



Prostate Facts and Action Plan

If you are a male 50 years or older, and you have not educated yourself about the health of your prostate gland, and its potential impact on your life, it is important that you take steps to educate yourself now. Below you will find a guide to understanding the dangers, medical options and an action plan for those who wish to act to protect themselves from this potentially life threatening condition.

FACTS

Over 200,000 men in the USA each year are diagnosed with enlarged prostate gland.

1.5 Billion dollars was spent on radical prostatectomies in 2004.

Erectile dysfunction is the side effect men fear most.

2 out of 10 enlarged prostates are detected too late and become cancerous.

There are up to 8 realistic options for treating the prostate.

With early detection, enlarged prostate can be addressed through diet effectively.

Q & A

1) What is the prostate?

The prostate gland is a walnut shape mass of muscle, connective tissue and glandular tissue that surrounds the tube that comes out of the bladder, this tube is known as the urethra. Its purpose is to contribute to semen production and provides energy in the form that allows sperm to “swim”. Only men have a prostate gland.

2) Why should I be concerned with my prostate?

Half of all men will experience B.P.H (Benign Prostatic Hyperplasia) or enlarged prostate. Each year risk increases 1% meaning at age 80, 80% of men suffer from this problem.

3) What are the symptoms?

Frequent urination is the first sign, including waking in the middle of the night. Reduced urine flow also is common, leading to “dribble” or difficulty stopping the stream of urine.

4) What tests should I have and when?

Only two tests are traditionally used to assess risk; The P.S.A.T. or Protein Specific Antigen Test and the D.R.A. or Digital Rectal Exam. The PSAT is a blood plasma test to detect an increase in the enzyme produced by the prostate in the blood. This is a sign of potential cancer of the prostate. The D.R.A is physical “touch test” that detects enlargement. However, a new test (called EPCA or Early Prostate Cancer Antigen) claims to be more accurate and is capable of detecting cancer up to 5 years earlier. Note: this test is done on biopsy tissue taken from the prostate.

5) Can I die from prostate problems?

Yes, unless detected at an early stage prostate cancer can be fatal. In fact, 20,000 men each year are diagnosed with terminal prostate cancer. Even with radical treatment, most men will survive no more than 5 years.

6)

What are the medical options?

Mentioned below are the most common medical alternatives.

In most cases doctors recommend a Radical Prostatectomy for advanced cases. This involves surgically removing the entire prostate, which eliminates the cancer. Unfortunately it also leads to permanent E.D. or Erectile Dysfunction. When possible doctors can use “Nerve Sparing” Prostatectomy, which will leave the bundles of nerves that allow penile erection to continue functioning. An alternative to this is Cryo Surgery where extreme cold (freezing) is used to kill the cancer cells. It is also quick, painless and allows up to 50% of men to recover their potency. The other 50% experience permanent E.D. With early detection, many men have opted for Hormone Therapy, which simply lowers the production of testosterone and slows the progression of the disease. This leads to reduced sexual desire, and only delays the problem. Radiologists tend to recommend radiation, however, this should only be used as a second to last resort. Brachy Therapy is the least damaging of the two most common options. In this procedure radioactive seeds are planted into the prostate releasing the radiation only to a specific area. It is painful and leads to incontinence and E.D. External Beam radiation is an X Ray blast of radiation that also does not require surgery but destroys other immune function, causes diarrhea, incontinence and E.D. Chemotherapy uses anti-cancer drugs that kill the cancer cells but take a huge toll on your body causing nausea, hair loss and low white blood count.

7) How do I know which one is right for me?

It is important to get several opinions from different specialists. Get the facts, consider the risks, and make the decision that is right for you. Many times the best decision is to “wait it out” since Prostate Cancers grow very slowly in most cases (90%).

8) Is there a “natural cure” for enlarged prostate or Prostate Cancer?

The best cure of course is prevention, and scientists show that there are several ways to decrease your risk for this far too common condition. One study showed that having an active sex life (seven times a week) could reduce the risk of prostate cancer up to 33%. Studies in Europe show that diets rich in essential fats, zinc, copper, and magnesium also seem to reduce risk factors. However, if you have been diagnosed with B.H.P. you may want to consider the following battle plan.

a. Assess your risk and survival rate.

Remember the most important thing is to prolong your life as much as possible, and many options like chemo, and radiation actually destroy your body's immunity and 80% will die only five years on average following these treatments. I recommend taking the “watchful waiting” or Differed Therapy approach while making radical changes to your diet and exercise regimen. Much of what I am sharing with you I learned from Dr. Bernard Jensen, the “Father of Iridology (the study of Eyes to detect disease) who was diagnosed with Prostate Cancer, refused

surgery, married a women 25 years younger and lived to be 96 years old! Before he died he gave me his “master formula” for the prostate.

- Step I – 20 grams cracked cell chlorella per day
- Step II – 3 10 oz. glasses of fresh goats milk per day
- Step III – Fresh carrot and wheatgrass juice 2 times per day
- Step IV – Cordyceps daily for adrenal support 1 gram
- Step V – White American Ginseng 2-3 grams

In addition to Dr. Jensen’s regimen I also recommend the following:

Styrian Pumpkin seeds that contain Sterols and Zinc; I discovered this while working in Austria as the preferred treatment in Europe. Nettle or pygeum along with Saw Palmetto; this combination seems to have an excellent complimentary effect. (One study showed this combination to be as effective as finesteride). Flaxseeds, which contain D.H.A, essential fats, that are precursors to hormones. Plus 50mg Zinc and, 200mg natural Vitamin C daily. A diet rich in legumes for vitamin E is also recommend. Fruits such as tart cherries, blueberries, and cranberries are also beneficial with tart cherries, which contain ellagic acid and perillyl alcohol being my favorite.

Conclusion: Since very little is known about prostate cancer compared to other forms of cancer. It is important that you begin to take steps to support your bodies’ natural defense against this condition. As Hippocrates said “patients heal thyself” and “let food be your medicine”.

If you have more specific questions on treatment options I recommend consulting a Qualified Integrative Oncologist, this is a Medical Doctor who integrates wholistic approach in to their practice. Check out Dr. Block at www.blockmd.com to see what Dr. Keith Block has to say. Also tune into the Pure Planet Health Discovery Show and listen to David Sandoval and Sha’Dona Brewer discuss this and other important issues that affect your life. On the air call (212) 868-0975, on the web email us as healthdiscoveryshow_ny@yahoo.com, or write us at Organic By Nature, Inc., Attn: Health Discovery Show 1542 Seabright Ave. Long Beach, CA 90813.

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