

HOW TO  
PREVENT  
AND REVERSE



# PROSTATE CANCER

Learn what really causes prostate cancer and  
how to treat it without drugs or surgery

MIKE ADAMS



# How to Prevent and Reverse Prostate Cancer

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# Introduction

If you or someone you love has been diagnosed with prostate cancer or is looking to prevent it, I have some very good news for you. In the world of natural health, the underlying causes of prostate cancer are well understood. They're well-researched, well documented and, frankly, quite easy to understand. Just as importantly, the strategies for reversing prostate cancer or preventing it are also well understood and well documented. This is not some mysterious disease, this is something that we know how to prevent. And we know how to reverse it in many cases, depending on how far it has progressed in the body.

## **Revealed: What really causes prostate cancer**

In this book, you're going to learn what really causes prostate cancer and you're going to learn how to prevent it and treat it without relying on drugs or surgery. These are some powerful strategies you're about to learn. For example, in the discussion of what causes prostate cancer, I'm going to talk to you about one particular type of food that will increase your risk of prostate cancer by 250%. Another category of food will elevate your risk of prostate cancer by 70%. Yet another lifestyle habit will easily double or triple your risk of prostate cancer.

In addition, I'm going to teach you about how to prevent and reverse prostate cancer using nutritional and lifestyle therapies. There's one food group that

will reduce your risk of prostate cancer by 70% and another food group that will reduce it by 45%. There's a mineral that will slash your risk of prostate cancer by 63%. There's yet another food group that will drop it by 39%. And there's a vitamin—a fat-soluble vitamin—that will reduce it by 32%. This is all based on clinical studies.

## **Dropping your prostate cancer risk to nearly zero**

And then there are lifestyle habits and other nutritional strategies that will further slash your risk. And if you do the math on this, you realize that by faithfully following these strategies, you can reduce your risk of prostate cancer to nearly zero. I'm one of the people who follows all of this, and I know that I will never be diagnosed with prostate cancer because I don't do any of the things that cause prostate cancer, and I do all of the things that prevent it. When you follow that, because of the fact that there is a direct cause-and-effect relationship between the foods and nutrition you put in your mouth and the results you get in terms of prostate health, I know that I will never be diagnosed with prostate cancer.

Today, I want to share that information with you. Because, unfortunately, organized medicine is not sharing this information. And that's a shame, because this is all well documented. But the reason they aren't taught to people is because nobody makes any money telling people this information. There are no prescription drugs that can reverse prostate cancer. There are no drugs that can prevent it. These strategies don't require drugs, surgery, radiation or chemotherapy. They just require getting back to nature, and you'll see why in a few minutes.

## **Your M.D. doesn't know these strategies**

So you won't get this information from most MDs, in fact, the typical doctor isn't even aware of this. You'll only get this information from natural health researchers, naturopathic doctors and others who understand the importance of nutrition and lifestyle changes in the prevention of chronic disease. But at the same time, as a disclaimer, I have to say I'm not here to play doctor. I strongly encourage you to work with a naturopathic physician. Take this information to your naturopath and find ways, under his or her guidance, that you can integrate this into your lifestyle. Don't use this as your sole source of information. This is not medical advice, nor is it intended to treat or diagnose any disease. Always work with a qualified health professional.

With that said, let's get started with what causes prostate cancer. Because once you understand what causes it, you'll realize why we have such skyrocketing rates of prostate cancer in north America and around the world.

## **The true causes of prostate cancer**

The number one contributing factor towards prostate cancer is a chronic deficiency of vitamin D. And this, by the way, is typically caused by a lack of exposure to healing sunlight. To understand this and why there is solid scientific evidence backing this, take a look at how the body uses sunlight to create vitamin D and how that vitamin D is used throughout the body to suppress the growth of tumor cells. You see, when you're exposed to natural sunlight, your skin synthesizes vitamin D, and it knows exactly how much to synthesize based on what you need. You can't get too much vitamin D in your skin by getting too much sunlight, but you can of course make too little—and that's the situation most people are in because they're not getting out in the sun.

There are several reasons for this: 1) because they live in northern climates. They live in the northern United States, for example. And good hard clinical evidence has been published showing that cities at more northern latitudes have higher rates of prostate cancer than people living in cities of more southern latitudes (or closer to the Equator). This is also true on a country by country basis. So countries that have more of a northern latitude such as the United Kingdom or Ireland, for example, have higher rates of prostate cancer than nations or regions closer to the equator such as the Hawaiian Islands or Australia and New Zealand.

## **Where you live determines your risk**

This is well proven, and it makes sense because if you need sunlight to create vitamin D and you live near the equator, you're going to get a lot more sunlight. But if you start moving north, the angle of incidence of sunlight rays striking the planet is reduced, meaning that you have less sunlight intensity, meaning you're not going to create as much vitamin D in your body. So you won't have it circulating and stopping the growth of cancer cells throughout your body.

This applies to much more than prostate cancer, by the way. This also applies to breast cancer, colorectal cancer, leukemia and many other cancers in the body. So vitamin D is absolutely crucial for the prevention of these cancers. And it is the lack of vitamin D that is so prominent in our society that is promoting prostate cancer.

## **The color of your skin is key**

Now here's some other fascinating evidence of why this is the case. One of the ways that we block sunlight (aside from using sunscreen by the way, which is absolutely foolish, and I'll explain more on that later) is by having skin pigmentation. As human beings we have evolved different levels of skin

pigmentation. Some people are fair skinned, some are a little darker skinned and some have very dark skin. And if you look at where those populations evolved on planet Earth, you will find that those with darker skin evolved in regions closer to the equator. Those with lighter skin evolved in regions further away from the equator, where there was less sunlight. So for example, northern Europeans tend to have whiter or fairer skin. People in Africa tend to have much darker skin. People in Mexico and natives to South America also have dark skin although not as dark as the skin of those whose ancestors were from Africa.

There's a very good reason for all of this: **dark skin pigmentation is a built-in sunscreen**. It is something that has evolved to be in balance with the natural environment, so that the amount of sunlight striking your skin can be balanced by the skin pigmentation to let just enough light through to create vitamin D, but not so much that it causes excessive DNA mutations in the blood and throughout the body. So the color of your skin determines what region of the planet your ancestors evolved in, and that indicates what region you would be healthy to live in today.

## **Geographic displacement promotes deficiency**

If you take a dark-skinned person from native Africa, for example, and you move him to the UK or northern United States or Canada, or some other climate that doesn't receive as much sunlight, then that man is not going to get adequate amounts of vitamin D in his body, because he's not going to get the amount of sunlight for which his body has evolved.

Is this making sense? You see, your skin color tells you how much sunlight you need. The darker your skin, the more sunlight you need to create vitamin D. But if you are displaced from the region of the planet from which your ancestors evolved, then you are going to have a vitamin D deficiency.

Or, it could be the other way round, you could have fair skin and you could move to a southern climate: Arizona or Mexico, for example, and you could get far more sunlight than you need. Now that is not nearly as big of a problem because, again, your body will regulate vitamin D production so that you don't get too much. The only risk there is from the cancer risk associated with excessive sunlight exposure. And that can be strongly mitigated with the consumption of antioxidants.

## How to be immune to sunburns

It's a completely different topic, but by taking antioxidants, you can basically make yourself nearly immune to sunburn. I know, I've done it myself. I'm a fair-skinned person, and I used to burn very easily. But now, thanks to nutrition, I can spend hours and hours out in the Arizona desert with no shirt and no sunscreen, and not suffer any sunburn whatsoever. And I also know I'm not getting skin cancer because I have the protective effect of nutrition. But I am getting plenty of vitamin D, and that's what most men in North America and elsewhere around the world are not getting. They're not getting sunlight.

## Lies your dermatologist told you

Part of the reason for this is because they've been told sunlight is bad for them. Doctors and dermatologists are saying this all the time. They're saying you should avoid sunlight, sunlight is terrible! It will kill you, it will give you cancer, they say. And in fact, the opposite is true. **Sunlight will prevent your cancer.** And new studies have just come out now supporting this, showing that exposure to sunlight actually reduces the aggressiveness and even the incidence of skin cancer.



But the missing link in all of this discussion is nutrition. Because in my experience, excessive exposure to sunlight combined with poor nutrition (which means a low level of antioxidant consumption) will in fact cause skin cancer. But exposure to sunlight coupled with a high intake of antioxidants (like fruits, superfoods, cruciferous vegetables, food concentrates and so on) will not result in skin cancer and will in fact have a protective effect against a wide variety of cancers in the human body.

## The wrong climate contributes to prostate cancer

Another thing we know is that men who live in cities that don't get much sunlight (such as Seattle) tend to have a much higher rate of prostate cancer. We also see that men who live in cities with a high rate of air pollution have a higher rate of prostate cancer. That's because air pollution interferes with the ultraviolet rays so that even if the sun is out, you're not getting as much radiation on your skin and you're not getting as much vitamin D. So you're not getting that protective effect against prostate cancer.

Think about it: Someone who lives in a highly polluted city in a northern climate already has two things working against them. If they have dark skin pigmentation, that's a third thing. With all three factors in play, they're very likely to get prostate cancer. Then there are dietary choices we'll talk about here in a minute that further contribute to the risk. On top of all that, these people are told to wear sunscreen, can you believe it? Go out and wear sunscreen, they say. Because if you don't, you'll die from skin cancer!

In reality, these people need the sun. It is this lack of vitamin D that is one of the primary contributing factors to prostate cancer. And this is backed up by simply looking at the statistics of prostate cancer for black Americans versus white Americans. It's all spelled out for you, as clear as day. The prostate cancer risk in black Americans is so much higher than in white Americans, and those

cancers are far more aggressive in black Americans. The medical community, as usual, misinterprets all this and concludes that “prostate cancer is genetic.” That’s only half-right: it’s genetic because of skin pigmentation, and yet it’s environmental because people with darker skin need more sunlight exposure. So blaming it on genes is laughable, but that’s what passes as “modern medicine” in most of the world.

## **This information has been censored**

Frankly, the African American community is not being told any of this information. They need to be told that skin color determines how much sunlight a person needs. If you are of African descent, Hispanic descent, Chinese/Asian descent, and so on, then you need more sunlight than a person with white skin. And in fact, you have a built-in indicator telling you that. It’s important to listen to your ancestors, to observe your body and say “Hey! Guess what, I have darker skin, and that means I need more sunlight.” And if you don’t listen to your body, you will probably end up with prostate cancer, breast cancer, or some other form of cancer caused by chronic vitamin D deficiency.

There’s a statistic mentioned in a book by Dr. Michael Holick, who is certainly the world’s foremost authority on vitamin D, that mentions one study of black women giving birth in the United States: nearly 3/4ths of the children born to those women were born in a state of chronic vitamin D deficiency. And this predisposes them to all sorts of problems later in life, including adult onset type-2 diabetes, not to mention prostate cancer and breast cancer. But the point is that this lack of vitamin D is causing prostate cancer and breast cancer in this country and everywhere around the world. You must get sunlight on your body to prevent this disease.

## Dietary factors for treating prostate cancer

Sunlight is really only one of the factors for this disease. There are several dietary factors worth examining. In fact, prostate cancer is widely understood to be primarily a dietary disease. You get it by eating the wrong foods. And you can reverse it by eating the right foods. It's not that difficult to reverse this disease, especially if it's caught in the early stages and a person is willing to commit to the lifestyle changes that are necessary.

## The top dietary cause of prostate cancer

What foods do you think cause prostate cancer? Let's start with the big one. The number one food that causes this disease is red meat. This is well supported by the research. There are literally dozens of studies backing this up, and there are authors, doctors and researchers who continue to repeat this message.

Red meat is the number one dietary cause of prostate cancer. How big of a dietary factor is it? If you eat five or more servings per week of red meat, **your risk of prostate cancer jumps by 250%** compared to men who eat red meat once a week or less. Think about that. So if you're having a red meat dish every day, you are giving yourself prostate cancer. And red meat, of course, can include hamburgers, steaks, pepperoni on pizza, ham, etc. Any kind of red meat will have this effect.

Part of the risk associated with red meat consumption may be due to the amount of saturated animal fat found in those red meats. Researchers have found a strong correlation between dietary animal fat and prostate cancer. So, in addition to the red meat factor, there's also the animal factor. And that gets into another group of foods we'll discuss in a minute, which are of course animal-derived dairy products.

There was a study conducted in Utah that looked at 358 people with prostate cancer and 679 in the control group. They found that dietary fat was the number one risk factor in predicting prostate cancer. There was another study involving 51,000 American men aged 40-75. They were followed for 2-4 years, and it showed that prostate cancer was directly correlated to their total fat consumption. And the strongest association with advanced prostate cancer was **red meat consumption**.

Here in the United States we have some of the highest prostate cancer rates in the world. And part of the reason, I believe, is because we're so obsessed with eating red meat. It's the beef culture: eat more meat, eat more cattle! People eat hamburgers and steaks every day, and they're paying the price in terms of their health, both with prostate cancer and colorectal cancer (as well as breast cancer).

## **Bovine extract and prostate cancer**

So that's the story on red meat. Now let's take a look at the next food group that's strongly associated with prostate cancer, and it happens to be dairy products. **Based on the clinical studies, dairy product consumption is correlated with a 70% increase in the risk of prostate cancer.** And this is especially true if you get your milk from cows that have been treated with hormones. So you could do yourself a health favor by drinking hormone-free milk, but you're still drinking dairy products. And those men who consumed 2 1/2 servings of dairy products per day were shown to be 30% more likely to develop prostate cancer than men who didn't.

In another study, men who had high amounts of dairy foods increased their risk of prostate cancer by 70%. The fact is that **the risk of prostate cancer is greatly increased by consuming dairy products**. Given what we already covered about red meat, it's interesting to note that anything that comes from a cow is likely to contribute to prostate cancer: milk, cheese, butter, red meat, hamburger, etc.

So these are the primary contributing factors for prostate cancer. We have lack of sunlight, which in turn creates a lack of vitamin D. We have mass consumption of red meat products and the consumption of dairy products.

- Lack of sunlight
- Vitamin D deficiency
- Consumption of red meat
- Consumption of dairy products

These are the big four factors that cause prostate cancer. And if you were to do nothing but avoid these four factors, you'd be doing yourself a big favor. You'd dramatically reduce your risk of prostate cancer, just from that strategy alone. But the good news is that there are some more powerful things you can do to proactively prevent prostate cancer and in many cases, even reverse it. That's the topic of the next section.

## **Beating Prostate Cancer with Nutrition**

For this section, because we're going to discuss nutritional strategies and other lifestyle strategies that can dramatically reduce your risk of prostate cancer. In fact, if you do all of these, chances are you'll never get prostate cancer. And if you have prostate cancer now, many of these can even help reverse the disease.

In the last section, we talked about what causes prostate cancer. The four greatest causes are: lack of exposure to natural sunlight, chronic vitamin D deficiency, consumption of red meat (which goes along with saturated animal fat consumption) and consumption of dairy products. Those four things

strongly contribute to prostate cancer, and unfortunately most people follow all four of those things: they don't get sunlight, they don't take vitamin D, they eat a lot of red meat, they drink a lot of milk. And then they wonder why they have prostate cancer. Their doctors, as usual, are clueless and don't even mention the dietary causes of the disease.

Now they're in a bind, and they're wondering what to do. They've been diagnosed with the disease, but they don't want to undergo chemotherapy, radiation or surgery. They want to keep their prostate healthy. There's good news for you because there are many powerful ways to prevent and reverse this disease.

## How to slash your prostate cancer starting today

What if I told you there's one food group that can reduce your risk of prostate cancer by 70% all by itself? What if there were another food group that could reduce your risk by 45%? What if there was yet a third group that could reduce your risk by 39%? And a fat-soluble vitamin that can reduce it by 32%? And a mineral that can reduce it by 63%? Plus there's the effect of sunlight and vitamin D, which hasn't even been figured into any of those statistics. What if I shared all of that with you? Would that be interesting? Let's take a closer look:

The first food group here that reduces your risk of prostate cancer by 70% is soy. Yes, it's true. Soy products: soy milk, soy beans, fermented soy, tofu, etc. If you consume soy products on a regular basis (one serving a day), **your risk of prostate cancer is slashed by 70%**.

Why is that? There are many phytonutrients and phytochemicals in soy products. One of those is called genistein, and it's just one of the many components of soy. It has a powerful anti-tumor effect. There are no

negative side effects from this chemical compound, and it blocks an enzyme that destroys vitamin D in cancer cells. So by blocking this enzyme, more vitamin D is made available, which helps **suppress the growth of cancer tumors**. So you see how it's important to get both soy and vitamin D, because if you get them working synergistically, you have a very positive disease prevention effect.

Soy is loaded with phytoestrogens which are also protease inhibitors. It also has high quality proteins which are sometimes lacking in the diet of American males because they're eating so much red meat they're not getting proteins from plant sources. Overall, the truth about soy products is huge news for people who want to prevent prostate cancer. Eat soy products or drink a lot of soy milk.

## **This one beverage switch can start preventing prostate cancer at your next meal**

As we've seen, the consumption of dairy products or cow's milk actually promotes prostate cancer. So if you were to switch, for example, from regular milk to soy milk, you could not only stop giving yourself prostate cancer, you could start protecting yourself from prostate cancer. In fact, you would do yourself a big favor in many healthy ways: you would eliminate the consumption of saturated animal fats from the cow's milk; you would give yourself the phytoestrogens in the soy products; you would give yourself a quality protein in the soy; and you would enjoy a strong protective effect against prostate cancer.

Personally, I'm a regular consumer of soy products. I eat no dairy products whatsoever and I haven't for years. And even then, I routinely engage in strength training. Some people say, "Well, gee, I need red meat and milk because I'm lifting weights." It's a very macho thing to say, but it's not at all

true. You can lift weights and do just fine on plant proteins, including soy. Plus, you won't have prostate cancer.

## How to make the transition work

A few people say “Oh my God, I don't want to switch to soy products! I tried soy milk, I didn't like it... blah blah blah.” So here's a **tip how to switch to soy milk**. You don't do it cold turkey. You do it bit by bit. You **start out with 75% cows' milk combined with 25% soy milk**. Drink that for a couple of weeks. And keep drinking it until the taste becomes quite familiar to you and you no longer taste the soy. And believe me, **your taste will adjust**. I was raised on milk from cows and would drink at least a gallon a day. And today I can't stand the taste of cows' milk. Yet I love the taste of soy milk, even though the first time I tried it I thought it was the nastiest thing in the world. Your tastes will adapt, you just have to make the effort to retrain your taste.

After a couple of weeks, when you're used to that taste, then mix it 50-50. And use that for a couple of weeks. Finally, mix it 25% cows' milk and 75% soy milk, and use that for several more weeks and then, of course, end up with 100% soy milk. Longer term, if you can switch to unsweetened soy milk that's even better, because you don't need those extra sugars in your diet. What I do is buy unsweetened soy milk and mix it with my own stevia extract powder, which is of course a natural herbal sweetener that has none of the detrimental health effects of sugar.

You can make the switch from drinking regular cows' milk to soy milk, and I strongly encourage you to do so, even if you don't have prostate cancer, because this will help prevent not just prostate cancer but many other cancers. At the same time, you've got to give up dairy products such as butter and yogurt. If you consume those, you're going to have an increased risk of prostate



cancer—the studies are very clear about this. You can switch to soy yogurt if you like (cultured soy products), or you can find other food sources.

In terms of butter, margarine is certainly not healthy for you because of the hydrogenated oils found in margarine, but you can switch to non-hydrogenated butter replacement products made with palm oils, or better yet coconut oil. And coconut oil, it turns out, is very healthy for you. It's a medium-chain triglyceride not a long-chain triglyceride like that found in animal fats. That's another article altogether, but trust me on this: unrefined, unprocessed coconut oil is far better for you than saturated animal fat, and far better for you than getting hydrogenated oils in margarine products.

## Tips on tofu

It's good to get some tofu into your diet. You may have to hunt around and find some baked, flavored tofu and explore some creative ways to use that. One way is to mix it into some chili. Or use it in recipes that are familiar to you, so that you can start introducing this new ingredient and using it on a regular basis. Over time, you may end up like me: I will eat tofu right out of the package. I don't need to cook it and it doesn't have to be flavored. I just eat tofu straight, and that's fine.

You can also make tofu pudding; there are some outstanding tofu pudding mixes you'll find at health food stores. You've got to get creative with this, folks! If you want to get the soy products into your diet, you're going to have to do a little bit of experimentation. Because as Americans, we were not introduced to soy. So we're not used to the taste at first, and we think it's quite strange. But keep in mind that in Asia, this is a mainstay of the diet—soy and green tea, but hardly any cows' milk or red meat. No wonder they have only a fraction of the prostate cancer we experience in the United States. They simply eat healthier foods. In fact, their health is

starting to decline as they begin to adopt the American diet. They think it's fashionable to eat steak: to eat like Americans eat and buy junk food from American restaurants that have opened up in Asia. It's very fashionable in Asia, especially for younger people, to go to those restaurants. And as a result, this new generation in Asia is now beginning to exhibit all the same chronic, degenerative diseases that we've seen in the United States since about the 1970s as our food went downhill.

## Getting past the stupid macho factor

I want to address one interesting point in all of this. So far, you've heard me say that red meat and milk cause prostate cancer, which they do, and that consuming soy products prevents prostate cancer. What's fascinating is the macho factor in all of this. Because in the United States, far too many men try to be really macho about everything. There's all this in the common culture about how eating soy products is a sissy thing to do, and real men eat beef. And real men drink milk and alcohol. Real men barbeque!

Well, that's all a myth, because it turns out that **the men who do that are going to end up with no prostate**. I don't think you can be a real man without your prostate. Maybe some disagree, but I'd rather be a real man with my prostate by eating soy products. There's a lot of resistance in this country to trying things that don't have the right macho image. People are concerned... what will their friends think if they go out and order soy? Oh my God, what if I stop eating steak, what will my friends think?! What if I stop drinking milk?! They'll think I've turned into a gay person or something! Oh my God!

I hear this kind of nonsense from men all the time. And I think, has it ever occurred to you that maybe all of these images, beliefs and associations about what it means to be a man are just BS? There's nothing to them. It's just

cultural myths handed down from one man to another. I think what it means to be a man is to be healthy, to be able to reach the maximum peak of human male health. And if you choose, to be able to reproduce—because people who are consuming red meat and milk products and who are avoiding soy and following the standard American diet are all having major reproduction problems. So **I don't see how they can say that they're macho when they can't reproduce.** It's not very macho if your little guys can't swim upstream, you know what I mean?

If you want to be macho, if you want to be a man, you're going to have to look at your diet. And that, of course, means getting rid of red meat, getting rid of dairy products, and of course adopting soy products. If the macho defenders want to get really crazy about it, we should all hold a sperm count competition. That sounds like a really silly macho thing to do doesn't it? But if you were to hold such a competition, and look at sperm mobility and count (which is, by the way, what the reproductive centers do in this country when men come to them and say "I can't make babies,") then we would see without question that **those who follow a healthy diet, which includes soy products, have much higher sperm count and mobility** (which means they have greater reproductive health). Whereas those who consume a lot of red meat, dairy products, alcohol and other processed foods in the standard American diet have very low sperm counts and very low mobility.

Many of them simply cannot reproduce. And they're going to these reproductive centers and saying "Hey, what's wrong with me? I thought I was a man!" Even then, most doctors aren't telling them that they need sunlight, that they need vitamin D, that they need these dietary changes if they expect to be able to reproduce. It's basically biochemistry here, folks. It's basic cause and effect. I just find it interesting that all of the common cultural associations with machismo are in fact contradicting what we know about men's health from a nutritional and natural health point of view.

## The most powerful prostate cancer prevention food

Let's talk about the next powerful, healing food group here. And of course we're talking about tomatoes. Studies are showing that **men who have a high consumption of tomato products have anywhere from a 35-45% reduction in their rates of prostate cancer.** Why is that?

Scientists believe it's because of the phytochemical called lycopene, which gives tomato its red color and offers a strong anti-tumor effect. But it's a mistake to think that it's due to one chemical, because other studies show that consumption of the whole tomato is far more effective than just supplementing with lycopene. So the advice here, of course, is to **get a lot of tomato products into your diet.** Now some men say "Whew! Good thing! After that soy segment, I didn't know what I was going to do. But I can eat tomato products, because that means pizza and pasta and taco sauce!" And yes, it's true, it does include those things, although everything else about pizza is unhealthy. You've got the cheese, which is the dairy product (remember we said you can't have that), and then you've got the red meat on the pizza, which is another thing that causes prostate cancer. You've got the white flour crust that causes other problems, and usually there's added sugar in the pizza sauce. So pizza is NOT a healthy anti-prostate cancer food, by the way. If you thought you could justify that, forget it. You're going to have to find other ways to get tomatoes into your diet.

It also turns out that **cooked tomatoes are more powerful than raw tomatoes in providing this anti-cancer effect.** So eating cooked tomatoes is a great strategy here, and if you make it a point to get a lot of tomato products into your body, you'll benefit from it in terms of prostate cancer prevention. You can do that by eating chili, taco sauce, and so on. Home-cooked pasta sauces or pasta dishes would be the best way to do this. You can also eat raw tomatoes, which is of course the perfect way to consume tomatoes. But personally, I believe that raw products, while they offer important enzymes and other

vibrational nutritional elements that are important for human health, don't always offer enough nutritional density to be medicinally effective. Because how many raw tomatoes can you really eat in one setting? Not that many. If you can chow down 4 or 5, I'd be impressed. But I think that if you're trying to prevent prostate cancer or reverse an existing diagnosis of prostate cancer, you're going to need a lot more concentrated phytonutrients from the tomato plant.

## Food concentrates to the rescue

The answer is to turn to whole food concentrates. These are sometimes called "superfood supplements." There are many out there on the market made with tomato products. One such product is called "**Soy Protein SuperRedPro 96**," made by a company called "Nature's Life." This is an outstanding product for preventing prostate cancer. Why? Because it has the soy protein (and we've talked about soy) along with the whole food tomatoes here. Some of the ingredients it contains are: natural raspberry juice concentrate, cherry juice, red grape juice, freeze-dried raspberries, red beet powder, tomato juice concentrate (there you go), red bell pepper concentrate..." and a few other ingredients.

Basically, this is a potent healing superfood. It's a highly recommended product for anybody interested in men's health. Even though the amount of tomato in it is not extremely high, it's an outstanding supplement, and I strongly recommend it to men who want a healthy prostate.

## Delicious food concentrate blend

There is another product out there on the market that's also very good for this. It's called **Earth's Promise**, and it's a superfood powder made by Enzymatic Therapy. This has a small amount of tomato fruit in it: 66 mg per serving. But it also has other cruciferous vegetables like broccoli and cabbage that also have a powerful anti-cancer effect. Plus it has a little bit of seaweed which also has a positive effect. And if you think, oh, gee, it must taste terrible... then think again. This is actually my number one recommended best tasting superfood product on the market. If you're into taste, this is the way to go. Now, it doesn't taste like orange juice or anything—it's still a superfoods product, it's still an acquired taste. But in the universe of superfoods, it's one of the best tasting products out there.

Dr. Gary Null also has a red foods product called Dr. Gary Null's Red Stuff Powder, and it's made with various red whole food concentrates, including tomatoes. You can find that at Dr Gary Null's website: [www.GaryNull.com](http://www.GaryNull.com)

There's also a product coming out, I've heard, from Jenny Lee Naturals, called Prevention Powder, that will use tomato concentrates combined with other fruit and vegetable powders, all positioned as a disease prevention product. You can find that at [www.jennyleenaturals.com](http://www.jennyleenaturals.com). This is going to be the most affordable whole foods concentrate product on the market because this company sells direct to consumers and doesn't have the retail channel markup.

## Where to find prostate healing foods and supplements locally

Even if you don't use those suggestions, you can go to any health food store and just ask the person working there "Where can I find some tomato concentrates or some superfoods using whole tomatoes?" They'll probably look at you and say "Prostate cancer, huh?" ... because everybody knows this in the industry. And they'll probably recommend some other things for you such as zinc and selenium, which are minerals that are very important for prostate cancer prevention. (We will discuss those here shortly.)

## Clinical proof: this food actually reverses prostate cancer

If you're thinking tomato products are only good for prevention but not for reversing prostate cancer, think again! A study reported by the American Chemical Society in 2001 looked at patients diagnosed with prostate cancer. The patients were placed on diets that included tomato sauce providing just 30mg/day of lycopene. That's a very small dose, by the way. After three weeks, **their serum PSA concentrations fell by 17.5%. Oxidative burden fell by 21%. DNA damage fell by 40%. Programmed cell death of the cancer cells increased by 300%.** Think about that. This indicates that you can reverse an existing state of prostate cancer by changing your diet, starting today. And this was from a very small dosage of lycopene.

You can probably eat a lot more tomato than the participants in this study. And if you combine this with the other strategies here—sunlight, zinc, selenium and some of the other things I'm going to introduce—then this disease is not hard to beat. And the earlier you catch it, the better.

There's no reason why any man in the world should be dying of prostate cancer. For the most part, the only people who are dying of prostate cancer are in industrialized nations. You don't see men in Africa dying of prostate cancer. They're getting plenty of sunlight. It's only in Western societies and industrialized nations where people think they're civilized and macho. "Give me my red meat and my dairy products, I'm going to slap on some sunscreen and head off to a barbeque!" ... and get prostate cancer.

## **Be mindful of the dietary acidity**

One thing I want to mention (because it's an area of concern with tomato products) is to keep in mind that tomatoes are highly acidic. If you're sensitive to acidic foods, you might have difficulty eating a lot of tomato products.

There are a couple of answers to this. First, if you're eating supergreens or superfoods products, they tend to be more alkaline, so they are going to help buffer some of the acidity from the tomato products. But at the same time, a little acidity is good when you're consuming minerals, because the acidity helps your body break down and assimilate those minerals. So I would say eat as much tomato product as you can stomach without creating negative side effects in terms of acidity. And, of course, as I mentioned at the beginning of this program, always work with a qualified health professional, preferably a naturopathic physician who understands nutrition, before modifying your diet or changing any health strategies whatsoever in your life. But a good, educated naturopath will tell you that tomato products can do a lot for you. In fact, they may not even be aware of how powerful tomato products can be in preventing and reversing prostate cancer.



## Changing your mindset about foods as medicine

So far, then, we've talked about soy products and tomato products. I want to invite you to think about these two food categories as not just food but as medicine. It's healthy, natural medicine. I want you to start thinking about your food as the best medicine in the world. In fact, there's a quote that goes all the way back to Hippocrates who said "Let thy food be thy medicine." It's the only medicine we really need, especially if we start early enough.

Think about your tomato dish as being a dosage of medicine that you are required to take every day. Think about a piece of tofu or soy protein as a dose of medicine that you've been prescribed—especially if it's been prescribed to you by your naturopathic physician. I want you to set aside the courage and the effort to take these products on a regular basis, and to discard the belief that every single thing you put in your mouth has to be pleasurable.

In America we often think that every meal has to deliver an incredible sensory experience; that we have to have this delicious fat, sugar and salt, and that every meal is like a rollercoaster ride of taste experience. But that's a distortion. In reality, it doesn't have to be that way. It's OK to have pleasurable food from time to time, but sometimes we need to put things into our mouths because we want to be healthy. And those things may or may not deliver this incredible sensory experience.

Tofu, for example, is a fairly bland tasting food, but I'm asking you to put it in your body for reasons other than taste. I'm asking you to have the wisdom and the maturity to put things in your mouth because of what they do to prevent disease. Otherwise, we're just human beings who are ruled by our sensory experiences. If your tongue makes all your decisions for you then you're just going to end up in a state of chronic disease like most Americans who decide what to eat based on taste alone. That's a very poor criterion to use for choosing your foods. As an adult, you should have the

wisdom to choose foods based on what your body and your mind needs. That's what healthy people do. Certainly, we all enjoy the taste experience, and it doesn't mean we can't have this wonderful taste experience from time to time. It just means we shouldn't be dominated by it. **We should choose our day to day foods based on what we know our bodies need.** So with soy products and tomato products, find a way to get them into your day, make them part of your medicine and realize that they don't have to taste fantastic to consume them. Sometimes you can just eat a chunk of tofu, no matter what it tastes like, because that's part of your healthy lifestyle choice. There's nothing wrong with that, people do it all the time.

That's what I do! I eat many items for their nutritional content along. And when there are foods that I don't like, but I know they're good for me, and find creative ways to eat them as well. Seaweed is one that I'm struggling with right now. I just eat a little bit at a time, and I don't try to force it down my throat in mass quantities, but I do sample it from time to time and find creative ways to use it in my diet. Over time, I've been able to get used to the taste of many products that I once thought were disgusting—in fact, now I even enjoy them.

## **The disease-busting superfoods breakfast**

Every morning I blend up a product called Jenny Lee Supergreens, which is a green foods blend. It contains quinoa, spirulina, chlorella, flaxseed meal, soy protein, alfalfa sprouts and so on. I blend this into a soy protein drink with soy milk and stevia. And I don't put bananas or apples in it, I don't sweeten it with anything else. But I love this drink the way it tastes, and you couldn't take that away from me. To me, that is the most delicious breakfast in the world. I've been drinking it for a couple of years.

When I've had guests over, and I've said "Here, try this! This is the best stuff in the world!" And they would take one sip and go "Eurgghh!!! How can you drink that?!" Then it reminds me, oh yes, it took me a while to get used to that taste too. So I throw in a couple of bananas and blend it up and they say "Whew! That's better. But it's still freaky."

## **Choose foods like an adult, not a six-year-old**

So you see, your tastes will change. And it is wise people, conscious people, who make that decision to alter the health outcome in their lives, who are able to change their tastes over time. You see, it takes no effort, no wisdom, no maturity whatsoever to just enjoy all the products you find at the grocery stores and fast food restaurants. That takes no effort whatsoever. Any child can do that. And most adults still do that. But it takes determination, wisdom and vision to know where you want to be two years from now to make a different choice. And if you're willing to make that different choice, you can change your outcome. You see, prostate cancer is not "fate," it's not genetic, it's not caused by being struck by lightning or some random chance event. It is caused by following a certain lifestyle and a certain nutritional pattern.

It is direct cause and effect, and you can reverse that effect by changing what you're using as causes. You can create a different outcome by modifying the inputs. And in this case, the inputs are things you put in your mouth, how much sunlight you get, whether you avoid red meat or dairy products and so on. **You can change the outcome.** You have the power to do that. And you have the power to easily prevent and in most cases reverse prostate cancer starting right now.

In the next section we're going to talk about even more minerals and nutrients that can prevent and help reverse prostate cancer. The good news has only just begun!

## Reversing prostate cancer with vibrational nutrition

Let's summarize where we are on the prostate cancer and reversal issue so far. We've learned that the primary causes of prostate cancer are:

- Lack of sunlight and the chronic vitamin D deficiency that goes along with that.
- Red meat consumption and saturated animal fats promote prostate cancer.
- The consumption of dairy products also greatly increases the risk of prostate cancer.

In terms of prevention we've talked about:

- Consuming soy products.
- Eating tomatoes in all their various forms including whole food concentrates, superfoods, tomato sauce, raw tomatoes and so on.

So this is all good information, but there's a lot more to cover. Let's talk about, for a minute, getting sunlight on your skin. In the previous section, we discussed why this is important, but I didn't talk about how much sunlight you actually need. Your "optimum dose" depends on your skin pigmentation and the geographic region in which you live. The further away you are from the equator, the more sunlight exposure you need in terms of time. So let's do the math on this.

Let's say that you are a fair skinned person living near the equator. You only need about 5 to 10 minutes per day of sunlight. That will give you sufficient quantities of vitamin D. If you are a fair skinned person living in a more northern climate, you might need to double or triple that.

If you are a dark skinned person, then you may need as much as 10 times that exposure. Frankly, that may be very difficult to get, because that means spending hours and hours under the sun each day if you are a dark-skinned person living in a northern climate.

## **How to make up for the nutritional shortfall**

Obviously, that's not practical for many people. You may need to find a different way to get vitamin D into your body. That's why we need to talk about vitamin D supplementation.

For many people, this is the only realistic solution for getting the vitamin D that they need. Fortunately, getting vitamin D as a supplement is quite easy to do: simply take cod liver oil supplements. Cod liver oil sounds kind of gross at first, but it's actually one of the neutral tasting oil products. There's nothing gross about it at all. It's easy to take, and there are some new products now on the marketplace from a company called Nordic Naturals that are simply fantastic. You can find them at [nordicnaturals.com](http://nordicnaturals.com). They have a great-tasting cod liver oil product sold in an orange flavor. They also have a peach flavor. They're available in single serving packages or as a larger volume of oil in a glass bottle. And you can take these on a daily basis or just take twice as much every other day. And you can get your vitamin D that way as a replacement for exposure to natural sunlight.

## **Your body can store the extra for future use**

The important thing to note about vitamin D is that, as a fat soluble vitamin, you don't have to get it every single day, because your body can store this nutrient and release it as it is needed. Of course, most Americans are in a state right now where they don't have any vitamin D storage at all. And then every time winter comes, and they get even less sunlight which brings on a state

of serious deficiency. But you, knowing this information, can get yourself plenty of vitamin D combined with as much sunlight as you can reasonably and safely get. Then you will never have a chronic vitamin D deficiency again (and your health will drastically improve in many ways!).

As you can see, it's very easy to solve this nutritional conundrum, and it has profound effects on your health that go way beyond just prostate cancer. For example, this has a tremendous benefit on mental health and the health of your entire nervous system. Without sunlight exposure and without vitamin D, you're far more likely to be schizophrenic or to suffer from depression or mood swings. Young males will typically express violent behavior as a result of this deficiency. And for women, osteoporosis is a big issue, especially as they get older. And one of the best ways to prevent and even reverse osteoporosis is to simply get natural sunlight and some vitamin D into your body. It's very easy, it's free of charge if you can get the sunlight, and it will reverse osteoporosis in many cases.

So getting sunlight or vitamin D, preferably both, is absolutely crucial to your prostate health. And again, it's one of the easiest things you can do. Next, let's talk about some of the other minerals and dietary supplements you can take that will prevent and even help reverse prostate cancer.

## The two miracle minerals for prostate cancer reversal

Zinc and selenium are two minerals that are very well documented for preventing and reversing prostate cancer. Again, most men are deficient in both zinc and selenium.

**One clinical study shows selenium alone reduces the risk of prostate cancer by 63%.** I don't have statistics on the impact of zinc, but it is also well known and used throughout the world as a therapeutic treatment for prostate cancer—not just a preventative supplement but actually a treatment.

What's interesting is that in men who have been diagnosed with prostate cancer, doctors traditionally find low levels of both selenium and zinc. So these are two minerals that are very important for anyone suffering from prostate cancer. You can get zinc in seeds, by the way. Pumpkin seeds are relatively high in zinc. Check out the nutritional content of other seeds: almonds and cashews also have a fair amount of the nutrient.

## **Most men are deficient in this cancer-busting mineral**

In terms of selenium, you may have to get that as a supplement. It's difficult to get selenium in foods, because most of the soil in which foods are grown have been depleted of selenium, zinc and other minerals. I remember a statistic that as many as 75% of the men in the United States are deficient in zinc. And most people don't even know it.

Selenium is easy to supplement (just buy selenium supplements and take them regularly). Of course it's always better to get selenium through plants and foods, but in this case it's very difficult to get these minerals through foods. So get them as supplements. You may be able to find prostate cancer supplements at your local health food store. Look for the word "prostate" in the name, such as "Prostate Health" or "Prostate Boost" or something similar. Check the ingredients and make sure it's from a trusted source. If it has lycopene, soy protein, zinc, selenium and some other nutritional items we will discuss here, then it's probably a worthwhile supplement to take.

## **This fruit extract keeps prostate cancer at bay**

In terms of some other strategies for preventing and even reversing prostate cancer, we have MCP, modified citrus pectin. This is basically a citrus fiber, and studies have shown that people who take a lot of MCP dramatically reduce their risk of prostate cancer. Animal tests also back this up, and it appears to

inhibit the binding abilities of cancer cells, according to the book “Herbal Medicines for Curing Cancer.” So this MCP can be another supplement that you can use along with everything else I’ve mentioned here.

## Top medicinal herbs for beating prostate cancer

In terms of medicinal herbs, check out licorice. Licorice root or licorice extract is often used by diabetics, because it helps regulate blood sugar. But it also inhibits the ODC enzyme, which turns out to be useful for preventing a number of cancers including breast cancer, prostate cancer and even bladder cancer. Another book, “Herbal Defense,” says that licorice extract prevents the formation of a testosterone byproduct that may encourage the growth of prostate cancer.

## The prostate cancer cure in your grocery store

Moving back to the area of foods, studies show that cruciferous vegetables, if consumed regularly, can reduce the risk of prostate cancer by 39%. Cruciferous vegetables include broccoli, kale, cauliflower, and so on. Of course, you want to eat them raw or just barely cooked (blanched or steamed is fine).

## Cancer-busting vegetable concentrates

There are some outstanding superfood products on the market right now that have concentrated forms of these vegetables. In addition to the Prevention Powder I mentioned earlier, which will soon be found at JennyLeenaturals.com, there’s also a product called “**Berry Green**” from a company called New Chapter. Berry Green is a potent superfood. It prevents, in my opinion, a great number of different chronic diseases, and can even help reverse many of them. And it has organic spinach, kale, parsley, cabbage, broccoli,



brussel sprouts, and many additional vegetables. The product has both berry concentrates and vegetable concentrates, all mixed together. I consider this product to be medicinal: it has such strong medicinal effects that, frankly, it should be prescribed to patients by doctors. But, again, doctors don't really understand nutrition very well, and the FDA wouldn't want this approved, because if people started drinking this product, they wouldn't need so many prescription drugs.

There's also the **Earth's Promise** product I mentioned, and there's a product called Miracle Greens: you can find that at [www.miraclegreens.com](http://www.miraclegreens.com). No matter what product you ultimately choose, find a superfoods product that you like and start drinking it regularly. You will protect yourself from not only prostate cancer, but also a great number of other degenerative diseases including Alzheimer's disease, arthritis, osteoporosis, diabetes, heart disease and many, many others.

## The everyday vitamin that protects your prostate

Here's something interesting: **vitamin E supplementation has been shown to reduce prostate cancer incidence by 32% in male smokers.** That's an interesting study. Vitamin E is, of course, a fat-soluble vitamin. **If you choose to take vitamin E supplements, be sure to take natural vitamin E.** There's a lot of vitamin E on the market that's being sold as vitamin E, but it's actually not. It's synthetic vitamin E. **And the way you know that is because it has DL in front of the word tocopherol on the label, as in: "DL-tocopherol."** You don't want the DL, you want just D. In other words, make sure you get vitamin E that has no L. Or get vitamin E that says "all natural" or "100% natural." Go to a health food store to find this.

You may have read some headlines recently saying that vitamin E will kill you. These distorted conclusions are from the same type of people, with the

same mindset, who say that sunlight will kill you. And the way they arrived at these distorted conclusions is by reviewing studies that used synthetic vitamin E on heart patients who were just days away from death. That's how they concluded that vitamin E is bad for you. Of course it's ridiculous! Vitamin E is quite good for you if you get natural vitamin E.

In fact, researchers see **41% fewer deaths from prostate cancer from those who are willing to take vitamin E**. I recommend getting vitamin E from natural sources—nuts and seeds, and to some extent whole grains. **But in the form of nuts and seeds, you get straight, natural vitamin E.** It's very healthy and easy to eat. In fact, it's delicious! Personally, I eat at least 8 to 10 servings of nuts and seeds every day. And I eat them raw with no flavorings; they haven't been cooked, roasted, salted or anything. I just eat the nuts raw. And to me, there's nothing more delicious than raw cashews or raw macadamia nuts. The key is to watch your portion sizes, because nuts are very dense in calories. So if you eat too many nuts all at once you're going to contribute to obesity and weight gain. But if you eat small portions on a regular basis, you're going to get these healthy oils into your body without going overboard.

These healthy oils and vitamin E will help support a healthy cardiovascular system, help prevent heart disease, boost your nervous system function, and help prevent dementia and Alzheimer's disease. Plus, they're going to help you prevent prostate cancer. So, again, go out and eat some healthy nuts. This means, of course, you can't go to Wal-Mart or these other common shops and buy their nuts, because most of their nuts are flavored. They're all roasted and salted. Some even have MSG. You don't want that. You want raw nuts. You have to go to places like Trader Joe's, your local food coop, or your local health food store, and ask for raw, unprocessed, unflavored nuts.

## **An ancient anti-cancer food secret revealed...**

Moving on down the list here, there is significant evidence supporting the use of garlic as a preventive measure against prostate cancer. Garlic is a powerful anti-cancer food. It is, in fact, one of the most powerful anti-cancer foods that has ever been discovered, and it has been used for thousands of years as a medicinal anti-cancer food.

Consuming garlic can not only help prevent prostate cancer, it also prevents many other forms of cancer in the human body. So it's a wise thing to consume on a regular basis. And again, the less processed it is the better, although I wouldn't recommend people eating raw garlic unless you can stomach it. Personally, I can't. It's just too strong in raw form.

## **An anti-cancer secret from the world of Ayurveda**

Next, we're going to talk about turmeric and its active ingredient, curcumin. This is another powerful anti-cancer compound. In fact, there has been a lot of research coming out on this recently. It is a powerful antioxidant that regulates prostate cancer cells, meaning it inhibits their growth. Or, as they say, it prevents the progression of prostate cancer to its hormone-refractory state (that's what they researchers say).

So basically, if you eat a lot of curry and if you get turmeric into your diet (or as a nutritional supplement), then you'll experience positive, protective health benefits as a result.

## Watch out for this food chemical trap

One word of warning on this, a lot of curries sold on the market contain excitotoxins that are dangerous to your health. Those excitotoxins are often MSG, also known as monosodium glutamate, which can be hidden in food products in an ingredient called “yeast extract” or “hydrolyzed yeast extract” or “autolyzed yeast extract.” Sometimes it’s also seen as “hydrolyzed vegetable protein” or “autolyzed vegetable protein.” So be wary of any curry product made with these ingredients. And by the way, 90% of all curry products on the market contain these ingredients. So if you’re going to get some curry into your diet, you must watch out for that. Go to a health food store and buy some natural curry products. That’s the only way you can avoid the MSG which would basically begin to destroy your nervous system. And that’s not a good trade-off. If you’re going to turn to these foods, get healthy versions of them.

For example, if you’re going to consume a lot of tomato sauce because you want more tomatoes in your diet, get tomato sauce that doesn’t have a lot of sugar in it. Because a lot of the pasta sauces out there are loaded with sugar. It’s listed right on the label: high-fructose corn syrup. If you’re going to protect your health, do it right. Get the good quality ingredients, supplements and foods. Don’t just switch from one food poison to another and fool yourself into thinking you’re healthier now.

By the way, did you know that 80% of the total lycopene intake of Americans comes from ketchup, tomato juice and pizza sauce? Wow, can you believe that? Think about it. Pizza sauce and ketchup are high in sugar, and tomato juice is normally high in salt. So those are not good sources for tomato products.

## Healthy oils from tiny seeds

Next on the list, are lignans. You'll find lignans in flax oil products. Look for it on the label and make sure the flax oil products you buy have lignans. You might ask, "What are lignans?"

Lignans are phytochemicals in flax seed that, among other things, inhibit both breast cancer and prostate cancer tumors. This is backed by a lot of research. Lignans have a strong protective effect against any hormone-sensitive cancer, which includes uterine cancer, by the way. You can get lignans into your diet easily by supplementing with flax oil containing these lignans. Flax oil can be quite delicious, too—you can blend it in with your morning soy protein drink.

So are you beginning to see a good picture of how you might have a nice breakfast that's also a strong dose of anti-cancer medicine? You would take this SuperRed Pro 96 soy protein product from Nature's Life, combine it with some Berry Green powder, put in some stevia extract powder to sweeten it up, and then throw in some flax oil with lignans. In all, you would have a potent anti-prostate cancer breakfast that would be quite delicious. If you don't think the taste is palatable, you could blend in a banana and it would be even more delicious. You can have a delicious anti-cancer breakfast very easily by applying this knowledge. And lignans are a part of that recipe.

## The classic anti-cancer herb

Saw palmetto is legendary for its treatment of prostate cancer. It's an herbal remedy. You can find saw palmetto at virtually every health food store. It works by preventing excessive hormone stimulation of the prostate cancer cells. So it effectively reduces the stimulus from cell growth.

When you combine saw palmetto with all of these other nutritional and lifestyle strategies we've explored, you can effectively **halt the growth of these cancer cells**. Saw palmetto is one of the best herbs out there. In fact, one book, *The Complete Guide To Natural Healing*, says that it produces the same benefits as a popular prostate cancer prescription drug but in a shorter time. And that's a good, strong benefit.

## Experimental treatments

In a world of underground cancer cures for prostate cancer, there's a product called PC-SPES. This product has actually been recalled by its manufacturer, but it was very potent. It's basically made of Chinese herbs that help treat prostate cancer. The problem with this is that people tend to overdose on it and will use it without the direction of a qualified health professional or naturopath. This product contains saw palmetto, licorice, ginseng, skull cap and chrysanthemum. It was very effective for many people, but you can't use these Chinese therapies all by themselves and yet continue to follow an unhealthy lifestyle elsewhere in your life. So some people were avoiding sunlight, they were eating a lot of red meat, drinking a lot of dairy products, and then they were taking this PC-SPES product. And some of them were getting negative results from it. That's because you can't look at one supplement as a magic pill. I don't care what it is, whether it's a prescription drug or a Chinese herb—there is no magic pill. You have to change your lifestyle if you want to change the outcome you're experiencing. And frankly, it's time to stop making excuses.

## Time to grow up and be a healthy man

If you want to be free of prostate cancer, you're going to have to give up red meat for the rest of your life. You're going to have to give up dairy products and, believe me, after a while you won't miss them at all, because once you learn about the high pus content of dairy products, and how there's more pus in milk than is legally allowed by government regulations in virtually every state in the country, you might say to yourself "Gee, I'm tired of drinking pus, and maybe I should drink something that comes from plants." These dairy cows are over-milked and their udders tend to get diseased and infected, and they release a lot of pus into the milk that goes right into the grocery stores. And I'm not making this up! You can read it at [newstarget.com](http://newstarget.com), just search for "dairy products and pus" and you'll find articles citing some of the statistics on this. It's well documented. It's just that most people don't know about it.

So they're drinking this stuff and they don't want to give it up. But then the more they learn, the more they realize "Maybe I can give that up! Maybe I'll drink some soy products, because I'm pretty sure that soy milk doesn't have pus in it." It's got soy in it, and soy is actually good for prostate cancer. But the point is you have to make a wholesale change, you can't rely on one item. For example, if you said "Oh, I'm just going to take zinc, and that's it. But I'm going to follow everything else I did in my life that gave me prostate cancer in the first place..." Then I would say to you, that's foolish! Zinc alone is not going to reverse all the other contributing factors that you are pursuing each and every day. If you continue to eat the standard American food supply, if you continue to avoid sunlight, if you continue to adopt that unhealthy lifestyle, then zinc is not going to counteract all of that.

## How to drink your way to prostate health

There's another item here I should mention: green tea. Green tea also helps prevent prostate cancer. At the Mayo Clinic, it was found to be a **potent killer of prostate cancer cells**. There's a lot more research on green tea, and there's even more coming out on this as well. Green tea is just one more nutritional element that you can combine with everything we've covered here.

Think about what we've talked about:

- Soy products
- Green tea
- Vitamin D
- Tomato
- Licorice
- Matural sunlight
- zinc
- Cruciferous vegetables
- Vitamin E
- Selenium
- Lignans in flax oil
- Turmeric
- Cod liver oil

Do you think that if you did all of these things that you would ever get prostate cancer? I very much doubt it! And if you avoided all the things that cause prostate cancer, like red meat and dairy products, and followed all the prevention strategies covered here, your chance of ever being diagnosed with prostate cancer quickly approaches zero.



## Your health is not a roll of the dice

You see, prostate cancer is not a matter of luck. It's not chance—it is a result. It is a result that has an underlying cause. And if you think about it, if you've been diagnosed with prostate cancer today (and this is not said with any sort of judgment by the way. I don't blame you for where you are today. In fact, I credit you with having the courage to pay attention to this program and learn how to prevent it) then your current situation is frankly a result of all the actions you have taken up to this day. If you've been diagnosed with prostate cancer or diabetes or some other disease today, it's because **you've been unknowingly following a recipe for that disease**. You have been creating that disease in your body, day after day, year after year. And you've let it go on for so long that the doctor has finally noticed it. And now they have you scared thinking you have to get surgery or chemotherapy or some other barbaric medical procedure in order to be healthy.

But as you're learning here, you can prevent and reverse this disease, and many other diseases, with little known nutritional therapies, supplements and therapies like natural sunlight that I'm talking about right here.

## Change the recipe to change the outcome

You see, if you change the recipe, you get a different result. If I asked you to make a giant pot of chili, and I said "Here's a recipe for chili," and that recipe didn't have any tomato, beans or spices, you might say to me "Mike, you're crazy! How can I make chili when this recipe doesn't have anything that's in chili?" And I would say, "Gee, you're right! Then why do you think you're going to be healthy when the recipe you're following has none of the ingredients of health in it?"

You see, if you want an outcome, you have to follow the recipe. If you want to make chili, you'd better have some beans, some tomatoes, some spices ... maybe some meat if you're going with organic meat (and it shouldn't be red meat, of course). You can use quinoa, by the way, in chili. That's a healthy whole grain.

Ultimately, you have to follow the recipe that corresponds with the outcome you want. I can tell you right here, right now, that the recipe for prostate health is in this program. It's everything we've been talking about. It is the avoidance of red meat, the avoidance of dairy products, getting vitamin D into your body, getting exposure to natural sunlight, eating soy products and tomatoes, supplementing with flax lignans, selenium, zinc, licorice root and green tea. It's about eating cruciferous vegetables, raw nuts and fresh seeds (like sesame seeds). **This, friends, IS the recipe for prostate health.**

## **The secret is actually simple**

This is it! This is the big secret right here. This is what drug companies can't even touch. Their products don't even approach the effectiveness of this, and this doesn't have any negative side effects! It's affordable, and you don't need a prescription to do it. This is the answer right here.

So if you've been looking for the answer, you can stop searching now; this is it. It's getting back to nature: the plants from nature, the sunlight from nature; the vitamin D that your body naturally produces when exposed to sunlight; the vegetables provided by nature and the way your body interacts with those foods by assimilating their phytonutrients and using them to regulate cancer or even reverse cancer cells in the body. This is the answer right here.

Put this into action in your life starting today. You can change your outcome by changing the recipe. And the only side effect of this recipe, by the way, is that

you will also have a healthy nervous system. You will also be preventing other forms of cancer in your body. You will prevent diabetes, you'll have healthy reproductive function, healthy cognitive function, healthy immune system function... the list goes on and on. These are the side effects of following this recipe. Now if you can handle those side effects, and you can afford to buy some food, which I assume you're doing now, because you've probably been buying lots of food up to today, then you can follow this recipe. And if you say to me "But I live in a northern climate, it rains all the time, I can't get sunlight!" Well, get some cod liver oil or move! Find a way to follow this recipe for health.

## **Hey guys, stop being such a sissy!**

One final discussion on all of this. Some people will look at this recipe, and the first thing they'll do is start picking and choosing... "OK, let's see ... I don't like green tea, I won't do that... I don't like broccoli, so I won't do that. I can take some zinc, yeah. Hmm, never tried flax oil, I won't do that. Vitamin E, yeah I've got some vitamin E, I'll take that. Don't like soy products, I won't do that, but tomato, yeah, I'll eat some tomato products..." and so on.

They will go through this like a menu and pick and choose what they're going to do. And then they will ignore the advice of what to avoid. And six months later the prostate cancer is getting worse, and they'll send me an angry email saying "But you said..."

So let's get this straight, right up front. Here's what I am saying. I'm saying, do ALL OF THESE without excuses, without finding some justification, without making such poor, lame, childish excuse like "I don't like it." Stop being such a sissy about eating healthy foods. This is medicine. If you want to be healthy, this is the medicine you've got to put in your body. It's as simple as that. And as I mentioned earlier, work with a qualified health professional to get more personalized advice.

Get the soy into your body, to me that's macho, that's manly! That's protecting your health, that's being wise, that's protecting who you are as a man. Get the tomato into your body, get the sunlight, get the green tea, get the licorice, zinc and selenium.

Stop making excuses. I used to do that too, I used to say "Oh well, I know I want to be healthy, but I don't like that stuff... green foods or whatever, don't like that..." And I did that for years and years, and my health kept going down. I finally decided I was going to get serious about this and made a change. Once I made the change, my health skyrocketed. I gave up all the bad foods and started eating nothing but the good foods. My health transformed in a matter of months. I went to my naturopath and he said, "Mike, you are the healthiest individual I have seen here in 30 years of practice." He declared me to be in a state of perfect health. And I used to be diseased. I used to be borderline diabetic. I weighed 220 pounds with a very high percentage of body fat. I had chronic pain, I couldn't even sit for more than 30 minutes at a time. Today I have been declared in perfect health. And it wasn't without effort, but it was because **I changed the recipe**. I said to myself, I don't care what this stuff tastes like. I'm going to make the change, I'm going to find ways to like this new food, and I'm going to educate myself. That's what I did, and that's exactly what I'm sharing with you right here.

## **Health is your responsibility, not your doctor's**

You need to find the courage to do this. Nobody is going to come along and take responsibility for your health outcome. Nobody! If you think it's up to someone else to solve your health problem, then you are a fool, frankly. If you think it's your doctor's responsibility to cure your prostate cancer, you need to come back to reality. Your doctor has no responsibility for your cancer. The pharmaceutical company selling you prostate cancer drugs

has no responsibility. Their only interest whatsoever is in keeping you as a customer. Which means they just want to keep you alive long enough to keep you paying.

You are the only person responsible for your health outcome. Not your doctor, not your health insurance plan, not your employer, not your spouse or family members. It's you. And you make a decision each and every day based on what you put into your mouth, what you choose to avoid, what lifestyle habits you choose to pursue, and frankly, how much money you're willing to invest in some of these supplements, such as the Berry Green product or the Earth's Promise superfoods product or some of the others I've mentioned.

## **Be willing to invest in yourself for a change**

It costs some money, yes. I'm just amazed that people have come up to me and said "But it's too much!" Then I asked them, but what's the monthly payment on your house? They say "It's \$1,000." And I say "What's your monthly payment on your car?" And they say "Well, it's \$400." I say, "How much do you spend per month on Starbucks coffee and lunch at McDonalds and movie tickets?" "Oh, about \$300." Then I say, "So you mean to tell me, out of all these investments you're making in your house and your car and your entertainment and pleasure, you won't spend \$200 a month investing in your health? Are you serious?" And of course that annoys the heck out of them, which is why I don't have many friends unless they take nutritional supplements.

I hope I'm getting my point across here—invest in yourself for a change. In this society, we will spend money on everything except ourselves. That's foolish. Your house can be taken away, your car can be trashed. That movie is fleeting. That Starbucks coffee lasts for a few minutes and then it's gone. **But your health is for the rest of your life.** Why aren't we as a society willing to make this investment in our own health? Why?

I think the answer is because for many people it's too uncomfortable. It's too strange. Their parents didn't do eat healthy, why should they? They don't like the taste of soy products. Imagine a six year old kid whining, "I don't like it!" That's what I hear from people. A bunch of whiners and complainers, frankly. But you're different.

You're different because you're willing to pick up this program, to read this, to take some action to change your recipe and thereby change your health outcome. Frankly, you are in the top 1/10 of 1% of all people in this country in terms of lucidity, awareness and courage. And you're willing to make a difference in your own life. I know that because very few people will even get this far in the program. Some people have too much ego invested in this. You've got to get rid of that ego and discard those old belief systems and get back to the basics of what it takes to be healthy.

I have presented the answers to prostate health right here. I don't take credit for these answers, by the way. I did not invent this. Nature invented it—I'm just the messenger. I'm just the teacher, if even that. I consider myself a student, actually.

## **Why your doctor will never teach you these truths**

But as much as I don't take credit for this stuff, I do hope that I've been able to get it into your hands and into your mind so that you can take action with it. Because, again, this information is not being distributed to people by organized medicine. You won't find this in the press. When was the last time you saw an article that said "Soy products, tomato products, zinc, selenium and sunlight can reverse prostate cancer!?" I don't think I've ever seen an article like that. To find those answers, you have to dig deep. You have to really dig through the research, read the books, index them, scan them, search them, clean up all that stuff, compile it... and that's what I've done for you here.

So please, do yourself a favor. Use this information and use all of it. Look yourself in the mirror and get honest with yourself. Ask yourself: what outcome do I want to achieve tomorrow, one year from now, five years from now and even further down the road? And now that you know the recipe that's required to create that outcome, start making those changes today. No matter what the cost, no matter how uncomfortable, no matter what it tastes like, start making the changes now!

Because if you keep going down the path that gave you this disease in the first place, your outcome is certain. You will be another statistic of organized medicine; another person undergoing chemotherapy, radiation or surgery... another victim of prostate cancer, trapped in a system of organized medicine that doesn't understand how to prevent this disease or how to treat it. But natural health provides those answers. You've just heard many of the best answers right here in this program.

## **Honor yourself**

I honor you for taking this time and having the courage to listen to this program and to even consider implementing it. I honor you for that. You deserve tremendous credit just for going this far. I encourage you to keep moving forward. Take the action steps necessary. Integrate this. Be the healthiest, happiest man that you can be.





# Prostate Cancer Research – Causes

## Red Meat

- **Prescription for Natural Healing** – “Do not eat red meat. There is a definite correlation between high red meat consumption (five servings a week or more) and the development of prostate cancer.”
- **Eat to Beat Cancer** – “Men who eat red meat five or more times per week face a 2.5 times greater risk of developing prostate cancer than men who eat meat once a week or less. On the other hand, a prostate -cancer reducing wallop has been linked in Japan with soy protein and soy products.”

## Selenium deficiency

- **Disease Prevention and Treatment** – “A selenium deficiency appears to increase the risk of prostate cancer fourfold to fivefold. It was determined that, as the male population ages, selenium levels decrease, paralleling an increase in prostate cancer.’

## IGF-1

- **PDR\_Nutritional\_Supplements** – High levels of IGF-I have been associated with elevated risk of several cancers, especially prostate cancer.

- **The Politics of Cancer** – As reported in a January 23, 1998 article in Science, men with high blood levels of the naturally occurring hormone insulin-like growth factor (IGF-1) are over four times more likely to develop full-blown prostate cancer than are men with lower levels. The report emphasized that high IGF-1 blood levels are the strongest known risk factor for prostate cancer, only exceeding that of a family history, and that reducing IGF-1 levels is likely to prevent this cancer.
- **The Politics of Cancer** – It was further noted that IGF-1 markedly stimulates the division and proliferation of normal and cancerous prostate cells and that it blocks the programmed self-destruction of cancer cells thus enhancing the growth and invasiveness of latent prostate cancer. These findings are highly relevant to any efforts to prevent prostate cancer, whose rates have escalated by 180% since 1950, and which is now the commonest cancer in nonsmoking men, with an estimated 185,000 new cases and 39,000 deaths in 1998.

## Fat

- **Diet Nutrition Cancer** – The data on prostate cancer are more limited, but they too suggest that an increased risk is related to high levels of dietary fat. In general, it is not possible to identify specific components of fat as being clearly responsible for the observed effects, although total fat and saturated fat have been associated most frequently.
- **Diet Nutrition Cancer** – In Hawaii, the incidence of prostate cancer in four ethnic groups was highly correlated with consumption of both animal and saturated fat (Kolonel et al., 1981). In the mainland United States, Blair and Fraumeni (1978) correlated prostate cancer mortality by county with dietary variables. They observed that counties with a high risk for prostate cancer among whites had correspondingly high per capita fat intakes among the same population. Hirayama (1977) observed that one of the most notable dietary changes in Japan since 1950 is increased per capita

fat intake and that this change parallels a striking increase in mortality from prostate cancer.

- **Cancer Therapy** – In Utah, scientists studied 358 cases with prostate cancer and 679 controls. Dietary fat was the strongest risk factor. There was “little association between prostate cancer and dietary intake of zinc, cadmium, selenium, vitamin C, and beta-carotene.” Total vitamin A intake had a “slight positive association with all prostate cancer “ but not with aggressive tumors.
- **Healing With Whole Foods** – Excess dietary fat and cholesterol have been targeted as primary causes of heart disease, diabetes, breast cancer, colon and prostate cancer , to mention only the major degenerative diseases.
- **Staying Healthy With Nutrition** -There is also an association between prostate cancer in men and uterine and ovarian cancer in women and high dietary fat consumption, particularly saturated fats found in animal foods.
- **Anti-Aging Prescriptions** – As it turns out, a high intake of saturated fat is a significant risk factor for prostate cancer. The primary sources of saturated fat—meats, whole-milk dairy products, and junk foods—were virtually nonexistent in the Paleolithic diet. You can do your prostate a huge favor by cutting back on these foods.
- **Anti-Aging Prescriptions** – The rate of prostate cancer is rising, but no one really knows why. Some experts blame an unhealthy American lifestyle, characterized by a diet high in saturated fat and a lack of exercise. Others point to screening for cancer-related prostate-specific antigen, which has enabled unusually early detection of the disease. Both factors probably play roles, though the incidence of prostate cancer was increasing dramatically even before the measurement of prostate-specific antigen was possible.

- **Anti-Aging Prescriptions** – Cut back on saturated fat. In animal studies, a diet high in saturated fat—the kind of fat found in meats and dairy products—appears to promote the growth of prostate cancer. American men eat a lot more saturated fat than Japanese men do. Not surprisingly, we Americans are nine times more likely to die from prostate cancer.
- **Physicians Guide to Natural Health** – High intake of saturated fat is known to be a risk factor for the development of lung, breast, colon, prostate cancer and lymphomas.
- **Prescription Alternatives** – A study of 51,000 American men ages 40 to 75 who were followed for two to four years showed that prostate cancer was directly related to total fat consumption, with red meat showing the strongest association with advanced cancer.
- **Bottom Line Yearbook 2004** – Limit the amount of animal fat in your diet. Men who eat fewer than five servings a day of meat, milk, cheese, etc. have a lower risk of prostate cancer. One serving, which is four ounces, is about the size of a deck of playing cards.

## Lack of Vitamin A

- **Cancer Therapy** – In fact, the lower their blood serum level of vitamin A, the greater their risk of developing prostate cancer. This was the first time that vitamin A and prostate cancer were subjected to a large 'prospective' study (in which scientists select a group of people and then check up periodically to see what diseases they have developed). Once again, the less vitamin A (retinol) they had in their blood, the greater their odds of developing prostate cancer.

- **Antioxidants Against Cancer** – In general, the lower the blood level of vitamin A, the greater the risk of developing prostate cancer . This was the first time that vitamin A and prostate cancer were linked in a large study. (372a)

## Dairy

- **Eat to Beat Cancer** – “Dairy, especially from cows treated with hormones, is linked to ovarian cancer and to elevated breast and prostate cancer.”
- **Prescription for Natural Healing** –“For men, problems with calcium appear to be more complex than was originally thought. Research conducted over ten years by the Physician’s Health Study—the group that discovered aspirin’s effect on heart attack risk—found that men who consumed two and a half servings of dairy products per day were 30 percent more likely to develop prostate cancer than men who did not. In a previous study, the same group of researchers found that men who consumed high amounts of dairy foods had 70 percent increased risk of prostate cancer , and that calcium supplements increased the risk of prostate cancer by 30 percent.”
- **Food Revolution** – Risk of prostate cancer for men who consume high amounts of dairy products: 70 percent increase.

## DHEA

- **Hard Body Plan** – And side effects of DHEA use can include acne, irritability, irregular heart rhythms, liver problems, enlarged male breasts, accelerated growth of existing tumors, hair loss, and a possible increased risk of prostate cancer.

## Lack of Vegetables

- **Health in the 21st Century** – A Japanese researcher, T. Harayama, conducted a 10 year study of 265,118 subjects who answered questions about their dietary intake. Harayama discovered that people who ate liberal amounts of vegetables containing beta carotene had a lower risk of lung, stomach and prostate cancer.

## Genetics

- **Britannica Encyclopedia** – The likelihood of developing prostate cancer doubles if there is a family history.

## Fried Chicken

- **Food Swings** – Chicken's high saturated fat and acidic content, compounded by frying, make this meat toxic to the liver. Chicken is also stressful to the pancreas and it upsets hormonal balance, increasing the risk of everything from arthritis to breast or prostate cancer.

## Meat Proteins

- **Food Swings** – Considered carcinogenic, meat proteins are suspected to increase the risk of colon, pancreatic, breast, and prostate cancer.
- **The Omega Diet** – Chicken skin, turkey skin, and beef fat are to be avoided, particularly if you have coronary artery disease. In addition to contributing to heart disease, these types of fat have been linked with an increased risk of colon and prostate cancer.

## Obesity

- **Eat to Beat Cancer** – “Nine out of ten studies have shown increasing risk for prostate cancer with increasing degrees of obesity. Most studies found that men who eat oversized portions of meat or dairy products are 30 to 50 percent more apt to get prostate cancer. The evidence is quite consistent that meat, dairy products, animal fat, and total fat are associated with increased prostate cancer risk.”
- **Staying Healthy With Nutrition** – Obesity is definitely correlated with higher cancer rates. Colon, rectum, and prostate cancer rates are higher in obese men, while obese women have increased risks of cancer of the breast, cervix, uterus, ovary and gallbladder.

## Milk

- **Health and Nutrition Secrets** – Also, a recent study reported in a peer-reviewed medical journal found that men who drank milk had a higher incidence of prostate cancer.
- **Prescription Alternatives** – Another study in Italy comparing 271 men with prostate cancer to 685 men who did not have the disease concluded that a high dietary consumption of milk was a significant indicator of prostate cancer risk, even in men who also ate a lot of whole grains and fresh vegetables.

## Alcohol

- But the more you imbibe, the more likely you are to get the disease. Heavy drinkers—those who down more than seven drinks a day—are twice as likely to be diagnosed with prostate cancer as light drinkers are.

## Smoking

- **Anti-Aging Prescriptions** – If you smoke, quit. Smoking makes you more likely to get prostate cancer —and more likely to die from the disease. Among men who smoke up to a pack a day, the risk of death from prostate cancer rises by 21 percent. Among those who smoke more than that, the risk jumps by 45 percent.

## Thiamin

- **Beating Cancer With Nutrition** – Low intake of thiamin was associated with an increase in the risk for prostate cancer.

## Lack of Vitamin E

- **Antioxidants Against Cancer** – It was found that low vitamin E levels, especially in smokers, was related to an increased risk of prostate cancer.

## Age

- **Prescription for Natural Healing** – “It is primarily a disease of aging. Men in their thirties and forties rarely develop prostate cancer, but the incidence increases steadily after the age of fifty. Approximately 80 percent of all cases occur in men over the age of sixty-five, and by the age of eighty, 80 percent of all men have prostate cancer to some degree.”
- **Eat to beat Cancer** – “An intact hormone supply seems to be a requirement for development of prostate cancer . Prostate cancer simply does not occur in eunuchs, men castrated at an early age, and men with low levels of testosterone. Prostate cancer also shows a close correlation with age, regardless of which global population is examined.”



- **Earl Mindells Secret Remedies** – The risk of developing prostate cancer greatly increases with age. It rarely occurs in men younger than fifty and the average age of onset is seventy-two.

## Diet

- **Herbal Medicine for Curing Cancer** – “Epidemiologic studies have shown a connection between a high-fat diet and prostate cancer risk<sup>7</sup> while other research has begun to show significant protection from risk by increasing intake of fruits, vegetables, and vitamin supplements.”
- **Prescription for Natural Healing** – “A diet that is high in fat and low in fiber is associated with a greater risk of colorectal cancer and is a factor in breast and prostate cancer as well.”
- **Prescription for Natural Healing** – “high-fat, low-fiber diet is linked not just to heart disease, but also to prostate cancer. Chemical reactions occur when fat is cooked, leading to the production of free radicals, which play a major role in certain cancers. It is logical to assume that the accelerating increase in prostate cancer since the 1950s must be attributable at least in part to a parallel increase in fat consumption in the United States. According to the Journal of the National Cancer Institute, men who eat red meat five times a week may have a risk of prostate cancer that is nearly three times higher than that for men who eat red meat less than once a week. Butter consumption also appears to contribute to this disease. Researchers theorize that a diet high in fat raises the levels of testosterone and other hormones in the body, which stimulates the prostate—and any cancerous cells in it—to grow. A high intake of milk and coffee may also increase the risk of developing prostate cancer.”

- **Earl Mindell's Secret Remedies** – The cause of prostate cancer is unknown, but continuing research has uncovered an intriguing connection between diet and prostate cancer. A study published in the Journal of the National Cancer Institute (1993), reported the result of research that measured the relationship between high-fat diets and prostate cancer. Total saturated-fat consumption was found to be directly related to the risk of advanced prostate cancer. This association was due primarily to animal fat. Interestingly, red meat, which is high in saturated fat, represented the food group with the strongest positive association with advanced cancer. Fat from dairy products, with the exception of butter, or fish was unrelated to risk. The results support the hypothesis that animal fat, especially fat from red meat, is associated with an elevated risk of advanced prostate cancer.
- **Doctors Complete Guide to Vitamins and Minerals** – According to the Journal of the National Cancer Institute, men who eat red meat 5 times or more weekly have a risk of prostate cancer that is almost 3 times higher than that for men who eat red meat less than once weekly.

## Low levels of beta-carotene

- **Food Revolution** – Risk of prostate cancer for men with low blood levels of beta-carotene: 45 percent increase.

## Coffee

- **Prescription for Dietary Wellness** – The excessive consumption of caffeine and/or artificial sweeteners has been identified as a risk factor for bladder and kidney cancer. A high intake of coffee is indicated as one of the risk factors for prostate cancer.

## Various Causes

- **Prescription for Natural Healing** – “Also at increased risk are men who have had recurring prostate infections, those with a history of venereal disease, and those who have taken testosterone. Exposure to cancer-causing chemicals increases risk as well. Researchers have also found a link between a high-fat diet that is low in fruits and vegetables and prostate cancer. This may be due to the fact that heavy fat consumption raises testosterone levels, which could then stimulate growth of the prostate, including any cancer cells it may be harboring. Some studies have suggested that va-sectomy may increase the risk of developing prostate cancer, although other studies contradict this hypothesis.”

## Testosterone

- **Eat to Beat Cancer** – “The testes produce 90 percent of the circulating male hormones (androgens). Some data suggest that men with elevated testosterone levels have a higher risk of prostate cancer. Higher testosterone levels have also been associated with Western (but not vegetarian) diets. In that light, it is interesting to note that men in Japan and Taiwan have some of the lowest rates of prostate cancer in the world.”

## Low vegetable intake

- **Eat to Beat Cancer** – “Low vegetable intake (men who rarely eat green and yellow vegetables have twice the chance of getting prostate cancer)”

## Vasectomy

- **Eat to Beat Cancer** – Prostate cancer seems to be greater in men who had a vasectomy performed over twenty years ago).



# How to Prevent Prostate Cancer

## Beta-carotene

- **PDR\_Nutritional\_Supplements** – It was, however, associated with a significant reduction in risk of prostate cancer , a lesser reduction in colon cancer and increased risk of hemorrhagic stroke in smokers.
- **Everyday Health Tips 2000** – Studies in the United States and elsewhere strongly suggest that we would have less lung, colon, stomach, cervical and prostate cancer if we consumed more fresh fruits and vegetables rich in beta-carotene.

## Flower Pollen

- **PDR\_Nutritional\_Supplements** – There are a few in vitro studies indicating that flower pollen extracts may inhibit prostate cancer cells.

## Genistein

- **PDR\_Nutritional\_Supplements** – A number of studies have shown that genistein can inhibit prostate cancer -cell growth in vitro. Some recent in vitro studies suggest that genistein may be both chemopreventive and therapeutic in prostate cancers regardless of androgen responsiveness.

- **Prescription for Dietary Wellness** – Genistein inhibits estrogen-related cancers and the growth of new blood vessels around cancer cells that are needed to feed growing tumors, decreases postmenopausal symptoms, lowers blood cholesterol levels, and reduces the risk of heart disease. It may aid in preventing both breast and prostate cancer. Genistein is found, like other isoflavones, in soy foods and in alfalfa, beans, lentils, peanuts, peas, and sprouts.

## Green Tea

- **Prescription for Natural Healing** – “A plant substance in green tea has been found by researchers at the Mayo Clinic to be a potent killer of prostate cancer cells. Many studies have linked green tea consumption to a reduced risk for prostate cancer.”
- **PDR\_Nutritional\_Supplements** – The predominant data suggest that green tea confers protective effects against many cancers. The incidence of prostate cancer, for example, is the lowest in the world in China, a country with high green tea consumption.
- **Superfoods RX** – There is also a belief among some researchers that the prostate -cancer incidence in U.S. males is fifteen times higher than the incidence in Asian males, in part because of the considerably greater amounts of tea drunk by Asians. It also seems that teas may possess a probiotic effect, which enhances gastrointestinal health.

## Lycopene

- **Disease Prevention and Treatment** – “Lycopene was the most effective nutrient shown to protect against the development of prostate cancer . This study, started in 1982, followed 578 men for 13 years. Lycopene strongly reduced prostate cancer risk and more importantly, lowered the risk for aggressive cancer. This study confirmed many previous studies showing that lycopene can help prevent pancreatic, prostate, and a host of other cancers. A surprising finding revealed at the April 12, 1999, meeting of the American Association of Cancer Research showed that 30 mg of lycopene supplements a day slowed the growth of existing prostate cancer and lowered serum PSA readings by 20%”
- **Herbal Medicine for Curing Cancer** – “The carotenoid lycopene has been shown to be useful in treating pancreatic cancer and in reducing the risk of prostate cancer.”
- **Prescription for Natural Healing** – “Eat plenty of grapefruit, watermelon, and tomatoes and tomato products such as tomato juice and tomato-based sauces. These contain lycopene, which has been shown to protect against prostate cancer”
- **Eat to Beat Cancer** – “Lycopene is a retinoid found in abundance in tomato products and watermelon. Lycopene is the most abundant carotenoid stored in the prostate gland, and it is more potent than beta carotene in protecting against prostate cancer . But lycopene is not stored for very long, which means that a daily dose of lycopene-rich food is in every man’s best interest. Lycopene is absorbed better when tomatoes are cooked with olive oil or baked.”

- **PDR\_Nutritional\_Supplements** – Lycopene may also protect humans against certain disorders, such as prostate cancer and perhaps some other cancers, and coronary heart disease.
- **Natural Physicians Healing Therapies** – Lycopene is carotenoid found in high concentration in tomatoes and appears to be protective against prostate cancer.
- **Protein Power Lifeplan** – Lycopene is the latest single nutrient to be fawned over by the nutritional establishment since a recent study appeared showing that men who consumed large amounts of tomato-based products suffered much lower rates of prostate cancer than those who didn't.
- **Saturated Fat May Save Your Life** – Lycopene, a pigment which gives tomatoes their red color, reduced the risk of prostate cancer by nearly 45 percent in men who consumed at least 10 serving a week of tomato-based foods. In contrast, those who ate four to seven servings a week had only a 20-percent reduction in their risk of prostate cancer.
- **Anti-Aging Prescription** – On the other hand, the Paleolithic diet featured plenty of fruits and vegetables. Research has shown that fruits and veggies rich in lycopene (a member of the carotenoid family) can help protect against prostate cancer.
- **Earl Mindell's Secret Remedies** – Carotenoids are the compounds in fruits and vegetables that give them color, and many are believed to have anticancer properties. For example, one member of the carotenoid family, lycopene, may help prevent prostate cancer. Lycopene is found in many fruits and vegetables, with tomatoes, watermelon, and palm oil being particularly rich sources.



- **Food Revolution** – Risk of prostate cancer for men whose diet is abundant with lycopene-rich foods: 45 percent reduction.

## Tomato

- **Disease Prevention and Treatment** – “Historically, men who consume 10 or more servings of tomato products per week reduce their risk of prostate cancer by about 35%. The American Chemical Society (August 2001) reported that 32 (largely African-American) patients diagnosed with prostate cancer and awaiting radical prostatectomy were placed on diets that included tomato sauce, providing 30 mg a day of lycopene. After 3 weeks, mean serum PSA concentrations fell by 17.5%, oxidative burden by 21.3%, DNA damage by 40%, while programmed cell death increased threefold in cancer cells”
- **Disease Prevention and Treatment** – “Tomato-Based Products Are the Richest Sources of Lycopene. In these positive studies that correlated lycopene consumption with decreased risk of PC, the lycopene sources were tomato-based products. The richest sources of lycopene in the U.S. diet are ketchup, tomato juice, and pizza sauce; these account for over 80% of the total lycopene intake of Americans. In one study from Athens, Greece, the authors concluded that the incidence of prostate cancer in Greece could be reduced by about 40% if the population increased the consumption of tomatoes, reduced the intake of dairy products, and substituted olive oil for other added lipids.”
- **Perscription for Natural Healing** – “Cooking tomatoes rather than eating them raw has been shown to more than double the effectiveness of the lycopene tomatoes contain. Lycopene, a phytochemical found in tomatoes, has been found to reduce the risk of prostate and lung cancer. The incidence of digestive cancers, such as those of the mouth, esophagus, stomach, colon, intestines, and rectum, may also be lowered with correct dosages of lycopene.

A study reported in the December 1995 issue of the Journal of the National Cancer Institute found a 45-percent lower risk of prostate cancer in men who regularly consumed ten or more servings of tomatoes or tomato-based foods per week than in those who did not.”

- **Eat to Beat Cancer** – “An interesting study recently showed a reduced rate of prostate cancer in men who frequently consumed baked tomato products in pasta dishes. New studies with tomato juice extracts identify several substances that can inhibit the formation of carcinogens. In fact, even after the vitamin C was totally removed, tomato extracts still showed potent inhibiting properties. The whole tomato was much more effective against the formation of cancer than the vitamin C component alone—yet another example suggesting that whole foods are powerful arsenals in the war against cancer.”
- **PDR\_Nutritional\_Supplements** – The intake of tomato-based foods, especially processed tomato products, is associated with a significantly lower risk for prostate cancer , and also appears to be associated with a lower risk for lung cancer.
- **Underground Cures** – A recent study at the Harvard Medical School found that men with increased consumption of tomatoes and tomato products had a significantly lower risk of prostate cancer . Subsequent research isolated an antioxidant called lycopene as the active plant chemical responsible for this protective effect.
- **Natural Physicians Healing Therapies** – A 6-year Harvard study of 48,000 male physicians found that men who consumed tomato-rich foods (tomatoes, tomato sauce, and pizza) at least ten times a week, had a 35 percent decreased risk of prostate cancer as compared with those men who had less than a serving-and-a-half of those high-lycopene servings every week.

- **Vitamin Bible** – Eating two to four servings a week of tomato sauce can lower a man’s risk of prostate cancer because of the large amount of the antioxidant lycopene in tomato products.
- **Herbal Defense** – It is linked to reduced growth of colon and bladder cancer cells in mice, may reduce risk of prostate cancer and prostate disease, and may also lower risk of cardiovascular disease.
- **Anti-Aging Prescriptions** – Tomatoes and tomato-based foods are rich in lycopene, a member of the carotenoid family. Harvard researchers have determined that eating just two servings of tomato-based foods a week can reduce a man’s chances of developing of prostate cancer by about one-third. Eat more tomato-rich foods, and risk drops even more.
- **Physicians Guide to Natural Healing** – Men who ate 10 servings a week of tomatoes and tomato sauce on pizzas had 45% less cancer of the prostate than those eating no tomatoes. Surprisingly, tomatoes on pizza seemed more beneficial than raw tomato, suggesting that heating the tomato paste increases the anticancer effect.

## Modified citrus pectin (MCP)

- **Disease Prevention and Treatment** – “The International Conference on Diet and Prevention of Cancer (Finland) announced that men with prostate cancer who took 15 grams of MCP a day had a slowdown in the doubling time of their PSA levels. (Lengthening of doubling time represents a decrease in the rate of cancer growth.) MCP may be the first oral method of preventing spontaneous prostate cancer metastasis”
- **Herbal Medicines for Curing Cancer** – “Intake of modified citrus pectin (MCP), a compound derived from citrus fruits, has been shown in animal tests to prevent the spread of prostate cancer. MCP appears to inhibit the binding abilities of cancer cells.”

- **PDR\_Nutritional\_Supplements** – Modified citrus pectin has shown some ability to inhibit metastasis of prostate cancer in a rat study. It has also shown some activity against melanoma cells in culture and in mice. More research is needed before there can be any indication for the use of modified citrus pectin in cancer.
- **Underground Cures** – And the truly promising—and fascinating—news is this: The cancer-causing compound that MCP destroys in rat prostate-cancer cells (galectin-3) is also present in human tissues, including human prostate tumors! In other words, MCP may prove to work exactly the same way in human male prostate tumors as it does in rat prostate tumors.

## Zinc

- **PDR\_Nutritional\_Supplements** – There is some evidence that zinc can promote and accelerate wound healing in some circumstances. There is very preliminary experimental evidence that it may have some protective effects against prostate cancer.
- **Complete Encyclopedia of Natural Healing** – Everyone needs zinc, but it is especially crucial for preventing prostate problems, as zinc inhibits the uptake of testosterone into the prostate. Studies indicate that 40 mg of zinc, taken daily, not only lessens the risk of prostate cancer but also helps in treatment. Pumpkin seeds are naturally high in zinc.
- **Optimum Health** – Zinc, an essential trace mineral, has many functions. It is most important in supporting the prostate gland and in the growth of the reproductive organs. Patients with diets low in zinc have been found to have an increase in acne and prostatitis. Low levels of the mineral have also been found in individuals with prostate cancer.

## Equiguard

- **Underground Cures** – At the Cancer Research Institute at New York Medical College, Hsieh and his group studied the effects of an herbal formula called Equiguard on prostate cancer. Their results indicated that this formula was effective in killing prostate cancer cells and could be considered as a viable treatment for prostate cancer

## Saw Palmetto

- **Disease Prevention and Treatment** – “An extract from the saw palmetto berry may prevent benign prostatic enlargement and possibly reduce the risk of prostate cancer. Saw palmetto is derived from the berries of a small bushy tree found in the southeastern United States.”
- **Herbal Medicine for Curing Cancer** – “In prostate cancer, the importance of androgens to fuel the cancer is significant; at least 75 percent of all tumors in men with metastatic prostate cancer are androgen-dependent at initial diagnosis. Also, the enzyme 5-alpha-reductase is at least in part responsible for converting testosterone into its more active cancer-promoting form, dihydrotestosterone (DHT). That is why certain herbs such as nettle root and saw palmetto, for instance, which inhibit the enzyme 5-alpha-reductase from testosterone, can be effective at both preventing and treating prostate cancer when combined with other herbs.”
- **Herbal Medicine for Curing Cancer** – “Saw palmetto has demonstrated anabolic, antiandrogenic, and estrogenic activity. It is also an immune stimulator. It is the estrogenic and antiandrogenic properties that make this plant useful in prostate cancer therapies.”

- **Power Aging** – An extract from the saw palmetto berry may prevent BPH, and possibly reduce the risk of prostate cancer.
- **Natural Physicians Healing Therapies** – There are no studies looking at saw palmetto's effect on prostate cancer. My view is that it would not hurt and may have some benefit as part of a comprehensive approach. After all, saw palmetto may prevent excess hormone stimulation of the prostate cells, so perhaps it reduces the stimulus for cell growth.
- **Complete Guide to Natural Healing** – Saw palmetto is one of the best herbs for prostate health. It produces the same benefits as Proscar but in a shorter time and without PSA repression.

## PC Spes

- **Underground Cures** – A blend of Chinese herbs, PC Spes dramatically extends and enhances the lives of prostate -cancer patients for whom traditional therapies have ceased to be effective, in some cases actually arresting and reversing the progression of the disease to other sites in the body. This little-known wonder is also being used to boost the effectiveness of other, more traditional, prostate -cancer therapies and is also recommended for those with early-stage prostate cancer who have been advised to “watch and wait.”
- **Bottom Line Yearbook 2002** – Ask your doctor about taking a daily supplement containing 200 micrograms of selenium. This may slow the cancer. Also ask about PC-SPES. This combination of eight Chinese herbs may slow growth of prostate tumors that don't respond to hormone therapy. Downside: Potential for blood clots and other side effects.

## Soy

- **Disease Prevention and Treatment** – “Researchers at Wayne State University have published a groundbreaking study that demonstrates that genistein has powerful and specific effects against the spread of prostate cancer . They added genistein in varying amounts to prostate cancer cells growing in a test tube. They then performed a sophisticated test to determine what effects the soy derivative had on the activation of genes. This is important because genes make proteins, and proteins can either enable or stop a cancer. They found that genistein significantly activated 832 genes in prostate cancer cells, 13 of which are related to metastasis.”
- **Disease Prevention and Treatment** – “Genistein is one component of soy. Other studies show that soy itself has powerful effects in the prevention and eradication of prostate cancer . No negative effects have been demonstrated. It appears that different components of soy have different effects against prostate cancer cells. One very interesting study shows that genistein blocks an enzyme that destroys an anti-cancer vitamin D metabolite in cancer cells.
- **Disease Prevention and Treatment** – “Researchers at Harvard report that various soy diets have significant effects against prostate cancer compared to a casein (milk protein) diet. The higher the amount, the greater the effect. The evidence for prostate cancer , another hormone-responsive cancer, is overwhelming. There is no question that the compounds from soy have multiple and powerful anticancer effects.”
- **Herbal Medicine for Curing Cancer** – “Fermented soy products are rich in isoflavones, including genistein, which has been shown to block the growth of a number of cancers, including prostate cancer. Soybeans are also an excellent source of protein.”

- **Perscription for Natural Healing** – “Genistein and diadzein, two isoflavones found in soy, act as antioxidants and may protect against most forms of cancer, especially prostate cancer, breast cancer, leukemia, glioblastoma multiforme, and bladder cancer. Mega Soy Formula from Prolongevity is a good supplement that contains a substantial amount of genistein and other isoflavones that help to fight cancer.”
- **Underground Cures** – Those who consume soy on a daily basis cut their risk of prostate cancer by almost 70 percent over those who eat it only once a week or less. (This is not the first time that soy has been revealed as a cancer preventive food: Other research has demonstrated lower rates of colorectal, breast, lung, and gastric cancer among soy eaters.)
- **Spontaneous Healing** – There may be great health benefits to soy foods that are just coming to light. They contain a group of chemicals called phytoestrogens that may offer significant protection against prostate cancer in men.
- **Earl Mindell’s Secret Remedies** – American men are five times more likely to die of prostate cancer than are native Japanese men, but when they move to the United States, Japanese men lose their advantage within a generation. The typical Japanese diet includes 3-4 ounces of soy foods daily, including tofu, soy milk, and soy beans. This fact has led many researchers to suspect that the traditional Japanese diet may somehow protect against prostate cancer and, more specifically, that soy foods, which dominate Japanese cuisine, may be the protective factor.
- **Earl Mindell’s Secret Remedies** – According to researchers at the University of Pennsylvania School of Medicine, soy contains a unique protease inhibitor that shows promise of being a potent anticarcinogen that may prevent or inhibit the growth a wide range of cancers, including prostate cancer.



- **Food Revolution**—Risk of prostate cancer for men who consume soy milk daily: 70 percent reduction.
- **Encyclopedia of Popular Herbs** – Recent evidence suggests that soy plays a major role in protecting Asian men against prostate cancer . According to the American Cancer Society, Japanese men have one-fourth the rate of death from prostate cancer of American men. A 20-year study of 8,000 men of Japanese ancestry living in Hawaii showed that low intake of tofu (once or less per week) increased the likelihood of developing prostate cancer threefold compared with those who ate tofu more regularly. Many dietary factors were measured in this study, but researchers concluded that tofu intake was the most protective factor.
- **Natures Cures** – Tofu and its soy cousins may also help prevent prostate and colon cancer. A 1989 study of 8,000 Japanese-American men in Hawaii showed that those who ate the most tofu had the lowest rate of prostate cancer.

## Lignans

- **Natural Physicians Healing Therapies** – Researchers are particularly interested in the anticancer properties of flax lignans. Research on animals and humans has shown that lignans have a protective effect against hormone-sensitive cancers such as breast, uterine, and prostate cancer.
- **Health and Nutrition Secrets** – Flaxseed has one of the highest levels of both soluble and insoluble fiber known for any food. It also contains a substance called lignan, which inhibits breast and prostate cancer.

## Ginseng

- **Natural Physicians Healing Therapies** – In a study of one type of ginsenoside, researchers showed that this component of ginseng had a suppressive effect on the growth of prostate cancer cells.

## Melatonin

- **Herbal Medicine for Curing Cancer** – “Melatonin has been shown to inhibit the growth of some cancer-cell lines, including prostate cancer , either by exerting a direct cytostatic action or by decreasing the endogenous production of some tumor growth factors.”
- **Natural Physicians Healing Therapies** – The antiproliferative effect seems to apply to estrogen-dependent breast cancer and androgen-dependent prostate cancer.
- **Encyclopedia of Nutritional Supplements** – Melatonin can inhibit several types of cancers, particularly hormonally related cancers like breast cancer and prostate cancer.

## Soybeans

- **New Whole Foods Encyclopedia** – Isoflavones, a type of plant estrogen usually occurring in soybeans, are credited with slowing osteoporosis, relieving some side effects of menopause, and alleviating many forms of cancer, including breast and prostate cancer , as well as kidney disease and complications from diabetes.
- **Bottom Line Yearbook 2002** – Soybeans are loaded with phytoestrogens, estrogen-like compounds that may lower the risk for breast and prostate cancer.

- **Food Miracle Medicine** – Soybeans are regarded as the likely primary reason Japanese women have less breast cancer, say Dr. Herman Adlercreutz and colleagues at the University of Helsinki, who studied residents of a rural village near Kyoto who still eat the “traditional” Japanese diet. They found that those who ate the most soybean foods had the highest urine concentrations of isoflavonoids, which are anti-cancer agents, particularly against breast cancer and prostate cancer.
- **Optimum Health** – Soybeans contain isoflavones rich in natural phytoestrogens. Extensive research has shown that these compounds have many protective benefits, reducing the incidence of prostate cancer in study populations.

## Licorice

- **Eat to Beat Cancer** – “The main licorice constituent is used to treat stomach ulcers. Licorice is anticancer and protects from chemical toxicity. But the fundamental effect associated with decreased cancer is its inhibition of the enzyme ODC (ornithine decarboxylase), which may be very useful in preventing skin, bladder, breast, and prostate cancer.”
- **New Whole Foods Encyclopedia** – It detoxifies and protects the liver and inhibits breast, colon, and prostate cancer.
- **Herbal Defense** – Licorice root increases ability of the adrenals to produce cortico-steroids (anti-inflammatory hormones). One of its active compounds, gly-cyrrhizin, also prevents the formation of a testosterone by-product that may encourage the growth of prostate cancer.

## Fiber

- **Healing with Vitamins** – A high-fiber diet helps reduce your risk of prostate cancer by slightly lowering your body’s levels of reproductive hormones. In population studies, men who eat the most fiber, from beans, whole grains, fruits and vegetables, are least likely to develop prostate cancer.
- **Choices in Healing** – But investigators are divided, and the protective effects of fiber have been suggested for both breast and prostate cancer, as well as colon cancer.
- **Doctors Complete Guide to Vitamins and Minerals** – A diet high in fiber helps to reduce your risk of prostate cancer by lowering your body’s levels of reproductive hormones slightly. Men who eat the highest amounts of fiber have the fewest prostate cancers.

## Various Preventions

- **Disease Prevention and Treatment** – “Some of these studies have looked at thousands of men. In a study on men from Japan, China, and the United States, it was shown that legumes, including soy, reduce the incidence of prostate cancer by 38%. Eating yellow-orange vegetables reduces it 33%, and cruciferous vegetables reduce it 39%.”
- **Herbal Medicine for Curing Cancer** – “I advised Tom to eat a primarily vegetarian diet, with the exception of fish three times weekly, emphasizing fresh vegetables, fruits, soy foods (like tempeh), and whole grains. Some foods that specifically inhibit prostate cancer include green peas, soy foods, and other legumes, flaxseeds, garlic, foods rich in carotene and lycopene (including tomatoes, pink grapefruit, melons, and mangoes), sprouts of all kinds (such as sunflower seeds, broccoli seeds, and buckwheat seeds), sea

herbs, and dark greens, both raw and cooked. I suggest that he diversify his vegetable intake by eating watercress, arugula, bok choy, and dandelion greens, not just the usual broccoli and green leaf lettuce.”

- **Prescription for Natural Healing** – “Maintain a whole-foods diet. Eat plenty of whole grains, raw nuts and seeds, and unpolished brown rice. Millet cereal is a good source of protein. Eat wheat, oats, and bran. Also eat plenty of cruciferous vegetables, such as broccoli, Brussels sprouts, cabbage, and cauliflower, and yellow and deep orange vegetables, such as carrots, pumpkin, squash, and yams. This type of diet is important for the prevention of cancer as well as for healing.”

- **Eat to Beat Cancer** – “Soybean products (soya and soy products, soy milk, tofu), ODC inhibitors (licorice, carrots, wheat, garlic, onions, asparagus, cucumbers, tomatoes, strawberries, citrus, excessive seafood and shellfish.”

- **Herbal Defense** – For prevention of prostate cancer, the bulk of data seems to indicate that men should: avoid red meat, eat a low-fat diet, take a mixed-carotenoid supplement, avoid environmental pollutants, get small amounts of sunlight regularly, preferably in the morning hours to avoid burning.

- **Complete Encyclopedia of Natural Healing** – Low-fat diets are recommended, with special emphasis on complex carbohydrates, chiefly organic fruits and vegetables, raw juices, and some whole grains for their alkaline effect. A modest amount of nuts and seeds may be added. (See

section on alkaline diet in Cancer article.) Foods specifically related to decreased prostate cancer risk include beans, especially soybeans, lentils, peas, tomatoes, raisins, dates, and other dried fruits. In some cases, small amounts of organic chicken and fish may be eaten.

## Vitamin E

- **Herbal Medicine for Curing Cancer** – “Vitamin E’s most characterized function is as a lipid-soluble antioxidant within the cell membranes, functioning as a free-radical scavenger to prevent lipid peroxidation of polyunsaturated fats. Vitamin E also increases the effectiveness of selenium, detoxifies nitrates, and protects against cancer, especially prostate cancer. A recent study showed that 50 mg of alpha-tocopherol per day (a modest intake of vitamin E) reduced prostate cancer incidence by 32 percent and prostate cancer deaths by 41 percent in a group of male smokers in Finland.”
- **Every Persons Guide to Antioxidants** – Additional findings reported in this study showed that those subjects with higher serum levels and dietary intake of beta-carotene and vitamin E at the start of the study had a lower risk of developing lung cancer. Furthermore, the vitamin E supplements appeared to protect against prostate cancer (down 34 percent) and colorectal cancer (down 16 percent).
- **Physicians Guide to Natural Healing** – In a study in the Journal of the National Cancer Institute, men taking vitamin E had 32% less prostate cancer and 41% fewer deaths from prostate cancer than another control group.
- **Natures Medicines** – Researchers in another study found that among male smokers who took 50 to 75 IU a day of vitamin E, the incidence of prostate cancer was reduced by about one-third. There were 41 percent fewer deaths from prostate cancer among the men who took vitamin E as opposed to those who didn’t.

## Exercise

- **Prescription for Natural Healing** – “Active men maintain better health and have lower risk of developing prostate cancer.”
- **Anti-Aging Prescription** – Get plenty of exercise. It’s true: Regular exercise can protect against prostate cancer. I saw one study suggesting that walking 10 miles a week significantly lowers a man’s risk of the disease. I like this finding, because I put in at least 10 miles a week—if not more—just taking laps around my farmette and working in my Garden of Youth.

## Vitamin C

- **Complete Encyclopedia of Natural Healing** – High doses of vitamin C, and the minerals selenium, copper, and magnesium provide additional support to a body working to overcome prostate cancer.

## Garlic

- **Bottom Line Yearbook 2002** – In studies conducted recently at Memorial Sloan-Kettering Cancer Center, antioxidant compounds in an over-the-counter aged garlic product (Kyolic) inhibited growth of human prostate cancer cells. Most previous research focused on garlic’s ability to prevent cancer—this is among the first studies to suggest that garlic may halt progression of prostate tumors.

## Pumpkin Seeds

- **Bottom Line Yearbook 2002** – In parts of Europe, pumpkin seeds are the standard treatment for benign prostate enlargement. The seeds are rich in zinc, selenium and other minerals that have been shown to reduce prostate cancer risk.

## Selenium

- **Antioxidants Against Cancer** – The selenium treatment was associated with an even more significant 63 percent reduction in prostate cancer incidence. The effect was even greater when scientists excluded people who already had high prostate-specific antigen (PSA) scores going into the trial. High PSAs are often indicative of pre-existing prostate problems, including sometimes cancer. When the high PSA volunteers were excluded, there were four times as many cases of prostate cancer in the placebo group as in the treatment group.
- **Textbook of Natural Medicine VI** – A landmark prospective study involving 1,312 subjects (75% of whom were male), reported in the December 1996 Journal of the American Medical Association, found that patients who took daily selenium supplementation at triple the RDA had 63% fewer cases of prostate cancer, 58% fewer colon or rectal cancers, and 47% fewer lung cancers than those who took the placebo.
- **Prescription Alternatives** – Selenium is another important mineral in male hormone regulation that is found in large amounts in the prostate. Blood levels of both zinc and selenium are low in men who have prostate cancer. Men who live in areas where the soil is rich in selenium tend to have lower rates of prostate cancer.



- **Prescription for Dietary Wellness** – In a study at the University of Arizona Cancer Center, researchers discovered a dramatically lower than normal incidence of cancer among people who took supplemental selenium: 66 percent less prostate cancer, 50 percent less colon cancer, and 40 percent less lung cancer.

## Vegetables

- **Food Revolution** – Risk of prostate cancer for men whose intake of cruciferous vegetables (broccoli, Brussels sprouts, cabbage, cauliflower, collards, kale, mustard greens, and turnips) is high: 41 percent reduction<sup>48</sup>

## Ginger

- **Disease Prevention and Treatment** – “It is speculated that therapeutic dosages of ginger inhibit PGE<sub>2</sub> by up to 56%. As ginger restrains 5-lipoxygenase and 5-HETE production, apoptosis is induced in both hormone responsive and nonresponsive human prostate cancer cells are considered 1000 times more reactive than histamine. Ginger has more 5-lipoxygenase inhibitors than any other botanical source. Ginger is also useful in overcoming the nausea that accompanies chemotherapy and the toxicity associated with the breakdown products of cancerous tissue.”

## Curcumin

- **Disease Prevention and Treatment** – “Curcumin was able to decrease the pro-liferative potential of androgen-independent prostate cancer cells—and cells of other androgen-dependent cancers—largely by encouraging apoptosis. Moreover, a significant decrease in microvessel density, the sustaining vasculature of a tumor, was also observed. Researchers concluded that curcumin appears promising, preventing the progression of prostate cancer to its hormone refractory state.”

- **Prescription for Natural Healing** – “Turmeric is a spice that contains curcumin, an antioxidant that may be effective in controlling prostate cancer cells.”

## Bitter melon

- **Herbal Medicine for Curing Cancer** – “Bitter melon (*Momordica charantia*) is a common vegetable eaten in Asia and the Caribbean Islands. It is available here in Asian food markets and some health food stores. The ripe fruit and leaves are a source of a guanylate cyclase inhibitor, which has been shown to inhibit prostate cancer, perhaps by regulating cyclic AMP and decreasing PGE-2 and the arachidonic acid cascade.”

## Sea Herbs

- **Herbal Medicine for Curing Cancer** – “Sea herbs can also buffer excess acidity in the digestive system and can be helpful in a weight-loss program when included in the diet. The intake by Japanese women of naturally occurring iodine in the form of sea herbs and fish is apparently the reason why they are seldom overweight and rarely have pear-shaped figures. It is also one of the reasons why they have a lower incidence of breast and ovarian cancers. Japanese men have a lower incidence of prostate cancer for the same reason.”

## Salmon

- **Prescription for Natural Healing** – “Eat salmon, mackerel, sardines, or herring. Regular consumption of these sources of omega-3 fatty acids may lower the risk of prostate cancer.”



## ABOUT MIKE ADAMS

A holistic nutritionist with over 5,000 hours of study on nutrition, wellness, food toxicology and the true causes of disease and health, Mike Adams is also the author of *The 7 Laws of Nutrition*, *Grocery Warning*, *How to Halt Diabetes in 25 Days* and many other books available at [www.TruthPublishing.com](http://www.TruthPublishing.com)



Adams is also the creator of the popular Honest Food Guide, a free downloadable nutritional guide found at [www.HonestFoodGuide.org](http://www.HonestFoodGuide.org). In addition, more than 1,500 free articles on health, nutrition and wellness have been authored by Adams and are available at [www.NaturalNews.com](http://www.NaturalNews.com)

Adams uses no prescription drugs whatsoever and relies exclusively on natural health, whole foods, superfoods, nutritional supplements and exercise to achieve optimum health. To prove the value of nutrition and physical exercise in enhancing health, Adams publishes detailed statistics on his own blood chemistry (with full lab results) at [www.NaturalNews.com/AdamsHealthStats.html](http://www.NaturalNews.com/AdamsHealthStats.html)

“Over the years, not only have I learned to respect and consider Mike Adam’s opinion in all areas of nutrition, I have also found the scientific facts he references about his subject matter to be consistently accurate. Every time I get to read his words or see him speak, he makes my day The Best Day Ever! He can do the same for you!”

-David Wolfe, author of *The Sunfood Diet Success System*

“Mike you are a true American hero. All of us are lucky to have you out there not only fighting for our rights but protecting us, informing us, educating us and making it a better place to live.”

-Gregory Kunin, Principal, Ola Loa / [DrinkYourVitamins.com](http://DrinkYourVitamins.com)

