

Healing by Design

Prostate Health

Top 10 List:

1. Learn the truth about prostate cancer. Men rarely die of prostate cancer if left alone, they die of the treatment. Tumors are very slow growing. Get a second opinion, and a third opinion. Consider your options and DO NOT RUSH into a fear-based decision.
2. Diet is EVERYTHING for the prostate! Toxicity in the prostate comes from what is going in our mouth. If our body becomes a toxic waste dump, cells get sick and cancer is the result. Change your diet to an ALKALINE diet full of fresh greens, vegetables and fruit with a smaller amount of nuts, seeds, beans, legumes and lean meats. Cut out all the rest! If you really want to free yourself of cancer, fast on greens and vegetables only until its gone or do a juice fast even better.
3. Do the ***Spirit of Health colon cleanse*** designed to remove mucoid plaque out of the colon. The ***Spirit of Health kidney cleanse and lymphatic cleanses*** would be wise as well. The goal is to get ALL your detoxification organs free and clear. The ***kidney cleanse*** is an amazing alkalizer for your body and actually the best one for the prostate!
4. Baking soda and lemon cleanse the urinary tract and bladder, therefore the prostate! You can drink 1/2 teaspoon to 1 teaspoon ***food grade baking soda from Spirit of Health*** in water upon rising and before bed, empty stomach. Add lemon to all the water you drink. Better yet, go right to the source. Adding the juice of 1/2 lemon or 1-3 Tablespoons of baking soda into an enema will clean out your colon and prostate much more quickly.
5. Take some good prostate formulas. A good prostate formula must have saw palmetto and stinging nettles. We like ***Prosta-Aid by Cedar Bear and Prostate Tonic by Dr. Morse***. The men's ***EZEE Flow Tea by Bell Lifestyle*** gives amazing results for prostate health and urine flow at night.
6. ***Pumpkinol by North American Herb and Spice***. This is top quality, pure pumpkin seed oil. Pumpkin seed oil is loaded with antioxidants, zinc, magnesium, healthy fats and many nutrients that can help heal a damaged prostate gland.
7. Kill infections. Infections are often the culprit of many health issues. Just like E.coli bacteria causes urinary tract infections, bacteria also damage the prostate and can lead to cancers. The best formulas to kill bacterial infections include ***Oreganol or Oregabiotic by North American Herb & Spice, Defense Plus by Nutribiotic or Parasite M by Dr. Morse***.
8. Antioxidants and lycopene. Tomatoes, po.megranate and red sour grape are very high in an antioxidant called lycopene. All deep red fruits and vegetables contain lycopene. Lycopene has been well studied to prevent and heal prostate concerns. Products include ***Raw Resveratrol by Garden of Life and Rainbow Vibrance by Vibrant Health***

9. Get sunshine. Vitamin D is known to prevent and reverse many illnesses! Take **BioAstin astaxanthin by Nutrex** so you tan, absorb sunshine and don't burn. Take **Harmonic Innerprizes 10,000 IU or any Garden of Life Vitamin D supplements**.

10. Essential oils are very powerful. Mix a few drops of **Aromatics International Myrrh and/or Frankincense oil** with a carrier oil such as olive or coconut. Apply the oil to the area just below the genital area. You can also rub the oil on the bottom of the feet, specifically in the area of the prostate gland. The points are inside of each foot about an inch below the knob of the ankle bone and toward the heel. Rub the oil in this area.

11. Exercise and sweat! Get the body moving, get oxygen flowing and get the circulation moving. Stagnation is one of our biggest issues in our culture today!

Study Raises Doubts over Treatment for Prostate Cancer
By Jeremy Laurance – The Independent (UK) – April 28, 2012

Cancer specialists are bracing themselves for publication of a research study that will challenge the way one of the commonest cancers is treated. The world's biggest randomized trial of prostate cancer has found that the standard surgical treatment for the disease is ineffective.

The study compared surgical removal of the prostate gland – radical prostatectomy – with “watchful waiting” (doing nothing). The results show that surgery did not extend life. A leading British specialist, who asked not to be named, said: “The only rational response to these results is, when presented with a patient with prostate cancer, to do nothing.”

Cancer of the prostate is the commonest male cancer affecting 37,000 men a year in the UK and causing 10,000 deaths. But in up to 50 per cent of cases it is slow-growing so that patients affected, even when left untreated, can live for many years and die of something else. Some specialists are beginning to question whether these cases qualify for the label “cancer” at all.

The results of the Prostate Intervention Versus Observation Trial (PIVOT), led by Timothy Wilt and started in 1994 with 731 men, showed that those who underwent the operation had less than a three percent survival benefit compared with those who had no treatment, after being followed up for 12 years. The difference was not statistically significant and could have arisen by chance.

When the findings were presented at a meeting of the European Association of Urology in Paris in February, attended by 11,000 specialists from around the world, they were greeted with a stunned silence.

One expert who attended the meeting said that while most research results are immediately transmitted by specialists in the audience using social media, “I did not see any urologists enthusiastically tweeting about [this one].”

Prostate cancers are already classified as “tigers” (aggressive) or “pussy cats” (low risk). But some urologists who have spent years training to perform complex surgical techniques find the idea of watchful waiting unacceptable.

Surgery carries a risk of side effects that can have a serious impact on quality of life with 50 percent of men suffering impotence and 10 per cent incontinence.

Ben Challacombe, consultant urologist at Guys and St Thomas' NHS Trust, disagreed with the analysis that the response should be to do nothing. Many of the men in the trial were older, with an average age of 67, low risk and would not have been offered surgery in the UK.

"We would offer milder treatment such as radiotherapy or watchful waiting. We are better than the US in putting men on surveillance," he said.

The controversy over the best treatment for prostate cancer has split professional opinion. Some specialists claim treatment is at the stage where breast cancer was a generation ago when the only surgical treatment was mastectomy, removal of the whole breast.

Today most women with breast cancer are treated with lumpectomy, involving surgical removal of the tumour, leaving the rest of the breast intact. Urologists believe a similar approach in prostate cancer could improve survival and reduce the risk of side effects because a smaller proportion of the prostate gland would be targeted and surrounding tissue left unaffected.

Critics of the approach say there is not enough evidence to justify targeted therapy. Joel Nelson, of the department of urology at the University of Pittsburgh, said prostate cancer triggers molecular changes in the whole of the gland, which can lead to "malignant transformation".

Targeting only part of the gland gives a "false sense of security", when there is a risk of recurrence which could be harder to treat, Mr. Nelson said. There are no clear criteria of success which could lead to "technical incompetence".

Dr. Kate Holmes, head of research at The Prostate Cancer Charity, said: "Early data from the PIVOT trial certainly suggests that surgery to remove the prostate does not provide any significant survival benefit for men with low to medium risk prostate cancer. However, these findings are from a large ongoing trial, and we look forward to seeing the full published results which could help men in future to make more informed decisions about treatment."