

# THE PROSTATE

## SMALL GLAND **BIG** PROBLEM

By John Crow

### *Chapter 6*

I concluded Chapter 5 discussing the various treatments available for all types of Prostate problem.

In this the penultimate chapter I want to talk about vitamins, nutrients and general healthy living,

Since the whole subject of “Healthy Living” is a vast one, you will appreciate that I can only discuss the basics and therefore suggest you take up further reading if my series of articles prompts you to do so.

As we all know the majority of ailments and diseases can be cured by our own natural defence system, but sometimes this overworked system needs a helping hand.

Something well worth considering is a recent report from the National Academy of Sciences. They state quite clearly that between 80-85% of internal Cancers could be prevented through improved diet. **(Please now read that again)**

It probably has not occurred to most people that “What we eat is what we are” and a little thought and effort can and does make all the difference. Now I am not suggesting for one minute that you follow the book (*which one*) to the letter, as life would be boring, but think before you eat and drink and imagine what the poor old overworked system has to cope with.

The majority of people in the western world are chronically or even dangerously dehydrated, and before you mention it, 5 pints down at the local will not help, as alcohol only serves to exacerbate the situation.

Under normal conditions we need to drink about 4 pints (2 litres) of **pure water** per day, and even more when taking vigorous exercise or sitting out on a lovely summers day. I repeat “**Pure Water**” and not soda pop, coke or any other sugar and preservative laden soft drink most of which are diuretic (water expelling) The body needs this water to help flush out all the bad, rotting rubbish that we generate inside our bodies.

The next thing on the list is exercise. Although not always possible, the ideal **minimum** is at least 1 hour per day 4 times a week. This does not mean that you have to play squash, but brisk walking or swimming is just fine for the purposes of maintaining good circulation.

Another area often totally neglected in our busy modern society is **STRESS**. Learn to relax or ‘chill out’, I believe is the more up to date term. Play some soft music, go for a quiet walk, take up Yoga or go for a relaxing Reiki session with your local practitioner.

Now we need to address this question of diet. Please do not read this as starvation, as diet to aid slimming is another subject and not for this article, however there is no doubt that keeping the weight under control definitely helps with the overall plan of staying fit and healthy and once again helps the immune system to fight off disease more easily.

One of the major problems with the western diet is that it contains products that have been subjected to all manner of pesticides, hormones and toxins. Take a look at some of the E factors (Preservatives) used in many products and it is enough to frighten you to death, and this is not what we are aiming for is it?

Of course the real solution is to spend hours searching the supermarket for everything organic and spend hours studying every label on every product, but this is not practical. So what is the answer?

Before we consider any supplements, it should not be forgotten that we could help ourselves immensely simply by eating 5 portions of fresh fruit and vegetables (preferably organically grown) per day, remembering to wash all fruit before consumption.

Whilst I would love to go into the depths of Vitamins, Minerals and Proteins essential to good health it is a subject too complex for this article and as I am not a qualified nutritionist. I think I will leave that subject to someone more qualified than myself and concentrate on what is good for a healthy Prostate, both in terms of an aid to treatment and also a preventative method.

### **WHAT IS GOOD FOR THE PROSTATE?**

The **active** minerals in our bodies are, Calcium, Chlorine, Chromium, Cobalt, Copper, Fluorine, Iodine, Iron, Magnesium, Manganese, Molybdenum, Phosphorus, Potassium, **Selenium**, Sodium, Sulphur, Vanadium and **Zinc**, however the one's highlighted are most important for a healthy Prostate.

#### **Zinc**

Excellent as a preventative method against **BPH**.

*Found naturally in Steak, Lamb chops, wheat germ, pumpkin seeds, eggs, brewer's yeast and ground mustard.*

#### **Selenium**

Selenium is a nutrient and powerful antioxidant capable of protecting other substances from Oxidation. In other words the **free radicals** (uncontrolled oxidations that damage cells) that are formed when we inhale pollutants are kept in check by **antioxidants**.

*Found in Bran, broccoli, onions, tomatoes, tuna and Brazil nuts. Recent research has shown that occurrences of some Cancers including Prostate may be reduced by up to 75% if a daily dose of 200mcg (micro grams) is taken.*

**Cancer mortality rates have been shown to increase dramatically with a deficiency of Selenium**

**Lycopene** Antioxidant, found in "**cooked**" Tomatoes or products such as Tomato sauce & Pizza

**Cranberry** Good for all Urinary Tract Infections. A word of warning, don't overdo the Cranberry or you will suffer unwanted activity with another part of your anatomy!

**Saw Palmetto** –This extract from a small palm found in the USA is particularly beneficial for a healthy Prostate. Contains small quantities of 5 Alpha reductase inhibitor (Refer chapter 5), also found in Evening Primrose Oil.

**Garlic & Turmeric Spice**- both extremely good for the blood, usually found in a good curry.

**Red Wine**-In particular Cabinet Sauvignon, Petit Syrah and Pinot Noir.

These wines are rich in Flavonoids and Reveratrol, a compound found in red fruit skins, may play a role in fighting lung cancer and asthma. It also helps raise levels of "good" cholesterol and reduces platelet stickiness, helping to guard against the risk of heart disease and stroke.

**Papaya** (Paw Paw) Potent source of protein digesting enzymes

Research is continuing into the beneficial effects of taking Papaya as an anti-cancer agent. Dr Jerry McLaughlin of Purdue University in the USA has isolated a compound in Papaya that is “**a million times** stronger than the strongest anti-cancer drug available”. As this is only the result of scientific study, then the jury is out on this, and we have to wait for the results to finally be published. Don't however hold your breath waiting, as it could take many years if other research is anything to go by.

**Phyto-Soy** is a soy extract rich in phytonutrients known to possess anti-cancer properties. Research shows Soy contains isoflavones, powerful antioxidants which provide special hormone mimicking actions. Soy isoflavones have been shown to block hormone receptor sites, thus inhibiting the formation of hormone-dependent cancers including Prostate cancer. Isoflavones have also been shown to stop or even reverse the growth of these cancers. Scientific studies have identified that soy isoflavones actually reduce the effect of testosterone by blocking the cells hormone receptor sites. Since Prostate cancer is stimulated by testosterone, preventing this hormone from binding with receptor cells in effect halts the growth of cancerous cells.

### **Antioxidants**

Certain cell damaging molecules in the body called “**Free Radicals**” are produced naturally when we over exercise or are exposed to various pollutants. If the body's defence system cannot catch them in time they attack healthy cells, damaging or killing them. Antioxidants roam the bloodstream mopping up these destructive “**Free Radicals**”.

### **SUPPLEMENTS**

As our western diet is unlikely to include all the necessary Vitamins, Nutrients and Antioxidants required by the body as a normal recommended daily dose, and if you don't have the time or inclination to check out your diet then I would recommend you take a good Multi Vitamin each day, to include all the aforementioned plus the following.

**Vitamin C**-Antioxidant and Immune system booster

**Vitamin B Complex**- Should include biotin and folic acid—Healthy immune system

Note: - Saw Palmetto will most likely have to be bought separately as it is not generally found in any of the supplements I know of.

Finally, I cannot end this chapter without mentioning another important item, and that is **pH balance** or Acid/Alkali balance. All foods have either an Acidic or Alkali effect upon the body. This balance should be 7.4 when the blood has been ‘cleaned up’ and the CO<sub>2</sub> removed. I can supply on request a list of Acid/Alkali foods. Our standard western diet is far too acidic. It is important to note that most fruits although acidic by nature, actually have an alkaline effect upon the body, so eat lots of fruit as previously mentioned.

In my next and final chapter, I will offer you’ **MY STORY**’ and challenge with Cancer, including what I have done about it, and some unconventional and highly controversial treatment. Don't miss this fascinating account of “**B17 Metabolic Therapy**”.

Now that you are all thoroughly dejected and wondering whether you should ever reach for a ‘glass’ or ‘bottle’ again there is some good news.

Go out immediately and buy a bottle, or better still a case of Cabinet Sauvignon and savour a few glasses right now, along with a good curry cooked with turmeric spice. **IT IS GOOD FOR YOU.**

Yes- Red wine especially Cabernet, has been shown to have a beneficial effect upon the body, so before some new "Expert" comes on the scene and spoils it all, I suggest you stop reading now whilst the going is good.

GOOD LUCK

ENJOY LIFE and don't miss the final and fascinating chapter 7.

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