

### Please tell mature men about this Prostate chapter.

The prostate gland is a male reproductive organ. It is about the size of a walnut and sits at the base of the bladder. The thin tube (urethra) that carries urine and semen out of the penis runs through the centre of the prostate gland. At the point where the bladder and urethra join, there is a ring of muscles, known as the bladder neck sphincter, which opens and closes like a camera-shutter. The bladder neck sphincter is closed most of the time to prevent urine leaking out but when it gets permission from the brain, it opens to allow urine to be passed. Another (external) sphincter is part of another set of muscles below the prostate called the pelvic floor. These muscles are also involved in bladder control. If the bladder neck sphincter is damaged during prostate cancer surgery, the pelvic floor muscles are now relied on to control the bladder more often. If the pelvic floor is weak you may experience urinary incontinence.

Only men have a prostate. It is a walnut-sized muscular gland that secretes a thin, milky, fluid that lubricates the urethra, the duct for urine and ejaculatory fluids, and helps sperm survive after ejaculation. When it gives trouble it is called Benign Prostatic Hyperplasia (BPH), more commonly known as an enlarged prostate. It affects millions of American men - 14 million in 2010, according to the National Institutes of Health (NIH). A BPH diagnosis can come with many symptoms and complications. That's why home remedies and natural treatments, like green tea, are often sought out to reduce symptoms.

"Most men will get prostate problems if they live long enough," said John W Erdman, PhD at the University of Illinois who has been studying the effects of cooked tomatoes on prostate cancer since the mid 1990s. He found that diets containing 5 to 10 servings of fruits and vegetables daily is the foundation of health recommendations for cancer prevention.

End.

As with all illnesses, early prevention, which is what this chapter is about, is more effective when sooner rather than later.

Like breast cancer, prostate cancer is a "hormone-sensitive" disease. Its development and progress is strongly influenced by the various naturally made by the body hormones, and artificial ones from food and environmental things. These are influenced by age, dietary intake, detoxification, functions of the liver and intestines, exercise, smoking, and exposure to hormone-like chemicals from food and the environment.

In USA there was a 60% reduction in the number of new cases of prostate cancer in those men taking selenium (Se), compared with those men who didn't, and there is more Se in most USA soils than in NZ where there is none, so taking Se is important.

The most problems associated with an enlarged prostate are urinary-related. The reason for this is the position of the prostate, next to the urethra. When the prostate becomes larger, it squeezes the urethra, causing several uncomfortable and often distressing conditions. The most common complaints include the need to urinate more frequently, the inability to fully empty the bladder, pain during urination and frequent night time trips to the bathroom, leaving the sufferer deprived of a full night's sleep. An enlarged prostate can also cause a sudden 'dribbling'.

### **Factors associated with a higher risk for prostate disease and cancer include -**

High blood pressure (hypertension).

Diabetes type 2 or adult-onset diabetes.

High insulin levels in the blood.

Low levels of high-density lipoproteins (HDLs).

Having a 'spare tyre' or 'beer belly' which is mostly fat, increase the chances of prostate cancer, said Oxford scientists.

Sedentary lifestyle.

Diet high in fat, especially saturated fat.

Excessive intake of calcium.

### **Supplements that help**

Nature's Way Saw Palmetto. One with breakfast and one with dinner. Another brand of Saw Palmetto contained mercury and other bad toxins.

Eating organic, grass-fed beef and adding more cruciferous vegetables to your diet (like broccoli and cauliflower) will lower oestrogen levels. Oestrogen is a female hormone that is used to treat women's health problems including menopausal symptoms.

Decaffeinated Green tea (three cups a day) is reported by many to reduce the chances of getting prostate problems. I drink three a day.

Cooked tomatoes supply lycopene as do other sources like tomato sauce and tomato soup. Studies on the use of tomato, tomato products, or lycopene found that, compared with no-frequent users of tomato products, consumers of high amounts of raw tomatoes had an 11% reduced risk of prostate cancer, and those with a high intake of cooked tomato products experienced a 19% lower risk.

Cabbage and its family of foods, such as kale, broccoli, and similar green leafed vegetables help control excess estrogen, enemies of the prostate, by supplying vitamins, minerals and fibre that are important for your health.

Several large human studies have shown that higher dietary boron intake lowers prostate cancer risk. In one study, men with the highest boron intake halved their prostate cancer risk compared to those with the least intake. Read the two Boron chapters. We take Pure Boron tablets from Chris Rhodes with every meal every day.

Thomson's Prostate Manager. One with dinner. Contains Saw Palmetto, Pygeum, Nettle, Selenium, Vitamin D3, Lycopene, Zinc, Vitamin D3, Lycopene, Zinc and powerful antioxidant protection, to help support a healthy prostate function, with antioxidants and free radical scavenging properties.

PSA levels can be confusing. They can go up and down for no obvious reason. They can rise after surgery. Levels tend to be higher in older men and those with large prostates, but not cancer.

The prostate makes Prostate-specific antigen (PSA), as do most prostate cancer cells. During prostate cancer treatment, decreasing PSA levels help show whether your treatment is working.

When you take medicines (whether it's chemo, hormone therapy, a treatment vaccine, or a combination of those) for advanced prostate cancer, your PSA levels should drop and stay low. After you have surgery to remove your prostate, you should not have any detectable PSA levels.

Never take calcium supplements. There is plenty in good foods. Many who take calcium have serious health problems and some die. Elevated levels of blood calcium gives a much higher risk of fatal prostate cancer. There are drugs available to cut calcium levels in the bloodstream. A USA surgeon explained that as soon as any part of a body is injured, cells there die. The calcium races towards the injury. Bruises and all injuries to the body, including breast cancer, show high levels of calcium. That is how radiologists find internal bruising, etc. They just look for white calcium deposits where the person is injured.

### **Prostate health**

Good prostate health is a key for men coping with the inevitable hormonal changes that accompany ageing. Taking Selenium with vitamin E, and Zn can help with this. An astute health specialist may recommend more Zn to improve prostate behaviour. Read Human Health > Zinc. This is USA information based on grain-fed milk to which I and many others are allergic, so avoid. Grain is completely unnatural for ruminants that developed over millions of years on grazing. Milk from Grazinginfo farmers is better and Lewis Creamery milk is excellent.

A diet high in red meat, again USA information where their beef has a very high fat content marbled in it, so it is bad fat that can't be avoided. Our fat is not as bad, and can be cut off, which we do.

A history of kidney stones which can be caused by consuming too much calcium and black tea with no milk.

A history of sexually transmitted diseases - the disgusting idiots deserve it.

Exposure to the heavy metal 'cadmium' which is on the increase in underpants elastic and as a stiffener in shirt collars.

Lead and aluminum. Don't drink out of aluminium cans.

Mercury. There is no safe level.

Exposure to agricultural chemicals.

Aging.

Allergies. Muscle testing allows you to avoid the toxins.

Surveys have shown that stress is a bad whammy (something with an unpleasant effect) that worsens

prostate health.

### **PSA**

There is debate about whether the Prostate Specific Antigen (PSA) measuring is accurate, but there is no other measuring system.

My PSA levels were 7 in 2010, then 8, 9 and 14 by 2013, which made me research and reduce toxins even more, and take beneficial items, so in October 2014 it dropped back to 6 which thrilled me and surprised my doctor and the Five Crossroads Medical Centre nurses, because they had prescribed nothing while I took the supplements listed below. In May 2015 it was 11, so I researched it more and followed John W Erdman by increasing vegetable and fruit consumption and the supplements shown below. My doctor said that 11 is not a problem at my age of 85, but 30 would be. My PSA test in September 2015, was 7, which pleased me and my doctor. In April 2016 it was 8.

### **Rectum Biopsy**

I had this done in 2005 and I didn't like it.

Eight samples were taken and one showed cancer. I learned later that the sampling system can spread cancer if after measuring a cancerous area, more were measured. I was not told which number showed my cancer.

### **Preventions**

In USA and Northern hemisphere avoid excessive fat, especially grain fed saturated fats in dairy and marbled beef (don't apply here in New Zealand, because almost all our milk is pasture fed) and grain-fed marbled meat which has fat (not in New Zealand where most is pasture fed).

Prostate cancer which is the most common type of cancer in New Zealand men, is rare under the age of 50, but more common as men get older. Most men live without symptoms for many years, and some never get symptoms. While prostate cancer can be serious, it usually grows very slowly and is sometimes seen in corpses without having caused any problems. It is important to reduce the growth of any tumour which can be controlled by a good diet and supplements.

In New Zealand 3,000 new cases are found each year, and 600 die, and in USA by age 60, as many as 90% of men have an unhealthy prostate. In USA, behind lung cancer, prostate cancer is the most common cancer in men and is their #2 cause of cancer deaths. The risk of prostate cancer and other prostate problems is also genetic.

### **Symptoms**

As with most cancers, there are none or very few symptoms in the early stages. As men get older, it is common to get urinary symptoms such as reduction in flow, dribbling, needing to go urgently and more often at night.

The above symptoms are often due to other common prostate problems, such as benign enlargement of the prostate gland.

You should see a doctor immediately if you have any of the following -

- blood in your urine.
- pain with urination.
- unable to urinate easily.

### **Proven aids to reduce prostate problems**

Doctors often prescribe nothing, or recommend surgery. Two friends had prostate operations which became a mess and needed repeat operations, so I researched prostate preventions and cures more and have increased supplements reported to help the prostate which is a muscle, with three muscles inside it, which direct the various fluids (urine, lubricant and sperm) the right way, so I don't want to be without it. The above failures are another reason why I increased my intake of Se which is a muscle aid and has fixed some friends' stiff or sore necks in five days. Magnesium also helps muscles so reduces cramps, strokes and heart failures. Read Selenium and Magnesium in Human Health and in the farming section.

Since 1958, when I discovered that New Zealand is very low in selenium in cows, I have taken animal selenium before human selenium was available, and in recent years with vitamin E in Good

Health Premium capsules, and take Philippines Organic Virgin Coconut Oil which contains a lot of selenium and boron, both of which are very low in New Zealand, and parts of USA, and other countries. Eating a level teaspoon a day and growing 14 better than organic fertilised vegetables increased my Selenium level from 0.6 nmol in 1957 to 2 nmol per litre of blood, which is too high on the PathLab scale, but optimum on my scale which is based on prevention and perfect health, of animals since 1958, when only an animal selenium supplement was available, and worked wonders on our farm and in me and two Ruakura vets who worked with me, and a Washington State, vet when trying to reduce scouring in our cows in 1957, after copper levels had been corrected, but scouring continued. Low Se was found to be the cause. Read Selenium in both sections - Human and Farming.

In a study of 1,300 men split into two groups, one taking 200 mcg of Se a day, and the other a placebo, prostate cancer was almost 50% lower in the Se group. However, you might not need 200 mcg a day. 125 mcg of Se - depending on what else is eaten - might be enough. Our 13 vegetables are fertilised with slow release Selcote Ultra, boron and other measured deficient minerals.

Ginger powder is good for the prostate and overall body health, but must be kept in the fridge and not for too long, depending on its original age. Many supplements and all fats such as linseed called flax, which would avoid because the harvesters damage the skin of linseed, so it starts going rancid or bad, so fish and krill must be kept in the fridge to stop rancidity.

### **Queen Maple Syrup and Baking Soda**

Jim Kelmun is considered to be a legend by many in USA in the natural health field. Not only did he completely cure himself of prostate cancer using this powerful remedy - and help many others to cure their own cancers - he has defied constant threats from the medical profession calling on him to stop his so called "quackery" or risk being charged with practising medicine without a licence and being thrown into jail. The great thing about this treatment is not only it's astoundingly effectiveness (it starts to work quickly), the preparation is dead easy (you can begin right now if you have the ingredients in your pantry), and the cost is very low.

#### **Instructions**

Mix 1 teaspoon of "aluminium free" baking soda with 1½ to 2 teaspoons of toxin free (Muscle test them) maple syrup, black-strap molasses or Manuka honey. Hansells baking soda claim on the container said "Aluminium free", but what we bought was not. The Edmonds Baking Soda was free of aluminium and all toxins we measured. Take it on an empty stomach with one glass of NZNatural or e-filtered water (first thing in the morning and last thing at night). Do this twice a day for the first week then three times a day. Do it for 4 to 6 weeks, have a 4 week break, then repeat.

Do not do anything physical (not even walking) for at least 40 minutes after taking the mixture. This prevents the body from using the sugars for energy. Also eliminate all sugars from your diet so they don't interfere with this treatment. The Manuka honey, must be absorbed by the cancer cells with the baking soda, rather than having the baking soda combining with other sugars, and not reaching the cancerous cells.

### **Baking Soda/Molasses Prostate Cancer Cure Explained Further**

Another guy who also managed to completely cure himself of stage 4 prostate cancer was Vernon Johnston. He was given up for dead by doctors and the medical profession, but he managed to beat the disease by doing nothing else except use the baking soda cancer treatment. His story is even more remarkable than Jim's because Vernon's cancer had also spread into his bones. Once this occurs, it's usually a death sentence!

Many will succumb to impotence, incontinence, heart attacks and even death from treatment of tiny tumors that never would have affected them in the first place.

The British Journal of Nutrition published the results of an American study recently in which ginger extract actually killed human prostate cancer cells while healthy prostate cells did not die. The results occurred at a daily dose of 100 mg of ginger extract per kg of body weight, based on a man weighing 70 kg which equals about 550 mg of extract per day. In eight weeks, the ginger extract slashed prostate tumor growth in half. The researchers have estimated that 100 grams of fresh ginger eaten daily will offer the same results.

As a cancer champion, ginger has anti-inflammatory, antioxidant and antiproliferative effects upon

tumors making ginger a promising chemopreventive agent. Whole ginger extract holds significant growth-inhibitory and death-inductive effects in a spectrum of cancer cells by interrupting cancer cell-cycle progression, impairing cancer reproduction and modulating apoptosis (the death of cells which occur as a normal and controlled part of an organism's growth or development). But most importantly, ginger does not have any toxicity in normal, rapidly dividing tissues such as gut and bone marrow.

Ginger taken orally can prevent or relieve nausea resulting from chemotherapy, motion sickness, pregnancy, and surgery.

Not only can ginger root cure cancer, but it is a natural remedy for travel sickness, nausea, indigestion, flatulence, colic, irritable bowel syndrome, loss of appetite, chills, poor circulation, menstrual cramps, dyspepsia (difficult digestion), heartburn, indigestion and many other gastrointestinal problems. Ginger root powder is also a powerful anti-inflammatory for joint problems and is indicated for arthritis, fevers, headaches, toothaches, coughs, bronchitis, osteoarthritis, rheumatoid arthritis, tendonitis, high cholesterol and blood-pressure and can also prevent internal blood clots. Ginger is even anti-viral and makes a warming cold and flu remedy.

### **Prostate do's and don'ts**

There are studies showing that men consuming large amounts of synthetic folic acid and/or zinc oxide (a fertiliser, not a food) are more likely to develop prostate cancer. Men also taking large amounts of high-dose multi-vitamins develop prostate cancer more frequently.

On the positive side, other studies suggest that krill oil, magnesium, curcumin, broccoli and lycopene (found in cooked tomato products) help protect men from cancer. Avoiding all GMO foods and processed foods along with their chemical additives is a must for prostate health. Eating a low-carb diet is also proven to reduce the risk of developing prostate cancer.

### **Treatment**

Prostate cancer can be treated by surgery, radiation treatment or hormone treatment. The choice of treatment depends on the size, type, growth and spread of the cancer, and on your age, general health, symptoms and personal choice. Prostate cancer that has not spread can respond well to treatment. Some of the treatments can leave side effects such as incontinence (can't hold it) and impotence. You should ask your doctor about all treatments and possible side effects.

Sometimes, particularly if you are elderly and the cancer is at an early stage, your doctor may advise against treatment as it may not be of benefit if the cancer is not affecting your quality of life – and it may never do so. You will need to be examined regularly to check that the cancer is not growing.

Vitamin C in large amounts has helped clear many with a variety of cancers.

### **Food**

To keep your prostate healthy needs soils that are neutral, balanced and toxic element-free, with low manganese and low other pollutants. Organic vegetables, fruits, meats, Krill and other shallow swimming fish like sardines and Krill oil all free of toxic metals (also called heavy metals which include aluminium, which is light, but is toxic). Deep sea fish and those within 50 km of the White Island volcano have bad metals galore, especially near Whakatane, decreasing to Auckland and increasing to Wellington.

Correct supplements, adequate exercise (Leg Lifting and gardening) and avoiding obesity all help.

We sometimes see statements like, "A Health Professionals Study found that eating red meat, and dairy products is associated with twice the risk for suffering prostate cancer that kills." These propaganda statements usually come from soy marketers and the northern hemisphere where most cattle are fed unnaturally on maize and grains, a very low feed value grain mostly containing Roundup which should be banned, and farmers should be told to avoid using Roundup to kill grass and weeds before cultivation, by grazing pastures short and power harrowing rather than spraying to kill grass and weeds before growing crops. Other unnatural feeds are fed, causing marbled fat in the meat, that can't be removed so has to be eaten. They are kept in what New Zealanders would call stinking, filthy conditions standing in their muck all day and night for years, so to control their sicknesses they are fed antibiotics, and sometimes kept in buildings with no sunshine or exercise area, and getting no rain to wash their skin clean. I've seen some with a thick dirty scale over their skins. In dry conditions the muck becomes dust that blows over adjacent highways, which would not be allowed in NZ.

Grow your own healthy ‘better than organic’ vegetables when you can. ‘Better’ because we analyse ours to avoid bad metals and other toxins like manganese, and fertilise with deficient organic fertilisers. Read the Garden chapter. We grow thirteen vegetables, and freeze ones like broad beans, sweetcorn, tomatoes, butternuts, etc., so we eat them most of the year.

Twenty five percent of New Zealanders are gluten intolerant, so grow or buy gluten-free organic foods when they can, however not all organic foods are honestly produced, check them, and all your foods and supplements, by muscle testing. See Muscle Testing in Human Health. Get to know the safe food producers in your area, like [www.lewisroadcreamery.co.nz](http://www.lewisroadcreamery.co.nz) Their milks cost twice more than non-organic, but guarantee no PKE, no Roundup, etc., and tests show high compatibility and no bad metals, and low lactose, which is also low in grazinginfo members’ milks.

I suggest that gluten-free products should be consumed by all people, because doing so avoids wheat, almost all of which contains Roundup which is used by many to desiccate plants to speed up harvesting of crops.

### **Obesity**

Frequent studies have shown an association with obesity and the development of prostate cancer. Most obese people have higher levels of mercury in their body, because fat stores mercury which causes many problems. Read Mercury in Human Health Minerals. Surgical complications and radiation treatments are worse, and have lower survival rates than normal weight people. Some people allergic to milk are not allergic to Lewis milk. They have a variety of milks. I love their chocolate milk, which gives me clean pure healthy chocolate and milk. Fluoride has been found to cause obesity, so avoid this toxic poison. Read the chapter on it.

### **Zinc**

Prostate cells require ten times more zinc than other cells in the body. Adequate zinc levels protect prostate cells from damage, inflammation, and cancer. Once the prostate cells become cancerous, they lack the ability to accumulate zinc, leading to greater propagation of cancer cells that can then become tumours. Researchers say that zinc is a “promising cancer preventor and treatment” and that with regular supplementation, men are more healthy with less cancer. Finger nails are a good measure of zinc levels in the body. Note how healthy, level and thick my thumb nail is thanks to Thompson’s Organic Zinc gluconate.



Zinc is deficient in more than 60 percent of NZ boys and men which can cause problems. Semen has 100 times more zinc than blood, and prostates have the highest concentration of zinc in the body. Zinc is a real ‘man’s mineral’ and performance booster. Read the two Zinc chapters.

### **Hormonal changes can cause men to experience**

Prostrate problems and associated worry.

Urinary discomfort.

Disrupted sleep.

Weight gain.

Hormone imbalance.

Men who consume at least three servings of mercury-free fish per week almost halve the risk of advanced prostate cancer compared with men who eat fish rarely. Krill supplements and Omega 3 can replace some of the fish, but don’t over-do it. Krill oils usually have no mercury, while deep sea fish oils usually have an excess. I now take no fish supplements because all I’ve tested have high mercury, and they need to be kept in the fridge, like all fats.

Cooked tomatoes for lycopene and eat other lycopene foods such as carrots, asparagus and mangoes.

Kale daily all year, provides healthy prostate nutrition. We plant it twice a year so can harvest it all year.

Two slices of cheese a day. I disliked cheese until reading this, then Auriel found one I liked. It is Mainland Special Reserve Creamy Havarti smooth cheese which is a yellow block, but soft and

delicious. Muscle testing showed that I was allergic to some other Havarti cheeses, which meant they contained toxins and/or toxic metals.

Men with the highest blood levels of omega-3 fatty acids from taking excess fish oil pills or eating too much deep sea fatty fish had a 71 percent increased risk for high-grade prostate cancer, the kind most likely to spread and kill (Journal of the National Cancer Institute, July 11, 2013). They also had a 43 percent increased risk for all prostate cancers. This agrees with results from a large European study and another previous study.

I took the following supplements from February 2014 for prostate health -

A Nature's Way Saw Palmetto, half an hour before breakfast and one after dinner. A Healthline News review of other Saw Palmetto studies, showed that it helped 90% of men with their prostate. They reduced getting up to go to the bathroom during the night and reported better quality sleep. The same men experienced an increase in urinary flow and felt that their bladders were emptying more completely. Saw Palmetto apparently helps reduce baldness. As with many supplements there is a big quality difference between them, caused by correct alkali fertilisers rather than acid superphosphate bad nitrogens, and bad harvesting using Roundup to desiccate crops. Another brand of Saw Palmetto contains bad heavy metals, that Nature's Way doesn't.

Malcom K Harare's Urinurse - 1 teaspoon before each meal started 24 August 2014 reduced the number of toilet visits.

Boron combats prostate cancer through a unique combination of underlying mechanisms. Boron helps calcium channel signalling as a major regulator of cancer cell proliferation, and yet has received little attention in cancer prevention. Higher boron levels in the blood lower the risk of prostate cancer by reducing intracellular calcium signals and storage. At normal concentrations, boron operates selectively, inhibiting prostate cancer cell proliferation while allowing healthy prostate cells to grow.

Foods rich in vitamin E (green smoothies) and selenium may dramatically decrease both the incidence of prostate cancer and the risk of dying from it.

Surveys have shown that men who take nutritional supplements suffer less prostate cancer and a lower mortality rate from prostate problems. Improper diet increases the risk of cancer while a proper, well balanced diet reduces the cancer risk.

There are other prostate supplements, but some contain mercury and other bad metals, so avoid them.

CTL Prosgenia B is claimed for prostate health, but I stopped because I found I was highly allergic to the mercury in it.

Beware of all supplements from Norway and USA because both countries are high in mercury from disposed of circuit boards and burning oil.

## Prostate Operations

The most common side effects of surgery for prostate cancer are difficulty making complete love and leaking urine (urinary incontinence). The risk of getting these side effects depends on your age, overall health, stage and grade of your cancer and also your surgeon's experience and skill.

Your surgeon should be able to give you information on how many operations the surgeon has done, the success rate and outcomes and the side effects. Research suggests that surgeons who do at least 20 radical prostatectomies each year, and ideally more than 35 a year, have better results, including lower rates of side effects. In other words they have learned from others.

## Omega 3 fats

This is better from krill oil (apparently they have no mercury) than from fish oil. We now eat no fish oil supplements because all have too much mercury. You have no control of what is in fish oils. Deep sea fish like Orange Roughy are very high in mercury, as are Macadamias and pain killers except Disprin. Read 'Pain Killers'.

Processed vegetable oils contain omega-6 fatty acids? Cottonseed and sunflower seed oils are high in it. Avoid ones that have been damaged so are leaking oil.

Here's the good news. You can take a few simple steps to help keep your prostate in good condition as you age.

Eating organic, grass-fed beef or lamb, which is freer of toxic elements, and adding more cruciferous vegetables to your diet (like kale, broccoli and cauliflower) will help lower men's oestrogen levels.

Increasing lean protein in meat and greens and exercising by leg lifting from an upright office chair

(I do it at the computer) daily will help ramp up your testosterone. Even more so if you practice short bursts of intense activity like leg lifting. This gives better results than doing aerobics or "cardio."

### **From - Dr Al Sears who is outside of the restrictive medical box.**

Think for a moment if I were to do a bone density test on you then say, "There's a problem with your bones. We're going to have to take them out. Sounds crazy, right? Yet this is similar to what you might experience if you go to your doctor about a swollen prostate.

One randomized, double-blind, placebo-controlled, multicenter study – the gold standard in clinical trials – looked at 200 men with benign prostate enlargement. Half the group received 180 mg of Beta Sitosterol daily, while the other half received a placebo.

### **Beta Sitosterol has been clinically proven to -**

- Increase your urinary flow.
- Decrease the amount of residual urine left in your bladder.
- Residual urine decreased by 65%: "Residual" urine is the amount of urine left after you go to the bathroom. If you've ever experienced this, you know how uncomfortable it can be – the feeling of having to go again, even though you've just been.
- Urine force and flow improved by 35%.
- Need to urinate at night dropped by 54%: This can make you lose sleep night after night – having to get out of bed every time you feel the urge to pass urine. It's one of the most disruptive effects my patients tell me about.

The most common problems associated with an enlarged prostate are urinary-related. The reason for this is the position of the prostate, next to the urethra. When the prostate becomes larger, it squeezes the urethra causing several uncomfortable and often distressing conditions for the male. The most common complaints include the need to urinate frequently, the inability to fully empty the bladder, burning or itching during urination and constant nighttime trips to the bathroom, leaving the sufferer deprived of a full night's sleep. Not only this, but an enlarged prostate can also be a source of embarrassment, particularly when it causes an unexpected 'dribbling' in public.

I recommend some herbs in my practice almost daily.

- Saw Palmetto: In a review of numerous saw palmetto studies, 90% of men got help with their prostate. They reduced crawling out at night and reported better quality sleep. The same men experienced an increase in urinary flow and felt that their bladders were actually empty after urinating.
- Pygeum Africanum: Extracts of this African herb show impressive results. In one study, urinary flow improved, late night bathroom trips decreased and the men reported better performance.
- Pumpkin Seed Extract: A German study of over 2,000 men put this well-known prostate protector to the test. The overall results, measured by the International Prostate Symptom Score, improved by almost 50%. Quality of life scores improved by 46%.

Aside from keeping a good, strong flow, a healthy prostate is essential for intimacy, too -

1. Zinc: More than 60 percent of men are zinc deficient, which spells trouble. Your semen has 100 times more zinc than your blood – and your prostate has the highest concentration of zinc in your body.

Zinc is a real "man's mineral." Remember how the male sex hormone, Dihydrotestosterone (DHT) needs to be kept in check? Zinc is a real performance booster that helps reduce the enzymes that convert your valuable testosterone into DHT. A healthy level of zinc is needed. See Zinc.

Zinc maximizes your testosterone production, which -

- Extends the life of testosterone in your bloodstream.
- Boosts the sensitivity of your male hormone receptors - especially testosterone receptors.

2. Lycopene: If you watch the news, you may have seen reports linking lycopene and prostate health. In fact, one study from Harvard University revealed that men who ate foods high in lycopene lowered their risk of prostate problems by 45%.

Lycopene is a carotenoid that gives tomatoes their red color. Its antioxidant power is double than most - and 10 times stronger than vitamin E. Its link to prostates is undeniable.

3. Selenium with vitamin E are needed for every man's "must have mineral." Its power to support your immune system is remarkable, and it is especially helpful for your prostate.

These days, getting selenium from your diet is harder and harder. That's why supplementing is so important. Minerals like selenium come from the soil. But strong fertilizers and commercial farming practices eliminate these minerals making it hard for you to get your daily supply.

4. Boron: This is one rock every man needs. It's a must-have mineral to help keep your prostate in its natural, walnut-sized shape. Boron used to be in the fruits and vegetables you eat. But commercial farming has depleted our soil of many of the minerals you need to stay healthy. After helping thousands of men in my own clinic, I believe boron is the most powerful mineral you can give your prostate, however, almost no one knows about it. Until now, the power of boron has been either overlooked or ignored. Yet there's plenty of clinical evidence showing boron's remarkable ability to safeguard your prostate from the proteins and enzymes that may change your prostate's natural, healthy size.

5. CoQ10: This is probably the last thing you expected to see as a prostate booster, but CoQ10, already well known for its heart and brain benefits is having more of its benefits revealed all the time. A recent study published by the University of Hawaii showed that CoQ10 can also have a profound affect on your prostate health. CoQ10 concentrates in your organs that need energy the most like your heart, liver and prostate. Your prostate especially benefits from CoQ10 in two important ways. Firstly, cells in your prostate use CoQ10 as the fuel they need for energy. Without CoQ10, the prostate cells get tired, and can't function as efficiently. A secondly benefit comes from CoQ10's unique dual role. At the same time it powers up your prostate cells, it protects them. CoQ10 is an incredibly powerful antioxidant that helps maintain your DNA, and helps keep the mitochondria of your prostate cells functioning and giving your prostate the energy it needs for proper function.

A recent study found that eating garlic or onions reduces the risk of prostate cancer by half. Men in China have the lowest rate of prostate cancer in the world on a diet rich in garlic, shallots and onions.

Eat an all around healthy diet, including plenty of vitamin E in greens to slow down and prevent growth of prostate tumours.

### **Suggested good foods -**

Watermelons are truly healing foods packed with some of the most important antioxidants in nature. They are an excellent source of vitamin C and vitamin A in the form of beta-carotene.

Capsaicin reduced cancer cell production of prostate specific antigen (PSA), a protein that is a marker for the presence of prostate cancer. Capsaicin is also effective against other types of cancer. Production of PSA is regulated by male sex hormones.

High intake of capsaicin correlates with lower death rates from cancer

In countries with a high intake of capsaicin, cancer caused deaths for men and women are lower than in countries with low chili pepper consumption according to statistics from the World Health Organization.

Capsaicin helps relieve congestion and prevent sinusitis.

Protect your heart with capsaicin

Eat cooked tomatoes and cooked tomato products to supply you with lycopene.

Chili pepper. When capsaicin is consumed by humans in the form of hot sauce, chili peppers or cayenne pepper, it offers a wealth of health benefits. One that has received much recent attention is the ability of capsaicin to make prostate cancer cells commit suicide. Moderate dose of capsaicin makes 80 percent of prostate cancer cells die.

Avocados, but be careful of these, because the big trees are aerial sprayed by helicopters a lot, so even organic ones half a km away can be affected.

Organically grown fruits and vegetables, especially the Brassica vegetables which includes broccoli, cauliflower, kale, mustard greens and Brussels sprouts

Nuts and seeds.

Whole cranberries.

Pink grapefruits.

Mangoes.

Leafy greens vegetables.

Cooked tomatoes for lysine with broccoli were more effective at slowing tumour growth than eating either tomato or broccoli alone.

Your lymphatic system is responsible for clearing your body of waste and plays an essential role in your prostate vitality.

End.

### **Regular exercise is necessary**

See Leg Lifting.

Male hormones (androgens such as testosterone, dihydrotestosterone, and androstenedione) and female hormones (prolactin or estrogens such as estradiol and estrone) are required in the correct balance for good health and comfort. The balance is influenced by aging, diet, detoxification function of the liver and intestines, exercise, smoking, and exposure to hormone-like chemicals from food and the environment.

In its early stages, prostate cancer does not usually cause symptoms. When symptoms do occur, they can include any or all of the following -

Needing to urinate frequently, especially at night

Difficulty starting urination or holding back urine

Inability to urinate

Weak or interrupted flow of urine

Painful or burning urination

Difficulty having an erection

Painful ejaculation

Blood in the urine or semen

Frequent pain or stiffness in the lower back, hips, or upper thighs

The above symptoms are not specific for prostate cancer. The first four, especially, are also typically seen in cases of prostate enlargement, a benign condition. The other symptoms may also be caused by infections or prostatitis. If you are experiencing these symptoms, see a doctor immediately.

### **Dietary Causes**

There is so much convincing evidence on the role of diet in prostate cancer that Dr. William Fair suggested that prostate cancer may be considered a 'nutritional disease.'

Diets with a higher risk for prostate cancer include -

High level of total fat in the diet.

High intake of saturated fats (primarily grain-fed animal fats).

High milk consumption. Milk is a source of calcium, cholesterol, and animal fat, all of which may be risk factors for prostate cancer **when excessive**. This information is from grain-fed milk in USA, not New Zealand where 99% of milk is pasture fed.

High intake of red meat (especially marbled grain-fed grilled, fried, and broiled meats, which contain carcinogens).

Low intake of fruits and vegetables.

Low intakes of selenium, vitamin D, vitamin E, lycopene, and other dietary antioxidants.

Wheat or any other that have been sprayed before harvest with Roundup or be mouldy, or contain arsenic.

African-American men develop prostate cancer twice as frequently as Caucasian men, and though genetics may play a role, dietary differences could be involved. One reason for this may be that African-American men, on average, consume 2 to 3 times more fried, broiled, and grilled meats.

Drinking adequate amounts of pure, fresh clean water can help flush waste and toxins out of your body. If your water is bad, boil it. If you have copper piping get yours after showering has accessed fresh water, not that which has got too much copper over night.