

The Best Prostate Health Vitamins...

by Dr. Stephen Sinatra, MD, from: Men's Health, Reviewed 11/20/2014, heartmdinstitute.com

The Best Prostate Health Vitamins: There's no question that prostate cancer can be scary. Plus, the longer you live, the greater your chances of getting it. But while there's a lot of information out there on prostate cancer screenings, few doctors are telling their patients what they can do to achieve natural prostate health. One of the most important things men can do to keep their prostates healthy is to take prostate health vitamins. That's because research has shown that deficiencies in important micronutrients can greatly increase your risk of prostate cancer. So, for natural prostate health the right prostate health vitamins are critical.

What Are the Top Prostate Health Vitamins?

Pomegranate Juice or Supplement: Research has shown that this favorite drink of mine for its cardiovascular benefits has been shown to protect the prostate. Either, you want to drink four to eight ounces of pomegranate juice a day, or take a 200-300 mg pomegranate supplement.

Zinc: This vital mineral is one of the essential prostate health vitamins because it supports chromosome integrity. Studies show that for zinc, 20 mg daily is about right.

Vitamin D: Not getting enough vitamin D has been linked with numerous diseases, including prostate cancer. This is one of the top for prostate health, you want to get 1,000-2,000 IU a day. Note per Dr. Joseph Mercola, make sure the 87% more effective natural Vitamin D3 utilized, not the D2 synthetic version. D3 provides up to 60% protection aid on at least 16 different cancers. He recommends a system range of 50-70 ng/mL be maintained per the 25(OHD) blood test.

Vitamins B6, B12, and Folic Acid: All three B-vitamins help to minimize chromosomal breakage, reducing the risk of prostate cancer. For natural prostate health, you want to take 20 mg of B6, 100-200 mcg of B12, and 400-800 mcg of folic acid daily.

Vitamin C works hand-in-hand with the B-vitamins. Together, these prostate health vitamins work to protect your chromosomes. Take at least 400 mg daily.

Lycopene: Deficiencies of this critical nutrient have shown to increase prostate cancer risk. You want to take 2 to 10 mg daily of this prostate health vitamin.

Vitamin E and Selenium: These nutrients work hand-in-hand to ensure natural prostate health and to protect against prostate cancer. You want to take 300 IU of vitamin E with mixed tocopherols and 250 mcg of selenium daily.

Signs and Symptoms of Prostrate Cancer...per University of Maryland Medical Center...
<http://umm.edu/health/medical/altmed/condition/prostate-cancer>

Many people with prostate cancer have no symptoms at all, especially in the early stages. Some symptoms that may indicate prostate cancer include: Difficult and painful urination, Having to urinate often, especially at night, and feeling that you need to urinate even when your bladder is empty, Not completely emptying your bladder, which may lead to dribbling of urine, Decreased force of urine stream, Blood in the urine, and Hip and back pain. When the cancer has spread to other parts of the body, symptoms can include: Bone pain, Weakness or paralysis caused by compression of the spinal cord, Weight loss, Anemia and Kidney failure.

Diagnosis: The American Cancer Society recommends that men talk with their doctors about screening tests for prostate cancer starting at age 50, or age 45 for African-American men, or men with a brother or father who had prostate cancer. Two standard tests are used to find prostate cancer early: Digital rectal exam (DRE). In this test, the doctor inserts a gloved,

lubricated finger into the rectum in order to feel the prostate for bumps or other problems. Many malignant tumors start in the outer part of the prostate and may be found with this exam. Some men find this test embarrassing. But it is quick, relatively painless, and helps find many prostate cancers. PSA test. A blood test measuring the level of prostate-specific antigen (PSA). Prostate cancer cells make higher amounts of PSA, so measuring PSA levels may help find cancer while it is still microscopic. However, finding higher levels of PSA does not always mean that a man has cancer. Benign conditions, such as an enlarged prostate, can also raise PSA levels. If either the DRE or PSA test suggests that cancer might be present, your doctor may recommend the following tests: Transrectal ultrasound. Using a small probe inserted into the rectum, sound waves help provide a visual image of the prostate. Biopsy of the prostate. The doctor gets a tissue sample through the rectum and examines it for cancerous cells. If the biopsy shows the presence of cancer, you may need more tests to see if the cancer has spread: Imaging tests. Computerized tomography (CT) or magnetic resonance imaging (MRI) scans may pinpoint the location of cancer that has spread beyond the prostate. Bone scans and x-rays. These tests look for spread of cancer to the bones. Lymph node biopsy. A surgical procedure to find out if the cancer has spread to the lymph nodes. Note from FactorReady: As for general cancer, there is a ONCOblot test which is reportedly especially good at detecting tumors around year six. Steve Warren (Timely Proposal To Cure Cancer author) mentions this test with the PSI test to avoid prostate biopsies in his book (and says it is 3 times more specific than the PSA).

Traditional Treatments: Excerpts, There are several options, depending on how fast the cancer is growing, whether it has spread, how old you are, and the benefits and drawbacks to treatment. If prostate cancer is found early, treatment usually involves either surgery to remove the prostate or radiation therapy. For more advanced cases, or if cancer spreads beyond the prostate, hormone medications may be used. In some cases, if you have a slow-growing tumor, the doctor may suggest "watchful waiting." Watchful waiting means closely monitoring the situation and giving treatment only if your condition worsens (visit their site for full article, etc.).

PSA notes from cancer.gov: What is a normal PSA test result? There is no specific normal or abnormal level of PSA in the blood. In the past, most doctors considered PSA levels of 4.0 ng/mL and lower as normal. Therefore, if a man had a PSA level above 4.0 ng/mL, doctors would often recommend a prostate biopsy to determine whether prostate cancer was present. However, more recent studies have shown that some men with PSA levels below 4.0 ng/mL have prostate cancer and that many men with higher levels do not have prostate cancer. In addition, various factors can cause a man's PSA level to fluctuate. For example, a man's PSA level often rises if he has prostatitis or a urinary tract infection. Prostate biopsies and prostate surgery also increase PSA level. Conversely, some drugs—including finasteride and dutasteride, which are used to treat BPH—lower a man's PSA level. PSA level may also vary somewhat across testing laboratories. Another complicating factor is that studies to establish the normal range of PSA levels have been conducted primarily in populations of white men. Although expert opinions vary, there is no clear consensus regarding the optimal PSA threshold for recommending a prostate biopsy for men of any racial or ethnic group. In general, however, the higher a man's PSA level, the more likely it is that he has prostate cancer. Moreover, continuous rise in a man's PSA level over time may also be a sign of prostate cancer.

NUTRITION AND THE PROSTATE...by Andrew Saul, PhD at DoctorYourself.com ... We will briefly consider three all too common problems with the male prostate: infection, enlargement and malignancy.

PROSTATITIS (Infection of the prostate). Bacterial infection of the prostate may be acute or chronic. A nonbacterial prostatitis is actually more common. (Merck Manual, 14th ed., pp 1566-1567) Saturation doses of vitamin C are at least as effective as antibiotics in any of these conditions. We know this through the work of Frederick R. Klenner, M.D., Robert Cathcart, M.D. and other physicians who have used very large doses of vitamin C to cure infections for decades. Vitamin C is admittedly nonspecific, but no more so than the pharmaceutical antibiotics that are given for infection no matter where in the body it may be. Vitamin C has the advantages of being cheaper and considerably safer than drugs. Saturation of vitamin C is indicated by diarrhea, so one takes just less than the amount that would produce loose bowels. It will be a lot, measured in grams and not milligrams. The need for vitamin C will diminish as the infection subsides. A maintenance dose effectively helps to prevent a recurrence. If there were a mineral that could be as important for the prostate as vitamin C is, it would be zinc. Infection or other stress results in lower blood serum zinc levels in general and lower prostate levels in particular. In prostatitis, zinc levels are only ONE-TENTH of those in a normal prostate. (Fair and Heston, 1977; Pfeiffer, 1978) One time-tested prostate remedy is eating pumpkin seeds. It is no surprise that pumpkin seeds are a good source of zinc, as are shellfish (especially oysters, which would account for still more folklore) and nutritional yeast. A daily zinc supplement totaling 50 to 100 milligrams is frequently recommended in the natural healing literature, and that amount cannot be faulted by medical literature. Since men lose zinc in every seminal emission, their need for the mineral is higher than a woman's. Research by Dr. Irving M. Bush and the Center for the Study of Prostatic Diseases in Chicago employed 50 to 100 mg of zinc per day for as long as 4 months to as little as only two weeks. There was prompt improvement in 70 per cent of the cases. Not bad for just a single mineral. (Taylor DS. Nutrients can remedy prostate problems. Today's Living, February 1990, p 12-13.)

ENLARGED PROSTATE; BENIGN PROSTATIC HYPERTROPHY or HYPERPLASIA (BPH)

The Merck Manual has historically indicated surgery as "definitive" therapy for this common condition. Medication is now commonly prescribed first, one of the more popular being finasteride ("Proscar") manufactured, conveniently enough, by the Merck company. Proscar is actually a somewhat dangerous substitute for an herbal remedy, as at least half of all pharmaceuticals are. The classic herb pirated in this case is the saw palmetto berry. Saw palmetto is a shrub that grows down south in Georgia and Florida along the ocean. The leaves are palm-like, and the stems are saw-toothed, hence the name. According to The Herb Book by Dr. John Lust, a teaspoon of the dark-colored berries is steeped in one cup of water, and that is taken once or twice daily. There are no side effects or contraindications listed. This is in sharp contrast with the drug Proscar. Proscar has many serious side effects, and they are stated on the package insert, published in advertisements for the drug, and listed in the Physician's Desk Reference (PDR). The PDR is available in any bookstore or library, and you will find a copy at all drug counters. European studies have confirmed that saw palmetto berries are a statistically significant therapy for enlarged prostate. They are clearly a safer treatment, and cheaper as well. Zinc is as helpful with enlarged prostates as it is with inflamed ones, since zinc deficiency results in prostate enlargement. Very few men obtain even the low US RDA of 15 milligrams of zinc a day, and this would explain a lot. Supplemental doses, commonly between 50 and 100 mg daily, may help shrink a swollen prostate. Toxicity of zinc is very low. Side effects of diarrhea and anemia begin at about 500 mg daily, vastly more than anyone would need to take. (Even at that level, supplemental iron and copper alleviate the side effects.) How effective is zinc therapy? Dr. Irving Bush (mentioned previously) of the Chicago Medical School and researchers from Cook County Hospital studied over 5,000 patients and have confirmed that zinc prevents prostate enlargement. Vitamin C would almost certainly be of benefit to the enlarged prostate. At the very least, infection would be avoided. Additionally, men with enlarged

prostates report that vitamin C's modest diuretic effect makes urination easier. Lycopene, the natural antioxidant pigment that makes tomatoes red, has been demonstrated to slow or even halt the growth of benign prostatic hyperplasia (BPH). In a recent study, men got results when given a mere 15 mg of lycopene per day. (Schwarz S, Obermüller-Jevic UC, Hellmis E, Koch W, Jacobi G, Biesalski HK. Lycopene inhibits disease progression in patients with benign prostate hyperplasia. J Nutr. 2008 Jan;138(1):49-53.)

PROSTATE CANCER. This is the one we're really worried about. There is much that can be done to prevent this number two cancer killer of American men. Adequate, even abundant, nutrients strengthen the body's immune system and prevent cancer. As mentioned above, optimum prostate health requires vitamin C and zinc in particular. Some widely-publicized reports (such as J Natl Cancer Inst. 2007 May 16;99[10]: p 754-64) would have you believe that zinc supplementation actually encourages or even causes prostate cancer This is unlikely for the following reasons: 1. The study authors themselves actually said that "no association was observed between multivitamin use and risk of localized prostate cancer." 2. The zinc doses examined were low, usually only modest variants of RDA-multivitamin levels of 11 mg/day. 3. The data was collected "as part of a self-administered, mailed food-frequency questionnaire." This is far from the most reliable form of research. 4. While the study "found an increased risk of advanced and fatal prostate cancers" among extra-multivitamin users, the very same tablets also contain vitamin C, vitamin D, beta-carotene, and selenium. All of these nutrients have repeatedly been shown to fight cancer. This is another reason to suspect statistical invalidity in this study. 5. Men often do not begin taking vitamin and zinc supplements until after they are diagnosed as having prostate cancer. More cancer patients would be taking more zinc, which would certainly skew the results. Furthermore, this is not causation, this is correlation.

THE REAL STORY: There is no doubt whatsoever that diet has a major role in allowing - or stopping - prostate cancer. For example, a Harvard University School of Public Health study indicated that you are 250% more likely to suffer advanced prostate cancer if you eat red meat every day than if you eat red meat only once a week. The message is clear and generally ignored: move your diet in the direction of vegetarianism, and start today (USA Weekend, December 3-5, 1993, p 14). Vitamin D fights prostate cancer. Be sure to read this very important article by John J. Cannell, M.D.: vitamindcouncil.com/cancerProstate.shtml To learn more, I recommend a free and quick Medline search (ncbi.nlm.nih.gov/sites/entrez) for papers by "Holick MF." My interview with Dr. Holick is posted at <http://www.doctoryourself.com/news/v6n6.rtf> This may also be useful to you: <http://www.doctoryourself.com/dvitamin.htm> Eating a lot of lycopene-rich, fresh tomatoes has been shown to radically reduce your prostate cancer risk. (A Medline search at <http://www.ncbi.nlm.nih.gov/sites/entrez> will bring up dozens of supporting studies.) Soy products appear to have a special benefit against prostate cancer. Japanese men have especially low death rates from prostate cancer, even though they get the disease as often as American men do. The Japanese eat a lot of tofu, tempeh, miso, soy milk and other soy foods. Even animals fed a lot of soybeans have far less prostate cancer than others. There are at least two specific substances in soybeans that seem to help fight cancer: genistein and isoflavonoids. These natural chemicals are especially effective against the hormone-dependent cancers, which includes prostate cancer. (Soybean products may lower prostate cancer, Lancaster Intelligencer-Journal, January 12, 1994)

Prostate cancer is very slow growing. Because of this, radical measures such as radiation or surgery are often reasonably postponed. This "watchful waiting," to see if surgery is truly needed, is advocated by more and more doctors. Obviously, regular medical examination and follow-up is important. Although there is question as to whether it actually saves lives, the

Prostatic Specific Antigen (PSA) blood test is one way to monitor the prostate's condition. The actual benefits of surgery and radiation therapy are statistically quite small. After ten years, only slightly more of the treated patients are still alive than those that did nothing at all (Prostate cancer cure questioned, Associated Press, January 27, 1994). In the mean time, an especially good diet and appropriately generous use of supplements may positively influence the situation. It certainly cannot hurt to have lots of raw salad foods, sprouts, and fresh vegetable juices every day. Natural health research has continually emphasized these measures to help fight cancer. A particularly good example is the work of Max Gerson, M.D. Dr. Gerson used a mostly raw food and fresh vegetable juice diet for cancer patients with remarkably good results. He also used substantial quantities of vitamin supplements. His entire program is set forth in a tremendously valuable book entitled *The Gerson Therapy*, by Charlotte Gerson and Morton Walker (2001) NY: Kensington Publishing Corp. ISBN 1-57566-628-6 (paperback, 371 pages, plus appendixes and index <http://www.doctoryourself.com/gersontherapy.html>.) Andrew Saul, PhD

Cut Prostate Cancer Risk by 64%...

news from naturalhealthcenter.net (March 2016)

According to the American Cancer Society, prostate cancer is the leading cause of cancer death in American men. Only lung cancer claims more victims. One in 7 men will be diagnosed with prostate cancer during his lifetime, and 1 in 38 will die of the disease. That translates to 209,000 men who are diagnosed, and 20,000 who die. When prostate cancer is found early in the process, the prognosis is quite favorable. However, if it has spread to other areas of the body, it can be lethal. Severe cases frequently spread to the spine, pelvis, skull, ribs and the proximal femur, where it causes great pain. When prostate cancer has spread to the bone, the average life expectancy can be as low as 40 months. Fortunately, there is new hope from natural health experts. A growing body of evidence indicates the trace mineral boron can be extremely effective in protecting men against this deadly foe. Boron has both preventive and therapeutic properties. Unlike many conventional treatments, boron can selectively destroy cancer cells without damaging healthy tissue. Ensuring that you are ingesting adequate amounts of boron in your diet can actually reduce your risk of developing prostate cancer by a full 64 percent, without any unwanted side effects. A study conducted on 2001 examined the dietary patterns of 76 prostate cancer patients, comparing them to the diets of 7,651 men without cancer. The men who had the greatest amounts of boron in their diets were 64 percent less likely to develop this cancer than those men who consumed the least amounts of boron. What was the difference in boron intake? The men who consumed the most of this mineral were eating only about 2.5 additional servings of fruit, and only one additional serving of nuts per day, than those who consumed the least. Obviously, that is easy to add to your diet. Beyond prevention, researchers are now saying that supplemental boron can help shrink existing prostate tumors. At the same time they decrease levels of prostate-specific antigen (PSA), the protein that serves as a marker for prostate cancer and seems to play a role in its progression and spread. Health experts recommend taking a supplement to ensure you get enough boron. They suggest 3 to 6 milligrams daily, although some people may need 7 to 9 milligrams. As always, it helps to work with a holistic physician.

PS from FactorReady.com: You should of course consult with your primary physician or urologist on any prostate or other medical issues, and possibly even seek 2nd opinions if cancer found and uncomfortable with any treatments recommended. Others web sites to possibly explore for alternative input would include drwhitaker.com/natural-treatments-for-prostate-cancer/ and others. It would also make common sense to promptly employ a good

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plant food based diet such as at budwigcenter.com, foodmatters.tv, or MyHdiet.com. Any meat consumed should be the grass fed variety. See our Health tab article at FactorReady.com and various pdf articles under Downloads tab. For certain, consider a good all natural multi-vitamin such as at EpigeneticLabs.com, megafood.com or stopagingnow.com. Specific Prostrate support supplements can also be found at Stop Aging Now and others. Also, take at minimum some extra Vitamin D3, and some fish or krill oil, curcumin, and some green tea. We also recommend the Transfer Point Beta Glucan 1,3D to safely boost the immune system, such as offered at BetterWayHealth.com. or the mushroom 7M+ formula at Epigenetic Labs. We also like and the Budwig Health Mix to inject anti-cancerous oxygen into body cells via use of flax seed oil and cottage cheese. Stay Well, Stay Prepared and Stay Prayed Up!

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