

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.

Most often, 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. 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 (after 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 woman 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 and White American Ginseng daily for adrenal support

(Step IV ingredients are contained in Bee Energetic- 6 capsules daily)

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. The combination of *Nettle* or *pygeum* along with *Saw Palmetto* seems to have an excellent complimentary effect- one study showed this combination to be as effective as finasteride. *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”.

Here are some of the PHP supplements integral to the battle against Prostate Cancer:

➤ **Bee Energetic™** contains:

- Bee Pollen- considered an energy and nutritive tonic in Chinese medicine. Cultures throughout the world use it in a surprising number of applications: for improving endurance and vitality, extending longevity, aiding recovery from chronic illness, adding weight during convalescence, reducing cravings and addictions, regulating the intestines, building new blood, and preventing infectious diseases such as the cold and flu (it has antibiotic-type properties).
- Cordyceps- Practitioners of traditional Chinese medicine have used it to treat fatigue and other ailments for 1,500 years.
- White American Ginseng- promotes mental clarity, circulation, and oxygen uptake that are essential for energy production. It may help lower blood pressure. Research has also repeatedly shown that ginseng helps the body cope with stress. Ginseng has been shown to have a positive effect on the cardiovascular and central nervous systems. It

alleviates some of the most common side

effects of aging, such as the degeneration of the blood system.

- **Men's Defense™** contains:
 - Saw Palmetto -which has been shown to help protect against certain types of prostate cancer by inhibiting the effects of the hormone testosterone on the prostate.
 - Lycopene- Consumption of this carotenoids has been shown to reduce the risk of developing esophageal, colon and prostate cancer.
 - Pygeum extract- This extract from the African Prune tree has been used for many years in Europe to control enlargement of the prostate and relieve the symptoms of urinary frequency and nocturia.
 - Nettle extract - Research has shown that this root extract when used in conjunction with Pygeum increases the potency of both.
 - Pumpkin Seed meal- These have been used by many cultures as a good source of iron, fiber, zinc, and other minerals, as well as being used by men to relieve the symptoms of prostate enlargement.
- **Organic Spirulina** contains B vitamins, peptide proteins and pure natural glycogen making it nature's most nutrient dense high protein energy storehouse. It is 60% protein, higher than any other food, and is known to assist recovery from malnutrition. It also has the highest level of the protective antioxidant beta-carotene. Rich in vitamin B-12, ZINC, and iron, this chlorophyll-rich food contains the rare essential fatty acid, GLA, and gram for gram, has more calcium and magnesium than other foods. (*Pumpkin seeds also contain zinc as well.*)
- **Organic Kamut Blend™**- heirloom wheatgrass seed blended with alfalfa and oat grasses- cereal grasses should be basis of any healthy diet.
- **Organic Carrot Juice Plus™**- PHP™ uses only organic carrots to make our Carrots Juice Plus™. We know that carrots not only soak up the soil nutrients that surround them, making them one of the nature's most nutritious foods, but they are also the most susceptible to chemical fertilizers, making organic vitally important. Since most people cannot juice fresh organic carrots daily, PHP™ has created our unique blend of dried carrot juice, which we combine with *soluble rice bran*. Rice Bran solubles are a great source of vitamin E type tocopherols and tocotrienols, which are complementary antioxidants and helps balance the effect that the carrot's natural sugars may have on blood glucose levels.
- **C from Nature™**- PHP has gone to every point of the globe to find nature's most potent source of the vital nutrient. Vitamin C is abundant in rare fruits from South America, Europe, and India. These fruits are not only loaded with naturally occurring vitamin C but contain every vital co-factor necessary to ensure its rapid absorption.
- **Apothe-Cherry™**- Montmorency tart cherry juice concentrate- ORAC rating of 7000- very good at scavenging free radicals from the body. Great source for ellagic acid. Our 100% pure and guaranteed non-gmo concentrate also naturally contains perilyl alcohol, a compound that is powerful in reducing the incidence of all types of cancer

- **Cracked Cell Chlorella**[™]- Chlorella is nature's richest whole food source of chlorophyll, a powerful cleanser and detoxifier for the body. Our "cracked cell" chlorella allows for high absorption and digestion of the anti-oxidants, carotenoids, RNA and DNA nucleic acids, protein, vitamins, minerals, and many other beneficial nutrients.
- **Flax Advantage**[™]- great source of Omega 3 fatty acids and dietary fibers. Be sure to grind fresh daily!

If you have more specific questions on treatment options, I recommend consulting a qualified Integrative Oncologist; this is a medical doctor who integrates a holistic approach in their practice. Check out Dr. Block at www.blockmd.com to see what Dr. Keith Block has to say.

Also tune in on Wednesday evenings at 6 pm PST/ 9 pm EST to our weekly Consumer Education conference calls by dialing 212 461 5800, and then enter the pin code# 8246 when prompted. You can e-mail me your questions- info@phporder.com or send them to Dr. Michael Wohlfeld, ND at askphpdoc@gmail.com. Best of health!--David Sandoval

The FDA has not evaluated these statements. We do not claim to prevent, treat, or cure any disease. Always consult a physician- consider one that specializes in Integrative Medicine.