a tooth.⁶⁹

Besides disrupting your body’s normal electrical function, these currents can also:

- Stimulate excess saliva flow
- Create a metallic taste in the mouth
- Trigger irritability
- Radiate pain in the nerves and trigger headaches
- Promote tingling or burning along the edges of your tongue
- Result in shocks when a spoon or fork touches a tooth
- Irritate the pulp of the tooth
- Create changes in your blood work
- Discolor the teeth
- Contribute to digestive difficulties.

Interestingly, the *American Dental Association Journal* published studies over 50 years ago about the effects of these currents that included many of the symptoms listed above.⁷⁰

⁶⁹ *Whole Body Dentistry*, p. 71.

⁷⁰ *Whole Body Dentistry*, p. 72.

The only way to get rid of the problem is to analyze the types of fillings you have and to replace those that might be incompatible. This issue is further complicated by the fact that acupuncture meridians, a type of energy channel, run through each tooth. Learn more in the next section.

Energy Portals of the Mouth

Many people are familiar with the art of reflexology. This ancient science, believed to be documented in pictographs featured on the pyramids of Egypt, works with the energy or acupuncture points of the feet that relate to other parts of the body. These areas are stimulated by the reflexologist with pin-prick-like sensations to promote healing. Reflexology is believed to have also been part of healing practices in ancient Indian, Oriental, European and Native American cultures.

In a similar way, acupuncture meridian points have also been identified in the mouth, and they tie specific teeth to organs in our systems. For instance, the wisdom teeth relate to the small intestine and the heart. The front teeth—known as the central and lateral incisors—are linked by meridians to the urogenital area, which includes the kidneys, bladder, rectum and prostate.

The acupuncture meridians of the mouth can be used in biological dentistry as a diagnostic aid. Utilizing applied kinesiology, the dentist performs a bio-energetic screening to look for blockages in the energy flow at the oral meridian points. This analysis helps the dentist to identify areas of trouble, which can be the result of a range of sources. Infections are one possibility.

Sometimes an energy-drain relationship results from a troubled front tooth to the prostate. Other times, an affected tooth is related to poor functioning of a body part that normally supports good prostate health—such as the thyroid, which is tied to the first molar.

Many biological dentists recommend annual readings of the oral meridians to track both progress in healing and any emerging degeneration.

Routine Care for the Teeth

Once you establish a higher level of oral health, you'll want to maintain it with good self-care. Here's a checklist to keep you on track:

- Brush regularly, especially first thing in the morning, after meals and when going to bed at night. Consider investing in an electric brush (consult with your dentist about which one to choose as some are too harsh on the teeth).

- Use a non-fluoride, natural toothpaste; you'll find several brands at your health food store. Another option is to brush with a mixture of baking soda and hydrogen peroxide.

- Floss (with unwaxed dental floss) before going to bed to help remove food and plaque.

- Rinse and gargle after brushing or flossing.

- Use a toothpick to remove embedded food when you're away from home and can't floss.

- Brush your tongue each day to help prevent a build-up of organisms there.

- Inspect your teeth on a regular basis to check for any trouble spots in the gums or changes in the teeth.

- Consume sugar-laden foods in limited quantities, and be sure to brush as soon as possible afterwards. This includes keeping your consumption of fruit juices to a minimum.

- Visit your dentist twice a year for a cleaning and a checkup.

To Learn More

The connection between a healthy mouth and one's overall health is beginning to become more widely recognized in the U.S. and Europe. In fact, in Germany and Switzerland, research into this issue has received government support. For more information on the issue, visit the website <http://altcorp.com> (for the biotechnical research company, Alt).

Knowledge is power, so now that you're aware of the influence of problems in the oral cavity, you can take action. To learn about Mercury toxicity and its effects on the immune system go to <http://www.mercurytestkits.com/>. To get a referral to a biological

dentist in your area, contact the American Academy of Biological Dentistry in Carmel Valley, California, 831/659-5385, the Environmental Dental Association in San Diego, California, at 800/388-8124 or the International Academy of Oral Medicine and Toxicology in Orlando, Florida, at 407/298-2450 (website www.iaomt.org). To learn more about the work of Dr. Harold Ravins' associates at the Center for Holistic Dentistry in Los Angeles, go to <http://www.ravecoholistic.com>. *Whole-Body Dentistry* (\$19.95, ISBN 0-9678443-0-4, Quantum Health Press), by Mark A. Breiner, D.D.S., is a book that provides further details about the types of approaches taken by biological dentists. Note that a biological dentist usually works as a part of a healing team that includes a holistic physician.



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CENTER FOR HOLISTIC DENTISTRY

Tooth / Organ Relationship Chart

Designed by Dr. Todd Ravins and Stephen Weisz

Glands	RIGHT BREAST						LEFT BREAST													
	Anterior pituitary	Parathyroid	Thyroid	Thymus	Posterior pituitary	lobe of pituitary	Pineal	Pineal	Intermediate pituitary	Posterior pituitary	Thymus	Thyroid	Parathyroid	Anterior pituitary						
Organs	Heart Small Intestine Endocrine gland Pericardial	Breast Thyroid Stomach Pancreas	Lungs Large Intestine	Liver Gall Bladder Eye	Kidneys Bladder, Uterus, Rectum, Anus	Prostate	Liver Gall Bladder Eye	Lungs Large Intestine	Breast Thyroid Stomach Spleen	Heart Small Intestine Endocrine gland Pericardial	Heart Small Intestine Endocrine gland Pericardial	Breast Thyroid Stomach Spleen	Lungs Large Intestine	Liver Gall Bladder Eye	Kidneys Bladder, Uterus, Rectum, Anus	Prostate	Liver Gall Bladder Eye	Lungs Large Intestine	Heart Small Intestine Endocrine gland Pericardial	
Teeth	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16				17
Upper Jaw	3 rd molar (wisdom)	2 nd molar	1 st Molar	2 nd bicuspoid (pre-molar)	1 st bicuspoid (pre-molar)	canine (cuspid)	lateral incisor	central incisor	central incisor	lateral incisor	canine (cuspid)	1 st bicuspoid (pre-molar)	2 nd bicuspoid (pre-molar)	1 st Molar	2 nd molar	3 rd molar (wisdom)				3 rd molar (wisdom)
Lower Jaw	3 rd molar (wisdom)	2 nd molar	1 st Molar	2 nd bicuspoid (pre-molar)	1 st bicuspoid (pre-molar)	canine (cuspid)	lateral incisor	central incisor	central incisor	lateral incisor	canine (cuspid)	1 st bicuspoid (pre-molar)	2 nd bicuspoid (pre-molar)	1 st Molar	2 nd molar	3 rd molar (wisdom)				3 rd molar (wisdom)
Teeth	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17				17
Organs	Heart Small Intestine Endocrine gland Pericardial	Lungs	Lungs	Stomach Pancreas	Liver	Eye	Kidneys Bladder, Uterus, Rectum, Anus	Prostate	Liver	Eye	Stomach Spleen	Lungs	Lungs	Lungs	Lungs	Heart Small Intestine Endocrine gland Pericardial				Heart Small Intestine Endocrine gland Pericardial
Glands																				
Element	Fire	Earth		Metal		Wood	Water	Water	Wood	Wood	Metal		Earth		Fire					

Left Side

Graphics by Gina Florio

Chapter 6

Step 3 – Choosing Supplements & Herbal Remedies that Work

Today there are so many new supplements being promoted as the latest and the greatest boons to our state of health. It's no wonder that when men with troubled prostates first consult with me, they are often taking way too many supplements in an attempt to recover. Well, common sense has to come into the health equation at some point. Overdoing it with supplements simply puts too much stress on the body, especially the liver which has to process it all. By overloading your system, you can end up with a net loss, instead of a gain. My general advice is to prioritize your selections of supplements and herbal products and to limit your choices to only seven to 10 items.

How do you do this? Well, especially when you're ill, I believe you need to do more than just tap into such resources as health books, magazine articles, website pages and reports on TV and radio. I don't want to discourage you from being an informed consumer. Certainly, that's important. But, in addition, you'll also want to consult with a health professional who has the knowledge to sort through the barrage of nutritional information that is coming at us in these modern times. You might choose to work with a holistic M.D. or a nutritionist, for example. Also, you want someone who is up on the best supplemental support for treating the condition of Prostatitis. If you need a referral or coaching, you can call the Prostate90 Foundation in Los Angeles at 310/587-9855.

Remember too that you shouldn't expect any supplement to be a "magic bullet." For most men, recovery from Prostatitis requires a change in lifestyle and care involving the entire program presented in this book. While you may well experience a reduction in certain symptoms—such as fewer urinary difficulties—when you take a certain supplement, our goal is to bring you to an overall state of deep vibrant health. A higher state of well-being will help you to prevent relapses of the Prostatitis and to ward off the development of other health problems (this includes BPH and Prostate Cancer, which can be progression of the Prostatitis).

Let's take a look now at some of the ways that health professionals assess your current wellness status and the supplements that may be most important in your particular case.

Testing, Testing...

Once you've selected a health professional, they'll want to do various tests and evaluations to determine where you are with your health condition. When you first visit with them, be prepared to discuss your medical history, current medications and the supplements you're already taking. It can be helpful to gather your supplements together in a grocery bag and to take these products with you so that the health professional can be more informed about your present practices. Note any improvements or side effects you've already experienced with what you're taking. Be prepared to discuss your symptoms in detail. Write down any questions you may have on a notepad and take it with you as a reminder.

There are five main tests that I recommend when a patient's health status and possible beneficial supplements are being evaluated. These are the Biological Terrain Assessment Test (BTA), Applied Kinesiology (also called muscle testing), Computerized Regulation Thermography, Electroacupuncture (EVA) and Immunosciences, Saliva Mercury Test at <http://www.mercurytestkits.com/> (In addition, other tools may be used, including blood tests (screened perhaps with dark field microscopy), stool tests, urine tests, hormone level analyses and hair analyses.

The Biological Terrain Assessment (BTA) Test: In the BTA, blood, urine and saliva samples are taken and evaluated to determine the level of "deep health" of the body. In many cases, the roots of ill health can be found through a BTA, even when nothing is turning up with standard test methods. One of the main assessments looks at the pH level exhibited in the three samples. In Prostatitis, what is seen is that the cells become more acidic, while the blood and saliva become more alkaline, says holistic physician Michael Galitzer of West Los Angeles, California. The BTA delivers other results in addition to the acidity assessments. These are resistivity (molecular ion movement) and oxidation-reduction or "redox" (the electron potential and enzymatic activity) of the blood, urine and saliva. The BTA readings can be helpful for anyone who

wants to assess their health status over time. Dr. Galitzer provides the test in West Los Angeles. To find a medical facility that offers the BTA in your area, call Dr. Robert Greenberg, D.C., F.A.S.A., one of the test's developers, at 928/474-4181. You can also visit the BTA website at www.bioterrain.com. Note that the correct way to do a BTA is to take all three types of samples mentioned above—blood, urine and saliva.

Applied Kinesiology: Here, muscle testing reveals imbalances in the organs and glands. This technique was originally developed in the mid-1960s by George Goodheart, Jr., a chiropractor from Detroit, Michigan. At that time, Goodheart noted a relationship between the organs, glands and teeth with certain muscles. Since then, the methodology has been further advanced. Basically Applied Kinesiology evaluates the strength of a muscle by looking at the resistance that a patient can exert when pressure is applied to that area. Particular health problems display particular muscle weakness patterns. Also, the body's response to certain substances is evaluated, noting whether the substance makes the person stronger or weaker. Among the professionals who practice Applied Kinesiology are holistic physicians, chiropractors, osteopaths, dentists and others who are licensed to diagnose. For more information on Goodheart's methods, visit the International College of Applied Kinesiology website at <http://www.icak.com>. Today there are more than 50 different approaches to muscle testing, including Touch for Life and Wellness Kinesiology; to learn more, see the Kinesiology Network website at www.kinesiology.net.

Computerized Regulation Thermogram: This test examines the body's ability to regulate itself by digitally measuring the temperature at 60 different sites on the skin. Each measured point corresponds with an internal organ, organ system, quadrant of the breast or a tooth. Two sets of readings are done during one appointment. The first readings are performed with the body fully covered; the second, 10 minutes later, after the body has cooled as the person sat alone in a room-temperature examining room, without clothing. Readings go immediately and directly into a computer to be evaluated.

What these readings provide is an assessment of the *regulation capacity* of every organ and organ system. What is regulation? This is the ability of an organ to respond to a stimulus or a challenge.

For prostate patients, thermography results can be used in many ways. For one, the readings can show what other organs or systems, such as the pancreas, lymph or the digestive system, are contributing to their prostate problems, says Soram Khalsa, M.D., Medical Director of the Khalsa Medical Clinic of Beverly Hills, California. This information can be helpful in determining which supplements may be most effective. During treatment, earlier results can be compared to current ones to see if the readings are moving in the direction of normal by showing improved regulation capacity, adds Dr. Khalsa.

Electroacupuncture (EAV): Over half a century ago, a West German physician, Reinhold Voll, M.D., developed a method of evaluating the electrical qualities present around the acupuncture points of the body. Dr. Voll had long been interested in the practice of acupuncture. He and his associates found that there were standard levels of electrical resistance and conductance at each site in healthy people. They also discovered that patients with suboptimal health display either higher or lower results. So far, over 2,000 acupoints have been located on the body. EAV stands for “Electroacupuncture according to Voll.”

Today EAV is used both in diagnosis and for evaluating the effectiveness of certain remedies. Various devices have been developed for obtaining electroacupuncture biofeedback measurements. Among the practitioners currently using EAV are acupuncturists, holistic physicians, naturopaths, dentists and nutritionists. Electroacupuncture uses methods grounded in the diagnosis and treatment approaches of Traditional Chinese Medicine. Similar practices include electrodermal screening (EDS).

Blood Tests: An array of blood tests can be done to determine your individual needs. For instance, a **CBC/Chemistry Profile** looks at the functioning of your liver and kidneys, cholesterol levels, blood proteins, blood minerals such as calcium, sodium and iron, and counts for red blood cells, white blood cells, etc. These values are useful in assessing the factors that may be placing your health at risk. A **Vitamin and Mineral Assay** provides findings that will help pinpoint deficiencies. There is also a blood-work **Essential Fatty Acid Analysis**, which looks at whether these compounds are out of balance in your system.

Digestive Profiles: If you've been taking antibiotics for a long time or are experiencing difficulties with digestion or elimination, you may want to ask for a **Comprehensive Stool Analysis**. Results give feedback about enzymes, parasites, yeast, the balance of "good guy" and "bad guy" bacteria, long- and short-chain fatty acids, etc. There are also other tests available that can specifically detect infestations of yeast or parasites.

Urine Tests: In some cases, urinalysis can be a lower cost option for testing. Instead of looking at the nutrients found, as in some blood tests, one type of urine test studies the by-products of cellular functions in the body. This helps the health practitioner assess how particular body systems are utilizing the nutrients that are available to them. Combining these results with others, an individual's needs, deficiencies and surpluses can be gauged.

Hair Analysis: Hair samples can be good indicators of mineral deficiencies and suboptimal levels of trace elements. Your exposure to toxic compounds, and such metals as mercury and nickel may also be assessed.

While working with a health professional during supplemental treatment, you'll want to **return for checkups and testing at least every two weeks**. This is important because your needs for particular supplements can change quickly. One supplement may do its job fast, and your body might be ready to respond then to something else.

Again, keep the number of supplements you're taking down to seven to 10 items. In my experience observing many prostate patients, I have noticed that practitioners who excessively load men up with bags of supplements are not getting good results. In this case, too much of a good thing can be a bad thing.

Prostate Friendly Supplements

Today we are learning more and more about how natural supplements can help men fight Prostatitis and generally stay prostate healthy. Unfortunately this information is not reaching men in all walks of life. On the other hand, other men, particularly those who spend a lot of time searching the Web, may be experiencing "information overload" including outdated descriptions and inaccurate information about supplements. So let's

take a look at some of the best cutting-edge supplements I've found that work for the prostate.

Note: There are a number of quality supplement companies out there. Many of the products I recommend come from Beachwood Canyon, Naturally. I've found them to be an excellent and reliable source, but I don't mean to imply that they are the only one to use. Discuss other options with your health practitioner.

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 trouble. Epilobium is particularly known for its anti-inflammatory and anti-infectious properties. With Epilobium, men report realizing elimination of or decrease in urinary symptoms, and a preliminary study finds a reduction in prostate inflammation (including that associated with Benign Prostatic Hyperplasia [BPH]) and prostate size. In terms of supplementation, a liquefied formula of the herb, such as Beachwood Canyon, Naturally's Herbal Energies Epilobium, can be a good choice. This epilobium formula is taken sublingually, 5 drops under the tongue, twice a day.

Another way to ingest Epilobium is as an herbal tea. You consume the tea twice a day, having one cup each morning and another at night. Purchase fresh Epilobium at an herb shop, and note that the quality teas are pricier. Use the entire plant (the leaves, flowers and stems). Scooping up about a tablespoon of a finely cut mixture of the herb, steep it in a mug of hot, just boiled, pure water for about 5 minutes. Drink the entire mug's worth of tea.

Neoprostate: This new herbal product contains pure beta-sitosterol, a natural phytosterol (an important type of super-nutrients found in fruits and vegetables). Beta-sitosterol is also the active component in many supplements that have been popularly used for prostate support, including saw palmetto, pumpkin seed oil, nettles and pygeum africanum. However Neoprostate supplies the beta-sitosterol in a much more concentrated form; for instance, one caplet of Neoprostate is estimated to deliver as much beta-sitosterol as found in 3,000 dried saw palmetto berries.

Beta-sitosterol seems to work by balancing DHT, a male hormone converted from testosterone and produced normally during a man's most sexually active period (from puberty to his early 20s). Reactivated production of DHT in a male adult results in undesirable growth of the prostate, which can be seen in both Prostatitis and Benign Prostatic Hyperplasia (BPH). Men often report a dramatic relief of urinary symptoms with this product, particularly if they have done the Ultimate Cleanse as described in Chapter 4. These improved symptoms include urgency, excessive frequency, reduced flow and nocturia. Some men report some improvement within just days of taking the supplement.

Interestingly, beta-sitosterol is a key ingredient in expensive herbal extracts sold in Europe by prescription only. Neoprostate is an excellent, but less expensive source of beta-sitosterol than that found on the Continent.

In studies, beta-sitosterol has been shown to have antibacterial, anti-viral and anti-fungal properties. Research indicates that it reduces inflammation, helps maintain a healthy male hormone balance, is essential for healthy cell structure and cell membrane fluidity, and inhibits the growth of some Cancer cells, including Prostate, Breast and Colon Cancers. The most dramatic improvements in urinary symptoms in these studies were seen during the first month, then continued without side effects throughout the research period.

In addition to beta-sitosterol, Neoprostate also contains the minerals zinc and copper as well as cell-protective IP6. It comes from Beachwood Canyon, Naturally in capsule form. One to two caplets are taken a day. For special needs, higher amounts can be taken—as many as 3 caplets a day.

Cetyl Myristoleate (CM): This naturally occurring fatty acid is a strong anti-inflammatory and immune modulator. It helps to reduce inflammation and immune system overreaction. CM also works as a super lubricant for body tissues. One particular Beachwood Canyon Naturally product, **CM Plus**, is proving very effective in reducing Prostatitis symptoms in the course of about two months, especially when it follows the Ultimate Cleanse regimen and is taken with Neoprostate. CM is being used by health practitioners for a range of inflammatory conditions, including Prostatitis, Arthritis, Irritable Bowel Syndrome and Crohn's Disease.

CoenzymeQ10: This substance is present in every cell in the body, and it plays a crucial role in the way that cells transform food into energy within your system. CoQ10 is also critical for proper cell reproduction. Unfortunately, with stress or age, CoQ10 levels decline. They also decrease during viral infections. Low levels of CoQ10 are associated with many forms of Cancer.

You may have heard about CoQ10 in relation to its support of coronary health, as benefits have particularly been shown in that area. Supplementation of CoQ10 has also gained interest because of this coenzyme's antioxidant and apparent Cancer-fighting properties. CoQ10 is an immune enhancer, increasing the body's bacteria-killing ability and boosting antibody responses. It generally raises infection resistance. The substance is also thought to protect cell membranes against damage.⁷¹

In one Danish study begun in the early '90s, high doses of CoQ10 were given to 32 breast cancer patients who had received traditional treatment and were at risk for recurrence. By 2001, all the women were still taking CoQ10, remained alive, and were doing well. The participating women expressed experiencing higher levels of well-being with CoQ10.⁷² Note that four of the women had been expected to die but all had survived at the time of the last report.

Regarding dosage, the amount of Co-Q10 you need to take is age-related. For men 30-35, 30 mg. of a quality Co-Q10 supplement, on a daily basis, is usually adequate. From ages 35-50, 60 mg. per day compensates for the body's lower production and lowering ability to absorb Co-Q10. For those men aged 50 or older, 100 mg. per day is recommended.

When you first start with Co-Q10, take two to three times your age-related amount for about *a month*. This will replenish your body's supply. It is also a good idea to use more initially to help build your immune system back up. Special health circumstances also may indicate a need for higher levels of supplemental Co-Q10. Check with a knowledgeable health practitioner regarding use relative to your circumstances.

⁷¹ *The Road to Immunity*, pp. 197-199; Avery's *All about Vitamins*, pp. 87-90; *The Real Vitamin & Mineral Book*, Lieberman, pp.187-191.

⁷² *The Real Vitamin and Mineral Book*, p. 189; *Biochemical and Biophysical Research Communications*, March 30, 1994; 199; 1504-8.

Finally, the type and brand of Q10 is important. Look for a product that has been treated to optimize absorption and bioavailability. I recommend the Jarrow Q-Sorb brand of Co-Q10. It comes in 30 and 100 mg. sizes, so you can match it up to your needs.

Bioflavonoids: This is a family of plant chemicals (phytochemicals) found in fruits and vegetables that acts as an antioxidant. Thus they provide protection to cell membranes from free radicals. They can also serve as anti-inflammatories. In addition, Bioflavonoids block cell-receptor sites and prevent cancer-causing hormones from attaching to cells.⁷³ Bioflavonoids must be consumed, as the body is unable to make them. One Beachwood Canyon, Naturally product, **Detox C**, combines a synergistic blend of phytochemicals (75 mg. of Silymarin, 150 mg. of Schansandra, 250 mg. of Skullcap Root, and 150 mg. of Astragalus Root) with Vitamin C. (See next entry for Vitamin C.) Detox C helps the body to process Cetyl Myristoleate.

Vitamin C: This substance is also abundantly available in fruits and vegetables, yet people are not consuming enough of these foods. The late Dr. Linus Pauling, who won a Nobel Prize for his innovative work in chemistry, was one of the most vocal advocates of using of Vitamin C for immune system support. During an infection, levels of Vitamin C decrease in the body. Supplementation can be helpful as Vitamin C improves natural killer cell function and increases the activity of white blood cells and T-cells. Vitamin C also plays a role in wound healing and cell repair.

Lecithin: A Lecithin product can help the body absorb Cetyl Myristoleate (see above). It is also thought to assist the body in fighting toxins, through its support of the brain, digestion and the liver. Choline, a powerful antioxidant, is a component of Lecithin.⁷⁴

All of the above supplements are part of Prostate Support Kits that have recently become available through Beachwood Canyon Naturally (BCN). This company has been a leader in producing products that support prostate health. BCN offers two Prostate Support kits to consumers: one is for men who have recently completed the entire Ultimate Cleanse program (described earlier in Chapter 4), and a second is for those who

⁷³ *The Detox Solution*, p. 265.

⁷⁴ *The Detox Solution*, pp. 252-253.

have not. The only difference between the two kits is that the second one contains a one-month supply of a body cleanse program for those who have not recently done the Ultimate Cleanse. This helps the body to utilize the Cetyl Myristoleate. Beachwood Canyon, Naturally suggests that these kits be used in conjunction with a quality multiple vitamin supplement. For more information, visit the BCN website at <http://www.bcn4life.com/> or call 1-888/803-5333.

Digestive Support

It is crucial for anyone on antibiotics to take **probiotic supplements** to keep their digestive systems in balance. Most people can also benefit from using such daily supplementation to protect themselves against pathogenic bacteria. Probiotics can restore the digestive tract by supplying the necessary, beneficial bacteria that antibiotics, stressful living and poor eating habits can deplete. One basic variety of “good guy” bacteria to look for is *Lactobacillus acidophilus*. Multi-strain probiotic products may also include some of the following beneficial bacteria: *Bifidobacteria bifidum*, *Lactobacillus bulgaricus*, *Lactobacillus plantarum*, *Lactobacillus salivarius* and *Lactobacillus sporogenes*. Two products to look for are Jarrow’s Jarro-Dophilus EPS (Enhance Probiotic System) and Natren’s Healthy Trinity. Note that during antibiotic treatment, supplementation with probiotics is particularly important.

In addition, high-quality, plant-based **digestive enzymes** can be helpful for most people, as they help us better process the nutrition in our foods. Depleted soils have made enzymes less available in produce. Look for a broad-spectrum food enzyme product.

For more information on the importance of probiotics, see the book *Probiotics: Nature’s Internal Healers* by Natasha Trenev or *Health Benefits of Probiotics* by Beth Ley-Jacobs. For information on digestive issues and enzymes, see *The Detox Solution* by Patricia Fitzgerald.

Have You Had Your Omega 3s Today?

Dr. Johanna Budwig is a German biochemist who has extensively studied the relationship between fats, nutrition and illness. She has been nominated for a Nobel Prize a half a dozen times. From her studies of blood samples, Dr. Budwig found that healthy

people have a higher amount of certain components in their blood than seriously-ill cancer patients do. With further research, she discovered that these components were missing because of a lack of Omega 3 oils (and the essential fatty acids they provide) in the diet. (Note: Most Americans are eating far too many Omega 6 oils and not enough Omega 3s. For more information, see the next chapter on nutrition.)

Dr. Budwig determined that the best way to supply Omega 3 was by consuming organic flax oil with cottage cheese. Later Dr. Budwig found this food combination to be helpful for people facing many different illnesses.

Based on Dr. Budwig's work and the success of men in my Prostate90 Foundation network who've had prostate conditions, I have developed the following recipe for increasing your intake of Omega 3s in a way that can support health and healing. The resulting food should be eaten twice a day if you currently have prostate problems, and once a day as maintenance or prevention. *Use organic versions of all the ingredients, if possible.*

In your blender, place:

1/4-1/2 Cup Goat Yogurt

1/2 Cup of cottage cheese

2 T cold-pressed, organic flax oil

2-3 T fresh ground flaxseed (grind just before using)

Fruit to taste (optional, see below)

The flaxseeds should be purchased whole, and ground at home. You can use a spice or coffee grinder for this purpose. Warning: It's important to grind the seeds fresh and to use the resulting material right away. Ground flaxseed changes very quickly—in about 15 minutes.

Because you may not find the above mixture to be tasty, an option is to add fresh, organic fruit to taste. I sometimes add half of a small container of blueberries. Since I'm currently on a maintenance program, I have this mixture just once a day in the morning.

Among the results from this food combination that men in the Prostate90 Foundation network have reported are lessening of symptoms, including stronger

ejaculations, returning libidos and reduction of urinary problems. An experimental study in Los Angeles involving an unrefined flax oil treatment also found increased sex drive and improved urination, as well as increased energy and reduction in size of the prostate.⁷⁵

In Dr. Budwig's work, she theorized that oils need to be eaten with the right proteins in order to receive the benefits—including Cancer prevention and recovery. To learn more about her work, you can read the two Dr. Budwig books that have been translated to English: the user-friendly *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 flax 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, nonrefined form of flax oil.

Natural Antibiotics

Since Prostatitis often involves infection from some sort of microorganism, you might want to add a natural antibiotic to your supplement regimen. Here are three to consider:

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

Garlic has been shown to have antibacterial, 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 *Staphylococcus*, among other microorganisms.⁷⁶

⁷⁵ *How to Fight Prostate Cancer and Win*, p. 35.

⁷⁶ *The Real Vitamin and Mineral Book*, pp. 203-206; *The People's Pharmacy Guide to Home and Herbal Remedies*, pp. 302-305.

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. For instance, you might add garlic cloves to a homemade juice combination of carrot, apple and greens. For ideas for other combinations, see *Juicing for Life* by Cherie Calbom and Maureen B. Keane. Remember not to overdo it with juicing; most of the time, you will want to be eating whole foods rather than drinking juices. The fiber in whole vegetables and fruits helps the body absorb the sugar in these foods more slowly.

Note: Because of garlic's anti-clotting effects, you should avoid taking this herb just before and immediately after having surgery.⁷⁷

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.⁷⁸

Preliminary studies at Georgetown University in Washington, D.C., found Oregano oil—and in particular, carvacrol, one its chemical components—to appear as effective as traditional antibiotics in reducing infection. In one phase of the experiments, Oregano oil was tested against *Staphylococcus* bacteria in test tubes. In small doses, the Oregano oil was as effective as the standard antibiotics Streptomycin, Penicillin and Vacnomycin. Results of the experiments were reported in October 2001 at the American College of Nutrition's annual convention in Orlando, Florida.⁷⁹

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. If you purchase this herb as an essential oil, use small amounts. For instance, you could add one or two drops into a glass of freshly-made vegetable juice. Another way to take the essential oil is to deposit a drop or two into an empty gel capsule. Solaray is one supplement supplier who offers capsules containing Oregano oil mixed with olive oil. The cost is around \$9 and a bottle contains 60 "softgels"; one capsule provides 150 mg. of Oregano oil. Label instructions are one to three capsules a day with meals or a glass of water.

⁷⁷ *The People's Pharmacy Guide to Home and Herbal Remedies*, p. 303.

⁷⁸ *The Detox Solution*, p. 271.

⁷⁹ Georgetown University Medical Center press release, 10-6-01, <http://www.georgetown.edu>.

Be sure to buy a quality product and reputable brand as Spanish Thyme is sometimes substituted for Oregano, according to Julia Lawless, author of *The Encyclopedia of Essential Oils*.

Colloidal Silver: Basically Colloidal Silver is silver molecules suspended in water. It is said by some to have potent anti-viral, antibacterial, and anti-fungal properties. While some men with Prostatitis have reported great results with Colloidal Silver, I have not seen this. Because of concerns of possible toxic side effects in large doses or when taken over a long period, consult a health professional if you are thinking about using Colloidal Silver.

Other Supplements to Consider

In addition to other supplements already described in this chapter, your health practitioner may recommend one of the following:

Prostazyme: Currently under development is a special cutting-edge enzyme supplement to support prostate health and to address the condition of Prostatitis specifically. Prostazyme is a combination of enzymes, the body's catalysts for its chemical processes. This supplement will be helpful for improving both the urinary problems and sexual dysfunctions associated with Prostatitis. To check on the availability of Prostazyme, contact the Prostate90 Foundation by phone (310/587-9855) or e-mail (info@prostate90fndn.org).

Selenium: I find this is a supplement that Prostatitis patients frequently have heard about and are taking. Its 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 the placebo) had a 50% reduction in Prostate Cancer diagnosis!

Currently, there is an extensive Prostate Cancer trial being conducted by the National Cancer Institute combining of use of Selenium with Vitamin E. There seems to be a strong synergistic effect between these two supplements. (See highlighted report on the new trial below.)

It appears Selenium's effect may come from its antioxidant properties. Found in soil, Selenium is difficult to consume only from food. A typical supplemental dose is 100-200 mcg. a day.

Note that Selenium can be toxic; 900 mcg. a day is the max. Even 200 mcg. can be too much for some people, especially if they are getting a lot of selenium from their food. Take Selenium with supervision if you are taking it in the higher daily ranges.

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 PC could result from a diet rich in these foods. (Note that the tomatoes must be heated for the lycopene to become bio-available.)

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

In *The Prostate Cancer Protection Plan*, author Bob Arnot, M.D., recommends eating one to two servings of "tomato or tomato-rich products every day for maximum protection." If you're not fond of tomato or just want another option, Lycopene supplements are also available. Beachwood Canyon, Naturally's product is called LycoPene, and each capsule delivers 10 mg of Lycopene. One to two capsules are recommended a day.⁸⁰

Zinc: Here's another supplement frequently associated with prostate care. Perhaps it's because higher levels of this trace mineral are found in the prostate than in any other organ. Semen is also rich in Zinc. Thus 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. About 50 mg. a day is recommended.

Selenium & Vitamin E Trial

The National Cancer Institute is currently overseeing the largest Prostate Cancer Prevention study ever conducted. The undertaking is being called "SELECT," which

⁸⁰ *The Detox Solution*, p. 268; *The Prostate Cancer Protection Plan*, 101-107.

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 lead 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. Note that Selenium can be toxic; 100-200 mcg. is a typical daily dosage. Take Selenium with supervision in higher amounts.

For more information, visit the National Cancer Institute website at http://www.cancer.gov/clinical_trials/doc.aspx?viewid=e47ece98-449a-45dd-8cf3-8dbfb7b70405.

Other Products Often Recommended

While all of the following supplements are frequently associated with prostate care, I have my reservations. To learn more, read on.

Saw Palmetto: Despite the fact that Saw Palmetto is the most famous prostate supplement, the content of products on the American market can be questionable. Perhaps that is why many U.S. men report no noticeable help from Saw Palmetto. Those products that have been tested often have contained far less Saw Palmetto than is indicated on the label. In the European health community, where Saw Palmetto-based products are sold by prescription, the content and quality is much better.

The active ingredient of Saw Palmetto is Beta-Sitosterol. A considerable higher content is found in the supplement Neoprostata, which was described earlier in this chapter. One capsule of Neoprostata contains as much Beta-Sitosterol as would be found in 3,000 Saw Palmetto berries.

Cernilton: Discovered in Sweden about 50 years ago, Cernilton (sir-nill-tun) is a combination of the flower pollen of eight different plants—rye, maize, timothy, hazel, pine, oxeye daisy, sallow and aspen. A special process extracts the flower pollen from these plants, which is more effective and different from bee pollen. Cernilton is

sometimes recommended for inhibiting and reversing enlargement of the prostate, however I have found success rates to be overstated. While some say 80% of prostate patients get relief from urinary difficulties, I have observed it to be closer to 30%. Cernilton has been a disappointment for many patients, but you might want to experiment with this yourself.

PEENUTS: I once had high hopes for PEENUTS, however I have found that the results men get with this product are, for the most part, disappointing. I would estimate that only about 10% of prostate patients are experiencing improvements in their symptoms. PEENUTS stands for the “Power to Empty Every Time While Never Urinating Too Soon.” It is a blend of antioxidants, anti-inflammatories, and immune boosters. The supplement contains herbs (including saw palmetto), vitamins, minerals and amino acids. Again, like with Cernilton, you might want to experiment with it yourself. For more information, visit <http://www.peenuts.com> or call 1-888/733-6887.

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. However, it is found in lower amounts here. Pygeum is thought to balance hormone levels, reduce inflammation, and improve the quality of prostate secretions.

Stinging Nettles: Nettles in general have been a folk remedy for reducing allergic reactions. Stinging Nettle is thought to reduce inflammation and relieve congestion. It also delivers some fatty acids. Stinging Nettles is not a supplement I usually recommend.

PC Spes: This formula includes a selection of herbs used in Traditional Chinese Medicine plus Saw Palmetto. It had been on the market for almost a decade. Recently, it was pulled by the FDA because of concerns the supplement was contaminated by prescription drugs.

Natural Progesterone Cream: Progesterone is a natural female sex hormone that plays an important role in balancing the effects of estrogen in women. Progesterone deficiencies are thought to contribute to female breast and reproductive cancers. John Lee, M.D., has been an advocate for the use of Natural Progesterone Creams by women before and during menopause. For more information, visit his website at <http://www.johnleemd.net>.

While some recommend the use of these creams 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. Synthetic hormones appear to be carcinogenic.

Shi Lin Tong : This Chinese Herb is thought of as a remedy for kidney and prostate stones, however I have not seen great results. The best way so far, to get rid of such stones over time is to do my program, including the Ultimate Cleanse, and to eliminate commercial dairy products from the diet.

Summing Up

While supplements can play an important role in your recovery, they shouldn't be taken mindlessly. Consult with a health professional—a nutritionist or holistic M.D., perhaps—and find out which supplements would be best for you. Periodically, reevaluate what you're taking based on the improvements and symptoms you experience.

What's Ahead

Often, while on the Ultimate Cleanse, men realize they want to change their eating habits upon the return to eating solid foods. The next chapter is devoted to providing you with some basic Good Food Guidelines that will make healthy eating easier.

Chapter 7

Better Nutrition: Eating Right for Your Body & Prostate

When it comes to improving your diet, you will want to remember an adage from the clothing business—“one size does not fit all.” The truth is that everyone must find the pieces of the nutritional puzzle that fit their individual makeup. Each of us has unique needs. Scientists refer to these specific requirements as our “biochemical individuality.” Thus the food choices that work for your best friend or partner may not be right for you.

Keeping our “biochemical individuality” in mind, this chapter will present “Ten Good Food Guidelines” for healthier eating. These principles look at diet in a broad way. As you implement these ideas into your daily life, be aware of how you feel to determine how specific foods are affecting you. You may need to make adjustments—such as adding even more protein than is suggested—in order to meet your body’s particular needs.

Throughout this chapter, you will notice resources, such as books and websites, that can assist you in furthering your nutrition know-how. Also, at the end of this chapter, a reading list is provided of books that address healthy eating. All of these resources offer insights that can help you piece together your individualized food plan. One good book that takes differences in dietary needs into account is *Eat Right 4 Your Type*. This best-seller by naturopathic physician Peter J. D’Adamo looks at how your blood type can influence nutritional requirements. (Note that more emphasis on organic foods is needed than is addressed in the D’Adamo book.)

One last point before we explore the “Ten Good Food Guidelines”—I’ve found over the years that rigidity in our thinking about nutrition just doesn’t work. While you’ll want to come up with an individualized food plan that is healthy, it should also be one you can enjoy and live with. Being too strict and limited with your choices is going too far to the other extreme. Research has shown that our attitude towards food and the atmosphere of our dining hours are just as important as what we eat. So don’t forget to *enjoy* food, as well as becoming knowledgeable about what works best for you. In short, have fun with your food plan, or it won’t work!

Good Food Guideline #1: Go for high quality in your food choices.

This first principle is very powerful, and it covers a lot of ground. It includes buying only those foods which are in their natural, God-given state—for instance, organic, non-engineered produce—as well as refusing to accept substitutes—such as artificial sweeteners or packaged foods with chemical additives. As bad as refined sugar is, it’s a whole lot better for you than such chemical concoctions as saccharin or aspartame. Other artificial food additives, including MSG, are just as problematic as the synthetic sweeteners. And we do not yet know all the possible future implications of producing and ingesting genetically altered produce, but the history of man-made foods is that they are woefully carcinogenic.

Recently, the U.S. Department of Agriculture took strides to make purchasing organic foods a little easier by revising the *National Organic Standards* to exclude questionable practices that were outraging consumers. Unlike earlier rules, the new organic agriculture standards prohibit the use of genetic engineering methods, sewage sludge for fertilization, and irradiation.⁸¹ Standards have also been developed for acceptable methods of organic livestock production. These changes are an attempt to add continuity to the more than 40 organic standards certified in the U.S. For more information on the organic standards, see <http://www.ams.usda.gov/nop>.⁸²

Consumers have long sought out organic produce, though its availability is currently on the rise. Some evidence of this consumer interest is that way back in 1942, J. I. Rodale began publishing *Organic Farming and Gardening* magazine. Still consumers are sometimes confused by what the term “organic” means. Here’s one helpful description: “*The system of organic farming and handling is a system that is designed and managed to produce agricultural products by the use of methods and substances that maintain the integrity of organic agricultural products until they reach the consumer. This is accomplished by using, where possible, cultural, biological, and mechanical methods, as opposed to using [chemical] substances to fulfill any specific function within the system, so as to maintain long-term soil fertility, increased soil biological activity,*

⁸¹ USDA press release No. 0425.00, “Glickman announces national standard for Organic Food,” p. 1.

⁸² “Raising the Standard,” by Jennifer Bogo, *Earth Action Network*, p. 24, May 2000, and “What Is Organic Food?” *Mother Earth News*, August-Sept, 1998, p. 34.

*ensure effective [non-chemical] pest management, recycle wastes to return nutrients to the land, provide attentive care to farm animals, and handle the agricultural products without the use of extraneous synthetic additives for processing.*⁸³

One easy way to make sure foods are organic under current standards is to shop at health food markets such as Whole Foods and Wild Oats. Both of these stores sell organic produce as well as free-range poultry and beef that come from organic sources. In their refrigerated sections, you'll find organic dairy products that are also free of added growth hormone, antibiotics, pesticides and herbicides (but go easy on eating the natural dairy).

Some farmers' markets are great places to shop for organic produce. There are also areas around the country where services are available that will deliver a weekly assortment of organic vegetables and fruits to your home. Search the web for such a delivery service in your region.

Getting back to the idea of only buying products that are in their natural, God-given state, I strongly encourage you to stop consuming processed, packaged foods. Isn't the fact that the ingredients on these products are so hard to pronounce telling us something? There are so many artificial ingredients in processed, packaged foods that whole books have been written about these additives and the associated dangers. If you do buy packaged goods occasionally, be sure to read the labels and choose only those with natural ingredients.

Consumer trends and demands do get the attention of food growers, manufacturers and retailers. Evidence of this is that we are now seeing more and more organic produce in regular supermarkets. According to the Food Marketing Institute, sales of organic foods have jumped from just \$78 million in 1980 to \$3.5 billion in 1996. Industry analyst's predict a continuing increase of at least 20% a year. That's the sort of progress that truly serves consumers!⁸⁴

Note: Natural alternatives to refined white sugar include maple syrup and honey. An even better choice is Stevia, a very concentrated natural sweetener derived from a green shrub that is native to Paraguay. Stevia is very popular in Japan where it is used in

⁸³ From the preamble of the version of the National Organic Standard that was proposed in 2000.

⁸⁴ "How High Can Sales of Organic Foods Go?" *Supermarket News*, March 30, 1998.

many soft drinks. In the U.S., it can be found in health food stores in powder and liquid form. One benefit of Stevia is that it does not feed yeast. Also, it tastes good!

Good Food Guideline #2: Be sure to consume adequate amounts of protein.

During my talks with men with prostate problems, I have noticed a troubling tendency in their attempts to clean up their diets. Many of these men are eating extremely limited amounts of protein! Often this is a result of cutting back or eliminating meat from their food plans. Somewhere along the line, these individuals bought into the idea that eating meat is bad for their prostate. Well, protein is actually an extremely important macronutrient, and it is even more essential for those people who are attempting to heal! In fact, the word protein itself comes from a Greek word meaning “of primary importance.” Chosen wisely, meat can be an excellent complete protein source.

Why is protein so important? Well, it’s involved in the building and repair of our body tissues and fluids. Protein forms the major solid part of our organs, glands, muscles, bones, teeth, skin, nails and hair. There’s even protein in our blood, where it takes the form of hemoglobin, enzymes, natural antibiotics and hormones.⁸⁵ In addition, meat and other protein sources supply important vitamins and minerals—including prostate-protective zinc.⁸⁶

When purchasing meat, you will want to rely on Guideline #1—going for the higher-quality products. As mentioned, you can purchase both free-range, organic beef and poultry at Whole Foods and Wild Oats. These types of products are also starting to show up in regular supermarkets. By shopping in this way, you can avoid ingesting residues of antibiotics, growth hormone, pesticides, herbicides and the other chemicals found in regular commercial meat. Health food stores are also good sources for less-polluted, deep-water fish that lived free, rather than being farm-bred. While the spread of fish farms is an attempt to keep up with consumer demand, this method of production creates the same problems seen in commercial meat—residues of the drugs, pesticides and hormones these creatures were exposed to while they were being raised. So, buy your

⁸⁵ *Functional Dietetics*, by Dr. Mark Percival, pg. 23.

⁸⁶ *ADA’s Complete Food & Nutrition Guide*, by Roberta Larso Duyff, MS, RD, CFCS, p. 243.

fish from merchants who are knowledgeable about their sources and offer the cleanest and freshest product—i.e., wild fish, not farm-raised fish.

While organic meat may come from animals raised in the pasture, other organic products may be taken from those that live mostly in confined quarters and eat organic grain and other feedstuff rather than living grass. So for some of the highest quality products, consider *grassfed meats*—including beef and lamb. In addition to being raised in the pasture, these animals do not receive hormones, feed antibiotics, or unnecessary drugs. This issue is the subject of Jo Robinson’s book, *Why Grassfed Is Best*, and is discussed on her website <http://www.eatwild.com>. One of the most important advantages of grassfed beef is that it provides higher levels of Omega 3 fats—an important food component that is often deficient in the American diet. (For more information, see Guideline #9.) Grassfed beef is also more lean, has less saturated fat, and is less likely to host E. coli bacteria. You’ll find more information on this topic at the Optimal Wellness website at <http://www.mercola.com/>, including ordering information for grassfed beef. Additional suppliers are listed on Robinson’s site. Again, nature’s way is very healthy, and the man-created feed produces very unhealthy meats.

Just how much protein is enough? Barry Sears, Ph.D., author of the best-seller *Enter the Zone*, provides two simple formulas for determining your protein requirements. In the first formula, he recommends about 4 ounces of protein at every meal for men, and about 3 ounces at each meal for women. In addition, he suggests that you eat two snacks a day which include 1 ounce of protein each.⁸⁷ Stating this differently, in a second formula, Sears recommends 75 grams of protein a day for women, and 100 grams for men. For a more precise determination of your individual protein requirements, refer to Sears’ book *Enter the Zone*, especially Chapter 8 and Appendix E. To learn more about the Zone diet generally, visit the official site at <http://www.drsears.com>. Note that the amounts of protein that this research scientist calls for are low. Many nutritionists suggest that even more protein is required. Remember the quality!

As I mentioned, I continue to be amazed by the small amounts of protein some people consume. One man proudly told me that he was only eating one piece of fish a week and no meat at all! He was actually taking in less protein a week than is required

⁸⁷ <http://www.drsears.com/site/Tools/FAQs/FAQsHome.nsf>.

each day. It's no wonder that this man was also complaining of a lack of energy. One result that most people notice when they begin to meet their protein requirements is a more sustained level of energy throughout the day, fewer aches and pains, and less "mind fog."

Good Food Guideline #3: Eat plenty of organic vegetables; the more raw, the better.

As time goes on, we're learning more and more about the many health benefits that come from consuming a wide range of vegetables on a regular basis. It's important when choosing vegetables to keep the quality issue in mind. According to researchers at Arizona State University, the top vegetables that Americans currently eat are not the most nutritious ones. What's turning up on our plates most often are less-fortifying choices like iceberg lettuce and French fries. The study found that overlooked vegetables include those in the nutrient-dense cruciferous group, such as broccoli, kale and Brussels sprouts.⁸⁸ Another great source not mentioned in the study is sea vegetables, including iodine-rich kelp as well as nori, wakame, huzuki and kombu.

Why should you make sure that you consume lots of *raw* vegetables? Raw veggies contain live enzymes and more ample supplies of vitamins and other nutrients. They contribute to smoother digestion and help promote higher states of well-being. In contrast, cooked vegetables lack enzymes and are depleted of other nutrients. When too many cooked vegetables are consumed, our bodies are forced to use their own supplies of enzymes for digestion—stealing enzymes that were marked for other uses. Thus, some body functions are neglected. Fatigue can result.

Studies have shown that the consumption of vegetables can help prevent many types of cancers, including Prostate Cancer. A study published in the *Journal of the National Cancer Institute* found that the risk of Prostate Cancer declined by 41% among men who ate only three or more servings of cruciferous vegetables a week. This was in comparison to those who ate less than one serving of such vegetables a week.⁸⁹ And a review of over 200 human diet studies from around the world determined that people who eat vegetables at high levels have one-half the risk of developing a broad range of

⁸⁸ "There Are No Bad Vegetables, But...." *Tufts University Health & Nutrition Newsletter*, July 2000, p. 3.

⁸⁹ "Veggies help fight prostate cancer," *Business & Health*, April 2000, p. 9.

cancers. The study, published in the *Journal of the American Dietetic Association*, concluded that raw veggies, garlic and onions, legumes, carrots, green vegetables, cruciferous vegetables, and tomatoes are most protective.⁹⁰

Of course, whenever possible, choose fresh organic vegetables over non-organic, canned or frozen ones. One reason for going organic is that out of 600,000 chemical pesticides, as little as 1% has been tested for their possible carcinogenic effects. Among those that have been tested, most have been found to cause Cancer among lab animals. Human studies show that farmers exposed to pesticides have a higher incidence of Cancer, as do populations that have been inadvertently sprayed with pesticides by planes.⁹¹ Another problem with nonorganic vegetables is the estrogenic-effect of pesticides. Evidence is building that prostate problems may be linked to overexposures to estrogen from many sources, including foods with pesticide residues. For more information on pesticides, visit the website for the Environmental Working Group at <http://www.ewg.org>.

Always take time to wash produce thoroughly, and take particular care with non-organic vegetables and fruits. Researchers at the Southwestern Research Institute in San Antonio, Texas, found a solution of 1 teaspoon laundry detergent to 1 quart of water to be useful. They suggest peeling of produce that has been waxed—such as cucumbers.⁹² There are also a number of nontoxic solutions available for washing produce; these include Environné's Fruit and Vegetable Wash (www.vegiwash.com) and Fit's spray or soak products (www.tryfit.com). However, since the pesticides can be systemic, the benefits of washing produce are limited to what's on the surface.

Note: When raising your intake of vegetables, it's wise to do so gradually. Vegetables are a good source of fiber, but can cause digestive upsets if increased too rapidly.

Good Food Guideline #4: Eat protein with carbohydrates at most meals, but avoid high-glycemic carbs.

⁹⁰ "The real cancer miracle," *Prevention*, March 1997, p. 92.

⁹¹ "Nutrition Hotline: Dr. Shari Liberman Answers Your Questions," *Better Nutrition* magazine, January 1999, p. 14.

⁹² *Eating Well for Optimal Health*, Andrew Weil, M.D., pp. 142-143.

In his research for the Zone diet, Barry Sears explored the impact on body insulin from the proper protein and carbohydrate mix. Insulin is a hormone that is responsible for regulating blood sugar levels. To sustain steady levels of energy, Sears recommends consuming “high-glycemic” carbohydrates like pasta, bread, grains and starches only in moderation. These foods rapidly elevate insulin levels and thus can cause a yo-yo effect in your blood sugar. Sears suggests that high-glycemic carbs make up only 25% of your carbohydrate intake at any one meal. Thus you might think of these foods as condiments rather than featured items on your plate.

What Sears recommends emphasizing are lower density carbohydrates, such as green vegetables, which affect the blood stream more slowly. These foods provide the maximum amount of vitamins and minerals along with a lesser amount of carbohydrate. And when you eat low-density carbohydrates with protein, there are added benefits. The protein helps to balance the carbohydrate so it can be absorbed gradually. Plus the fiber from the low-density carbs aids in the smooth digestion of the protein. The protein-carb ratio that Sears proposes is 3 parts protein to 4 parts carbs.⁹³

The Zone approach was first introduced in 1996. Sears’ work was partly in response to the problems people were having with the very popular high-carbohydrate diets—results such as obesity. One of his latest book is titled *The Top 100 Zone Foods*. Another popular book that follows similar lines is *The Carbohydrate Addict’s Diet* by Dr. Rachel F. Heller and Dr. Richard F. Heller.

Good Food Guideline #5: Eat fruit in moderation, about one piece only a day.

Fruit is a delicious type of nutrient-dense food, high in both vitamins and minerals. However, because of a high sugar content, fruit should not be viewed as a food that can be eaten with abandon. Instead, aim for a diet that includes one piece of organic, fresh fruit a day—preferably eaten by itself as a snack or at least a half-hour before meals. Select fresh fruit over that which has been canned, frozen or dried.

Note that certain popular food plans, such as the Beverly Hills Diet and Fit for Life, emphasize a heavy consumption of fruit. In fact, some people, known as fruitarians, even eliminate all other food choices and focus exclusively on fruit. However, an

⁹³ *Enter the Zone*, Barry Sears, p. 76.

extremely high intake of fruit can actually be harmful to the body. Not only does lots of fruit make it difficult to maintain your ideal weight, it can also impact your immunity and inhibit the digestion and assimilation of proteins.⁹⁴ According to nutritionist Ann Louise Gittleman, M.S., the amount of sugar in a glass of orange juice depresses the immune system by 50% for up to two hours!

Keep in mind that it's preferable to eat whole fruit rather than to drink fruit juice. The fiber and other solid content of whole fruit enable your body to take in the sugar content less rapidly. If you do drink fruit juice on occasion, consider mixing it with natural spring water at a 50/50 ratio of juice to water.

Interestingly, some of the major healing programs, such as the Gerson Therapy (<http://www.hospital-meridien.com/>) developed by Max Gerson, M.D., emphasize the consumption of mixed fresh juices made from fruits and vegetables. These freshly made juices are rich in enzymes, important substances involved in many major body functions. Such juices are also cleansing. However while people have benefited from juice therapy, anyone considering it should do some research into the downside of consuming the massive amounts of sugar delivered in a high intake of fruit juice, and from carrots and beets as well.

Lastly, fruit consumption can be a particular problem for men with Prostatitis, because an imbalance in yeast is often occurring in their systems. The sugar in fruit can feed the yeast and make such an infection worse. Again, it's best to limit your intake but not to avoid fruit altogether.

Good Food Guideline #6: Avoid foods and beverages that are particularly irritating to the prostate, while consuming those that support its function.

At the 2nd International Prostatitis Collaborative Network meeting in Bethesda, Maryland, in November 1999, the results of a unique dietary treatment program for Prostatitis were presented. This program was headed up by Dr. M. Krisiloff, a urologist in private practice in Santa Monica, California. At the time of the IPCN gathering, Dr. Krisiloff had treated 1,710 men suffering from Chronic Prostatitis with a 87% success

⁹⁴ *Your Body Knows Best*, Ann Louise Gittleman, M.S., with James Templeton and Canderlora Versace, p. 112.

rate. Dr. Krisiloff's program focuses on the elimination of dietary irritants to the prostate—namely *caffeine, alcohol, sodas and spicy foods*. At the start of treatment, all the patients had at least two symptoms commonly associated with Chronic Prostatitis.

This approach, now known as the Krisiloff Diet, is reported to have succeeded in reducing each and every symptom in the majority of patients. It is based on the theory that Prostatitis is often an allergic inflammatory reaction to the dietary factors that were pinpointed. Interestingly, Dr. M. Krisiloff is the former Chief of Urology at Saint John's Hospital and Medical Center in Santa Monica, California—definitely someone who was able to witness the experiences of many men with prostate problems! He's also renowned as the personal physician to Nancy and Ronald Reagan.

While I usually find that the riddle of Prostatitis cannot be solved so easily, I have seen reductions in symptoms in men who eliminate these irritating foods and beverages from their regimen. Prostatitis patients also report noticing the return of symptoms soon after resuming the consumption of such drinks as colas, beer or wine.⁹⁵ For instance, one Prostatitis patient noted that drinking even a few cans of cola had a negative effect. Another lamented that consuming wine could trigger pain that lasted for days. Studies have shown that alcohol, especially beer, can also contribute to an impairment in sexual performance, including erectile dysfunction, a concern for some men with an infection and/or inflammation of the prostate.

If you find it difficult to totally quit consuming prostate-irritating foods and beverages, consider at least restricting your intake to very moderate amounts. Also, keep in mind that you may be able to go back to consuming these foods and beverages in small amounts once your Prostatitis is cured. Note that caffeinated drinks include coffee, many teas and some soft drinks such as colas. Alcoholic drinks are beer, wine and hard liquors including whiskey, bourbon or cognac. Spicy foods may be Mexican, Indian, Chinese, Thai or an all American favorite—chili con carne.

On the flipside, certain foods have been shown to strengthen the prostate. Among this second group, you'll find *unsalted pumpkin seeds, sea vegetables and green tea*. Pumpkin seeds are a good source of zinc, a prostate-supportive mineral. Sea vegetables are nutrient-dense; kelp, for instance, is rich in iodine and minerals believed to be

⁹⁵ <http://www.prostatitis.org>, search of alcohol + prostatitis.

protective of Prostate Cancer. Green tea supplies catechins thought to have reduced Prostate Cancer risk among Asian men, and this tea can be purchased as a naturally decaffeinated product. Note: When adding these items to your food plan, do so in logical amounts. The major goal is to have a balanced, nutritious diet.

Good Food Guideline #7: Eat soy only occasionally, and stay informed of the health concerns now being raised.

While foods made with soybeans have been distributed widely across the marketplace, questions are appearing about their safety. Critics admit that their concerns need further research, still a list of the possible dangers has been noted. Most warnings are centered on components in soy that may be putting people's health at risk. Men with Prostatitis need to take special note of these criticisms because some sources have actually taken the opposite position of recommending soy to males who want to stay prostate healthy.

Among the issues are whether soy may contribute to higher rates of breast cancer in women, accelerate "brain aging" in men (increasing the risk of Alzheimer's Disease and Dementia), and cause developmental abnormalities in infants. Ironically, around the same time that soy has come under fire, the Food and Drug Administration (FDA) approved health claims for soy; i.e., that it may lower cholesterol levels as well as decrease the risk of Heart Disease. Two dissenting staffers at the FDA actually protested the approval of these health claims, stating that they feared people would believe the benefits of soy were even more wide-ranging.

Among the components of soy that are at the center of the controversy are:

- **Phytoestrogens** – Natural estrogens that mimic the female sex hormone and are suspected of being hormone disruptors in men.
- **Phytic acid (aka phyates)** – Acids that are said to block the body's assimilation of important essential minerals—including zinc, calcium, magnesium, copper and iron—within the intestinal tract.
- **Enzyme inhibitors** – These components are believed to block uptake of enzymes needed for protein digestion.

- **Hemagglutinin** – This ingredient is clot promoting in human blood, and thus it may interfere with proper oxygen uptake in cells and contribute to heart ailments. Hemagglutinin may also thwart normal growth.
- **Goitrogens** – These substances can depress proper thyroid functions.
- **Toxins from processing**, such as nitrates, that are generally not health-promoting.

While trying to sort through the soy debate, keep the following guidelines regarding its consumption in mind: (1) **Avoid nonorganic, genetically engineered soy ingredients** (most of today's soy products are genetically altered); (2) **avoid heavily processed soy ingredients in foods, such as soy protein isolate, soy protein concentrate, hydrolyzed soy protein, and texturized soy protein**; (3) Use soy products only occasionally. Expanding on this last point, occasional soy consumption, along with a balanced healthy diet and lifestyle, should be fine. However, heavy soy consumers need to become familiar with these issues, and rethink their intake.

For more information, visit <http://www.prostate90.com> and <http://www.mercola.com>.

Good Food Guideline #8: Be moderate in your food intake, taking in the least amount of food that you need.

According to hundreds of studies, many benefits come from reducing your allotment of food each day to the minimal amount that your body requires. Obviously, this approach is helpful in maintaining your optimal weight. But, in addition, scientists have found that animals on limited calories achieve life spans that are 40% longer than those in a control group! Restricting food intake seems to slow aging processes and prevent or lessen disease.⁹⁶ One reason for these benefits may be that the body's resources are less stressed by digestive duties with calorie restriction and therefore free to work on maintenance, repair and healing.

A mass-market book devoted to the idea of calorie restriction is *Beyond the 120-Year Diet* by Roy Walford, M.D., a professor emeritus of pathology at the University of

⁹⁶ <http://www.infinitefaculty.org/sci/cr/cr4.htm> – Calorie Restriction website.

California, Los Angeles. *Beyond...* is an update of Dr. Walford's popular 1986 volume, *The 120-Year Diet*. Interestingly, part of Dr. Walford's data supporting the benefits of limiting calories comes from first-hand experience as a member of the Biosphere 2 team. During this two-year experiment, the author and other scientists lived in a 3-acre glass-domed space in Tucson, Arizona. Their daily food consumption was limited to 1,800 calories. According to Dr. Walford, physiological evidence is that the aging process among the scientists was slowed by 50% with the help of this limited diet.⁹⁷ Additional evidence that Dr. Walford presented in *The 120-Year Diet* centers on the Okinawans of Japan. These island people tend naturally to consume smaller amounts of food and live longer than those who don't but reside on nearby isles.⁹⁸ Dr. Walford has conducted animal research related to calorie restriction since the 1960s. To learn more about his work, visit <http://www.walford.com>.

With calorie restriction, quality is once again an issue. A substantial concern when limiting food intake is that it must be accompanied with an awareness of the quality of what lands on your plate. Because there's less food consumed, you want to be sure to get "more bang for your buck." Eating sub-optimal food just won't do.

A survey conducted by the American Institute for Cancer Research found that 80% of people believe that what they eat is more important than how much they eat.⁹⁹ Don't make this same mistake. Accompany an improvement in your diet with an awareness of how much food you actually do need.

A simple formula for figuring your basic calorie requirements goes by the name "The Rule of 10." This Rule is based on the assumption that your body uses about 10 calories per pound for its basic needs. So you multiply your current weight by 10 to get an initial figure. Then multiply the result by 150% (if you are extremely active), 140% (if you are moderately active), or 130% (if you are only lightly active) to get your total calorie requirement.¹⁰⁰ Dr. Walford would limit your daily calories further. He

⁹⁷ <http://www.my.webmd.com/content/article/1738.50860> – article on Roy Walford, "Can You Live on This?"

⁹⁸ <http://www.infintefaculty.org/sci/cr/cr6.htm> – "Will CR work in humans?"

⁹⁹ <http://www.consciousmedia.com/consciousmedia/dietfitness-article.html> – General diet and fitness article.

¹⁰⁰ *The American Dietetic Association's Complete Food & Nutrition Guide*, by Roberta Larson Duff, MS, RD, CFCS, pp. 23-24, and <http://www.healthyaunton.com/calories.htm> – "How to Calculate Your Daily Calorie Requirements."

recommends maintaining a weight that is 10-25% below the level to which your body normally gravitates.¹⁰¹ The Rule of 10 does not consider differences in sex, age or body composition. So, consider both formulas and your personal goals and make whatever adjustments are necessary.

Good Food Guideline #9: Don't overlook your body's need for dietary fat.

Fat intake is another neglected area among men with Prostatitis. Certainly, the low-fat craze has had an impressive impact, unfortunately a negative one! Misguided, people are drastically cutting back the amounts of fat they consume—sometimes even eliminating any known sources! What these individuals are failing to realize is that the body requires a certain amount of fat from food to function properly. A no-fat, extremely low-fat regimen can actually be quite harmful.

Yes, fat is essential for good health. It lubricates the body and serves as an important component of the membranes that surround your cells. Fat works as a fuel, providing dietary energy. This macronutrient is also needed to properly process minerals and protein.¹⁰² In addition, fat helps slow the entry of sugar into your blood stream from carbohydrates.¹⁰³

So instead of banning fat from your diet, consider the quality issue here too. For instance, through recent research, we are learning that a heavy reliance on vegetable oils is unwise. Today the typical American diet includes a predominance of these oils, which deliver a building block of fat known as Omega 6 fatty acids. Consuming too much Omega 6 is making us more vulnerable to illnesses and diseases, including those that involve chronic inflammation like Prostatitis. The Omega 6s come from vegetable oils, such as corn, canola, safflower, soybean, peanut and cottonseed.

At the same time, we have become deficient in a type of fatty acid that is meant to be a balancer to the Omega 6s, namely the Omega 3s. It is estimated that the average American is eating 14 to 20 times as much Omega 6 as Omega 3. There are easily available dietary sources of Omega 3 fatty acids, including wild fatty fish—salmon, tuna, trout, herring, mackerel. Still one of the best ways to bring your diet back into balance is

¹⁰¹ <http://www.my.webmd.com/content/article/1738.50860>, “Could You Live on This?” by Daryn Eller.

¹⁰² *We Want to Live*, Aajonus Vonderplanitz, pg. 146-147, and *Functional Dietetics*, p. 38.

¹⁰³ *Enter the Zone*, p. 85.

to supplement it with a cold-pressed, organic, unrefined flax oil. The recommended dosage is 1 to 2 tablespoons a day, blended in cottage cheese. Note: Flax oil taken alone can be damaging and is counterproductive; it has been shown in studies to grow Prostate Cancer in vitro. Another way to boost your Omega 3 intake is by consuming flax oil, flaxseed and cottage cheese; for more information, see the supplement chapter.

In addition to avoiding the Omega 6-rich oils and supplementing flax oil with cottage cheese, you'll also want to start using cold-pressed olive oil and coconut oil as your primary fats. Olive oil is monounsaturated and heart protective; basically it will help to keep your LDL (bad) cholesterol low while maintaining or possibly even raising the HDL (good) cholesterol levels. While a saturated fat, coconut oil is showing promise in its anti-cancer and anti-microbial effects.¹⁰⁴

If you want more information on using the olive, coconut and flax oils and the Omega 3/Omega 6 issue in general, check out the books, *The Omega Plan*, by Artemis P. Simopoulus, M.D., and Jo Robinson, and *Fats That Heal, Fats That Kill*, by Edo Erasmus, as well as the Weston A. Price Foundation webpage, "A New Look at Coconut Oil," http://www.westonaprice.org/facts_about_fats/coconut_oil.html.

Finally, there are definitely some categories of fat that you'll want to avoid. These include hydrogenated oils, most refined oils, and the trans fats found in processed foods. So if you buy packaged foods, scrutinize the labels. Trans fats come in such ingredients as hydrogenated oils, margarine or vegetable shortening. These ingredients are found in most breads, crackers and dessert items. Fried foods (French fries, fried chicken, etc.) also deliver huge amounts of the undesirable trans fats.

A common recommendation for quality fat consumption is 30% of your diet.

Good Food Guideline #10: Aim for the greatest variety in your food choices.

While each food offers benefits, every choice you make also has associated problems. The best strategy therefore is not to narrow your options to only a few selections, but rather to create a complete diet made up of a broad range of foods. Too

¹⁰⁴ http://www.westonaprice.org/facts_about_fats/coconut_oil.html and http://www.coconut-info.com/coconut_oil_why_it_is_good_for_you.htm.

many people eat the same foods day after day. Not only is this monotonous, it's also bound to make you nutrient-deficient over the long run. It can also lead to food allergies.

As I mentioned earlier, the attitude you have towards your diet is just as important as the foods it contains. You're certainly not going to be excited if you sit down to the same types of meals again and again. Instead, have some fun with your food plan, and be adventurous. Try new fruit selections, such as papaya, mangoes or guava. Purchase some of those strange-looking organic vegetables in the produce department that you're never eaten. Whatever you do, don't fall into a boring food rut. Wake up your taste buds with some new options. Food is meant to be enjoyed!

Digestion: The Key to Health

A chapter on nutrition would not be complete without addressing the vital role that digestion plays in staying or becoming healthy. If the foods you eat are not properly digested, many of their benefits will go untapped. Even more troubling, undigested or under-digested food matter can ferment and actually create toxins inside your body. In addition, poor digestion commonly affects how well we feel. Health concerns related to it run the gamut from everyday complaints such as constipation, gas, diarrhea, upset stomach, fatigue and skin rashes to more serious conditions as depression, Chronic Prostatitis, irritable bowel and Colon Cancer.

What can you do to make sure your digestive system runs smoothly? The fast and cleanse described in Chapter 4 can contribute greatly to your bowel health. In addition, keep the following daily habits in mind:

A Dozen Tips for Avoiding Digestive Dilemmas

Tip #1. Eat adequate amounts of fiber, including raw salads and other organic fresh vegetables.

Tip #2. Don't overeat.

Tip #3. Don't eat late at night.

Tip #4. Choose or create a relaxing environment for your meals.

Tip #5. Don't eat when you're emotionally upset. To avoid this, practice stress-reduction techniques regularly such as meditation, circular breathing or progressive relaxation. (For more information on stress reduction, see Chapter 10.)

Tip #6. Consume low-glycemic carbohydrates (such as green vegetables) with meats at a 4 part carbohydrate to 3 part protein ratio to help facilitate the digestion of protein.

Tip #7. Avoid chemical food substitutes of all forms as well as processed foods including greasy, fried meal choices.

Tip #8. Drink 6 to 8 glasses of pure water a day.*

Tip #9. Don't delay trips to the bathroom when you feel the need.

Tip #10. Get regular exercise.

Tip #11. Supplement your diet with a full-spectrum digestive enzyme. (For more information, see *The Detox Solution* by Patricia Fitzgerald.)

Tip #12. Consider supplementing your diet periodically with friendly bacteria. (For more information, see *Dr. Jensen's Guide to Better Bowel Care* by Dr. Bernard Jensen, and Chapter 6 of this book on supplements.)

*Some Prostatitis patients suffering from urinary problems make the mistake of cutting back their water intake. This just sets up a vicious cycle. You need water for many of your body's essential functions, including those involved with healing and repair. To learn more, read the book, *Your Body's Many Cries for Water*.

Intestinal health has been under-emphasized in our culture, but alternative practitioners have been calling for an increase in our bowel consciousness for years (Dr. Bernard Jensen among them). Time and time again, people have found that their health conditions improve when their digestive needs are addressed. While it can take time for the body to heal, here is one avenue for improvement which is within your control. Because the prostate is located right beside the rectum, this gland is greatly affected by what's going on in the intestines. Don't miss this important aspect of self-care and health maintenance!

It's All about Balance

As I've mentioned, one mistake Prostatitis patients make is going to dietary extremes in an attempt to improve their health. Some severely limit their food choices thinking this will be beneficial. While there are many helpful adjustments you can make in your food habits, it all eventually comes down to creating a balanced food plan. Our bodies have very complex nutritional needs that can only be met when we eat all of the macronutrients—carbohydrates, proteins and fats—and eat foods in their purest most nutritious forms. By reading this chapter, you have been exposed to guidelines that can form the basis of a healthy diet. Armed with additional resources, you are well on the way to piecing together your individual nutrition puzzle.

Nutrition Know-How Reading List

The 120-Year Diet by Roy Walford, M.D.

Beyond the 120-Year Diet by Roy Walford, M.D.

The Carbohydrate Addict's Diet by Rachel Heller, M.A., M.Ph., Ph.D., and Richard F. Heller, M.S., Ph.D.

The Detox Solution by Patricia Fitzgerald

Dr. Atkin's New Diet Revolution by Robert Atkins, M.D.

Dr. Jensen's Guide to Better Bowel Care by Dr. Bernard Jensen

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

Eating Well for Optimum Health by Andrew Weil, M.D.

Enter the Zone by Barry Sears, Ph.D. with Bill Lawren

Fats that Heal, Fats that Kill by Edo Erasmus

Nutrition Made Simple by Robert Crayhon

The Omega Plan by Artemis P. Simopoulos, M.D., and Jo Robinson

Sugar Busters: Cut Sugar to Trim Fat by H. Leighton Steward and others

A Week in the Zone by Barry Sears, PhD.

We Want to Live by Aajonus Vonderplanitz

Why Grassfed Is Best by Jo Robinson

Your Body Knows Best by Ann Louise Gittleman, M.S., and others

Your Body's Many Cries for Water by Fereydoon Batmanghelidj

Chapter 8

Step 5 – Adding Bodywork – Prostate Massage, Massage Therapy & Lymphatic Stimulation – to Further Your Healing

During my own healing journey in the mid-90s, I began to think that prostate massage might be an important tool for my recovery. At the time, I had both Prostate Cancer and Prostatitis. Independent of Dr. A. E. Feliciano of the Philippines, and long before I had heard of his work with prostate drainage (see the next chapter), I consistently was coming across an interesting bit of information in the medical literature. Reports were showing that men experienced major improvements in their symptoms after receiving a Digital Rectal Exam (also known as a DRE). While there is some “massaging” of the prostate that occurs during a DRE, it typically doesn’t include very much. It is, instead, a diagnostic tool. Based on the reports I was seeing in the literature, I began to wonder what benefits a more extensive massaging of the prostate might produce.

In addition to an expertise in prostate health, my background also includes the study and practice of Tantra, an ancient science from the East that explores spiritual awakening. Tantra emerged in India around 5000 B.C.¹⁰⁵ in response to repressive codes of the organized religions, and it included the unifying of sexuality with spiritual enlightenment. In fact, the word Tantra itself means “weaving.” At the time of my research, I learned that a Tantric version of prostate massage was a practice that had originated many thousands of years earlier. The purpose of the Tantric prostate massage is both for general health and erotic pleasure. You can find a version of it in Margo Anand’s book *The Art of Sexual Ecstasy: The Pathway of Sacred Sexuality for Western Lovers*.

To these important pieces of the prostate massage puzzle, I added insights I gained from work I did with Deed Preston, a bodyworker in Santa Monica, California. Before we collaborated, Preston had developed a massage process used with women

which released tight muscles in the pelvic region with external and internal massage. In my initial discussions with Preston, it seemed unfair to me that men did not have such direct access to their internal pelvic region, like women do with the vagina. But then I realized that we could use the same route as is utilized in Tantric prostate massage and in Digital Rectal Exams—the anal canal.

Experimenting with my body, Preston and I found that external and internal massage could also release tight muscles surrounding the prostate and thus promote its healing. We observed that even though the massage was quite painful at first, my prostate began to surge with new blood flow. It reduced in size dramatically. My huge prostate, originally measuring 220 cubic centimeters, was gradually reduced in size to 30 cubic centimeters. In addition to that reduction, my whole pelvic area felt more alive and much looser. Preston began to see men I was working with, and with his bodywork, they experienced great relief in their symptoms. Unfortunately Preston passed away in 1996.

I began to share what I had learned with Hellerworker Raya King of Los Angeles; my goal was to continue my own progress and to further develop the process of prostate massage. King and I brought together bodywork and a gentle form of prostate drainage. Colored light therapy was also added. Soon, we saw dramatic results. Over the following five-year period, King has performed this form of prostate massage on hundreds of men, continuing up to the present time.

Prostate Massage with Bodyworker Raya King

King's prostate massage sessions usually last about two hours. The frequency varies widely from daily to monthly, depending on the need and the availability of her patients for treatment. Often the massage will occur daily at first, then ease to every other day, then weekly, etc. Much of the session is spent releasing and relaxing the entire body, with an eventual focus on the pelvic region. Unlike the partner massage you'll read about next, King's work has a purely therapeutic effect on the whole body without sexual undertones. This bodyworker massages the entire spinal column from the neck to the tailbone. Some other areas of concentration include the abdomen, buttocks, inner thighs and feet. Thus King brings the healing effects of Hellerwork to the man on the massage

¹⁰⁵ *The Art of Sexual Ecstasy*, Margo Anand, p. 5.

table; this type of deep massage work was designed to release chronic stress. Hellerwork specifically targets the connective tissue, lengthening and liquefying it for more freedom of movement, explains King. The pelvic release for men with prostate problems is especially effective after the whole body has been massaged.

When her work turns to the pelvis, King's goal is to heal the entire region—physically and emotionally. She's seen that muscle tension in the pelvic floor directly contributes to prostate problems. The constriction limits blood flow to the prostate and mutes the important detoxifying and immune-enhancing effects of good, strong circulation. External massage of the pelvic floor occurs first; this is followed by internal massage through the rectum and to systematic work on the swollen prostate to promote drainage of prostate fluid and a reduction in size of the gland.

Over the years, King has felt prostates of all different sizes, shapes and conditions. The worst case she recalls involved a man whose prostate had swollen to the size of a baseball. Another man had a lot of pus in the discharge. The pus cleared up over time with the prostate massage, cleansing, dental work and other parts of the program. Improvements resulting from King's massage have included cleared or reduced urinary symptoms, better sexual function, and an overall feeling of greater peace and fluidity in the body.

“Prostate drainage, as seen in a medical setting, is a very aggressive process,” notes King. “They massage the prostate hard to totally drain it. When a man is getting that done to him, he's not part of the experience. My approach is gentler. I stay in touch with the man. I promote overall relaxation. When there is tension, I stop and encourage him to breathe. Drainage does occur with me, but it's more of an empowering process for the patient.”

King has found that shining colored light on particular areas of the body assists the release of tension, including around the prostate. She's seen that the light treatment also contributes to the reduction of pain. Green light is useful with Prostatitis, King says, as it helps decrease inflammation. She uses lavender light to relax tense muscles. Regions that King saturates with the colored light include areas around the perineum, pubic bone and bladder.

After reading my last book, *Prostate Health in 90 Days*, a patient named Gilbert T. found King by calling the Prostate90 Foundation. By the time he began the massage sessions with her, this 43-year-old man had been experiencing Prostatitis symptoms for years. Gilbert T. discovered that the Ultimate Cleanse had improved his condition, but he needed more. At first, this patient experienced a lot of pain during the prostate massage sessions with King, but soon her work began to bring benefits. For instance, Gilbert T's urinary difficulties were easing up. King then recommended the herb Epilobium, and Gilbert T. found that the combination of the prostate massage and Epilobium cleared his symptoms. His treatment with King lasted several months. As a follow-up, prostate massages were scheduled for once every few months.

Another Prostatitis patient, Richard A., was anxious for help because he was soon scheduled to go on his honeymoon. A physician had prescribed antibiotics earlier, but the Prostatitis had returned. This 30-year-old man's symptoms included pain with intercourse as well as some urinary difficulties. King recalls that Richard's prostate was very tender at the first session. However, for Richard, three prostate massage sessions and three visits with a colonic specialist were enough to turn his condition around. He later reported to King that he had a great honeymoon.

A third Prostatitis patient, Gary T., found some relief from receiving both prostate drainage with a physician and prostate massage with King. His schedule with the physician varied at first with up and down results, but settled into a Tuesday/Thursday regimen. On Saturdays, he had appointments with King. While Gary experienced a lot of improvement, his condition did not clear completely.

King is the first to admit that Prostate Massage is not the total answer. She reports that, in many cases, men have to also change their habits and lifestyles. Many Prostatitis patients cut back on their water intake, she says, which is a big mistake. King also recommends various herbal regimens. Yet she notes that relieving the muscle tension is quite important for men with Prostatitis and that the prostate drainage that results from the massage can be very helpful. This bodyworker has also found that the release of tight muscles can have an overall healing effect.

Right now, it's difficult to find a bodyworker with this expertise. The Prostate90 Foundation can offer some referrals, but not in all locations of the world. Often men can

interest a bodyworker or massage therapist to learn the process by showing them this book or my first book, *Prostate Health in 90 Days*. Another option is to work with a mate to develop your own process. “If you have a willing partner, the partner can always learn,” King says. Bodyworker Marci Javril offers such training at her Vital Energy Center in Marina del Rey, California. You will read about her process in the next section.

A Partner Massage Approach from Marci Javril

Over the years, Marci Javril has developed an electric perspective on healing. While nationally certified in therapeutic massage and bodywork, Javril also intertwines wisdom into her restorative processes which has been gleaned from other areas of study; these include yoga, sex education, spirituality and lymphatic drainage. Calling herself a “vital energist,” Javril offers a menu of classes to singles and couples in Southern California. Among her offerings given to couples are partner yoga and stretching, nondefensive communication skills training, Tantric traditions, and active listening instruction. Also among the couples training sessions is a type of prostate massage that Javril calls “Toosh Moosh,” a practice she further describes as “massage for opening up the pelvic bowl.”

Javril sees partner prostate massage as a way for couples to “connect their hearts and spirits,” as well as to bring better health to the man’s prostate and pelvic region. The philosophy behind the practice, she says, is basically that this is an area that a man may not be able to access well, and so he needs help. To move away from what might be viewed as an uncomfortable experience, she suggests that couples make the process a ceremony. Beautiful music can be played, and a touch developed on the part of the woman that is loving, not just functional. To develop the right intention, the woman can “make her attention come from the heart to the fingertips.”

Some mental work may be required to move beyond the stigma associated with paying attention to the anal area and to view this work in a positive and eventually possibly even in a pleasurable way. One line of thought that can help, says Javril, is to be grateful for the efficient work that the anus does in conjunction with digestion. “We get rid of what the body no longer needs through the colon, rectum and anus,” Javril points out. “So we can appreciate our body’s ability to discriminate and eliminate.”

People can also “sit on” a lot of penned up emotion that is held in the anal area, Javril notes. This is how the phrase “tight ass” came into being, she says. If intense emotions are released within the man during the prostate massage, these will need to be honored by a slowing down of the process, a time-out or perhaps the end of that day’s session. Thus, the man can process what he is experiencing. Negative emotions that may surface include anger, feelings of vulnerability, shame, etc.

Javril suggests that couples start a prostate massage session by showering or taking a hot bath with each other. Have clean sheets on the bed. Spend a little time wrestling together on the mattress to get your juices flowing. “The wrestling will release a bit of the man’s testosterone,” Javril points out, “and this will relieve some of his anxiety. It will also warm up the man’s muscles.”

When possible, set aside about 45 minutes for the next step—massaging the man’s entire body. Use massage oil if you like. The woman can scratch her partner’s head and knead his face and jaw to promote relaxation. Then she will want to massage his entire back, the waist line, the sacrum (the part of the spinal column that connects to the pelvic area), the buttocks, the legs, including the thigh muscles, and the feet. Pay special attention to the inner thigh muscles as it is especially important that these be loosened up.

Next, Javril instructs women to massage the partner’s entire pelvic floor. This area can be thought of as a diamond formed between four end points—the pubic bone (found above the man’s penis), the tail bone (above the anus), and the two sitz bones (right and left). Use a firm but gentle circling motion for the pelvic floor massage. After a while, slowly move toward the anal orifice.

Before the internal massage work begins, the man should position himself by lying on his back with knees to either side; this position is the same as will be used in the next chapter for partner drainage work. Place plenty of pillows under the legs for ample support. The woman should wear a disposable non-latex glove and apply lubricant such as KY jelly to the entering finger. (Note: Women who do not wish to trim back their nail on the performing index finger can cover it with a piece of cotton before putting on the glove. However, it is probably best to keep that nail cut short.) The woman can then sit between her partner’s legs during the next steps of the process.

Javril recommends keeping the finger soft and floppy, as if the glove was filled with mush rather than a flat wooden stiff stick. She suggests that the woman massage the anal opening like a potter working clay. Press toward the north, south, east and west a few times. During this outer massaging, the man can foster relaxation in his body by taking about 20 slow breaths. When you are both ready, the finger can enter the anal canal.

Once inside the outer anal sphincter, the woman will discover a second area of tightening about a fingernail's length in. At this point, the man should take a deep breath, and while exhaling, he should squeeze his pubococcygeus (PC) muscle against her finger. Tightening the muscle will draw the woman's finger further in.

Now the woman should reach up as high as possible with the entered finger. It should be pointed slightly forward toward the man's pubic bone. Javril suggests that the woman think of this as if she were positioning her finger to scratch the underside of the mate's pubic hair. Soon the woman will encounter the prostate, which will feel like the end of a nose or the bottom of the cervix. With Prostatitis, this organ will be sensitive to touch; so with a soft finger, the woman should just stay present in the anal canal for a few moments with a gentle attitude. Some couples find that this initial part of the process is enough exploration for their first session, while others will want to continue on.

During the next stages, the man can hum to communicate his comfort or discomfort with what the woman is doing. If he hums painfully, the woman should slow down, be more gentle or perhaps stop altogether. If he makes a pleased sound, the woman will know that she is on the right track. Because the prostate may be quite tender, the woman should stay very tuned into what her mate is experiencing. There may be points when he won't want the woman to move her finger at all and to immediately stop her work.

As he begins to hum, the woman will feel the vibration in the anal canal. She can respond by gently vibrating her finger. Next, Javril suggests the woman begin to think of her finger as a "big gentle pipe cleaner." The woman will use this "pipe cleaner" to move against the prostate and apply gentle pressure. First, however, she needs to get her bearings by feeling all the way around the lower end of prostate as if it were a coin.

Once the woman understands the positioning of the prostate, she should begin to gently stroke it from top to bottom. Javril describes this work as moving with the finger from the 12 o'clock position, at the top, to 6 o'clock, at the bottom of the prostate. The soft pressure applied by the woman will help drain her mate's prostate, causing some prostatic fluid to pass out through his penis. This release of prostatic fluid is what you want to occur, Javril notes.

Another movement the woman can apply against the prostate resembles the action of a windshield wiper, says Javril. Instead of traveling from 12 to 6, the finger can move from side to side. Thus the woman's finger would move from 11 to 12, from 1 to 12, from 11 to 12, and from 1 to 12, and so on, progressing to a wider curve. Or it might be easier for the woman to access the lower portion of the prostate and to move around the 4 to 6 to 8 o'clock range. Many men find the 6 o'clock range to be most pleasurable, Javril reports.

Tapping against the prostate and occasionally pausing is another touching approach, she adds.

The woman can also explore this canal further. Again keeping the north, south, east and west directions in mind, she could move her finger in a western direction to see if the inside of the left sitz bone can be found. Because there are many attachments of muscle to the two sitz bones, massaging these areas can bring a tremendous release of tension. This activity can be repeated on the right side.

Making the massage sensual, elegant and loving will allow the man to find the process more pleasurable. If he finds himself aroused and wants to pursue making love with his mate, that's fine too, Javril adds. However, when the massage is completed, the man may wish to be alone for a while, or prefer some time spent just lying in bed together.

To learn more about Javril's work, visit her website at www.vitalenergycenter.com or call 310/306-9838. Partners who want to further refine their general massage techniques will enjoy studying *The Book of Massage: The Complete Guide to Eastern and Western Techniques* by Lucinda Lidell.

A Cutting-Edge Approach – A Gentle Mechanical Massage + Enzyme Therapy

Currently under development in the U.S. is a new approach to prostate massage involving a mechanical type of device plus the delivery of proprietary enzymes. The American version of the equipment, called **The Prostacizer**, is based on the remarkably successful work of the Sanos Clinic in Moscow, Russia. The head of the clinic, Russian urologist Alexander Guskov, M.D., is the originator of this unique methodology.

The Sanos Clinic is a leader in developing innovative approaches to treating health challenges affecting men. Among these condition is Prostatitis. Using sonographic diagnostics, medical researchers at Sanos discovered findings that confirmed what was beginning to be reported elsewhere. That is, that plugged up areas within the prostate—related to the infection of the grape-like glandular sacs or acini and the connecting ducts—play a major role in cases of Prostatitis that persist for two months or longer. Over a 10-year period, the Sanos Clinic developed equipment and a methodology to eradicate the infection within these small sacs and glands in the posterior prostate.

Today, Sanos reports that they achieve the eradication of the prostate infection within no more than 20 days of treatment in about 97% of their patients. At least 70% of the men experience removal of the infection within 10 days using the Sanos approach.¹⁰⁶ In addition, they find that reoccurrence of the infection takes place in no more than 0.3% of their patients. Sanos advises that some symptoms in the men may remain, which they believe are from other causes besides those coming from the prostate. This could include gastrointestinal, rectal and/or vertebral column conditions. This type of prostate massage can be a crucial part of recovering from Prostatitis, but may not be the total solution for a complete return to good health.

The Russian equipment on which the American version will be modeled has several parts. A box-like control mechanism regulates the amount of pressure which will be applied as well as the duration of the treatment session. A hollow plastic tube flows out of the box and features a connector that holds a balloon-like apparatus in place at the other end. During treatment, the balloon inflates and deflates rhythmically inside the rectum as air is funneled in and out, applying gentle pressure for prostate massage and fostering release and drainage of infected glands in the prostate. In addition to the

¹⁰⁶ Sanos website, <http://www.sanos.aha.ru/eng/etech.htm>.

inflating and deflating, subtle waves of vibration from the balloon also provide a therapeutic effect to which the sponge-like prostate responds well.

The second major part of this treatment protocol is the delivery of proprietary enzymes—locally within the prostate, systemically, or both. The Sanos researchers discovered that the use of these enzymes allowed for more effective and speedier clearing of the infections in the prostate ducts and sacs—perhaps at a three times faster rate. When applied locally, the enzymes are given before the massage within a special solution administered through the urethra opening at the tip of the penis. Then the penis is elevated to prevent the liquid from escaping. During the treatment, this enzyme solution flows in and out of newly opened sacs and ducts within the prostate. This allows for more thorough cleaning and healing of the sacs and ducts.

As with physician-administered manual drainage (see Chapter 9), the release of the infectious material from the obstructed ducts may lead to anti-microbial treatment at the Sanos Clinic. The collected, newly released prostatitic fluid can allow for more precise selection of appropriate medication.

Currently, in Russia, a single massage session lasts 10-15 minutes. This is repeated each day for a typical period of 10 to 20 days. Rarer cases may require up to 25 to 30 days of treatment and a hospital stay. As you can see, the typical treatment period is extensive. The 97% success rate and .3% recurrence figure speak to the wisdom of this approach.

Here is one of the cases that Sanos has reported:

Roger C.

This 37-year-old man had suffered from Prostatitis for 10 years. Antibiotic treatment, and even previous prostate massage, had failed to cure Roger C. Using ultrasound, the Sanos clinic found an extremely high number of obstructions within this man's prostate. Further diagnostic testing determined the infection to be related to a gonorrhoeae bacteria and a trichomonas protozoa. The Sanos approach brought Roger to "a clinical recovery" within 15 days.¹⁰⁷

¹⁰⁷ Sanos website, <http://www.sanos.aha.ru/>

In the U.S., The Prostacizer equipment is currently under development for use both at medical centers and at home. Specific enzyme combinations will also be made available for professional and patient use. For more information, go to the website www.prostacizer.com or call the Prostate90 Foundation at 310/587-9855 for more information.

The Sanos Center in Moscow does treat foreign patients as well as residents of Russia. For more information about a stay in Moscow for treatment, visit the Sanos Center webpage <http://www.sanos.aha.ru/eng/foreign.htm>.

Healing Touch

While prostate massage will play an important role in a Prostatitis recovery program, regular massage can also be helpful for both healing and health maintenance. A common complaint today is feeling overly stressed by the daily demands of life. One way we react to the stress is to hold onto the tension in various parts of our bodies. It's been found that men with prostate problems often hold tension in the pelvic region; however they're also likely to have tight muscles in many areas. One way to "let it all go" is to visit a bodyworker for some type of massage therapy on a regular basis.

There's something healing about the touch of a caring person's hands on the body. In addition to the emotional benefits, the various massage therapies boost circulation and immunity. They improve blood pressure, digestion, muscle tone and more. As far back as the days of the time-honored Chinese medical text, *The Yellow Emperor's Classic of Internal Medicine*, compiled between 100 and 300 B.C., bodywork has been used to stimulate the natural healing powers within. Various forms of massage therapy have been practiced for thousands of years in such countries as Egypt, China, Greece and Italy.

Today there is a rich spectrum of bodywork specialties to choose from. The following are but a small selection of the therapeutic massage approaches currently available.

Swedish Massage: In the 1800s, massage for medical treatment was popularized in Sweden. A major proponent was Sir Per Henrik Ling, who developed an early version of Swedish Massage in part to help cure his own Rheumatoid Arthritis. His broad goal

was to create techniques of soft-tissue manipulation that would improve circulation, relax tense muscles, stimulate healthy nerve function, and trigger the body's natural opiates. Thus from the beginning, Swedish Massage was devised to improve health!

Usually a Swedish Massage session lasts from 30 minutes to an hour. The bodyworker may address the entire body, or focus on areas of greater need. The patient usually wears underwear and is covered with a sheet. Massage oil is standard; heat treatment or water therapy may be suggested. Movements include long gliding strokes, vibrating and shaking, quick and short strokes, repetitive pushing on a muscle, a deep rubbing of various styles, and the lifting of limbs to loosen up the body.

Shiatsu Massage: This energetic pressure-point massage from Japan has origins in Chinese acupuncture. It is a rigorous form of bodywork that can bring energy as well as relaxation of muscles. Typically, the patient remains clothed. The bodyworker uses their fingertips and thumbs to massage the acupuncture points. The weight of the bodyworker may also be applied with their elbows or knees.

Reflexology: This bodywork focuses on a small area, namely the feet. Like Shiatsu, it is a pressure-point massage technique related to acupuncture. The goal of this work is to both promote general overall wellness as well as to address specific problems. Reflexology is thought to be supportive of proper organ and gland function, circulation, immunity and a healthy nervous system. It was developed by William Fitzgerald, a physician in Connecticut, in the early 20th century. Fitzgerald noticed that pain in certain organs could be related to particular sore areas of the body, and also that massaging the feet, hands and head could bring relief. Later physical therapist Eunice Ingham further developed the ideas in Reflexology with her Zone Therapy.

To find a bodyworker in your area, visit the website of the American Massage Therapy Association at www.amtamassage.org. There you will find a computerized locator service that offers background on each bodyworker including contact information, hours, types of bodywork performed, and years of experience.

A specialized type of bodywork focuses on massaging the lymphatic system, an intricate network of cleansing vessels that run throughout the entire body. Discover the importance of this system and of lymphatic drainage massage in the next segment of this chapter.

Getting Your Lymph System Moving

While word is just spreading now in the United States, lymphatic drainage massage is a long-established practice in Europe. In fact, most European insurance companies today pay for two such massage sessions a year in order to keep their customers healthy. Perhaps that's because one important branch of this therapy originated on the European continent through the work of a Danish man named Emil Vodder. Starting in the early 1930s, Vodder and other researchers have developed and refined his system of treatments. Besides the Vodder technique, other approaches to lymph drainage also exist, such as the Art of Gau Sha—a 2000-year-old Chinese tradition.

Michael Tick is a Los Angeles naturopathic physician who trained in Europe. He has worked with lymphatic drainage massage for over 30 years. Tick sees value in the process for both recovery from disease and prevention. He describes the lymphatic system as the garbage collection system of the body. One of its major jobs is to clear the entire person of wastes of all types, from metabolic byproducts, to toxins, parasites, infectious organisms such as bacteria, viruses and fungus, and even cancer cells. This waste is flushed along the lymphatic canals to what Tick calls “garbage dumps,” that is, clusters of lymph nodes found in various sites such as the arms pits and groin. At the dumps (also called ports), decisions are made about what material to recycle and what to eliminate out of the body. Individual nodes also help process the waste between the ports.

When the lymphatic system becomes overwhelmed with its garbage pick-up duties, the ports, nodes and vessels can get clogged. This is one reason that lymphatic drainage massage can play an important role in healing. When a lymph pathway, node or port becomes obstructed, the cleansing effects of the system become compromised. Unlike the cardiovascular system, the lymph system has no pump and the manual drainage can supply the pressure and movement needed to get things moving again. Under optimal conditions, exercise and exertion would provide enough motion to keep the lymph moving. In contrast, a sedentary lifestyle often results in a blocked lymphatic system.

In men with prostate problems, it's common for the inguinal lymph nodes, located at the top of each leg, to get clogged. This congestion can be the result of the lymphatic

system's efforts to assist the prostate in its battle against infectious agents and toxins. In other cases, the material clogging the inguinal nodes may be from another nearby area of distress, and a consequence can be a toxic prostate unable to cleanse itself.

In addition to its garbage collection functions, the lymphatic system also plays important roles in immunity. The lymph's vessel network is actually larger than the circulatory system, and its veins contain a clear, slightly-yellow fluid with immune-enhancing powers. Among the fluid's components are white blood cells. As you exercise and exert yourself, this moves the fluid, and its immune factors, around the body. If the system has become sluggish or clogged, manual lymph drainage can restore movement and therefore strengthen your immune defenses.

Judy Taylor is the Director of the Center for Lymphatic Health in Santa Monica, California. At the Center, Taylor runs a school for lymphatic massage therapists, and she also still offers clients lymph massage work herself. While other types of lymphatic drainage use only the hands, Taylor works with the ancient Art of Gua Sha which also employs a special instrument. This Gua Sha tool looks like a credit card, and it is made of either jade or water buffalo horn. After applying a special organic oil, Taylor scrapes the skin with the tool and also applies manual drainage. One of Taylor's typical sessions lasts about one hour. The entire body may be addressed, or there might be a particular area of focus, depending upon the client's needs. With Prostatitis, the lower body would be "the area of challenge," Taylor says. Usually clogs are cleared before overall stimulation of the lymph system is pursued.

Typically, Taylor recommends a series of 12 sessions to Prostatitis patients; these are usually scheduled for once a week. She recalls one Prostatitis patient, Ed S., who arrived at her office in very bad shape. Ed S. was in his late sixties. Because his prostate was so troubled, Ed S. was having problems walking or even sitting. Through her discussions with Ed S., Taylor realized that his body and prostate had been affected by the toxicity he had taken in while working at a chemical company for many years. Even so, after a dozen sessions with Taylor, Ed S. was back playing golf, creating art and working on his house. Another Prostatitis patient, Paul U., had struggled on his own to recover, yet he bounced back with lymphatic drainage massage. Paul U. was so impressed with the process that he became a lymph massage therapist himself.

With Prostatitis and other cases of lymph blockage, Taylor uses an additional tool called a Chaos Infertonic Machine. The device emits low frequency chaotic sound waves that Taylor has found to reduce pain, calm inflammation and boost blood and lymph flow. The Chaos Infertonic Machine was designed so that it could be placed on the areas of the body that need the treatment.

For people in good health, Taylor agrees with the Europeans that two lymph drainage sessions a year is a great preventative. This would probably involve treatment of the whole body. Still she says it's rare not to find some area of blockage in a person. This has only occurred with two patients over Taylor's entire career. The blockages are often around the major portal areas located at the neck, arm pits and groin.

Outside the practitioner's office, there are many ways to support good lymph circulation. Bouncing on a small trampoline-like medical device called a rebounder can help keep things open and flowing. Because some men I coach have complained to me of knee problems, I recommend that your feet do not leave the rebounder, and that you just gently rock on it. This should be sufficient for the first month or two. You could also stimulate the lymph by stroking your dry skin with a soft natural bristle brush. Swimming and yoga are beneficial too. Living a life of balance is important to keep the lymphatic system from becoming overburdened.

On Taylor's website, www.lymphforlife.com, you'll find products helpful for supporting lymph function. These include high-quality, shock-absorbent rebounders called Lympholines; the Art of Gua Sha kits including the tool, organic massage oil and instructions; and individually packaged massage oil. Or you can call Taylor's company, Life Source International, at 888/391-3719 to order any of these items.

Lymphatic Drainage Massage is available through Taylor's Center for Lymphatic Health in Santa Monica, California; call 310/284-3565 for information. Or to find a lymphatic massage therapist near you, try the website for one of the main training operations, the Dr. Vodder School of North America. Their website, <http://www.vodderschool.com>, provides a computerized locator service. Another option is to contact the Prostate90 Foundation to request a referral; the number is 310/587-9855.

What's Ahead

In some men, blockages inside the prostate itself are resistant to opening up. Prostate massage from a bodyworker or loved one may not be enough to release the blockages. In these cases, prostate drainage—a more intense working of the gland—can be considered. Caution must be taken however. Some physicians use too much force in their prostate drainage work, and this can actually cause damage to the gland. Prostate drainage is the subject of the upcoming Chapter 9.

Chapter 9

Step 6 – Using Prostate Drainage to Clear Blockages & Hidden Infections

American physicians are learning from the work of a Philippine doctor who was once a Prostatitis patient himself. To recover, this man had to go against an adage that reflects the thinking of the mainstream medical establishment. That adage is “a physician who treats himself has a fool for a patient.”

Back in 1960, Antonio Novak Feliciano, M.D., was finishing up a general surgery residency at the University of Toronto in Ontario, Canada. During his schooling, Feliciano started experiencing recurring bouts of Prostatitis. Like many Prostatitis patients, he found himself going from one urologist to another trying to find the solution. Over two years’ time, he took many different antibiotics but the Prostatitis always came back.

From 1961 to 1966, Feliciano served as a missionary doctor in Zaire, Africa. During this period, he continued to suffer from the Chronic Prostatitis. Meanwhile, some of his medical work in the Congo involved the surgical removal of men’s prostates. Examining the enlarged prostates after the operations, Feliciano noted that fluid had built up in these organs. From his research, this innovative physician learned that G. A. Pilmer, M.D., had found regular drainage of the prostate could be part of successful treatment of Chronic Prostatitis. When Feliciano tried the procedure on his Congo prostate patients in 1962, he is reported to have seen a reduction in symptoms in many cases.

Feliciano returned to his native country of the Philippines in 1967. Despite his observations with other prostate patients, it took almost a decade and a half before he was able to cure his own Prostatitis. While drainage was a central part of his treatment, the physician also attributes his eventual success in 1981 to the improvements in the quality of antibiotics and diagnostics that occurred over time. Today physicians are tapping into Feliciano’s decades of experience with prostate drainage; he is a leading resource for how drainage should be performed and integrated into treatment.

While the prostate drainage that Feliciano advocates is not the total answer, it could make a valuable contribution to your recovery if stubborn blockages inside the prostate are a contributing factor in your Prostatitis. Even if it doesn't bring a total resolution of your condition, you are likely to experience some improvement in your urinary symptoms and sexual function. Also, swollen prostates often decrease in size with a drainage program. You must be careful however to choose a physician or other person who uses the right amount of pressure to do the drainage work—enough, but not so much that it's actually damaging. To better understand this procedure, let's take a look now at some specifics about the prostate to discover why drainage can become necessary.

Another Look at the Prostate

Earlier in *Prostatitis – The 60 Day Cure*, you learned that the prostate is a male sex gland located below the bladder and that one of its functions is to produce secretions that become part of the ejaculate (also called semen). Other details were provided too. Let's now add to what you know.

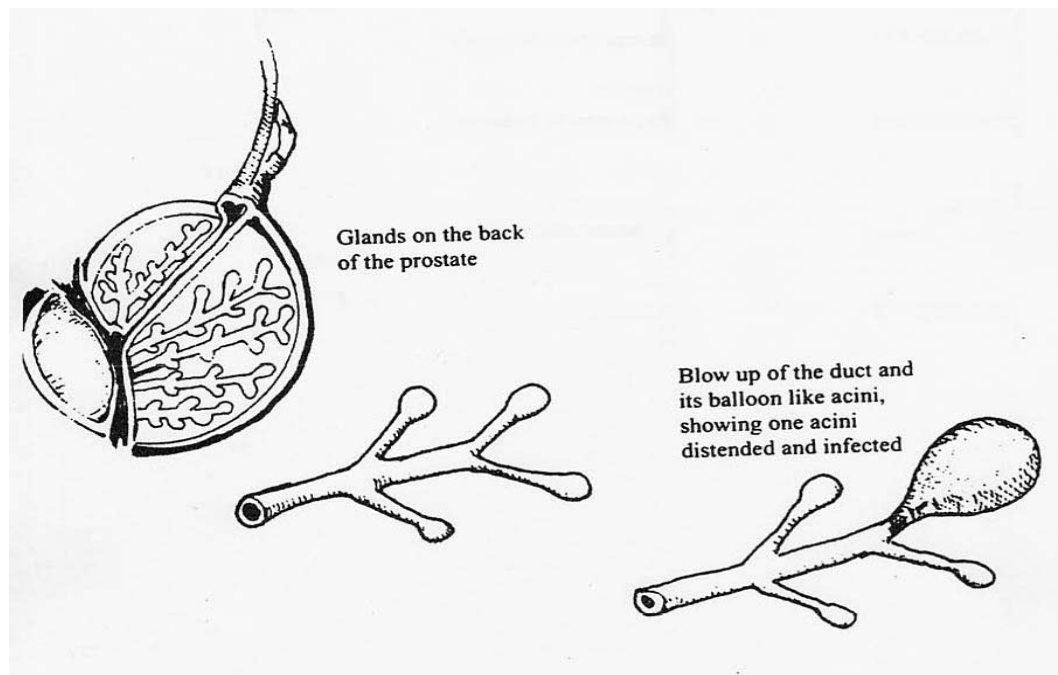
The heart-like-shaped prostate is divided into two lobes by the urethra, the tube that carries urine out of the body from the bladder. Most of the tissue behind the urethra in the posterior prostate is glandular. The anterior or front lobe, in contrast, is made up primarily of muscle and connective tissue.



Affording the opportunity to apply pressure for massage and drainage

About a third of the content of your semen is produced within the glands of the prostate. Inside this organ, the prostatic fluid flows through a network of tube-like ducts, and it eventually travels out of the body mixed with other secretions through the urethra. There are many tiny prostate-fluid sacs and ducts within the prostate. The sacs terminate the ending of a duct, and they are called *acini*.

This organ's duct and sac network can be likened to stems and grapes. In this analogy, the sacs would be the grapes, and the ducts, the stems connecting the grapes. These ducts and acini can be exposed to infection when the prostate draws in microorganisms to prevent them from entering the bladder. In a healthy system, this infectious material would be eliminated in the ejaculate. However we are concerned with those cases in which the material begins to cause problems within the prostate itself.



If the sacs of the prostate become infected, they are likely to swell up and enlarge. Over time, collected debris can actually seal off and obstruct the associated ducts. Infectious microorganisms can then dwell in these plugged up regions, making it hard for antibiotics to reach them.

Since the glandular tissue of the prostate that contains the ducts and acini lies mainly behind the urethra, the obstructed areas occur on the side of the prostate that is

within reach through the rectum. This is the good news, as their posterior location makes effective therapeutic drainage of the prostate possible.

A Note of Caution

Prostate Drainage should not be administered in cases of Acute Epididymitis. Even Digital Rectal Exams are not recommended. Typical symptoms of this condition include testicular pain and tenderness as well as swelling of tubes at the back of the testes known as the epididymis. These tubes are where sperm is stored within the testes. Diagnostic testing recommended by the Centers for Disease Control for Acute Epididymitis includes culturing of specimens generated from urethra swabbing and the examination of first-voided urine. If you suspect Epididymitis might be a factor for you, discuss the possibility with your doctor.

How Prostate Drainage Is Performed by Physicians

You might think of a Prostate Drainage session as an extended Digital Rectal Exam (DRE). The DRE usually involves some drainage but not as much. While the DRE is intended to be diagnostic, the main purpose of a prostate drainage session is just as it sounds. That is, to clear the ducts and sacs (acini) of the prostate of any bothersome built-up material. Another goal is to open up this gland so that anti-microbial medications will be more effective. And in addition, as with the DRE, an effort will be made to collect prostate fluid to check for infectious organisms. Testing is done with every session, and medications changed if results have not been forthcoming. The prostatic samples will also be scrutinized for puss cells, which can be an indication of an infection on their own.

The position that the patient assumes is often the same as in a DRE. You may recall this from earlier reading or might have experienced this firsthand. Basically, the patient bends over an examination table and uses his elbows and forearms to support the weight of his upper body. So the patient's body would be bent to create a 45 degree angle between the upper torso and legs; basically the body appears as if it is wrapped over one side of the exam table. If the patient points his toes in while assuming this position, it will serve to relax the rectal area and make the exam more comfortable.

During the DRE, the physician can check to see if sedating anesthesia would be helpful. This would usually only be in cases of greater pain and swelling around the

prostate and within the organ itself. Short-term anesthesia is suggested in these cases, and the patient may be out for only a few minutes. This step may allow more fluid to be released or collected. One such short-term drug is Propofol. In some cases, a local anesthetic is used; for instance, a Lidocaine jelly may provide both lubrication and the numbing effect.

The actual drainage of the prostate is achieved with the physician's gloved and lubricated index finger. After touching the outer anal sphincter muscles, the physician then waits a moment as the muscles initially contract and then relax. Placing his finger inside the rectum, the physician then explores the prostate and determines its current condition. An unhealthy prostate may feel enlarged as well as boggy, tender and/or hard. Starting from an outside edge, the physician will push hard against one side of the posterior lobe of the prostate and press inward toward the centerline where there is a indent. Pressure is applied, moderated by the patient's tolerance and pain. Sometimes less pressure is applied at the first sessions until the swelling and tenderness of the infected prostate decrease. The pressing is performed by the physician on both sides of the posterior end of the prostate, and it repeated a few times on each of these areas if the patient can handle this.

Normally, a healthy prostate would release several drops of clear water-like fluid during one drainage session. When there is infection, the fluid will be more cloudy and discolored, and it might include an odor. The passing of the fluid may feel like an ejaculation or like urination to the patient, and he should relax and just allow the prostatic fluid to pass. A very infected prostate may produce a lot of fluid that will drip out the penis easily. In other cases, several drainage sessions will be required before much fluid escapes. Usually a drainage session continues until no more fluid can be produced.

The standard frequency of drainage by a physician is every day for the first four to eight days, going to every other day thereafter, or every other day throughout the treatment. Patients will find that consistency is quite important to maintain progress in reducing their symptoms. Feliciano states that when just a drop or two of cloudy fluid can be drained at first, he may opt for perhaps twice-a-day drainage sessions for a short time. In some cases, it might take up to four sessions for the infectious organisms to show up in the released fluid. After the initial sessions, the amount of fluid released will eventually

lessen. The usual term of this treatment is 12 sessions total. Optimal desired results include no puss cells in the samples, sterile fluid and eliminated symptoms.

Feliciano reports that his patients usually respond to the drainage and antibiotic therapy within “7 to 14 days or 4 to 12 sessions.” He also has found that drainage can again play an important role if a recurrence takes place. While symptom relief can be dramatic, Feliciano has determined that it may take four to six months for all signs of Prostatitis to clear entirely after the drainage work is completed.

Once again, physician-administered drainage is an option to be considered when the blockages in your prostate are resistant to other approaches such as prostate massage. Be aware that sometimes the pressure used is too forceful and can actually cause damage. Some men combine the medical drainage with either more gentle prostate drainage given by others or themselves, or with prostate massage.

How Drainage Can Be Self-Administered

It’s understandable if the idea of draining your own prostate initially brings up thoughts of a new career as a contortionist. Yet some men have developed skill in performing self-administered drainage sessions. Among the reasons men have for taking the self-help approach with drainage is a lack of access to a nearby skilled practitioner, the fact that insurance companies may not cover the expense, and the fear that the drainage will be too forceful.

Basically the technique is similar to that which has been developed for physicians using Dr. A.N. Feliciano’s methods. However there are a few more points to be aware of. For instance, you’ll want to keep the fingernail on the performing finger clipped to prevent puncturing the prostate. Just before the drainage, a hot bath or shower can help you to relax, and it will begin the work of loosening up the glands of the prostate. Some men have reported that ejaculating beforehand helps by clearing fluid that is not trapped inside the prostate ducts and glands.

Before beginning, encase your hand in a disposable non-latex glove and apply a lubricant such as KY jelly to the performing index finger. Both of these supplies can be purchased at your local drug store. To place yourself into position, you may wish to lean against a high countertop, or choose to lie on your side in bed. Gently touch the outer

sphincter muscle around the anal opening, and it will soon reflexively relax. Then insert your gloved finger with the nail side toward your back.

You'll find that the prostate is located just a couple inches up inside the rectum. It will feel like a small ball of muscle inside of you. At first, it may seem hidden inside the tissue, but explore to find this rounded lump. The prostate's size may be anywhere from that of a walnut or egg to a small piece of fruit. Feel around a bit and get acquainted with this troubled gland. Notice how swollen it appears, how tender or painful it feels, if there are areas that seem to contain fluid, if there are hard spots, and if its overall consistency is soft or hard.

Notes: Hardness may indicate a need to test for Cancer. Also, if you find that you are in a lot of pain, it's probably best to leave the drainage to a professional. In addition, if you experience fever within a day of a self-administered drainage, arrange to see your physician.

Using the soft side of your finger, slowly stroke the prostate from its outer side in toward the center (as described in the physician drainage section but more gently). Press at a somewhat uncomfortable level of intensity. Pay special attention to areas that feel as if they are retaining fluid, gently pressing until you sense the material has cleared. Repeat the process on the other side, beginning again from the outer edge. Have tissue handy to collect any material that passes to and out of the penis. Examine the fluid to note the color, consistency and any odor. You may be able to loosen up around a teaspoon of fluid, or there may only be a few drops. There might be a burning sensation as the infected fluid passes. Urinate after your drainage efforts are completed to push any additional released material out of the body.

Check in with your physician within a week or two to have your prostatic fluid retested for infection. You will probably notice improvements in the prostate with only a few drainages. During the period when you are administering the self-drainage, continue to take any antibiotics that your doctor may have prescribed. In addition, read the supplement chapter to become aware of the products that can assist in your healing.

How Drainage Is Accomplished by a Partner

Men who find it difficult or uncomfortable to self-administer prostate drainage may want to enlist the help of their mate. This is similar to asking a partner for assistance when you are unable to check your eye or ear when there is trouble in those locations. In the last chapter, you learned about prostate massage, which incorporates more bodywork into this process. The bodywork can be important because tight pelvic muscles are a contributing factor in Prostatitis. However, you and your partner may find that having large blocks of time are not always possible and therefore decide to focus in some cases on just draining the prostate.

The man should prepare for the drainage work by showering or bathing. For the partner drainage session, you again might position yourself by leaning forward on a countertop, however this time your partner would be seated on a stool behind you. Another option is to lie on your back with legs open to either side and supported by lots of pillows. You'd place a large towel on the bed before positioning yourself there. During the session, you'd need to hold the genitals up to keep them out of the way. For this second position, your mate could sit between your legs to provide the drainage work.

Women who do not wish to trim back their nail on the performing index finger can cover it with a piece of cotton. However, it is best to keep that nail cut short. Again, a disposable, non-latex glove and lubricant such as KY jelly are used.

One advantage of partner drainage is that a more loving and relaxed atmosphere can be created around the session. Beautiful music might be played to help relax both of you. You may find that you can focus on enjoying these moments of closeness with your partner rather than on any discomfort.

The rectum should be allowed to relax before the gloved finger is inserted. This can be accomplished by a gentle massaging of the anal area by your partner. Once her finger is inside, the two of you should communicate with each other about what you are experiencing. If you feel tense or have pain, tell her so she can apply less pressure, slow down the process, or even stop completely. In turn, your partner can report on what the prostate feels like during the drainage.

Your mate should follow the appropriate steps given above for the self-administered drainage; these explain what she should look for in assessing the state of the prostate and how to clear the blockages. Your partner will quickly discover that the

prostate is accessible and easy to locate. Again, it may seem hidden in the tissue at first, but can be identified quickly with a little patience. Here is a comparison that can be helpful. The prostate will feel very much like the mound of tissue in a hand at the base of the thumb, an area known as the Mound of Venus. It's also often about that same size.

This type of contact may well be new for you and your mate. If you feel initial resistance, focus on the fact that these sessions may contribute significantly to your recovery. Enjoy your mate's feminine healing energy. In the partner prostate massage section of Chapter 8, you'll find more information on processing possible negative associations with this work.

Also, refer to the last chapter to learn how this process may be further extended to relieve tension in the entire pelvic region. In addition, you will find more tips there for making this a loving experience between you and your mate.

How Prostate Drainage Is Conducted by a Bodyworker

A small number of bodyworkers are skilled in administering prostate drainage in conjunction with a healing massage of the entire body, including the pelvic region. Generally, their drainage work is described as more gentle and less clinical than physician-administered drainage. In the last chapter, Raya King of Los Angeles, who has worked with hundreds of men with prostate problems, described her process of prostate massage. However, you may find it difficult to locate such a practitioner in your locale. This is one of the reasons instruction has been provided in this book for prostate drainage and prostate massage. In Marina del Rey, California, Marci Javril provides lessons to couples wanting to become knowledgeable about prostate massage. You can also learn more about her work in Chapter 8.

The Downside

Unfortunately, some Prostatitis patients find that prostate drainage is not a successful treatment for them. Thus they may be faced with one more disappointment in their attempts to cure the Prostatitis and to recover. If this is the case for you, it's likely that your recovery will require patience and even more time to accomplish. Don't despair. I've seen many men improve with the steps offered in this book. Incorporate

them into your life, and appreciate the progress you experience even if it occurs at a slower pace that you would wish for optimally.

The Odds

One Los Angeles study quantified the results gained by 65 men who underwent two to three physician-administered prostate drainage sessions a week along with treatment with antibiotics. The average number of doctors that the patients had seen before participating in the study was four. All of the study subjects were experiencing cases of Prostatitis that were resistant to eradication using antibiotics alone.

The findings? Twenty-five patients (38%) experienced complete resolution of their symptoms with treatment that combined prostate drainage with antibiotic use. Another 11 (17%) experienced the same resolution but with recurrence. Seventeen of the men (26%) only saw some improvement. Lastly, 11 (17%) experienced no benefit at all. In this study, the researchers found that the older men (over 47) and those who had a longer duration of the condition were more likely to see improvements.¹⁰⁸

The follow-up period in this study was only four months, so we do not know how many of the men saw their Prostatitis return with more time. As noted elsewhere, the recurrence rate with prostate drainage has been disappointing.

Three Men's Stories

Reading about the experiences that others have had with prostate drainage can help you decide if you want to include it as part of your own treatment program.

Joseph D.

When initial treatment with various antibiotics was unsuccessful, Joseph D. decided to treat his Prostatitis using an herbal regimen. This kept his symptoms at bay for about four years. Then Joseph experienced a resurgence of pain and further prostate inflammation. When the antibiotics again proved not to resolve his symptoms, Joey began to do further research on his condition.

¹⁰⁸<http://groups.google.com/groups?q=Shoskes+%2B+Prostatitis&hl=en&num=5&selm=001a01bef95b%2405e53480%243502b1cb%40aspire>

Learning about the possibility of getting help from prostate drainage, Joey began to administer the procedure on himself. Within seven days, he saw progress. Now it's been months since Joseph has needed antibiotics, and he continues to maintain the health of his prostate with every other day self-drainage sessions.

Mark Z.

This Prostatitis patient spent a year trying to get help from American doctors. Treatment included rounds of various antibiotics without a cure. Mark even flew to different states in the U.S. in an attempt to get adequate care. After much expense, he seemed to be no further ahead.

Then Mark learned about the younger Dr. Feliciano on a website. Desperate for help, this patient took the long flight to the Philippines. Testing by Dr. A. E. Feliciano found infection by multiple bacteria as well as yeast.

Mark began the drainage and antibiotic treatment under Dr. A.E. Feliciano's care. The frequency was every other day. Longer treatment was required in Mark's case, but after two months, he reported that the infection had cleared and that the pain was gone.

Freddy B.

Over five years ago, Freddy was diagnosed with Prostatitis. Eventually he was given a round of the antibiotic Floxin and an anti-inflammatory; this combination reduced his prostate inflammation considerably. Thinking the condition would eventually resolve itself, he sought no further care at that time. However a couple years later, he was still having problems with his prostate. Freddy then saw a new urologist who recommended trying Floxin again—but this time with prostate drainage.

For six weeks, Freddy underwent every other day drainage by his physician. During this period, he took the Floxin. Noting that Freddy's prostate became less inflamed, the doctor recommended another six weeks of drainage on its own at the same frequency.

Since the drainage work, Freddy has had no need for further antibiotics. He reports that the majority, though not all, of his previous symptoms have been resolved since the drainage sessions. Freddy B. reports that he continues to improve.

What's Ahead

You'll find the next chapter packed with three more steps to support your return to health. These are Stress Management, Exercise and Personal Growth (both on an emotional and spiritual level). While all three steps may at first appear to be more illusive factors in supporting healing and maintaining health, you will learn just how crucial they can be.

Chapter 10

Steps 7-9: Three More Techniques for Healing, Stress Management, Exercise & Personal Growth

Many factors in our daily lives can impact our health negatively. In this chapter, three steps are offered which can counterbalance the harm with positive benefits. Chapter 10 will explore stress management, exercise and the potential that a health challenge can offer for personal growth on both an emotional and spiritual level.

Stress & Your Health

Today many of us consider our lives to be stressful. In fact, it's common to feel that you have too many responsibilities to juggle and very little time in which to get it all done. As the days, weeks and months pass, the constant pressure of this stress can begin to have negative effects on our health—overall, within the immune system, and if you're a man, within the prostate itself.

Perhaps you've noticed the effects of stress on your own health. You may recall a time when you were holding a cold at bay, but then had an even more demanding than usual day. As the daylight dwindled and you continued to work into the night, some sniffing may have begun. The next morning you probably woke up with a full-blown cold.

In a similar way, men with prostate concerns have reported that their symptoms seem to worsen at times of increased stress. Gary T., a 35-year-old resident of a Myrtle Beach, South Carolina, is a Prostatitis patient who has observed this phenomenon in himself. It was just after the New Year's weekend when Gary's symptoms first erupted as a sudden case of severe Prostatitis. As time passed, he achieved varying degrees of success in fighting the condition. Thirteen months later, Gary said he could clearly see that his symptoms would flare up during periods when stress would cause him to not "take care of himself." Gary could have a week without symptoms, but then if he didn't eat the right food, started staying up all night, drinks too much alcohol, etc., the condition would unfortunately make a comeback.

Numerous studies have shown that stress weakens the immune system. For instance, one stress study published in the *Journal of Behavioral Medicine* looked at medical students cramming for exams. The bottom line finding was that the students' vulnerability to infection increased. As part of this research, the levels of various biological markers were analyzed. The researchers found lower natural killer cell activity, lower helper T cell numbers, and a reduction in interferon production. Antibodies for latent infections, such as for the Epstein-Barr virus, Herpes Simplex virus, and Cytomegalovirus, also rose, demonstrating a weakening immunity.¹⁰⁹

With animal experiments, a researcher at North Carolina State University has shown that stress negatively affects the prostate and Prostatitis specifically. Stress made the Prostatitis he had induced in rats worse, including increased inflammation. Meanwhile those rats with Prostatitis that were not exposed to the stress experienced a resolution in their symptoms.

Now, the good news. An important piece of the stress puzzle is that it is *how we respond to stress, both physically and mentally*, that will determine how severely we are affected by it. One proven strategy for stress management is to balance out the pressure, as much as possible, with specific tools. While there are actually many stress reduction tools available, some of the best are designed to be easily integrated into your life. Two easily adopted practices are meditation and a process developed by a Northern California psychotherapist, David Kundtz, called "Stopping." Several more will also be described in the pages ahead.

Meditation

In my own life, I have found a regular meditation practice to be one of the most effective means for relieving stress. A primary reason for this is that it helps me reconnect to my inner wisdom, which I call "source energy" or the energy of the Universe. So many of us can develop an antagonist posture toward the world. We struggle against it. But meditation helps to open our perception so we can see that the whole universe is working for us... all we need will come to us if we're open enough to allow it to flow into our lives.

¹⁰⁹ *The Road to Immunity*, Kenneth Block, M.D., and Nellie Saban, p. 243.

For those of you who feel that this is pretty heady stuff, I'm pleased to say that the rewards of meditation also come on a very basic level. Meditating is simply very relaxing! It's a way of taking time for yourself and getting in touch with your true priorities. It is a rejuvenating experience.

One form of meditating that has been extensively studied for its benefits is Transcendental Meditation, a mantra-type approach that is commonly known as "TM." (For an explanation of what a mantra is, see "Getting Started Guidelines" below.) Transcendental Meditation was introduced to the United States in 1959 by Maharishi Mahesh Yogi, a spiritual teacher from the Himalayas. It is now practiced by over 4 million people around the globe.¹¹⁰ It was my original introduction to meditation, and I became a teacher of TM because I was so impressed by it. With subsequent study, I have evolved my own meditation practice to include a combination of techniques.

Let's take a look at some of the finding about meditation.

Benefits of Meditation

One of the first studies of Transcendental Meditation took place at the University of California at Los Angeles in 1968 by physiologist Robert Keith Wallace. The results of Wallace's efforts were then published in such journals as *Science* and *Scientific American*. Since that time, many other studies of meditation have been completed. Here are just some of the benefits that have been found.

A Quieting of the Mind: The dialogue that takes place silently inside our minds is a huge factor in our response to stress. This is part of how we process our stress, quantify it, and tell ourselves how to feel about the pressures. A regular meditation practice reduces this internal chatter, allowing us to have a clearer mind with which to meet the current challenges of the day. Thus we become less prone to overreact. Studies of TM have shown a greater orderliness of brain function through the measurement of brain waves.¹¹¹

An Experience of Deep Rest for the Body: A TM study published in *American Psychologist* found many signs of an enhanced relaxation experience by the body during

¹¹⁰ *TM: Transcendental Meditation* by Ron Roth, p. 4.

¹¹¹ *TM: Transcendental Meditation*, p. 45.

meditation. This included an increase in basal skin resistance and a decrease in plasma lactate, two basic signals of reduced tension. Another indicator was slower respiration. It is easy to self-test this result of meditation. Just try 20 minutes of meditating and see if you don't feel more rested, less anxious, and quite alert!

A Lowering of Stress Hormones: When the body is stressed, it releases more of the hormone cortisol. A TM study found that plasma cortisol decreased in Transcendental Meditation sessions, but did not during some other forms of relaxation.¹¹² Raised cortisol levels are one reason for depressed immune response during stressful periods. Higher cortisol has also been linked to depression, accelerated aging, and heart disease, among many other negative health effects.¹¹³ Cortisol and other stress hormones can be measured through lab testing of saliva samples when stress is considered a possible factor in a person's illness.

A Decrease in High Blood Pressure: First, a little background. The force that blood exerts against the walls of your veins is called blood pressure, and it has two types: systolic (when the heart pumps) and diastolic (in between heart beats). Readings are given with the systolic finding in the lead position. Optimal readings are at about 120/80 mm HG or less. Among the many causes of high blood pressure are lifestyle issues, including stress.

In two studies, TM was shown to reduce high blood pressure readings. The first involved a group of meditating elderly African Americans from the inner city, and it noted an average drop of 10.6 mm HG systolic and 5.9 mm HG diastolic over a three-month period. The second, a Harvard study of elderly patients, reported similar results. Healthy blood pressure is important because it indicates good circulation and its associated distribution of oxygen and essential nutrients.

Since Robert Keith Wallace's study in 1968, more than 500 studies have been conducted about Transcendental Meditation. Other results of TM that have been determined include greater energy; reduced anxiety and depression; less need for medical care; decreased cigarette, alcohol and drug abuse; and slower aging. It all adds up to a

¹¹² *TM: Transcendental Meditation*, p. 74.

¹¹³ *The Detox Solution*, p. 332.

positive tool you can put to use in your recovery from Prostatitis and in your efforts to achieve higher levels of overall health.

Getting Started Guidelines

There are thousands of ways to meditate as this practice goes back to ancient times. These meditation guidelines provide some basic instruction. If meditation is already a regular part of your lifestyle, skip ahead to the variations paragraph provided at the end of this section; you may find some ideas there that you'll want to incorporate into your practice.

Begin by selecting a conducive time and place so that you will not be disturbed for about a half-hour. Alert any other people in your household that this is your quiet meditation time. You may want to turn off the ringer on your phone and lower the volume on the answering machine. During your session, you'll be meditating for about 20 minutes. This amount can be increased over time, but it is a good regular minimum to aim for. Some people like to create a mood by burning incense or even creating a particular sacred space for meditating with pillows and posters, but these are not requirements.

There are several options for your body position. You might sit in a chair with your feet on the floor. You could sit cross-legged on the floor in a lotus position with your back straight and hands resting on your upper thighs. Or you might lie on a floor, couch or bed; some people find however that they are more likely to fall asleep when reclining.

A basic form that's easy to try is a *mantra meditation*. This is one of the most widely used approaches. It is the basis of Transcendental Meditation, and the TM approach includes assigning specific mantras to each person. Some popular mantras that could be used by anyone in basic mantra meditation include "Aum" or "Peace." Other possibilities would be "Health" or "All is good."

You could set an alarm clock or clock radio to go off 20 minutes later, or ask a housemate to gently knock on your door at that time. To start, close your eyes and begin to repeat your chosen mantra silently in your mind. If you find your mind wandering, gently bring your thoughts back to the mantra. Breathe in a relaxed steady manner. Relax

your whole body as you breathe in and out. You will experience yourself settling into a calmer place as you continue to focus on the mantra.

You may discover that answers come to you during this quiet time. That is great, but the main initial goals are to quiet the mind and relax the body. Over time, you are likely to achieve a connection to the “source energy” that I described earlier. This is a tapping into our oneness with the whole universe through this visit to our quiet internal world.

After 20 minutes have passed, open your eyes. Give yourself a few moments of still reentry time before returning to your day. Or you may want to take a little time to jot down answers or inspirations that came to you during the meditation session. My teachers consider journaling to be a valuable adjunct to the practice of meditation.

Variations: Some people like to experience meditations in which they visualize a bright, white healing light in their area of physical challenge. (This would be an alternative to using a mantra.) If you have Prostatitis, you could picture this healing light addressing your prostate. Others prefer to focus on their breath rather than on a mantra or the healing light. You could simply count the breaths, one count per inhale and another for the exhale. Guided meditations are also available on audiotape and videos that focus on different goals—including body relaxation, inner peace, health, etc. Searching the Internet will give you some idea of the great variety available. One good source of audiotapes is www.soundstrue.com. Once you arrive at the Sounds True website, simply type in “meditation” in their search line and press “enter” to explore their offerings. If you find that you want to explore spirituality further beyond meditation, my current teacher is found at www.abraham-hicks.com.

*“I lean and loaf at my ease...
observing a spear of summer grass.”*

Walt Whitman, *Leaves of Grass*

Stopping

In his book *Stopping: How to Be Still When You Have to Keep Going*, psychotherapist and former priest David Kundtz introduces another technique for

relieving stress and creating a sense of inner peacefulness. Dr. Kundtz calls his process “*stopping*” and describes it as “*doing nothing, as much as possible, for a definitive period of time, with the purpose of becoming more awake and remembering who you are.*” In the introduction to Dr. Kundtz’s book, stress expert Richard Carlson notes that the author has pulled ideas from many contemplative traditions as well as from insights of contemporary psychology to create this concept.

Dr. Kundtz writes that the fast pace of modern life can leave us feeling we’re moving too fast to fully take in the happenings of the day. But by slowing down, or actually “stopping,” we can once again become aware of the richness of the moment. In addition, these refreshing breaks leave us more in tune to the events that follow the stopping.

The author offers three different types of stopping for our use:

Stillpoints: Here we decide to stop and do nothing for a short time. The period might last from several seconds to a few minutes. This brief type of break might be used 10 times a day. A stillpoint could occur at natural breaks: during a transition from one phase of your work to another, while waiting for almost anything (such as a traffic light changing), at a time when you find yourself standing in a line. The idea is to relax in the moment and take in all the pleasant sensory input. To enhance this experience, you might step outside for a few minutes or look out the window to enjoy nature. Note that it can be helpful to create a stillpoint in a situation in which you feel particularly stressed: during a deadline project, when in conflict with someone, or while trying to check off a long list of “to do’s” or errands.

Stopovers: This is a longer period of stopping, from an hour to a few days. A shorter stopover might consist of a walk in the woods, by the ocean, or alongside a lake. Or you might prefer just to stop and have some unencumbered time at home. For longer stopovers, your choice may be a structured meditation retreat or a two- or three-day getaway of your own creation. Sometimes opportunities for stopovers occur without planning; a business meeting is canceled or a friend or mate suddenly gets busy and is unavailable for an outing. The rewards of stopovers include rest, reflection and renewal.

Grinding Halts: Here the stopping lasts even longer—from a week to a month or more. This type of stopping occurs less frequently, perhaps once a year or only a few

times in your life. It may be that a major transition is about to occur and you require time for reflection. Perhaps your illness has brought an awareness that you need to face some changes and to make your health a priority. Or you may be contemplating a career change. Or adjusting to the death of a loved one. The need for a grinding halt often comes into your awareness quite naturally. Listen to the call.

As with meditation, the benefits of stopping are well worth the discipline of making the time for and relaxing into the practice. Among those benefits noted by Dr. David Kundtz are a greater ability to pay attention to the moment, a more relaxed state of being, quiet time alone for reflection, a calmer centered self that can be more open to others, an enhanced sense of self and one's boundaries and a reconnection with your own purpose.

Dr. Kundtz's book *Stopping* is available through Amazon.com. If you like *Stopping*, you may also want to check out a related Dr. Kundtz title, *Everyday Serenity: Meditations for People Who Do Too Much*.

Other Strategies for Stress Reduction

Because stress has become such a part of our lives, and since it has been shown to specifically make Prostatitis worse, it's helpful to have a number of strategies for managing it. Below you'll find several other approaches.

Progressive Relaxation: It has been noted that prostate patients often hold tension in their bodies, particularly in the pelvic region. A helpful practice then is to purposefully scan your body to release the tension that you may have taken on. A progressive relaxation session takes only about 20 minutes, and if you find it helpful, you may want to do two sessions of it a day. Proponents have found progressive relaxation to be effective for relieving stress, anxiety, depression, fatigue, body aches/pain and muscle tension.¹¹⁴

To position yourself, sit in a comfortable chair or lie on a bed. Starting with your feet, tense the muscles of that area only and then release them. Work your way up the legs to the torso. Pay special attention to your pelvic region, and then continue to move up the torso to your shoulders. Next, tense and relax each arm separately, starting with

¹¹⁴ *The Relaxation and Stress Reduction Workbook*, Davis, Eshelman and McKay, p. 35.

the hands. Now move through your neck, slowly tense and relax parts of the face, and then travel to the top of your head. Along the way, note the differences in feeling between being tense and relaxed. If you come across any areas that are particularly tight (besides the pelvic region), give them a little extra time.

End by breathing deeply into your lungs and diaphragm. Release any remaining tension in your body as you breathe out. Enjoy the new feelings of lightness and relaxation before moving into your day.

Visualization: Once again, let me point out that the content of our minds can have a tremendous influence on how we respond to stress. With visualization, we purposefully put our thoughts on positive developments and positive directions for our lives. A Prostatitis patient, thus, may find it helpful to think about healing and to picture himself moving to higher and higher states of well-being. Remember, it is the thoughts of the present that create our future realities. Based on the Law of Attraction, we bring into our lives those elements that receive our mental energy, so pleasant thoughts and visualizations bring pleasant futures. This Law is the subject of many of the resources you'll find at my current spiritual teacher's site, www.abraham-hicks.com.

Affirmations: Here we choose to repeat short phrases silently in our minds, ones that reinforce our movement toward recovery and inner peace. These phrases should be short and stated in the positive (i.e., "I relax easily" rather than "I am not tense"). Other possibilities may include: "Each day, I become healthier and happier" or "I choose peace in this moment." It is the feeling around the affirmation that produces the reality, so we use only affirmations that bring positive feelings.

The beauty of all of these techniques—meditation, stopping, progressive relaxation, visualizations and affirmations—is that they are all easy to do and that they work! Many people find that incorporating these techniques into their lives makes it easier to deal with the challenges of the day. By balancing out the stress that challenges produce, you will be supporting the improving health of your prostate as well as your increasing overall well-being. An added plus is that you will also open yourself up to living at a higher level of enjoyment, moving into the flow instead of thrashing about against the tide of life.

Exercise Brings Benefits

The statistics are dismal. According to the Centers for Disease Control and Prevention, some 58% of adults get little or no exercise, and 24% or more are completely sedentary. That leaves only 22% who are getting enough exercise to meet the guidelines offered by the CDC and the American College of Sports Medicine—that is, 30 minutes or more of light or moderate exercise on most days of the week.¹¹⁵

Yet research has dramatically shown that those 22% who get their bodies moving are healthier, will have a higher quality of life, and will live longer than the nonexercisers. To me, it's the quality of life that counts. Here's just some of the benefits that exercise can bring.

Reduced Cancer Risk: As a man, your risk of getting a cancer of any type is 163 out of 100,000. And each year in the U.S., some 250,000 men get Prostate Cancer. The American Cancer Society places exercise only behind a healthy diet and not smoking in terms of factors that can lower your risk of getting Cancer. And a 19-year-long Finnish study of twins found that Cancer and Heart Disease were the biggest causes of their deaths. Researchers reported that even occasional walking improved the subjects' chances of survival. Six half-hour walks a month were considered "occasional exercise." This amount of movement increased the survival rate by 30%. The American Cancer Society has recommended 30 minutes or more of exercise on most days.¹¹⁶

Less Heart Disease: Lack of physical activity is a factor that the American Heart Association has pinpointed for increased heart problems. On the other hand, exercise promotes a healthy heart. Reasons for heart benefits include the fact that exercise strengthens the heart, lowers high blood pressure, and also helps the body shed excess fat and calories.

Decreased Risk of Diabetes: This disease is the sixth leading cause of death in the U.S. In Diabetes, the pancreas manufactures too little insulin, creating blood-sugar regulation problems. This can lead to tiredness and serious complications. Various studies have shown that exercise reduces the risk of acquiring Diabetes. For instance, a

¹¹⁵ Stats from *Men's Health and Wellness Encyclopedia* by Charles B. Inlander, p. 60.

¹¹⁶ *The Way of Walking*, Jacque MoraMarco, p. 195-196

study of 1,400 subjects found that as little as 30 minutes of walking a day brought Diabetes-related benefits. Basically exercise supports the body's healthy processing of insulin.¹¹⁷

Greater Lung Capacity: Exercise has been shown to strengthen the muscles of the chest and diaphragm. Therefore your capacity to take in cell-nourishing oxygen is increased. All the cells of your body need a steady supply of oxygen in order to stay healthy and to thrive.

A Boost in Emotional Well-Being: This benefit can be apparent when you get back to an exercise regimen. The mind fog and stress of the day burn away as you exercise and at the same time you feel energized. There is a type of natural lift that comes from exercise in the form of hormones called endorphins; more of these mood-elevating hormones are released during physical activity. Also, testosterone is generated by exercise, a hormone necessary for a man's well-being including the health of his bones and prostate. According to the National Institutes of Mental Health, exercise helps people relieve depression, improve self-image, and manage anxiety and stress.¹¹⁸

The Ability to Remain Active: Exercise prolongs life while preventing disability. In a study published in the *American Journal of Epidemiology*, 500 active people over 50 were compared to 400 others who exercised less. The active group ran or exercised more than four hours a week. The eight-year study saw fewer disabilities, a higher quality of life, and less death in the active participant group.¹¹⁹

As you can see, exercise helps prevent the major conditions that the Administration on Aging has found most often develop in older adults—Heart Disease, High Blood Pressure, and Diabetes.¹²⁰ It will also help you stay healthier overall—with a better mental perspective, more strength and flexibility, and internal mechanisms that function better.

In addition to improving your general well-being, physical activity will also help you in your recovery from prostate problems. Exercise will release tension you may be holding in the pelvic region, allowing for better blood and lymph circulation. This will

¹¹⁷ *The Way of Walking*, p. 196.

¹¹⁸ *Men's Health and Wellness Encyclopedia*, p. 60. *The Way of Walking*, p. 197-198.

¹¹⁹ *Men's Health and Wellness Encyclopedia*, p. 60.

¹²⁰ *The Way of Walking*, p. 200.

help your body move toxins and infection out of the prostate. And studies have shown that exercise increases overall immune resistance to infection. An exercise plan will also bring brighter moods that can be helpful in avoiding and dealing with the challenges of Prostatitis.

Aerobic Exercise

As the mainstay of your exercise regimen, you'll want to select an aerobic activity that will be sustained for a period of time. The most important criteria is that you select a type of exercise that you enjoy and will actually do. I currently run first thing each morning; this schedule helps me keep exercise in my routine. You may prefer swimming, walking, aerobics classes, the StairMaster, a treadmill or bicycling (see section titled "Biking Alert" later in this chapter). Another time of the day, perhaps lunchtime or early evening, might suit your lifestyle or constitution better.

If you're just getting back to exercise, start slowly with short periods of 10 minutes or so and build up to a half hour or more. In recent years, researchers have found that you can break up a daily goal of 30 minutes into three 10-minute segments and still receive benefits. Walkers returning to exercise sometimes find these shorter periods to be an easier way to start back with physical activity. Current recommendations for the frequency of aerobic exercise are for about 30 minutes of activity most days.

Note that it's important to take a relaxed attitude toward your exercise program. I coach a lot of young men with prostate problems, and it's not unusual for them to approach working out in a very competitive way. They try to beat yesterday's time in running the same distance, etc. The energy of "I'm doing this for fun" is a lot healthier for both you and your prostate.

How can you help yourself stay committed to an exercise regimen? Here are **10 Tips for Staying Active:**

Tip #1: Focus on the goal, not the obstacles. Instead of ruminating about all the reasons you can't exercise, think about ways you could make it work. Maybe you need to actually schedule in an exercise time in your daily planner. Some people find it helpful to do this on a weekly basis; others, one day ahead. Then keep the scheduled exercise sessions as commitments, just as you would business or social commitments.

Tip #2: Consider a group or partner activity. Perhaps your mate or a buddy would join you for running, walking, swimming, etc. Or the camaraderie of other people in a scheduled aerobics, tai chi, yoga or swimming class may provide the motivation you need to get your body in motion.

Tip #3: Give some thought to what has worked in the past. Since we are creatures of habit, it can be helpful to review the periods of your life when you were able to make an exercise regimen stick. Perhaps it was an exercise class that you liked or the support of a friend who enjoyed the same type of physical activity. Or maybe there was an event coming up for which you wanted to get in shape. Step inside your mind and gain a sense of what makes an exercise plan click for you.

Tip #4: Move instead of ride. One way to build exercise into your life is to walk, bike, run or skate to work or to do your errands. For instance, if you have to park your car in a downtown area for work, you could pick a lot that would a 15-minute walk to your office. Or you might bike or skate the distance from home to work and back. Or you could keep your bike or running shoes handy, so you could peddle or sprint to do your neighborhood errands.

Tip #5: Prepare ahead of time. You can give yourself an edge by placing your running clothes and shoes out the night before your morning run. Or by packing your gym bag to prepare for aerobics or swimming ahead of time. Or by having an extra pair of walking shoes in the car to get ready for spontaneous strolls. Make it as convenient as you can to keep exercising.

Tip #6: Track your progress. Fitness experts have found that exercisers who create a written record of their workout sessions do better.¹²¹ An exercise journal can give you a visual tool with which to measure your accomplishments. Each time you exercise, write down the date, time, type of exercise, duration and how you felt before and after. The desire to keep up the progress you've already made can provide the motivation to keep going. Again, however, remember that the main goal is to have fun, so don't be overly serious about your program. Have a relaxed attitude.

Tip #7: Sign up for a charity walk or run. With the goal in mind of participating, you'll know that you need to get in shape. These walks and runs are held

¹²¹ "Top 10 Tips for Staying Motivated," *Shape* magazine, p. 96

regularly in most areas, so there will be plenty to choose from. Looking forward to meeting other participants will give you added incentive.

Tip #8: Cross train. Having several activities to choose from can help you be flexible when sudden obstacles appear. Pool closed for cleaning? Walk the treadmill. Raining on a day you planned a mountain bike ride? Go to the gym and attend an aerobics class. Other advantages to cross training are that it may make staying active more interesting for you as well as work different sets of muscles.

Tip #9: Read up on your activity. Buying and perusing books and magazines on your fitness activity can get your mind on your side when it comes to fitness. You may also learn about correct movements and stretching methods that will help you avoid an injury.

Tip #10: Reward yourself when you hit certain fitness goals. If you're trying to lose weight, go get a massage after you've shed the first five pounds. Back on track after not exercising for months? Buy yourself some new clothes to celebrate. Exercising shouldn't be just all hard work. Have some fun with your program, and build in ways to pat yourself on the back once in a while.

Strength Training

Another type of exercise that can help keep us healthy and slow aging is strength training, also known as resistance training. Here muscle is toned or built by purposefully placing stress on it through weights or resistance equipment such as Nautilus. These efforts can prevent the drooping muscles that we associate with aging as well as promote overall strength.

Recommended frequency of strength training is three 30-minute sessions a week. By focusing on a different muscle group at each session, you can avoid overworking your muscles. It's wise to rest a group of muscles for about 48 hours between sessions.

Each strength-training session usually involves about eight to 10 movements for a particular muscle group. The trainer at your gym or a personal fitness coach can help you develop a program that will match your fitness level. There are also books you can consult that lay out a basic routine. One such title is *90-Day Fitness Plan* (Dorling

Kindersley Books, ISBN 0-7894-7559-6, \$14.95) by Matt Roberts, a personal fitness coach who has worked with such celebrities as Sting.

Some fitness experts feel that free weights are better because you have more control over the particular movements you make. However benefits can also be produced by working with the weight machines at your gym, and with this equipment, the move for each machine is programmed for you. So there are advantages and disadvantages to each approach. Use whichever approach seems to work best for you, or better yet, mix and match.

Strength training is used differently depending on your particular goals. Here are some general guidelines.

- For greater cardiovascular strength, choose lighter weights and do a high number of repetitions.
- To build a more muscular look, select moderate weights and do about eight to 12 reps.
- For more bulk, pick heavier weights and do fewer reps.

Generally, when you're working at the correct level, you will feel some difficulty in doing the last few reps of an exercise. With an effective strength-training program, the difficulty should be increased gradually to continue to place stress on the muscles. Your trainer can help you revamp your program when you feel it is no longer challenging your body.

Stretching

An important third component of an exercise regimen is adequate stretching. A primary reason to include stretching in your routine is that it helps prevent injury by increasing your range of motion. Muscle soreness is also reduced as stretching boosts circulation and thus helps to rid the body of metabolic wastes. In addition, it will improve your overall flexibility, something which becomes even more important as we age and our muscles become less elastic.

One way that I stretch is by attending **yoga** classes three times a week. These sessions are great for my overall flexibility, and they also provide strength building

benefits as well as an improved emotional and spiritual outlook. There are many different types of yoga classes offered; some forms are more vigorous or aerobic than others. Popular types include Hatha, Kundalini, Iyengar, Ashtanga, Sivananda and Bikram. While there are yoga tapes available, it can be wise to start out in supervised classes. That way, you will be more motivated as well more assured that you are doing the moves correctly.

A stretching routine should also be incorporated into your aerobic exercise regimen. One of the best times to stretch is at the end of your workout as your muscles will be warmed up and flexible. While you stretch, the slower movements will also assist in bringing your heart rate, body temperature and respiration back to normal levels. Generally a good cool-down stretch should take up about 10 to 15 minutes of an hour of exercise.

A good basic reference book on this subject is simply called *Stretching* (Shelter Publications, ISBN 0936070226, \$14.95). First written by Bob and Jean Anderson in 1980, this title is now in its 20th edition. In this latest version, you'll find stretches for all the major muscle groups, as well as some particular stretching routines for common sports and other activities such as inline skating and triathloning.

Biking Alert

In my health-coaching work with prostate patients, it has become apparent that there can be a direct link between prostate problems and bicycling. With a conventional seat, men have reported that a single workout can double or triple their PSA results, and that multiple sessions can lead to more severe symptoms of prostate trouble.

The solution? Well, some men report that it can be very helpful to adjust the bicycle seat so that the nose is pointed down. Then there is less irritation to the perineum. Also, there are now bike seats that have been specially designed to produce less pressure to sensitive areas. One such seat is the Spongy Wonder Bicycle Seat from Spongy Wonder Inc. of Riverside, New Brunswick, Canada. This seat is made of two soft platforms which are on a steel frame. A gap between the two platforms helps to prevent the unwanted pressure. In addition, the platforms have been designed to be wide in order to provide more surface area for carrying the weight of the bicyclist. Men report a

comfortable ride after some initial adjustments to the seat's positioning. For more information, visit <http://www.spongywonder.com>.

Kegel Exercises

A section on exercise for Prostatitis patients would not be complete without mentioning Kegel exercises. Some men may be aware that women do a type of Kegel exercise by tightening and relaxing the vagina in order to tone that area of their bodies. Well, Kegels for men relate to erectile function and ejaculation. They should work the muscles in two different areas separately—in the urinary tract and in the anal canal. Squeezing and releasing the urinary muscles will help you gain greater control of your urinary stream. Applying a similar technique to the rectal area will help release tension stored there that may be negatively affecting your prostate. Exercising Kegels in either area will increase blood flow to the prostate, a vital goal for prostate health.

It's important not to go overboard with this. One man told me that he was doing what I knew to be way too many Kegels at every stoplight! That's a sure method for raising your PSA and worsening your symptoms. Instead, try doing about 20 squeezes and releases in each of the two areas one to three times a day. Be careful to fully relax the muscles between squeezes and afterwards.

Personal Growth

For many men, their prostate illness is a real wake-up call. They see that there are changes that need to be made in order to have a healthier and happier future. This can lead to both emotional and spiritual growth. As Ted T. expressed it in a letter of appreciation that he wrote to me, *"This was a call to living life at a richer, fuller and more meaningful level—physically, emotionally and spiritually."* And as Kevin C. described this experience in his own letter, *"It certainly has provided the focus for what's important... I'm so freed up now."*

One important factor that can play into ill health for men is the training we receive in society to deny our feelings. As men, we are encouraged to charge ahead through challenges and to ignore our pain and emotions. The societal messages are so

clear: “*Keep a stiff upper lip.*” “*Just do it.*” “*When the going gets tough, the tough get going.*” “*Take it like a man.*” “*Only sissies cry.*” Etc.

However, it is stressful to your body to be in a constant state of emotional denial. Pushing down feelings requires effort for our emotions are meant to be naturally felt and released. When our feelings are ignored, we are left in a tense, rigid state. And over time, you may end up being confused about just what it is that you feel or your feelings can be reduced to an unwavering flatness.

This pattern of denial ignores a vital resource. For our feelings are important indicators of when we are in the flow, creating our lives as we wish them to be. In contrast, negative feelings are our indicators that we are in inner conflict, not in the flow of success, health and vitality.

Also, when you negate your feelings, you may overlook important messages about what you need to do to properly take care of yourself. Perhaps you haven’t been exercising. Or are drinking too much coffee to keep yourself going. Or have been eating foods that don’t support good health. Are you also living an unbalanced life that allows little or no room for relaxation and rejuvenation, let alone healing? Maybe it’s time to recognize that you’ve long been running on empty and that you need to recharge.

So, slowing down and better pacing yourself can help provide time to both protect your health and to reconnect emotionally. This book provides many answers on the health side of that work, but how can you approach the emotional part? Good news! Drawing on experiences from years of counseling men as well as his own personal growth, psychologist Robert Pasick, Ph.D., of Ann Arbor, Michigan, has drawn a roadmap for emotional self-discovery for men. This roadmap is presented in Chapter 4 of his book *Awakening from the Deep Sleep*. The book also examines the socialization processes that cause men to remain in a long-term state of denial, keeping their emotions at bay.

Here are the basics of Dr. Pasick’s five-step process:

Step #1: Allow yourself to recognize when you are experiencing physical sensations in your body. Since emotions communicate to us through bodily feelings or sensations, allowing yourself to get in touch with these signs can be an important initial step in your emotional growth. Perhaps the sensation is an uneasy stomach or a tightness at the sides of the forehead. Because men are trained to deny these sensations, it can take

effort to let this awareness rise to a conscious level. One practice that can be helpful in this process is to set aside a specific amount of time each day, say 5 to 15 minutes, to do nothing but tune into the signs your body is providing for you. Once you have received a clear signal that a sensation is occurring, you may want to record that recognition in a journal for later review.

Step #2: Develop ways to describe these feelings. Here the goal is to identify what the feeling is. If you have been emotionally disconnected, it may take a while to develop a “feeling vocabulary.” To grow as a man, you may need to experiment with this. It may be helpful to use metaphors, such as *“I feel like Napoleon at Waterloo,”* or *“I feel like Paul Newman in ‘Cool Hand Luke.’ ”* Write down the descriptions that you find helpful and refine them if the words don’t seem quite on target.

Step #3: Identify what triggered the feeling. Once you’ve learned to recognize a feeling, and once you have become able to describe it, you will want to develop the ability to be able to pinpoint what the trigger was (or triggers, if there are more than one). Sometimes you’ll know right away what stimulated the feeling. (Perhaps it was an argument with your wife or boss.) However, at other times, the correlation will be harder to trace. You may just feel a little moody one day and not sure why. Taking a little time to do some mantra or breath meditation may allow the reason to float up into your consciousness.

When you’ve been in the habit of denying your feelings, you may discover that your emotional reactions are sometimes delayed a bit. So if you find yourself overreacting to a situation, ask yourself if there is something else that might be bothering you. Perhaps you are upset about a prostate test result you got back the day before. Or this might be related to a similar incident in your past which you never worked through emotionally.

Step #4: Talk about your feelings with others. Dr. Pasick believes this is one of the most important steps in his process because it will help you learn to express what you feel. However, revealing your feelings may not come naturally because of the societal training that I touched on earlier. A close friend can be a good person to start with when you begin to have these sorts of discussions.

One thing you're likely to discover is that your friend has had similar experiences, or knows someone else who has felt the way that you do. Recognizing that you are not alone in what you feel can give you strength.

Step #5: Now identify what your need is related to that feeling. Acknowledging your feelings will help you get in touch with your true needs. This can enable you to be self-directed, rather than just behaving in reaction to current life happenings, the wishes of others, or societal messages. Step #5 is important because it will assist you in aligning how you live your life with what it is you truly want to be doing. Dr. Pasick has determined that these needs may relate to companionship, self-care, rest or excitement.

As with so many things, learning to live in a healthy relationship with our emotions is a matter of balance. While you don't want to remain cut off from what you feel, you also don't want to swing in the other direction and be emotionally over intense. There will be times when you will need to keep your emotions in check, as when giving an important presentation at work or when comforting another person. At a minimum, it can be helpful to tune in to your emotions once a day to acknowledge what it is that's going on within you. This will lead to greater self-understanding and strengthen your connection to the people who are important to you in your life.

Of course, being ill can stir up some rather strong emotions. During your recovery, you are likely to have even more emotional content than normal to acknowledge and let go. Now it is more important than ever to let yourself open up to the rich world of your emotions. This can lead to spiritual insights which you may not have had otherwise. Yes, many men who have gone through my program acknowledge that their illness was an opportunity for emotional and spiritual growth that they would not have made time for in the normal rush of their stressful busy lives.

Here's more from one of my prostate patients, Kevin C:

"I have experienced huge breakthroughs in how life occurs and who I am in life... During a walk at sunset, people's faces came to me that I was still upset with after many years. Most of them I have no idea where they live. Some of them I don't remember their names. But they came, one after another, with a clear memory of the incident that caused the upset. I knew exactly what to say to them to complete the incident, to forgive them and

to forgive myself. No blame, no regrets, just life unfolding. Another breakthrough is my being available to be contributed to by others. I've been a person who was certain I could do it myself. (Or in other words, I didn't trust people.) Even in group or team projects, I was still holding out for my own private world that only I could manage properly. That's gone...

[It's] so clear that I know so little and that by being available and listening to what the universe (or God, if you prefer) provides, miracles are happening every day. I am experiencing love of life and love of people in ways I never imagined. In fact, the fantasies were never as good as this!

What's Ahead

One rich area for tapping into your feelings is through a connection with a partner. I know of no better way for a man to experience the fullness of his emotions than through a loving, shared orgasm with the woman he cares about. You will discover many ways to add passion, mutual satisfaction and depth to your love life in the next chapter.

Chapter 11

Step 10: Adding More Passion, Mutual Pleasure & Spiritual Depth to Your Love Life

A passionate, mutually-satisfying and spiritually-based love life is good for your health. First, a deep loving connection with a partner is such a crucial element in healing. This loving energy can make all the difference between having to cope with chronic Prostatitis and getting better. A strong relationship and regular love making can raise your self-esteem, brighten your perspective, and produce positive feelings that will give your immune system a boost. Secondly, regular love making will give the prostate a workout. This muscle, like any other, must be used to remain strong.

While learning new sexual techniques may make your love life more interesting, the most important element for strengthening your relationship, and for igniting your ardor for each other, is staying emotionally connected. This emotional bond doesn't just happen. It takes conscious effort on a continuous basis. But when it is present, you and your partner can share a level of sexual intimacy that you may not have thought was possible.

Strategies for Connecting

Whatever kind of relationship you have with your partner, there are practices you can build into your lives together that help to create closeness. For instance, you could go to the gym together each morning, or have a weekly dinner date every Wednesday night. You might like to talk on the phone with each other at least once during the day. Or you could drive with each other back and forth to your jobs.

For couples who live together, an important commitment (“No matter what!”) can be the sharing of the events of the day when one or both of you return from work in the evening. Take whatever time you can manage—5, 10, 15 minutes or more—to reconnect. Talk about how your day was, what's on your mind, and how you are feeling about it all. Let your partner know about any accomplishments you might have achieved, any

challenges that you're dealing with and what your emotional response has been to these developments.

By making the commitment to stay connected, you eliminate the guessing game of wondering where your partner is at emotionally at any given time. And if one of you is working on an issue, that partner will feel so much better after connecting. They will benefit from sharing their concerns and from the input and support the other person can provide.

The main goal of staying connected is to maintain a loving energy in the relationship. This positive energy will help both of you to stay in the flow of life. For when we are in loving energy with our partner, it extends outward into other areas. Soon we are creating better experiences in many parts of our lives.

Tantric Practices for Connection

In my last book *Prostate Health in 90 Days*, I provided some practices for connecting that were adapted from the Tantric tradition. These ideas were so well received, I'm going to include a couple of the practices here, along with a few new ones.

Tantra is an ancient Eastern approach to sexuality that includes processes for creating a high level of connection with a partner. Tantric practices were devised for fostering a spiritual union between two people. Some of the processes work with the energy centers of the body known as the *chakras*. The seven main chakras are located along the spine, and they are described in the next section of this chapter.

Practicing Tantra, couples find that their union deepens. The sexual experiences are more intimate, more loving and more spiritual. Each partner learns to open up to a greater degree and to be more vulnerable; this opening up strengthens the bond between the lovers.

Note that the terms used in Tantra for our sexual features reflect the spirituality of the lovemaking it encourages. The penis is referred to as the *lingam*, which means wand of light. The vagina is called the *yoni*, which translates to a sacred space, a temple of pleasure, or a precious gateway.

Connect Sessions: In this practice, Tantra couples commit to having two periods each day in which they connect both physically and emotionally. Both sessions should last at least 10 minutes. Outside concerns are set aside, and you just focus on each other. The physical contact may be holding each other, spooning, massage, kissing, caressing, brief penetration or outright lovemaking. The goal is to share your love in whatever form you wish to express it. Intercourse should not be the expectation. However, if the connect session carries over into full lovemaking that is fine too. If you feel that you do not want to make love, you may want to discontinue touching and kissing at intervals and simply lie quietly together. Breathe gently and enjoy feeling the physical sensations and sharing of your energies.

This is a powerful process that really helps couples stay close. Building loving energy helps you approach your conflicts in a more cooperative mode, as you have a greater feeling that you are working together. The two of you will discover greater caring, trust, understanding and excitement when you practice these connect sessions twice a day “no matter what.”

Spooning: This simple but powerful process could be used as part or all of a connect session. It can also be helpful to practice spooning at times when you are in disagreement with each other. The sharing should be nonverbal in a time of discord, allowing the energy to bring you both back to center! The process can help dissipate the battling energy between you. Basically the practice of spooning was devised to align your spirits and enliven you both with loving energy.

You will want to lie together like two spoons side by side. Both of you will be on either your right or left sides, with one partner reclining in front of the other. Use some pillows and become very comfortable. Snuggle up close together. Align your chakras as you rest in this nurturing position. Usually you’ll want to lovingly alternate being on “the inside” of the spoons. However, if one partner is troubled, they should lie on the inside for that session.

Relax your body and mind. Begin to focus on your breath, feeling the energy of life entering you with each inhale. Then listen to your partner’s breath. Begin to align your breaths, so that you are breathing in and out in unison. Together take a deep breath,

hold it for a moment, exhale and then pause before your next inhale. Repeat this process over and over, accepting the energy of life as it comes into you. If you are the partner on the outside, begin to give energy to the partner in front. The partner on the inside should openly receive this energy. During this energy exchange, the outside partner should emphasize the exhalations, and the inside partner should specially note the inhalations.

At this point, you will begin to focus on your chakras, moving through them one at a time. The energy-giving partner will lead in this part of the spooning process. Begin by telling your partner to focus on the heart (fourth) chakra for three breaths. Then move on to the other six chakras in the following order, forehead (sixth chakra), root (first chakra), sacral (second chakra), solar plexus (third chakra), throat (fifth chakra) and lastly the crown (seventh chakra)

Up to this point, the two of you have been emphasizing unity; now you and your partner will focus on differences. You will move into *reciprocal charging breathing*. In this process, one partner inhales as the other one exhales. The focus here is on working together to create energy. Being physically close, skin touching, alternating the breathing, the energy will be flowing between your chakras. This breathing pattern will help you further attune your energies.

Allow at least 10 minutes for the spooning practice. Acknowledge the ending of the session to each other nonverbally. Then you may wish to share in words some of what you are feeling before you move on to your day. You will leave each other filled with loving energy.

The Harmonizing Hug: This practice takes just a few moments, and it can be used as often as the two of you wish. In a standing position facing each other, enjoy a close intimate hugging experience. Wrap your arms around each other gently and allow your bodies to make contact. Your breasts and bellies, thighs and pelvises should be touching. Focus on your breathing and your partner's and allow it to fall into unison. Also feel your partner's energy and your own. Then visualize the energies joining at your center and flowing freely from your feet, up through the seven chakras, and out through the top of your head. Experience the loving energy moving through you. Gently caress your partner and then slowly separate. Pause and stand together for a short time before parting.

Spine by Spine: In this practice, the two of you will sit up facing away from each other, cross-legged, with your spines touching. You may wish to hold hands, or to interlock your elbows. Or you can simply rest your hands on your own thighs. One partner will say “Om” softly, and then the other will repeat it. Then begin to meditate silently on this mantra. As you meditate, feel the warmth of your partner’s body resting against the length of your spine. Feel your energy and be aware of your partner’s energy. Continue to enjoy the flow of energy as you meditate for 5 to 10 minutes.

Body, Heart & Mind: Here the two of you will sit cross-legged facing each other and explore the energies of three of the main seven chakras. The entire process will take a little over 15 minutes, and it can serve as one of your connect sessions. The three chakras you will be exploring are the sacral (located at the lower abdomen), heart (located between the breasts), and crown (located at the forehead). Starting with the sacral chakra, each of you will reach over and place a hand on your partner’s abdomen (second chakra). Become aware of their breathing. Align your breath with your partner’s. Tune into the partner as you breathe in unison for about 5 minutes.

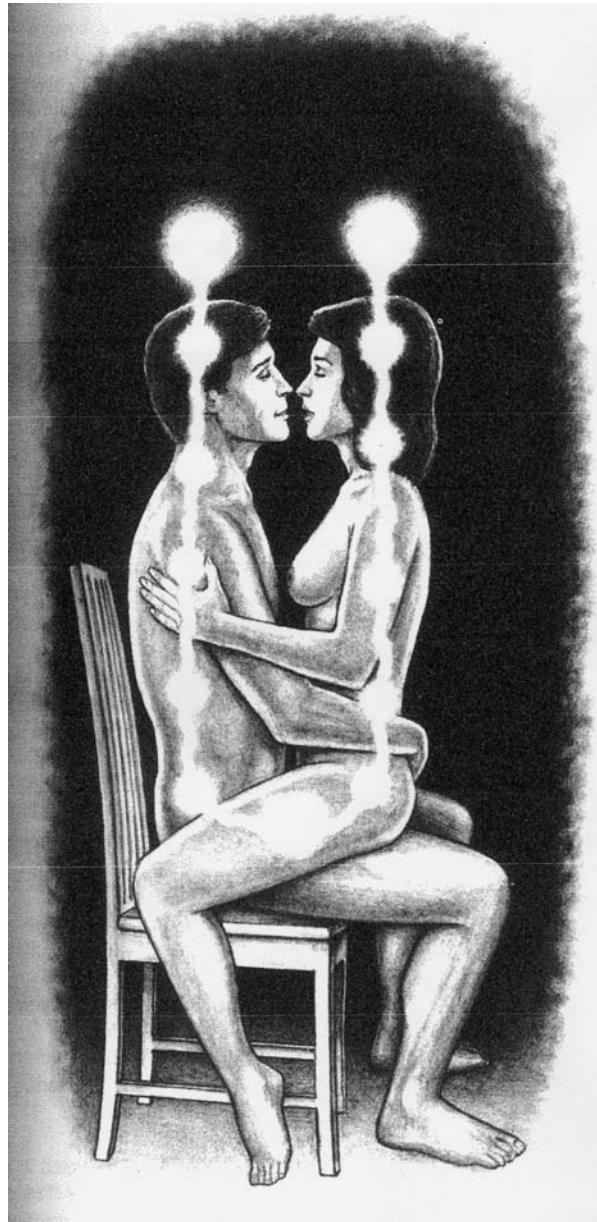
Next, move up to the heart area. This time, you will be placing your hand over your partner’s fourth chakra. In addition, you will also place your other hand on top of the partner’s hand, which will be over your own heart chakra. Now send your partner energy from your heart, and receive the energy they are sending you. Continue for about 5 minutes.

Lastly, lean forward and rest your forehead against your partner’s forehead. After closing your eyes, breathe in unison. Send your partner energy from your seventh crown chakra (at the center of the forehead), and receive energy from theirs. Continue for about 5 minutes.

Sit across from each other for a moment or two before parting.

Yab Yum: This is probably the sweetest of the connect positions. Here the man sits crossed-legged, in lotus position, with the woman sitting on his thighs with her legs extended to either side. All chakras should be lined up and touching. The man may have

to practice carrying the woman's weight in this position, but believe me, it is well worth the effort. Yab Yum has so many possibilities, from sweetly rocking to swaying, just conversing, to full penetration. It can be done fully clothed, with a mutual disrobing or with any variation. A flat solid pillow under the man's buttocks will assist with this position.



Once you become accustomed to the above exercises, feel free to improvise and make them your own. The goal is to unite your energies and kindle the spirit of love

between you and your partner. Such efforts will have a positive effect on all areas of your relationship.

The 7 Major Chakras

The seven chakras enliven the human body, by receiving and radiating energy. They are the areas where the body receives energy from the Universe, 24 hours a day, seven days a week. When you work with them with your partner, you build a basis for energy sharing and sexual intimacy which taps into these power sources. The sharing of energies can assist in opening up any blocked chakras.

Each chakra is associated with nearby body elements, a certain life force and a color, as you will see in the descriptions below.

Chakra #1: (Red) The first or root chakra is associated with the adrenal glands, kidneys and spinal column. It is linked with physical sensations and physical functioning. This chakra is often said to be our primary connection with earth energies.

Chakra #2: (Orange) The second or sacral chakra energizes the sex glands and reproductive system. Feelings and emotions are associated with the sacral chakra.

Chakra #3: (Yellow) The third or solar plexus chakra is tied to the pancreas, nervous system, gallbladder, stomach and liver. Linear thinking is keyed into through this chakra.

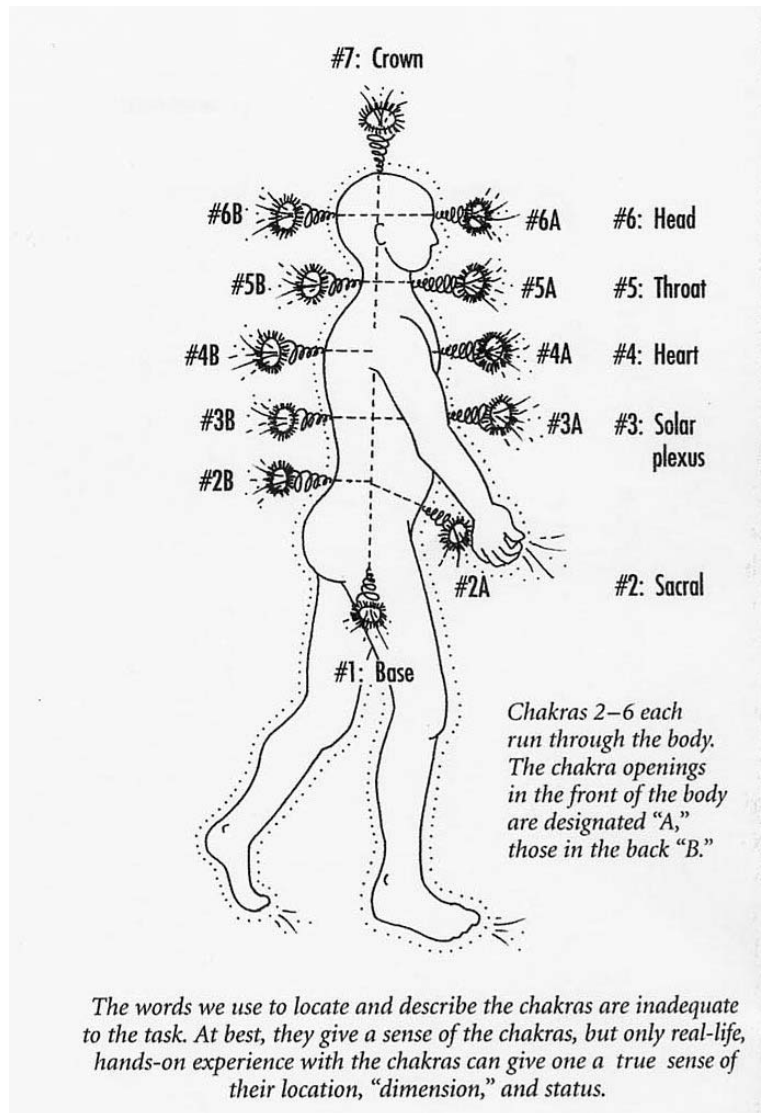
Chakra #4: (Green) The fourth or heart chakra is associated with the thymus gland, heart, blood and the circulatory system. It emanates and receives love and caring.

Chakra #5: (Blue) The fifth or throat chakra is related to the thyroid gland, larynx, lungs, breathing and speaking apparatus, and the alimentary canal. It is associated with communication of all types and with self-expression.

Chakra #6: (Indigo) The sixth or head chakra energizes the pituitary gland, lower brain, nervous system, ears, nose and left eye. Located at the forehead, it is linked with love of

life and of the universe. This chakra, often called the Third Eye, is the center of our intention and spiritual vision.

Chakra #7: (Purple) The seventh or crown chakra is tied to the pineal gland, upper brain and right eye. It is said to be our connection with a higher level of consciousness as well as the integration of the mind, body and spirit.



Reversing a Negative Cycle

Sometimes we get into a negative thought cycle with a partner, and the relationship just seems to get progressively worse. Our negativity seems to draw out the

negativity in the partner. One approach for working your way out of this downward spiral is to progressively make your own thoughts a little bit better. For instance, you might be thinking, “I hate her. She’s just too much to take.” The trick is to take that thought and move it step-by-step in a positive direction.

So you might notice something funny that she said. Next you could realize that she can be fun and spontaneous. Then you might think of something thoughtful that she did for you. Eventually you may arrive at “I know she’s OK. I really enjoy her.”

One positive thought will lead you to another positive thought and your brightened perspective will have a positive effect on your partner.

It doesn’t work to jump from “I hate her” to “I love her.” The thoughts must be just a little more positive as you move up the ladder. But if you make a conscious effort, you can turn it all around and create a more positive perspective for yourself that will then improve the relationship.

What you want to do is to interact from a place of love. Being conscious of your thoughts marks the beginning of your intention to improve the relationship. Without conscious effort to change the patterns, the Law of Attraction will result in negative thoughts attracting more negative thoughts, just as positive thoughts attract more positive thoughts.

Enhanced Sex for Women

An atmosphere of caring will make it easier for a woman to open up sexually with her partner. The above practices and suggestions will foster a loving environment for the two of you. Then once you are in the bedroom, the woman is likely to take longer than her partner to become aroused. So a man learns to slow down the process of love-making in order to enjoy her pleasure along with his own. If the process is rushed, her pleasure and active participation may be lost along the way. By focusing on her response and the sexual experience as a shared one, the man is likely to enjoy a far superior level of satisfaction himself. Her pleasure is his highest pleasure.

For a woman, self-exploration can be important in learning how to achieve an orgasm from clitoral stimulation. A number of good books have covered this subject, among them *For Yourself: The Fulfillment of Female Sexuality* and *For Each Other:*

Sharing Sexual Intimacy. Both of these books were written by sex therapist Lonnie Barbach, Ph.D. Once a woman knows how to access such pleasure, she can then show her partner the type of speed, angle and pressure that works for her.

There are people, both women and men, who are shy to share their self-stimulation with a partner. They may be fearful of offending the partner and worry about what they may think. Or someone may lack assertion in asking for what they want. So it can be helpful to open up such a discussion in order that a woman can know that you want her to tell you what pleases her—in terms of clitoral stimulation and otherwise. As one man commented, “That is a lot better than having it take weeks to figure this out!” It can also be quite a turn-on for the man, both initially and later when he is able to tap into this knowledge when pleasuring her.

It may be helpful for the woman to use a vibrator at first if she is not yet orgasmic. The intense stimulation from the vibrator can make it easier to access an orgasmic reaction through clitoral stimulation. She will want to make the practice an overall pleasurable one, perhaps partaking in a bubble bath beforehand, lighting candles and playing music. The woman might begin by using self-massage and touching her breasts. If she is stimulating herself manually, the vibrator might be inserted in her vagina to simulate intercourse. Later this experience can be helpful for performing self-stimulation of the clitoris during actual intercourse to enhance orgasm.

Another area of extreme pleasure for a woman is her *G spot* (*Sacred Spot* in Tantra), which is located inside the vagina on the front wall about one to two inches in. It is at the point just where her pubic bone ends. A man can be helpful in assisting a woman in discovering the pleasures that can be accessed there; this process has been dubbed “Awakening the Goddess.” The man should be aware that this sacred area is also a location where a woman may hold old hurts and other powerful emotions. Releasing these pent-up feelings can be very healing for her. Sacred Spot work is a fundamental Tantric practice for awakening, strengthening and healing a woman’s sexual energies. It can bring a new level of union to the relationship. See “Freeing the Female Orgasm” by Pala Copeland at <http://www.tantra.com/free.html> and “The Art of Conscious Loving” by Charles and Caroline Muir at <http://www.tantra.com/mission/muir.html>.

To position herself for this pleasuring, the woman should lie comfortably on her back propped up by soft pillows. She might place her legs over the partner's shoulder or bend them at the knee with her feet resting on the bed. It is suggested that this portion of your lovemaking take place after you have already spent intimate time together—kissing, touching, arousing and pleasuring each other.

When she has become naturally lubricated and has indicated her willingness for you, gently place your ring finger into the vagina as far up as is comfortable for her. Your palm should be facing up. Now pull your finger down to the underside of her clitoris, an area of the vagina which will feel a little bumpy and rougher than other sections. (The area will feel somewhat like the surface of a cauliflower.) At first, just hold your finger there, as she may become alarmed or emotional. If emotions arise, simply hold her and let them pass. You may experience her moving through emotions very quickly, from scorching anger, to tears, to intense pleasure, to joyous laughter in seconds, even milliseconds. These are great releases for her. Just hold your partner, and let her be aware that you are there for her “no matter what.”

This is an incredible experience for the man, and an awesome healing experience for the woman over time. It can take years of regular practice for some deep wounds to surface. Caroline Muir herself experienced release of repressed emotions of sexual abuse more than seven years into a very courted practice as teachers, with Charles.

If your partner is comfortable, you can stimulate the G spot as your other hand rests on her breast, stomach, hip, clitoris or elsewhere. Breathe in and out in harmony. Caress the Sacred Spot in a rhythmic motion for a couple minutes. You may want to use both your middle and index fingers, and these can be moved around, as well as in and out of the vagina, and over her G spot. Be aware while exploring that some parts of the G spot area may be painful at first even to touch. Be very gentle or even avoid these sections at first, focusing on, or going back to areas of pleasure.

Your partner is likely to find it extremely pleasurable if both her G spot and clitoris are stimulated at the same time (she can help). Or you may want to switch from stimulation of the G spot to rubbing of the clitoris in a back and forth manner. Or you could use your tongue on her clitoris while massaging her Sacred Spot with your fingers.

Alternating any stimulation with periods of quiet togetherness will allow her to relax into a very pleasurable orgasm. You may notice a clear liquid being released as she comes. This fluid has historically been called the “Nectar of the Goddess,” and the amount of secretions can be considerable.

Of course, varying your activities will bring pleasure to her during your intimate times together and help keep the sexual sharing exciting. There may be times when touching, kissing and manual and/or oral stimulation can be substituted for intercourse. For most women, touching of various parts of her body before moving to the genitals is a sure way to bring about deeper arousal. Women tend to be more touch-oriented whereas men are more visual. There will be certain areas of her body to which she will be more responsive; these may include the face, hands, feet, breasts, ears, back, buttocks and inside of the thighs. Enjoy, and remember to take your time! All the while, draw a mental roadmap, but realize that she can change from one session to the next. So the roadmap is a flexible, moving one.

Choosing the Moment

To stay in tune with his woman so that they can eventually share a similar level of arousal, a man needs to learn how to delay ejaculation. This can be thought of as “the art of conscious ejaculation.” In addition to the excitement of seeing his partner in the heights of passion, a man will build up a greater degree of sexual energy the longer he postpones the event. Tantric practices, in fact, recognize the intense experience of a man’s inner orgasm. By delaying his pleasure, a man can eventually actually learn to enjoy both delightful inner orgasms as well as highly explosive orgasms with ejaculation, becoming multi-orgasmic like women are.

Here are some exercises that men will find helpful for timing their ejaculations as they wish:

Training the PC Muscle: The *pubococcygeal muscle*, or *PC muscle*, helps a man have a strong erection and assists in controlling ejaculation. This muscle runs from the tailbone down to the pubic bone. One way to strengthen this muscle is to stop the flow of urine once or twice every time you urinate. With practice, you will learn to separate the PC

muscle from surrounding muscles and to clench the pubococcygeal muscle only. Over time, this muscle will become strong. Then when you want to delay ejaculation, contract the muscle and breathe deeply and slowly while pausing the stimulation. The urge to ejaculate will dissipate and then rise to a higher and higher level with each “hold back.”

Controlling the Breath: As a man approaches orgasm, he begins to breathe harder and faster. Thus, by deliberately slowing the breath, he can slow his response and delay ejaculation.

Loving from a Higher Chakra: The second or sacral chakra is the seat of desire and sexual energy. As such, it can be important to move your focus to the fourth or heart chakra when wishing to delay your response. This place of heart and emotions will shift your attention to a loving connection with your partner rather than on the ejaculation.

Squeezing the Penis: About an inch from the tip of the penis on the underside is an area known as the *frenulum*. By gently but firmly squeezing the frenulum for 20 to 30 seconds, you can reduce the urge to ejaculate. Either partner can perform this action, which will require withdrawal from the vagina to accomplish. For a short time, the penis will become somewhat soft, but an erection will return.

Pressing on the “Missing Penis”: Though most people are not aware of this, the penis continues into the body, running hidden inside the perineum (the area that goes from the testicles to the anus). This area also becomes hard during arousal. By pressing on the “Missing Penis,” you can lessen the urge to ejaculate. An advantage of using this method is that the man does not need to withdrawal from the woman in order to do it. His partner may also gently but firmly press on the area to prolong his pleasure before ejaculation. There is a small indent, going in a 1/4th inch deep, which is the pressure point.

All of the above activities will assist you in delaying ejaculation. While the penis may become soft at first, it will regain its erection with renewed activity and eventually arise to an ever higher level of activity. Over time, the greater control you will gain can allow you to experience the explosive full body orgasms of which you are capable. When

you do reach orgasm, picture the energy running up and down your chakras as you breathe.

Dealing with Temporary Impotence

With Prostatitis, men are likely to experience a period in which they have difficulty achieving erections. Fortunately, with my program, this condition can be reversed in time. Some single men avoid sex during their period of difficulty, fearing rejection. Even a man in a committed relationship may wonder if he can satisfy his partner without an erection.

The support and understanding of a loving partner is crucial at times like these. Men can be surprised to discover that their partner is still interested in pursuing sexual activity. It can be important for the man to give up on griping and grieving over his temporary problem and to instead start thinking of the possibilities. A wise strategy is to use this period of your recovery to fully explore the pleasure you can give a woman without intercourse. In fact, because men find that pleasing a woman is so exciting, you may just find yourself experiencing all kinds of pleasure which you were missing when you were focused on intercourse and ejaculation. The idea is to bask in her sexual energy and excitement which will ignite your own.

A man who might be reading this who has impotence due to prostate surgery or radiation may want to read *The Lovin' Ain't Over: The Couple's Guide to Better Sex after Prostate Surgery* by Ralph and Barbara Alterowitz. The book was written by a Prostate Cancer survivor and his wife for men with more prolonged cases of impotence.

Safer Sex

If you are not in a monogamous relationship with a partner who you trust, it is wise in these times to practice safer sex. This includes, of course, the use of condoms as a barrier to prevent the exchange of bodily fluids that might contain the AIDS virus or some other organism that causes a sexually transmitted disease. At an early stage of the AIDS crisis, studies were done that showed that the virus thought to cause AIDS is unable to penetrate latex. Nor can many other STDs such as herpes, gonorrhea and

syphilis. Many cases of Prostatitis are ultimately tied to sexually transmitted pathogens, viral and/or bacterial, so there may be a need to protect her as well.

Latex condoms are recommended over animal fiber condoms as their walls are thicker and more consistent. Lubricated condoms are less likely to break as easily as non-lubricated ones. You will also want to use a water-based lubricant such as Astroglide on the outside of the condom and perhaps in the vagina. Press out any air that might be in the receptacle tip of the condom before using it. Unroll the condom until the entire penis is covered. After coming with intercourse, hold on to the base of the condom as you withdraw so it does not slip off. This will have to be done soon after intercourse as the penis will begin to lose its erection. Throw the condom away after one use.

Some condoms are provided with a spermicidal lubricant that adds extra protection if the condom breaks or leaks. However, some people find the spermicide to be irritating. Sometimes switching to another brand can make a difference.

If the condom does break or come off during intercourse, you should stop what you are doing. Both partners should urinate, wash their genitals, and apply nonoxynol-9. Douching by the woman is not recommended as it might cause small cuts in the walls of the vagina that would allow the AIDS virus to pass through.

Of course, safer sex also involves limiting the type of physical contact you have with a partner you are not sure is safe. A good book on this topic is *The Complete Guide to Safer Sex* from The Institute for Advanced Study of Human Sexuality.

More on the Tantric Perspective

As opposed to a sexual energy that is crude, selfish and unfeeling, Tantra practices are geared for a sexual life that is harmonizing, profound and spiritual. This perspective sees the sharing of a mutual orgasm as a delightful way to experience a spiritual union with another. While most couples do not always relate sexually at the most elevated spiritual level, the important thing is to keep a loving energy to your activity. This will allow you to let go and to lose yourself in the wonder of the sexual experience.

In Tantra, orgasm is seen as a vehicle for going to a higher level of consciousness. Healed in mutual bliss, the lovers go back into their lives in a greater state of well-being.

The sexual energy and love shared bring a more elevated viewpoint. With these energies, the prostate is more likely to become a “Happy Prostate,” healthy and pulsating with blood and vitality.

Sensual Massage

Massage is a great way for a couple to get close. It can also be helpful for getting acquainted with each other’s bodies. Attention might be given to one partner and then the other, so you both become the givers and the receivers. Before you begin, the two of you could shower together or separately.

Create a relaxed atmosphere, with pleasant music in the background. You might burn incense or scented candles. Have fresh sheets on the bed and plenty of pillows for support.

If you are going to do the massage, organize the pillows, massage oil or lotion, sheets, bed cover, etc. Encourage your partner to let you know beforehand if there are any special areas of tightness that need attention or places she especially enjoys being touched. Also, discuss her state of mind to see how relaxed or constricted she might be feeling.

Take deep breaths for energy as you move about her. For a more sensual massage, generally use a light touch, adding a kiss here and there. However, vary your touch and technique along the way.

Start with the back, massaging the whole area. Pay special attention to the neck and shoulders as these are common areas where tension is held. Don’t forget to give attention to the sides of her body, the lower back and buttocks.

Next, massage the legs, perhaps running your fingers quickly on the inside of her thighs. Spend time with her feet, which will relax her.

Now have your partner lie on her back. Work her shoulders one at a time from the front. Stroke both sides of her neck in unison. Then knead her head (in the hair area) with your fingertips; most people find this very relaxing. Next, move to her face, remembering to include the forehead, the area around the eyes, the cheeks and jaws. Touch, kiss, lick and blow on her ears.

Move to the arms, massaging each of them separately. End with the hands, giving both special attention.

Now, address the front of her body, perhaps teasing the breasts. Work the sides of the torso. Circle your way around her abdomen.

Use broad strokes to unify her body's energies. Rest a hand on her shoulder, or pause for a moment between her breasts, as a closing finish.

Play with erotic massage, which could lead to passionate kissing, Sacred Spot work, or all-out lovemaking.

For more information on basic massage techniques, check out *The Book of Massage: The Complete Step-by-Step Guide to Eastern and Western Techniques* by Lucinda Lidell, *Sexual Energy Ecstasy* by David and Ellen Ramsdale, or some of the Tantra books. Videos are available on many of the Tantric websites.

Positions for Lovemaking

As part of varying what you do together in bed, it's fun to be aware of various positions you can use for intercourse and to go from one to another. You will find that varying postures during a particular session, and from session to session, will bring a freshness to the lovemaking. Also, each position will bring its own intricacies of feelings and sensations.

Many people use the basic "missionary" position. Here the woman reclines on her back, while the man lies on top facing her. From this position, the two of you can smoothly move into another. The man remains inside his partner, but takes a kneeling position in front of her. The woman then pulls her legs up to her chest and rests her feet on the man's torso. Placing his hands on her thighs, the man can then move his partner back and forth. This position provides very good G spot stimulation. It also allows great access for the woman for self-stimulation of the clitoris.

Another position starts with the man sitting up in the bed with his legs stretched out in front of him. The woman moves over to him. After turning to face away from him and kneeling, she takes his penis in her hand and lowers herself down over it. He can then wrap his arm around the partner's waist and thrust in and out of her. The woman can also lower and raise herself. This position is also excellent for stimulating the G spot.

An additional position can be taken from the missionary stance, in which, of course, the couple is facing each other. Starting out in missionary, the man then takes a kneeling position, pulling the woman up as he sits on his lower legs. The female partner's legs go to the outside of his legs. From there, they can embrace and kiss, bodies fully touching. For continued intercourse, he can lift her up and down. The woman can also push herself up and down with her legs. This position closely mirrors Yab Yum of the connect sessions discussed earlier.

In one other position, the man lies on the bed on his back. Facing him, the woman places her knees to either side of his torso and lowers herself down onto his erect penis. Varying the depth of penetration, she lowers and raises herself as he thrusts inside of her. The woman may also wish to contract the walls of the vagina, as he moves in and out of her.

Adding Oral Sex

Involving oral sex in your close time together can make it even more pleasurable and intimate. Here feedback from your partner can be very helpful. For instance, this can help you determine the pressure and speed of stimulation that is most enjoyable. It can be especially important for a man to encourage his partner to let him know when the right area has been found. This can make all the difference in getting a response from her. For couples using condoms, various flavored products can add a little novelty, and they will taste a lot better to her than plain latex condoms.

After Glow

When you have finished making love, stay in each other's arms and bask in the glow of orgasmic energy you have created together. Savor the moment. You could both play with visualizing things that you want to show up in your life, working with the powerful energy of creation. Meanwhile, you could just snuggle together for a while without speaking. A stroke of the arm or a kiss or two can note that you are thinking of your partner. You may become so comfortable that the two of you could fall asleep entwined. The important thing is to tune into the sweet loving energy that you have created and to allow it to continue flowing.

Chapter 12

Your Personal Healing Workbook

*Even if you're on the right track,
You will get run over if you just sit there.*

Will Rogers, American humorist & actor

If you're a man with Prostatitis, you have come to the right place for help. Hopefully you found your way to these pages without undergoing prolonged traditional medical treatment that did not bring lasting results. Well, it's likely that *Prostatitis – The 60 Day Cure* has placed all the pieces in front of you that you will need to know about in order to recover. The point of this final chapter is to guide you in how to place the pieces together to make a cohesive recovery plan. If you have Prostate Cancer or BPH too, the odds are that these other conditions will also improve when you are able to clear the Prostatitis.

The average amount of time it takes to recover from Prostatitis using the plan in this book is 60 days. However, since each man is unique, you will need to look at the basic program outlined in this chapter and adjust it to your own individual needs. Many of you will experience dramatic improvement in your symptoms after only doing the fast and taking the herb Epilobium. Still, all the steps will work together to bring you to a fuller recovery.

It has been very rewarding for me to see so many men recover from prostate conditions using the approaches I originally developed to bring about my own recovery from both Prostatitis and Prostate Cancer. Using these methods in the mid-90s, I was able to reduce my gigantic prostate from 220 cubic centimeters down to 30 cubic centimeters. Since that time, I have been constantly improving on these methods. Because I have been there, I know the changes I am asking you to make in your life will require a conscious and steady commitment on your part. But let me remind you, along with your recovery from Prostatitis, you will also be building an overall healthier and happier life for yourself, using the steps in this book. After a short time, as you are feeling better and

better, you will probably be asking yourself why you waited so long to move in these positive directions.

When you leave your health-defeating habits behind, your body will acknowledge your efforts with gradual improvements to encourage you along the way. **Focusing on this healing, rather than the illness**, will assist your progress. In your recovery work, proceed at a pace that feels right to you. Return to the pages of this book for support and information as you move forward.

OK, enough reading. Let's get started!

Phase I: Preparing to Heal & to Track Your Progress

Initial steps will be setting yourself up for recovery and for monitoring the improvements as you heal. To this end, you will want to:

- **Write down your current symptoms** in a bound journal used only for the purpose of tracking your experience with Prostatitis. You can make notes about your recovery efforts, symptoms, progress, etc., on these pages on a daily basis during your time on the program.

- **Check in with your doctor for a Prostatitis diagnosis.** It can be helpful to find a physician who is open to both Western and alternative approaches to healing.

- Be sure to **undergo basic testing** (see Chapter 2) for a record of the state of your condition at the start of this program. These tests should include:

1. **A Digital Rectal Exam (DRE)**

2. **A Prostate Specific Antigen (PSA) Test**

3. **An Express Prostatic Secretion (EPS) Test**, which may be helpful in determining which microorganisms are involved if an infection is present. An EPS provides a sampling of your prostatic fluid for analysis.

Record the results of these tests in your journal, and keep copies of all test reports in a manila envelop you keep tucked inside the cover.

- Consider also having a **Power Color Doppler sonogram test** done by Dr. Bard in New York City if your PSA score has elevated sharply and/or you are alarmed about the possibility of Prostate Cancer. His report includes the level of Prostatitis, extent of

any calcifications, size of the prostate, and other useful observations. For more information, visit the website www.cancerscan.com.

Note: Remember that you'll want to undergo periodic testing to assess your progress as you improve. In addition to the tests mentioned above, these check-ins might include Biological Terrain Assessments (BTAs); call 520/474-4181 for a local practitioner who can provide that test for you. For more information on the BTA's, go to www.bioterrain.com.

- **Consider adding other members to your support team, in addition to your physician.** You could contact the **Prostate90 Foundation** by phone (310/587-9855) or e-mail (coaching@prostate90fndn.org) for health coaching. You might also join the **Internet support group, Pralt Discuss**, available through my website (<http://www.prostate90.com/>) to ask questions and hear from other men with prostate problems. In addition, you may want to work with a holistic M.D. or a naturopathic physician as well as your regular physician. Think too, about gathering names of other health professionals who can assist you in the various phases of this program; these experts could include a biological dentist, a nutritionist, a massage therapist, a personal trainer, etc. See the Resources section for referral organizations.

- To get ready for Phase II, **order the Ultimate Cleanse Kit and the Prostate Support Kit** from Beachwood Canyon Naturally (BCN) by calling 888/803-5333 or 212/665-8070. Visit their BCN website at <http://www.bcn4life.com/>.

Phase II: Getting Started with the Program

Now that you have identified your problem as Prostatitis, it is time to begin the plan presented in *Prostatitis – The 60-Day Cure*. The program starts with several of the steps that I have seen bring about the most striking improvements in men with Prostatitis who have followed my approach to healing.

- **Do the 8-day Ultimate Cleanse** as described in Chapter 4 of this book. To make this easier, you can use the supplements and supplies provided in the Ultimate Cleanse Kit from Beachwood Canyon, Naturally (<http://www.bcn4life.com/>). The 8-day Ultimate Cleanse and the accompanying 90-day herbal program will help your system release toxins, get rid of parasites, better fight any infection that might be occurring, and

generally operate at a more optimal level. If you feel you need support to do the fast, make an appointment for coaching by contacting the Prostate90 Foundation by e-mail (coaching@prostate90fndn.org) or phone (310/587-9855) or locate a health professional in your area who can counsel you.

- **Start taking the herb Epilobium**, which is provided in the Prostate Kit from Beachwood Canyon, Naturally. You'll want to wait until the end of the Ultimate Cleanse to take the other supplements in the BCN Prostate Kit.

- **Go to a biological dentist for a dental evaluation.** In most of the cases that I have seen, when there's a prostate problem, there's a dental problem. Factors involving the mouth might include hidden infections (possibly related to previous root canal work), infections of the gums and jaws, amalgam (silver) fillings, old deteriorating fillings and/or incompatible or allergy-provoking dental materials. Resources for biological dentists include the American Academy of Biological Dentistry in Carmel Valley, California (831/659-5385); the Environmental Dental Association in San Diego, California (800/388-8124 or 858/756-7845); and the International Academy of Oral Medicine and Toxicology in Orlando, Florida (407/298-2450; website www.iaomt.org). For more information on biological dentistry, see Chapter 5. Also, note that improvements in symptoms brought by the fast can fade if dental issues are not addressed properly.

Phase III: Taking the Self-Care Steps

Once you have cleaned up your system and prostate through the Ultimate Cleanse and undergone treatment from a biological dentist, you'll then begin tackling the bulk of the improvements in your daily habits to support your healing. In addition, you might consider prostate massage. Phase III includes the following steps:

- **Evaluate your dietary habits, comparing them to the “Ten Good Food Guidelines” offered in Chapter 7.** Often patients have a realization during the Ultimate Cleanse that it's time to improve the way that they are eating.

- **Begin making the recommended nutritional improvements.** Some key points will be limiting your intake of high-glycemic carbohydrates, such as white flour foods, potatoes, pastas and sugar (Good Food Guideline #4); eating adequate amounts of

protein (Good Food Guideline #2); and improving the quality of the foods that you eat (all the Good Food Guidelines but #8 [on limiting the amount]). Part of incorporating better quality foods into your diet will be finding sources of grassfed organic beef (you'll find providers at <http://www.mercola.com/> and <http://www.eatwild.com/>), as well as range-free poultry and wild fish (both found at health food stores). Commercial meat, poultry and fish are loaded with pesticides, antibiotics and hormones, which are harmful to the prostate and to your general health (this issue is discussed in Guideline #2). Also, remember that soy is not friendly to the prostate in part because of its estrogenic effects (see Guideline #7.) Finally, add the cottage cheese, flaxseed and flax oil mixture to your diet to raise your intake of Omega 3 essential fatty acids (see Guideline #9 in Chapter 7 and the “Have You Had Your Omega 3’s Today?” section of Chapter 6).

- **Start taking the remaining supplements in the BCN Prostate Kit.** In addition to the Neoprostate and other kit supplements, consider adding probiotics—supplements supplying friendly bacteria—and natural antibiotics to your regimen. For more information, see Chapter 6.

- **You can begin now to detox your body of mercury using the homeopathic remedies recommended in this book.** It's OK to take the suggested supplements in this program at the same time. Remember that **MerClear** is the mercury detox remedy for people who still have their amalgam fillings. **Amalgam Clear** is a professional mercury detox product for people who have had their amalgam fillings removed. **Lymphatic Stimulation** is the formula that activates the lymph system. All three products are homeopathic remedies produced using superior ingredients according to the U.S. Homeopathic Pharmacopoeia. MerClear, Amalgam Clear and Lymphatic Stimulation are all available through Beachwood Canyon, Naturally.

- **To determine the immunologic effects of Mercury on the immune system with a revolutionary saliva test developed by Immunosciences Laboratory, Inc. go to www.mercurytestkits.com.**

- **Explore undergoing prostate massage** to improve circulation in the pelvic region and to help open up blocked areas of the prostate. This work might be done by a

bodyworker or a partner. For further background on prostate massage as well as instructions, see Chapter 8.

- **Learn to handle the stress in your life in better ways.** This can include adopting a daily meditation practice into your routine. You'll find information on meditation and other tools for stress management in Chapter 10. Stress is a major factor in Prostatitis. I have observed that when men develop stress management techniques, or reduce their stress in other ways, that the condition of their prostate usually improves.

- **As you begin to manage your stress better, take a look at how this illness might have created an opportunity for you to grow both emotionally and spiritually.** The truth is that recovering from health problems requires a reassessment of how you are conducting your life; this can include how you are handling your emotions. If you have been denying your feelings—or stuffing them down with food, alcohol or overwork—you will find a process for getting back in touch in Chapter 10. Health recovery often leads to deeper spiritual insight and growth.

- **Aim for getting at least 30 minutes of light or moderate exercise on most days.** It's best to choose a type of exercise that you enjoy, for this makes it more likely that you will stand by this commitment. Walking, biking, swimming, running, Yoga, aerobics classes, the StairMaster and the treadmill are among the many possibilities. Also, work in some strength training and stretching. For more information, including 10 Tips for Staying Active, see Chapter 10.

- **As you heal, consider the ideas in Chapter 11 for adding more depth and passion to your love life.** A loving, spiritual connection with a partner and regular tender and caring love making are good for your overall well-being as well as for the health of your prostate. So, incorporate what you find appealing from the chapter as you are able.

- **Additional care—such as massage therapy and lymphatic drainage—can be added to support your healing.** Both massage therapy and lymphatic drainage will improve your circulation and give your immune system a boost. For more information, see Chapter 10.

Phase IV: For Those Who Require More

If, after all of this, you find that your Prostatitis still persists, you have yet another option. Currently, under development in the United States is a new device called **The Prostacizer**. It is designed for mechanically administering a type of gentle prostate massage. The massage and the accompanying drainage are accomplished using a balloon-like device that is inflated and deflated at set intervals. A proprietary liquid-enzyme formula flows in and out of the prostate during the process and speeds the cleansing of the infection. This approach can also include careful screening of released prostate fluids for more accurate selection of anti-microbial medications. To learn about the current availability of The Prostacizer in the U.S., visit the website www.prostacizer.com, or call the Prostate90 Foundation at 310/587-9855. This device is designed to be used both at home and by health practitioners.

Phase V: Moving Forward in Recovery

As your test results bring better and better news and your symptoms lessen, watch that you do not slide back into old behaviors that could slow your progress. The healthier eating, regular exercise, stress management techniques and improved emotional habits are all efforts that you'll want to keep going. Keep checking in with your support team until you all agree that the Prostatitis has been eradicated and you are ready to enter a new phase of your life—one of health!

Through all the phases of your healing, it can be helpful to continue to focus on your efforts to get well rather than the fact that you are ill. Visualize yourself doing all the things that you want to do in the normal way. As The Law of Attraction notes, we draw into our lives those things to which we devote our mental energies. Think about creating a happy, healthy, rewarding, love-filled life, and as it manifests in your world, your prostate will respond favorably!

RESOURCES

Organizations/Health Professionals

Prostate90 Foundation

Redondo Beach, CA

Provides coaching for prostate illness prevention and recovery.

Phone: 310/587-9855

E-mail: coaching@prostate90fndn.org

Website: <http://www.prostate90fndn.org>

Prostate support group: Pralt-discuss (joined at *yahoo.com* or on <http://www.prostate90.com>)

Prostate Support Supplements/Ulimate Fast Kit

Beachwood Canyon, Naturally

New York, NY

Toll free: 888/803-5333

Website: www.bcn4life.com

Mercury Saliva Tests/Homeopathic Mercury Detox Formulas

Beachwood Canyon, Naturally

New York, NY

Toll free: 888/803-5333

Website: www.detoxmercury.com

The Prostacizer

Prostacizer, LTD

A break-through product for gentle mechanical prostate massage

Website: www.prostacizer.com

Harold Ravins, D.D.S.

Center for Holistic Dentistry

12381 Wilshire Blvd., #103

Los Angeles, CA 90025

Phone: 310/207-4617

Website: www.ravecoholistic.com

Other Biological Dentist Resources

The American Academy of Biological Dentistry, Carmel Valley, CA

Phone: 831/659-5385

The Environmental Dental Association, San Diego, CA

Phone: 800/388-8124 or 858/756-7845

The International Academy of Oral Medicine and Toxicology, Orlando, FL

Phone: 407/298-2450; website: www.iaomt.org

Radiologist Robert L. Bard, M.D.

Leading Sonogram Practitioner for Prostate Health

New York, NY

Website: www.cancerscan.com

Dr. Jordan Dimitrakov, M.D.

Medical Researcher and Diagnostic Test Innovator

E-mail: jjdimitrakov@aol.com

Raya King

Massage Therapist Specializing in Prostate Concerns

Los Angeles, CA

Phone: 323/936-6696

Marci Javril

Bodyworker Who Teaches a Variety of Classes, including Partner Body Massage,

Tantric Traditions and Partner Prostate Massage

Vital Energy Center

Marina del Rey, CA

Phone: 310/306-9838

Website: www.vitalenergycenter.com

Judy Taylor

Lymphatic Massage Therapist

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

Website: www.lymphforlife.com

Michael Tick

Lymphatic Specialist

Bonita Springs, FL

Phone: 941/498-0010

American Massage Therapy Association

You'll find a Massage Therapist Locator Service at the website www.amtamassage.org.

Dr. Vodder School of North America

You'll find a locator service for Lymphatic Massage Drainage Therapists at the website

www.vodderschool.com.

Soram Khalsa, M.D.

Provides Computer Regulation Thermography.

Khalsa Medical Clinic

436 North Bedford Drive, Suite 308
Beverly Hills, CA 90210
Phone: 310/274-6200
Fax: 310/274-8600
Website: www.khalsamedical.com

Michael Galitzer, M.D.
Provides Biological Terrain Assessments and Homeopathy.
American Health Institute
12381 Wilshire Blvd., #102
Los Angeles, CA 90025
Phone: 310/820-6042
Website: www.ahealth.com

Biological Terrain Assessment (BTA) Tests
To find a test in your area, contact:
Dr. Robert Greenberg
Payson, AZ
Phone: 520/474-4181
Website: www.bioterrain.com

Colonics Resources
American Colon Therapy Association, Los Angeles, CA
Phone: 310/572-6223
California Colon Hygienists Society, Graton, CA
Phone: 707/829-0984
International Association for Colon Hydrotherapy, San Antonio, TX
Phone: 210/366-2888

Homeopathy Resources
National Center for Homeopathy, Alexandria, VA
Phone: 877/624-0613, 703/548-7790
Website: <http://www.homeopathic.org/find.htm>

Hain Pure Foods Noniodized Sea Salt
Toll free: 800/434-HAIN

Websites

Abraham-Hicks Publications
A resource on meditation and spiritual enlightenment
<http://www.abraham-hicks.com/>

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

Prostatitis – The 60-Day Cure

www.web.idirect.com/~ino/novak.htm

Association for Applied Psychophysiology & Biofeedback

www.aapb.org

Benefits of Calorie Restriction

www.infinitefaculty.org

Center for Science in the Public Interest

Public service organization researching food issues

www.cspinet.org

Health Problems Associated with the Mouth

www.altcorp.com

The Krisiloff Diet for Prostate Concerns

www.krisiloffdiet.com

The Meditation Society of America

This site is a source for information on a wide variety of approaches to meditation.

<http://www.meditationsociety.com/>

Optimal Wellness

Information on grassfed meat and various health issues

<http://www.mercola.com/>

The Truth in Labeling Campaign

www.truthinlabeling.org

Why Grassfed Meat Is Best

<http://www.eatwild.com>

Yoga Directory Online

Extensive resource for everything yoga-related

<http://www.yogadirectory.com/>

ADDITIONAL READING

Prostate Health

Prostate Health in 90 Days without Drugs or Surgery, by Larry Clapp, Ph.D., J.D., Hay House, 1997.

Prostate: Questions you have...Answers you need, by Sandra Salmans, People's Medical Society, 1996.

The Prostate: A Guide for Men and the Women Who Love Them, by Patrick C. Walsh, M.D., and Janet Farrar Worthington, Warner Books, 1997.

How to Fight Prostate Cancer & Win, by William L. Fischer, Agora Health Books, 2001.

Problems with Antibiotics

Antibiotic Crisis: Antibiotic Alternatives, by Leon Chaitow, N.D., D.O., Thorsons Publishing, 1998.

Beyond Antibiotics: Boost Your Immunity and Avoid Antibiotics, by Michael Schmidt and Lendon H. Smith, North Atlantic Books, 1994.

The Yeast Connection Handbook, by William G. Crook, M.D., Professional Books, 1999.

The Immune System

The 10 Best Tools to Boost Your Immune System: A Total Health Prescription, by Elinor Levy, Ph.D., and Tom Monte, Mariner Books, 1997.

The Road to Immunity: How to Survive & Thrive in a Toxic World, by Kenneth Bock, M.D., and Nellie Saban, Pocket Books, 1997.

Fasting/Cleansing

The Master Cleanser, by Stanley Burroughs, Burroughs Books, 1976.

Dr. Jensen's Guide to Better Bowel Care: A Complete Program of Tissue Cleansing through Bowel Management, by Dr. Bernard Jensen, Avery Penguin Putnam, 1998.

Nutrition

The Oil Protein Diet Cookbook, by Dr. Johanna Budwig, Apple Publishing Co., 1996. (Order through www.barcleans.com as delivery may be slow from other sources.)

Flax Oil as a True Aid against Arthritis, Heart Infarction, Cancer and other Diseases, by Dr. Johanna Budwig, Apple Publishing Company, 1996. (Order through www.barcleans.com as delivery may be slow from other sources.)

Why Grassfed Is Best, by Jo Robinson, Vashon Island Press, 2000.

Fast Food Nation: The Dark Side of the All-American Meal, by Eric Schlosser, Houghton Mifflin, 2001.

We Want to Live, by Aajonus Vonderplanitz, Carnelian Bay Castle Press, 1997.

The Detox Solution: The Missing Link to Radiant Health, Abundant Energy, Ideal Weight, and Peace of Mind, by Patricia Fitzgerald, Illumination Press, 2001.

Mastering the Zone, by Barry Sears, Ph.D. with Mary Goodbody, HarperCollins, 1996.

Your Body's Many Cries for Water, by Fereydoon Batmanghelidj, Global Health Solutions, 1995.

The Prostate Cancer Protection Plan: The Foods, Supplements and Drugs That Can Combat Prostate Cancer, by Dr. Bob Arnot, Little Brown & Company, 2001.

Exercise

Yoga for Beginners, by Mark Ansari and Liz Lark, Harper Perennial, 1999.

Light on Yoga: Yoga Dipika, by B.K.S. Iyengar and Yehundi Menuhin, Schocken Books, 1995.

Radu's Simply Fit, by Radu Teodorescu, with Maura Rhodes, Cader Books, Kansas City, 1996.

90-Day Fitness Plan, by Matt Roberts, A Dorling Kindersley Book, New York, NY, 2001.

The Way of Walking: Eastern Strategies for Vitality, Longevity and Peace of Mind, by Jacques MoraMarco, L.Ac., with Rick Benzel, Contemporary Books, 2000.

Stress Reduction

The Three Minute Meditator: 30 Simple Ways to Unwind Your Mind While Enhancing Your Emotional Intelligence, by David Harp and Nina Feldman, New Harbinger, 1996.

Stopping: How to Be Still When You Have to Keep Going, by David Kundtz, M.F.T., Conari Press, Berkeley, CA, 1998.

Emotional Healing & Growth

Awakening from the Deep Sleep: A Powerful Guide for Courageous Men, by Robert Pasick, Ph.D, HarperSanFrancisco, San Francisco, CA, 1992.

Sex/Relationship

Love & Survival: 8 Pathways to Intimacy and Health, by Dean Ornish, HarperCollins, 1999.

The Art of Sexual Ecstasy: The Path of Sacred Sexuality for Western Lovers, by Margo Anand, Jeremy P. Tarcher/Penguin Putnam, 1989.

Sexual Energy Ecstasy: A Practical Guide to Lovemaking Secrets of the East and West, by David and Ellen Ramsdale, Bantam Doubleday Dell, 1993.

The Lovin' Ain't Over: The Couple's Guide to Better Sex after Prostate Disease, by Ralph and Barbara Alterowitz, Health Education Literary Publisher, Westbury, NY, 1999.

Dental Health

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Silver Dental Fillings: The Toxic Time Bomb, by Sam Ziff, Aurora Press, 1985.

It's All in Your Head: The Link Between Mercury Amalgam and Illness, by Hal A. Huggins, D.D.S., Avery Penguin Putnum, 1993.

APPENDIX I

The Chronic Symptoms Index

The following *Chronic Prostatitis Symptoms Index* offered by the National Institutes of Health was developed in part through a series of focus groups involving Chronic Prostatitis patients. These focus groups were conducted at four locations in North America. The intent was to determine the “most important symptoms and impacts of the condition.” An initial draft of 55 questions was revised over time to what you see below. Men with Chronic Prostatitis were consulted again during the revision stage as well as two control groups—one consisting of men with Benign Prostatic Hyperplasia (BPH) and another of healthy men.

The NIH Chronic Prostatitis Symptom Index is easily self-administered. Take your time with reviewing the questionnaire, as you may need to bring these symptoms to your awareness.

The NIH Chronic Prostatitis Symptom Index

Pain or Discomfort

1. In the last week, have you experienced any pain or discomfort in the following areas?
 - Area between rectum and testicles (perineum)
 - Testicles
 - Tip of the penis (not related to urination)
 - Below your waist, in your pubic or bladder area

To answer, choose “yes” or “no.” Each “yes” answer gets a score of 1; “no” answers receive a score of 0. (All four items should be scored.)

2. In the last week, have you experienced:
 - Pain or burning during urination?
 - Pain or discomfort during or after sexual climax (ejaculation)?

To answer, choose “yes” or “no” with the same scoring as Question #1. (Both items should be scored.)

3. Over the last week, how often have you had pain or discomfort in any of the areas mentioned above?

To answer, choose one: “never” (0 score); “rarely” (1 score); “sometimes” (2 score); “often” (3 score); “usually” (4 score) or “always” (0 score).

4. Which number best describes your average pain or discomfort on the days that you had it over the last week?

To answer, rate your pain on a scale from 0 to 10 (0 meaning “no pain” and 10 representing “pain as bad as you can imagine”).

Urination

5. How often have you had a sensation of not emptying your bladder completely after you finished urinating during the last week?

To answer, choose one: “not at all” (0 score); “less than 1 time in 5” (1 score); “less than half the time” (2 score); “about half the time” (3 score); “more than half the time” (4 score); or “almost always” (5 score).

6. How often have you had to urinate again less than 2 hours after you finished urinating, over the last week?

To answer, choose one: “not at all” (0 score); “less than 1 time in 5” (1 score); “less than half the time” (2 score); “about half the time” (3 score); “more than half the time” (4 score), or “almost always” (5 score).

Impact of Symptoms

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7. How much have your symptoms kept you from doing the kinds of things you would usually do, over the last week?

To answer, choose one: “none” (0 score); “only a little” (1 score); “some” (2 score); or “a lot” (3 score).

8. How much did you think about your symptoms during the last week?

To answer, choose one: “none” (0 score); “only a little” (1 score); “some” (2 score); or “a lot” (3 score).

Quality of Life

9. If you were to spend the rest of your life with your symptoms just the way they have been during the last week, how would you feel about that?

To answer, choose one: “delighted” (score 0); “pleased” (score 1); “mostly satisfied” (score 2); “mixed” - about equally satisfied and dissatisfied (score 3); “mostly dissatisfied” (score 4); “unhappy” (score 5); or “terrible” (score 6).

Scoring

For *pain*, total items 1, 2, 3, and 4.

For *urinary symptoms*, total items 5 and 6

For *quality of life impact*, total items 7, 8, and 9.

First, calculate and note three separate scores (for pain, urinary symptoms, and quality of life). Next, calculate and report a combined pain and urinary score (range 0-31), referred to as the “symptom scale score.” A total of 0-9 is considered mild; 10-18, moderate; and 19-31, severe. Finally, calculate and report your total score (range 0-43). Retake the test over time, and compare your new totals to earlier score to chart your status.

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About the Authors

LARRY CLAPP, Ph.D., J.D., was diagnosed with Prostate Cancer and Prostatitis in the early 1990s. Given the limited options of surgery and radiation, he began intensive research into self-healing alternatives and developed a treatment for Prostate Cancer and Prostatitis which he successfully used to cure himself. Today, Cancer and Prostatitis free, Clapp continues his research while helping others to heal through his website, workshops and many media appearances, such as *The Today Show* and Fox News.

Clapp earned his J.D. degree at the University of Michigan Law School in 1963. His Ph.D., earned at Galien University in London in 1996, was based on the six years of research and writing of his book, *Prostate Health in 90 Days*, in Hawaii; England; San Francisco; Boulder, Colorado; and Santa Monica, California.

During seven years of intensive research, Clapp studied under several medical doctors, biological dentists and alternative healers, developing expertise in cleansing, nutritional healing, pH balancing, herbology, homeopathy, bodywork, energetics and spiritual healing. Combining the best of these healing arts, he developed successful treatment programs for prostate problems. Clapp is co-author of *Awaken the Healer Within* (Prime Books, 1992), which focuses on the emotional aspects of healing, and he coaches men suffering from prostate problems, including Prostatitis and Prostate Cancer.

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