

## **Prostate – Special Report #13**

# ***Secrets To A Healthy Prostate***

***...What Your Doctor Doesn't  
Tell You!***

**The Institute Of Nutritional Science**

**[www.HealthyInformation.com](http://www.HealthyInformation.com)**

**1-888-454-8464**

**1-858-217-2427**

**[AskTheDoc@HealthyInformation.com](mailto:AskTheDoc@HealthyInformation.com)**

This Special Report does not intend to diagnose disease, nor to provide specific medical advice. Its intention is solely to inform and to educate. The author intends that readers will use the information presented in this report in cooperation with the advice of a qualified health professional trained in such field.

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## Dr. K. Steven Whiting - Biography



**Dr. K. Steven Whiting**

Dr. Whiting is an Orthomolecular Nutritionist. His degrees include a Masters in Psychology as well as a Doctorate in Biochemistry earned at International Universities.

Three decades of personal, practical experience in the field of human nutrition have earned him an international reputation, not only in the understanding of the human body and the profound effect that nutrition plays in protecting and preserving the body, but also in the outstanding results that he has consistently achieved while working with clients and patients on a global scale.

His commitment and dedication within the nutrition field has led him to extensive research into such chronic conditions as Heart Disease, Arthritis, Diabetes, Osteoporosis and Prostrate problems to name but a few. The result of this research has been pivotal in the development of nutritional protocols for the prevention, management and reversal of these conditions.

Studies he has conducted have led to a totally new system of weight management, based on '*Body Typing*', wherein HOW a persons body handles food is evaluated BEFORE they are put on a weight management program that's customized for them.

More recently, he has focused his attention on the human immune system. His subsequent research into deep viral infections has led to the use of oxygen therapy as well as other potent, all-natural immune boosters for the management of immune-compromised conditions.

Further, his work with AIDS and cancer patients, using meditation, biofeedback and visualization has received worldwide attention.

Dr. Whiting has served both as Consultant and Staff member to many of the leading alternative and complimentary hospitals in Europe and Latin America, where he has had the opportunity of applying his concepts to those individuals who were in most need. This has resulted in the development of nutritional support protocols for a variety of chronic health challenges.

Through his international affiliations, he remains current on the very latest progressive applications of nutrition for a wide variety of chronic degenerative disorders, for which orthodox medicine has offered little hope.

In 1991, Dr. Whiting founded *The Institute of Nutritional Science*, an international organization, with offices in London, England, Den Haag, The Netherlands and San Diego, California. The purpose of The Institute is to gather information and conduct research on how natural supplements can prevent, manage or reverse disease conditions.

The Institute publishes *The Journal*, available by subscription, to disperse nutritional information, relevant to disease, in an easy to understand, user-friendly fashion.

As an author, Dr. Whiting has published a series of Self Help booklets and reports on nutrition and its role in preventing, managing and reversing disease. A text- book, entitled *Gaining and Maintaining Total Health*, and *Self Health –Your Complete Guide To Optimal Wellness*, which rapidly became a best seller after its first publication in 1996. His most recent book *You Can Be ...Well At Any Age : Your Definitive Guide To Vibrant Health and Longevity*, is the most comprehensive work of it's kind, containing over 250 protocols for a wide spectrum of human health challenges

Author, Lecturer, Teacher, Product Formulator and Consultant, Dr. Whiting is dedicated to helping others in helping themselves toward a more healthful existence, through a better understanding of the nutritional needs of the body. He is the exclusive formulator of all the nutritional products for Curves Fitness Centers, the largest business of its kind in the world.

He is committed to empowering individuals with the very latest nutritional information, safe in the knowledge that this will serve to enhance both the quality and the quantity of life for everyone in the years ahead.

# Secrets To A Healthy Prostate

## *....What Your Doctor Doesn't Tell You!*

### **Introduction**

I have long had the reputation of addressing issues, which many others have felt embarrassed or uncomfortable discussing. One such area includes the male Prostate.

Yet, despite this taboo subject, Prostate problems affect many millions of men every year. Each one of us dreads the pain and annoyance, not to mention the embarrassment, from problems arising when the Prostate Gland no longer functions properly.

We are, all too, aware of those annoying problems, such as painful burning upon urination, having to get up three or four times a night, disturbing what otherwise might have been a restful sleep, and the constant feeling that we can never quite empty our bladder, no matter how many trips to the bathroom are made.

These are classic symptoms of a condition called Benign Prostatic Hyperplasia, (BHP) or simply put, a swelling of the Prostate Gland. There are many reasons why this condition occurs, and it strikes about 60 percent of all men over 50 years of age.

As the symptoms of Prostate problems increase, which they do if the condition is left unchecked, many other annoying conditions can develop. These would include being unable to sit through your favorite movie or a business meeting without excusing yourself for a trip to the bathroom.

One of the most devastating conditions, which often develops as Prostate problems continue, is painful sexual intercourse. If this persists, or if you are taking certain medications, you can lose your desire for sex completely. This impotence leads to a whole host of other problems, both physical and emotional.

Should you elect to turn to surgery for your Prostate problems, this could end your sex life, completely and forever.

The Prostate is an integral part of every man's sexuality. When Prostate problems arise, this can, rapidly, become a burden.

If left unchecked, inflammation of the Prostate can lead to Prostatitis, a potentially, painful and serious infection. This can spread to infections of the bladder, and even the kidneys.

Another area that strikes terror, by the mere mention of the word, is Prostate Cancer. You need to recognize the early warning signs of this, potentially, fatal form of Cancer, as well as your options for both preventing and controlling this condition in your life.

The good news is that there are safe, natural and effective ways of handling this and other classic Prostate problems, without the need for ineffective and harmful drugs, or painful, risky surgical procedures.

If you have a Prostate condition, you need to read this Special Report carefully, BEFORE you elect a more invasive procedure. If you have already begun pharmaceutical treatment, and it has proven less than effective, or the side effects of the medication are less than desirable, consider the protocols outlined in the pages ahead. They are well researched, and practically tested on thousands of men just like you, with excellent results.

This Special Report will help you to identify the early warning signs of Prostate trouble, and offer a step-by-step program of natural methods of managing, and even reversing Prostate disease.

The point of this report is not to replace counsel and advice of your health care provider. Rather, it is to offer both of you options that you may not be aware of, and to encourage you to seek and insist upon natural prevention and control, as opposed to the standard method of management and treatment that has failed so many men before you.

You will also learn why conventional medicine mocks prevention. You see, the entire financial stability of all allopathic medicine, in many countries, lies in treatment rather than prevention. This treatment is, often sadly, avoidable treatment.

## **Facts About Your Prostate and What Can Go Wrong**

Your Prostate consists of both gland and muscle tissues, covered with a fibrous outer coating. Its glandular function is, primarily, to produce semen. This is the lubricating and transport fluid, which carries your sperm from your testicles out through the urethra.

The muscular action of the Prostate provides power for the seminal fluid, increasing the force of ejaculation. Another part of its muscular action includes assisting the bladder in the flow of urine.

Physically, your Prostate is located right under your bladder and surrounds a portion of the urethra (a tube which carries both urine and semen through the penis.)

As we age, our Prostate naturally grows. This is due to the muscular tissue, since all muscles grow with age and use. Prior to puberty, your Prostate is quite small, about the size of a marble. After puberty, it goes through a rather rapid growth spurt. During young and middle adulthood, the Prostate is, roughly, the size of a golf ball. Under healthy conditions, it should remain about this size for many, many years.

Then, after about age 50, it begins to grow again. How much it grows, and if it becomes inflamed, depends upon a variety of factors. There are several problems, which might occur relative to the Prostate Gland as the aging process takes place. It is essential that you understand and be able to identify these problems in their early stages. For, it is at this time when prevention methods have their greatest effect.

Some of the conditions which can develop concerning the Prostate include Congested Prostate, Inflamed Prostate called Prostatitis, an abnormal enlargement, of the prostate called Benign Prostatic Hyperplasia and, of course, the dreaded Prostate Cancer. Let's take a look at each of these conditions at bit more closely.

### **Congested Prostate**

A Congested Prostate is a condition that can occur if your normal sexual rhythm is altered. Extremes in sexual habit, either too much or too little, can cause this condition, which can not only be painful, but can lead to other, more serious Prostate problems.

Typical symptoms of this condition would include difficulty in initiating urination, feelings of fullness in the groin and a dull aching in the scrotum.

Prostate Congestion occurs if there is excessive sexual stimulation, such as foreplay, without the eventual ejaculation. As the seminal fluid increases without release, the Prostate can become swollen, causing pain, which can spread to the Testicles. This same condition can also occur if you reach orgasm too early, thus not allowing the full voiding of the seminal fluid. This problem can also develop if you go for long periods of time without sexual release.

The key to both the prevention and relief of this condition is to expel the accumulated fluid and then try and develop a regular rhythm for sexual activity. A congestion of the Prostate is, often, the first problem men experience. In fact, it can happen almost any time after puberty.

## **Recommended Protocol for Prostate Congestion**

1. Full Spectrum Nutrition covering all 120 plus nutrients in both balance and potency.
2. Since a Congested Prostate is caused by extremes, establish a fairly regular schedule of sexual activity. If you have a problem, you can either ejaculate it away or in the case of excess, give it a rest!
3. Avoid the conditions under which Prostate congestion can occur:
  - Abstinence from ejaculation for prolonged periods.
  - Long periods of foreplay without ejaculation
  - Early ejaculation without sufficient foreplay
  - Impotence
  - Coitus Interruptus
  - Prolonged intercourse (heroic sex)
4. If all else fails, you may need to ask your doctor for a Prostatic Massage to empty the seminal fluid.

## Prostate Inflammation

This condition, identified by an, often, acute swelling of the Prostate, can easily develop into what we call Prostatitis, an infection of the Prostate Gland.

Prostatitis can be caused by either an invading bacteria or virus. Almost always, it's from bacteria found in the intestinal tract. This is why it is important to maintain proper balance of the friendly bacteria in the intestinal tract, through eating foods, which are high in natural bacteria. These foods would include cheese or yogurt. Better still taking a dietary supplement of multi-sourced bacteria would be very beneficial.

Other possible causes for Prostatitis could be Tuberculosis, Yeast Infections, from the female vaginal tract and other opportunistic infections. Acute Prostatitis may be identified by a rapid onset of symptoms (see below) with rapid increases in severity.

*(For more information on Yeast Infections, refer to Special Report #9 entitled Eliminating Yeast Infections & Systemic Candidiasis)*

Chronic Prostatitis is the same condition, but usually in lesser intensity, while recurring on a varying basis.

The problem, as with most infections, is once you have had the first infection, subsequent infections are easier to get. If you have already had one attack of Prostatitis, you have, roughly, a 30 percent chance of getting another attack. If you have had two or more attacks, you have better than a 60 to 70 percent chance of getting another attack.

It is for this reason that we should look at, aggressively, preventing this condition from occurring in the future.

Prostatitis is often, incredibly, painful, causing a heavy feeling in the lower bladder and bowel area, with a frantic urge to urinate. Upon urination, there can be a deep burning pain through the penis, which may spread to the lower back, the scrotum, and even the rectum. If this goes unchecked, the infection can, rapidly, spread to the bladder and kidneys.

## **Warning Signs of Prostatitis**

1. Hot Pain in Your Groin
2. An Almost Uncontrollable Urge to Urinate
3. Painful Urination
4. Fever and/or nausea
5. Lower back Pain
6. Pus or Blood in Urine

The standard treatment for this condition is an aggressive course of antibiotics. Because of the severity of both the infection and the symptoms, antibiotic therapy for an acute attack may be necessary. There are measures you can take to reduce your risk of Prostatitis and prevent a reoccurrence.

## **Protocol for Chronic Prostatitis**

1. During an attack, drink copious amounts of water to flush out the infection. One glass every hour.
2. Use natural antibiotics and immune stimulants, such as Echinacea, Goldenseal, Garlic, and especially, concentrated Colostrums from organically raised cattle.
3. Full Spectrum Nutrition, which includes over 120 nutrients your body needs on a daily basis.
4. Extra amounts of prostate friendly nutrients, such as Vitamins A,C,E, Bet-Carotene and the mineral, Zinc.
5. Cranberry Juice should be consumed regularly, since it causes bacteria to be flushed from the bladder wall. Cranberry Juice, also, helps prevent infections of the Bladder, Kidneys and Prostate. It should be a regular part of your daily program, if you have reoccurring problems in these areas.
6. A light massage of the groin area will help to increase circulation to the Prostate area, lower inflammation and increase urination.

## Prostate Enlargement

This condition is the most common Prostate problem, making it the number one reason why men over 50 visit their doctor.

Medically, the condition is called either Benign Prostatic Hyperplasia (BPH) or Benign Prostate Hypertrophy. The use of the term *benign* in the name means that it is a condition, which is not cancerous. That is the only good news about it.

BPH can be very distressing and painful. In some rare instances, it can lead to a life-threatening situation. The symptoms of Prostate enlargement or BPH are inconvenient, painful and, often debilitating.

### Warning Signs of Benign Prostatic Hyperplasia

- \* A weak stream of urine, even though the urine is there.
- \* Dribbling after initial urine stream subsides.
- \* Frequent nocturnal urination  
(Getting up more than 3 times per night).
- \* Feeling of fullness in the bladder.
- \* Total inability to urinate due to blockage of the urethra.
- \* Inability to empty the bladder.
- \* Stopping and starting during urination.
- \* Painful orgasm.
- \* Impotence or diminished libido
- \* Fatigue.

Unchecked, these symptoms can worsen to the point of misery, resulting in frequent infections due to the inability to, completely empty the bladder of waste matter.

As we mentioned earlier, BPH is one of the most common complaints of men from middle age forward.

In the United States alone, 2 million men visit their doctor annually for this condition. These visits result in thousands of prescriptions written for medications that have a fair amount of side effects, and are only about 20 percent effective in the long-term management of the problem.

Furthermore, these doctor visits result in over 400,000 surgeries to the Prostate annually. It is estimated that BPH reaches over 2 billion dollars in health care costs every year.

## **A Simple Test for Early BPH**

Respond to each statement with either a *yes* or *no* answer. We will only be concerned with the yes responses.

1. Urination has become more difficult than it used to be.
2. Many times I have to 'push' to start the flow of urine.
3. I awaken two or more times a night to urinate.
4. When urinating, the stream stops and starts again several times.
5. I have a feeling that, after urination, my bladder is not fully empty.
6. It is harder to wait when I have to go than it used to be.
7. My urinary stream is weaker and less forceful than before.

If you answered, "yes" to even one question, on this test, you should pay close attention to signs of additional complications. If you answered, "yes" to two or more statements, you, likely, have at least early BPH. This is not a cause for concern.

Most of these are early warning signs. You are, still, in an excellent position of managing, and even reversing, this problem through the use of completely natural methods.

## **The Role of Hormones**

When your Prostate, naturally, begins to grow again around the age of 45 or 50, hormones are, essentially, responsible for this problem.

Testosterone, the male sex hormone, reaches its peak between the ages of 16 and 20. After the age of 20, it slowly begins to decline, while the production of other hormones, such as Prolactin, Estradiol and folic-related hormones increase.

Once we reach middle age, an enzyme, which has been labeled 5-Alpha-Reductase, increases, oftentimes, dramatically. This enzyme converts Testosterone into another hormone called Dihydrotestosterone, a relative.

During our younger years, this hormone is essential, being responsible for our sex drive and sexual development. Later in life, however, an excess of this hormone produces a variety of negative manifestations, including excess body hair, a loss of hair on the head, Adult Onset Acne, and excessive growth of the Prostate Gland.

Studies continue to show that those men, with higher amounts of Dihydrotestosterone during middle age, will have a much greater chance of developing all of the above symptomology, including Prostate Enlargement.

## **Medicine to the Rescue but.....**

### **Is Life Really Better Through Chemistry?**

As soon as the apparent cause of BPH had been identified, the drug companies wasted little time in coming up with a chemical, which could be sold to the many millions of men suffering from this problem.

It seemed simple. Just find a drug that inhibits the formation of 5-Alpha-Reductase, and everybody will be happy and rich!

In 1992, Merck & Company released a chemical drug called Finasteride. It is sold as Proscar. Early clinical trials with the drug seemed promising. Proscar caused considerable decreases in BPH symptoms. What was not celebrated or, even, talked about in the interviews and press releases were the terrible side effects of Proscar.

Merck never mentioned the tremendously high incidence of impotence and decreased libido, as well as numerous ejaculatory disorders in men taking the drug.

To further the sales of their new “wonder” drug, Merck issued statements to the effect that their new “pill” could reverse male pattern baldness. Now, at last, vanity had entered into the picture. Every man from age 35, forward, was willing to stand in line for the stuff.

Today, Proscar is being taken by over 650,000 men in 25 countries at a cost of about \$80.00 per month. This means that these desperate men are increasing the revenues of Merck’s bank account by more than a half billion dollars annually.

Taking even a closer look at the side effects and warnings for Proscar, it indicates that women, who are pregnant with a male child, could seriously risk the health of the child by even touching tablets of Proscar. Worse yet, having intercourse, without a condom, with a man who is taking Proscar can be harmful for the unborn male child.

The other commonly used drug for BPH is called Terzosin Hydrochloride. It is made and sold by Abbott Labs under the trade name of Hytrin. This medication was, originally, used for Hypertension. Side effects for this drug are, also, very annoying.

They include Erectile Dysfunction, Fatigue, Dizziness, Heart Palpitations, Sinus Congestion, and, in some cases, severe low blood pressure. To make matters worse, neither of these drugs do anything to help your body reverse BPH. They may help alleviate some of the symptoms, but the cause of the disease remains and the condition unabated.

## **What about The Knife?**

When drugs fail to curtail either the symptoms or the progression of BPH, the physician turns to his or her next line of defense. This is surgery.

Between 1984 and 1990, Prostate Surgery boomed. Today, Urologists generate over 5 billion dollars annually, on over 400,000 Prostate operations they perform.

It is estimated that there are over 13,000 Urologists in the United States that derive 50 percent of their business from the Prostate operation alone.

Fortunately, there are a number of safe and highly effective supplements available. They have been shown in both clinical studies and practical application, to be far more effective than drug therapy, and far safer than surgical intervention.

## **The Natural Way to Prevent & Reverse BPH**

The toughest part of this whole concept, for me to understand, is the waste of time, money and compromised health for tens of thousands of men when a safe, natural method of Prostate management exists. This program has been clinically and empirically tested over and over again. The results, continually, show that the natural program is safer, and at least 50 percent more effective than drug therapy!

You can, probably, see by now why the drug companies do not want you to have this information. However, choice is of the utmost importance, especially when you are making choices about your health. These choices, right or wrong, can affect the quality, and even the quantity, of your life ahead.

In this protocol for BPH, we find benefit from Vitamins, Minerals, and especially selected Herbs. Let's talk about some of the major players in the natural fight against BPH. Then we'll give you the complete protocol.

### **Enter the Herbs**

Herbology is mankind's oldest form of medicine. In our desperate search for answers to many devastating diseases, we are once again returning to nature, seeking plant-derived chemicals for the management of sickness. I often, wonder what the state of human health might be today if we had not strayed so far away from a natural way of life.

The first herb that must be considered in any Prostate program is known as *Serenoa Repens*. You may be familiar with it as Saw Palmetto.

We, actually use the berry produced from this plant for the magical effects it has upon Prostate health. If you remember our discussion of the role hormones play in the evolving process of BPH, then you know that Testosterone, alone, is not a bad thing.

However, when it is converted to Dihydrotestosterone, we have a problem. Concentrations of extracts from the *Serenoa Repens* Berry, actually, block the conversion of Testosterone into Dihydrotestosterone! This herb is all natural.

It is safe and inexpensive as well. While the pharmaceutical industry produces chemicals to try and block the production of the enzyme 5-Alpha-Reductase, causing terrible side effects; nature has given us a natural method of accomplishing the exact same thing, with absolutely no side effects, whatsoever!

How long has this plant been used for health? It has been used longer than the drug companies have even been in existence!

American Indians, routinely, used the berries from the Saw Palmetto plant to help with Genitourinary Tract problems. Saw Palmetto has been used by herbalists, both ancient and modern, for its natural, aphrodisiac properties.

In recent years, at least 16 double-blind, placebo controlled clinical studies have been done on the extract of this ancient plant. Every single study has shown that it improves urination, urine flow, reduces pain and reduces Prostate size.

Despite this overwhelming body of clinical evidence, the Food and Drug Administration concluded that the results were insignificant. Why did they take the position?

To answer that, at least in part, we must consider the position of the drug companies regarding safe, inexpensive, natural substances. Not surprisingly with billions to loose, the drug companies conducted their own studies with the obvious conclusion that the natural plant extracts were nowhere near as effective as their pharmaceuticals.

*Serenoa Repens* has been in use in many countries of Europe for at least 15 years. Despite this lengthy track record of results and satisfaction, drug companies still suppress this information in the United States.

According to clinical studies conducted by Merck themselves, less than 50 percent of the men taking the drug, Proscar, evaluated it as effective. By the same token, similar evaluation studies conducted with Serenoa Repens indicated that 90 percent of the men taking it were completely satisfied with the results!

Nature comes to the Prostate rescue once again in the form of another plant called Pygeum Africanum. A native of Africa, it too has been used for decades in many places around the world to successfully, treat and reverse BPH. One clinical study involving Pygeum Africanum showed that 80 percent of the participants reported significant improvement in their symptoms after just 30 days into the study.

In the United States, many physicians have been reluctant to become, overly, excited about these herbs, because the drug companies are spending so much time and money to ensure that they think otherwise.

On the one hand, progress is being made but, because many nutritional companies are now making products containing one or both of these excellent herbs.

Unfortunately, in our haste to bring these products out, many companies have overlooked some of the other important co-factors, which not only help the herb to work better, but also contribute healing and preventive properties all their own.

The Amino Acids, Glycine, Alanine and Glutamic Acid have been shown to help relieve Prostate symptoms, such as getting up at night, frequency and urgency of urination, and impaired urine flow.

In one clinical study, men using these three amino acids alone, with no other treatment, observed that they had an 80 percent reduction in night time awakenings, and over 70 percent of them reported a reduction in the urgency to urinate.

These amino acids have never been shown to help reverse or cure BPH. This is, precisely, why you need to take them with the herbs we have already discussed. Their importance and contribution, however, lies in the rapid alleviation of annoying symptoms, which is why we recommend them.

Two other adjunct botanicals have proven to be helpful to a healthy Prostate as well.

Stinging Nettle (*Urtica dioica*) helps in binding with the chemical sites responsible for the formation of 5 Alpha-Dihydrotestosterone, the culprit in Prostate irritation and enlargement.

Studies with Stinging Nettle have proven very promising. In one study nocturnal urination was completely controlled with Stinging Nettle alone. Other studies report a significant increase in urine volume, indicating Stinging Nettle's ability to reduce inflammation and enlargement.

Pumpkin Seed Extract is another ingredient we have recently added to our protocol. Pumpkin Seeds are a traditional remedy for Prostate problems and today we understand the reason. The Pumpkin Seed contains specific Fatty Acid chains, which nourish and sustain Prostate tissue.

We must also consider the role oxidation plays in the disease process. Cancer of the Prostate is caused by Free Radical Damage to the cells of the Prostate Gland, together with ongoing nutrient deficiencies.

In order to protect the Prostate against this Free Radical assault, we have added Lycopene, a powerful antioxidant, which has shown, clinically to prevent or at least greatly reduce the incidence of Prostate Cancer in middle aged men.

The Vitamins B-6, C and E enter into our discussion for several reasons. Vitamins C and E are powerful Antioxidants. They are important in the prevention and mitigation of most Chronic Disease conditions. Vitamin B-6, the universal catalyst or carrier, helps all other nutrients to work better. Additionally, Vitamin B-6 has a direct effect upon Prolactin levels, reducing them safely and naturally. A reduction of Prolactin prevents the conversion of Testosterone to Dihydrotestosterone.

*(For more information on Antioxidants please refer to Special Report #12 entitled How Antioxidants & Free Radical Scavenging Nutrients Can Prevent Disease)*

Lastly, we have a very important single mineral. Zinc has been long associated with male sexual health. This is because Zinc makes up hormone structures. It is also a major constituent of seminal fluid and is involved in the production of sperm.

When boys hit puberty, their hormone levels rise, often very rapidly. This causes a depletion of Zinc in the body, which can lead to a depressed Immune System, an annoying side effects such as Acne.

As we age, a Zinc deficiency can lead to Impotence and Prostate enlargement, because the Prostate tissue requires Zinc to maintain its health and well being. Additionally, adequate Zinc also prevents the formation of Dihydrotestosterone, making it a multi-purpose mineral for total Prostate health.

If you have begun to notice some of the symptoms of BPH, you may use the same protocol, but in higher potencies, at least for the first few months.

## **Protocol for the Management & Reversal of Benign Prostatic Hyperplasia (BHP)**

Following is our recommendations for the management of BPH. Please see the summary section in the back of this report for actual formulations and product suggestions.

1. Serenoa Repens extract should be taken in doses of about 200 mg per day for prevention and higher (300 to 500mg) if you already have BPH.
2. Full Spectrum Nutrition, providing the complete 120+ nutrients in a balanced formulation, which considers potency and ratio.
3. Essential Fatty Acids are very important to good Prostate health, especially the Omega 3 and 6 groupings. Take three capsules of those oils daily.
4. Zinc is the single most important mineral for the Prostate. I recommend Zinc Gluconate. A good dose would be about 30 mg per day.
5. Use the Amino Acids Glycine, Alanine and Glutamic Acid. A good dose would be about 200 mg of each Amino Acid. If you already have BPH, you might want to double that for the first 4 to 6 weeks. Additionally, we are now using Lysine at 100 mg twice per day.

6. Take Pygeum Africanum A 100mg daily dose is usually sufficient. Again, if you already have a moderate to severe case of BPH, consider 200mg per day for the first 4 to 6 weeks.
7. In addition to your Full Spectrum Nutrition program, consider the addition of extra Vitamin B-6. We have found that 25mg, over and above supplements, works very well.
8. Other nutrients to consider, in extra amounts, would be Antioxidant Vitamins A, E and C and the Antioxidant Lycopene.
9. Use Stinging Nettle and Pumpkin Seed at 100 – 200 mg.

**NOTE:** While this program has been clinically tested by The Institute and used with great success for many years, you should be working in conjunction with your health care provider, in establishing a program that is right for you.

## **Prostate Cancer: The Big Fear**

Before we begin our discussion of Prostate Cancer, it is important to be aware of this. If you have any of the conditions that we discussed previously, it does NOT mean that you are at greater risk of developing Prostate Cancer.

So far, there is no link between benign forms of Prostate problems and Cancer of that gland. In the United States alone, Prostate Cancer kills 45,000 men annually, with about 250,000 cases being diagnosed annually.

There are some basic facts that you should know about Prostate Cancer:

1. Your risk increases dramatically after age 60.
2. Most men over 80 have it already, but will, likely, die of some other cause.
3. Prostate Cancer seems to follow hereditary patterns. If it runs in your family, you are at *much greater* risk.

Even with these guidelines, Prostate Cancer has been elusive, simply because it has few early warning signs.

Unlike BPH or other Prostate problems, Cancer offers no significant discomfort, especially in the early stages. Since Cancer forms on the outside of the Prostate, you do not, usually, experience the typical problems with urination and inflammation.

Early detection is still the best treatment for Prostate Cancer. This means that regular Prostate exams, especially after the age of 55 or 60, are very important.

The real danger of Prostate Cancer is not the disease, itself, but its ability to spread to the bones. Once this has occurred, we are dealing with a much more invasive and severe disease condition.

Conventional methods of treating Prostate Cancer are much the same for all other forms of Cancer. Surgery is, probably, the first choice for Prostate Cancer. Despite this popularity, there is *no evidence* that the radical Prostatectomy is an effective therapy for Prostate Cancer!

Radiation and chemotherapy treatments haven't changed much in decades and their success rate is marginal. Further, these invasive chemical treatments weaken the Immune System, which is the reason we get most Cancers in the first place.

When called for, radiation and chemotherapy should *always* be followed up with an aggressive nutrient program to rebuild the Immune System. (See Immune protocol, which follows).

I think it is interesting to note that the recent data indicates that men 70 and older, who elected to have the Prostatectomy, on average, lived only a month or two longer than men with the same disease who did not have the operation!

Further, the Prostatectomy leaves about 85% of its patients impotent and 25% of them incontinent. Due to the serious side effects, a study in the *Journal of the American Medical Association* (May 1993) concluded that men 75 years of age and older are damaged more by radiation and surgical procedures to the Prostate than by, simply, watching the disease, passively.

They, further, concluded that men of this age group were at greater risk from *treatment* of their Cancer than from doing nothing at all!

## **What about those Prostate tests?**

Since we all agree that early detection and careful observation is important, how can we go about doing that?

The most common test is a blood test for the presence of a protein produced by the Prostate called Prostate Specific Antigen (PSA).

Generally speaking, the higher the PSA level in your blood, the greater your chances of having Prostate Cancer. Normal PSA levels are 0 to 4, while a moderately, elevated reading would be somewhere in the range of 4 to 10. Anything over 10 is considered high.

It is important for you to understand that just if PSA reading is high, you do not necessarily have Prostate Cancer. Also, the PSA test fails to detect almost one third of all Prostate Cancers.

Rather than rush, hastily, into invasive treatments just because of an elevated PSA, we recommend a physical exam called the Digital Rectal Exam. The purpose of this test is to detect physical changes to the outside of the Prostate Gland.

If you have Prostate Cancer, consider following our recommendations below for a few months and then have another PSA test. You may be surprised to find that things are looking much better in that short a time.

*(For further information on Cancer, refer to Special Report #1 entitled Preventing and Conquering Cancer)*

## **Natural protocol for Prostate Cancer**

Following are recommendations of what we, routinely, use in the prevention of Prostate Cancer. In the summary section of this report, you will find the complete formula we use along with product recommendations.

1. If the Cancer is isolated, in your Prostate, you should only consider radiation, chemotherapy and especially surgery under very unique circumstances. These procedures will, likely, do more harm than good at this stage.

2. Follow the BPH protocol outlined earlier and again in the summary section.
3. Watch your diet. Reduce the amount of animal fats you consume. This does not mean you should avoid quality protein. Be sure to trim fat and eat lean cuts.  
Add Soy protein and Soy products, such as tofu, to your diet. Soy increases the concentration of Isoflavonoids in your blood. According to studies published in Lancet, Isoflavonoids help regulate hormones in the body
4. Essential Fatty Acids should be increased to 6 to 12 grams per day.
5. Increase your Serenoa Repens to, at least, 400mg per day.
6. Vitamin C should be increased to 6 to 12 grams per day.
7. Start a program of Shark Cartilage. Buy the 750mg capsules (standard) and take between 8 and 10 capsules per day.
8. Reduce or eliminate the consumption of all alcoholic beverages.

Prostate Cancer need not strike terror in your heart. Prostate Cancer is not a death sentence if it is, properly, watched and the gland is supported with aggressive nutrient therapy. You should consider invasive therapy such as radiation, chemotherapy and especially surgery, only, when absolutely necessary.

If you read the newspapers and listen to special reports on television, they paint a rather dismal picture of Prostate problems. Remember that all the horror stories about impotence, retrograde ejaculation, and incontinence **ONLY OCCUR WHEN INVASIVE PROCEDURES, SUCH AS RADIATION, CHEMOTHERAPY AND ESPECIALLY SURGERY OCCUR.**

Remember, too, that prevention is far better than attempting a cure. If you already have a Prostate condition, there is still a great deal you can do to maintain, and even reverse, many of the most common problems. Take heart that you do not have to look forward to impotence and erectile dysfunction in later years of life. There is still all the hope in the world, but you must take action and responsibility for your health.

Together with your ACTIVE PARTICIPATION, your physician can design a program that is right for you.

## **Summary**

In order to better outline the various nutrient protocols given earlier in this Special Report, we have listed them again here along with some specific product suggestions, which will make getting all the components of each protocol both easier and more economical.

### **Prostate Congestion Protocol**

1. Full Spectrum Nutrition, providing 3 Fatty Acids, 16 vitamins, 12 amino acids, 75 major and trace minerals and multi-sourced phytonutrients from plants.

While there are many combinations of supplements that will give this spectrum when taken together, we only know of one, a liquid, which provides them all together in a highly absorbable form.

2. Control seminal buildup in the Prostate through ejaculations or abstinence, if excess has been the case.
4. If absolutely necessary, consider a Prostate massage from your health care provider.

### **Prostatitis Protocol**

1. Increase fluids, especially water and Cranberry Juice. Try to drink one glass of water every hour and 3 glasses of Cranberry Juice per day.
2. Follow this immune support protocol at the end of this section.
3. Take extra vitamins A, C, E, and Beta-Carotene as well as the minerals Selenium and Zinc as follows:

Vitamin A	25,000 to 50,000 IU daily
Vitamin C	2 to 4 grams per day
Vitamin E	200 to 400 IU per day
Beta-Carotene	10,000 to 25,000 IU per day
Selenium	100 mcg per day
Zinc Gluconate	30 to 60 mg per day

4. Full Spectrum Nutrition as outlined above. Follow the above program until all signs of the infection have disappeared.

### **Protocol for Benign Prostatic Hyperplasia (BHP)**

1. Full Spectrum Nutrition as outlined previously.
2. Aggressive supplementation with the following herbs and nutrients:

The Amino Acids Glycine, Glutamic Acid and Alanine at the rate of 200-300 mg per day.

Lysine at 100 mg per day

Serenoa Repens extract (Saw Palmetto) at 300-500 mg per day

Pygeum Africanum (70:1): 100 to 200 mg daily

Stinging Nettle and Pumpkin Seed Extract at 100–200 mg per day.

3. Extra amounts of Vitamins A, C, E and Beta-Carotene as well as the minerals Selenium and Zinc as outlined above.
4. Vitamin B6 at 50mg over and above your multiple.
5. Essential Fatty Acids: 3 to 4 capsules per day. (Be sure they provide both Omega 3 and 6 groupings)

### **Protocol for immune Support**

The following program should be used in addition to the other recommendations for both Prostatitis and Prostate Cancer.

1. Increase Vitamin A (from fish liver oil only) to 50,000 to 100,000 IU daily.
2. Increase Vitamin C to 1000 mg every hour or up to bowel tolerance. (This level has been reached when Diarrhea develops.)

3. Multi-glandular extracts with emphasis upon Adrenal and Thymus Nucleoprotein.
4. Since all infections and Cancers produce physical stress, it is a good idea to supplement with extra anti-stress nutrients such as Vitamin B-1, B-2, B-12 (at 500 mcg) and Pantothenic Acid (at 1000 mg)
5. The following nutrient compounds may also be helpful: Coenzyme Q10, Dimethyl Glycine and Germanium Sesquioxide.
6. Additional immune support would include Bovine Colostrum and Beta-1 D-Glucan.

### **Protocol for Prostate Cancer**

1. Follow the program outlined previously for BPH and add the following special additions:
2. Reduce animal fats in the diet as they stimulate the production of sex hormones. Increase the consumption of Soy products if you are not allergic to them.
3. Increase Essential Fatty Acids to 6 or more capsules per day.
4. Increase your intake of Serenoa Repens extract to 400 mg per day.
5. Reduce or eliminate alcoholic consumption.
6. Take Shark Cartilage at the rate of 8-10, 750mg capsules per day.
7. Be sure that you are getting at least 60 to 100 mg of Zinc per day.

## Conclusion

As with all Chronic Disease conditions, there is a great deal of hope! But, and it is a BIG but....you have to act.

You must take responsibility for your condition and, aggressively, act in a non-invasive manner to provide the body with what it needs.

It is our belief that all diseases begin with stress, either physical, emotional, or most often, both. Stress destroys a tremendous amount of nutrients; nutrients vital to the delicate balance of your internal biochemistry.

When that chemistry is out of balance for long enough, disease and disorder are the inevitable result. Because this is an undeniable fact of nature, we do have the option to return to a more balanced way of life. With this decision, will come a metamorphosis within our body's that can make us well.

Each of the formulas and protocols detailed in this Special Report are available exclusively from Phoenix Nutritionals.

Contact [www.PhoenixNutritionals.com](http://www.PhoenixNutritionals.com) or by telephone at

1-800-440-2390 or 858-217-2412

or email [Questions@PhoenixNutritionals.com](mailto:Questions@PhoenixNutritionals.com)

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