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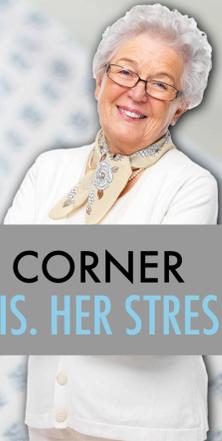
Prostate Health

Dr. Saunders' Prostate Cancer Prevention Plan

Perfect Prostate Health

The Facts About Enlarged Prostate: What To Do When And If It Happens

Prostate or Prostrate?



GRANDMA'S CURE CORNER
HIS PROSTATE DIAGNOSIS. HER STRESS.

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Dr. Saunders' Prostate Cancer Prevention Plan

Aleef is a 50-year-old man who was having difficulty urinating. He went to his doctor and was given a PSA (Prostate-Specific Antigen) test, which was a little high. The doctor then sent him to a urologist for a biopsy.

This procedure involves the urologist pushing twelve biopsy needles into a prostate gland the size of a walnut, hoping to hit a cancer cell that may be the size of a grain of sand. The test was positive for cancer and Aleef was recommended to have his prostate removed.



After the surgery, Aleef continues to experience impotence, leaking of urine and difficulty urinating, which are all too common complications after removing the prostate gland.

Should you get the PSA test?

One prostate researcher stated that if men live long enough, then all men will get prostate cancer.

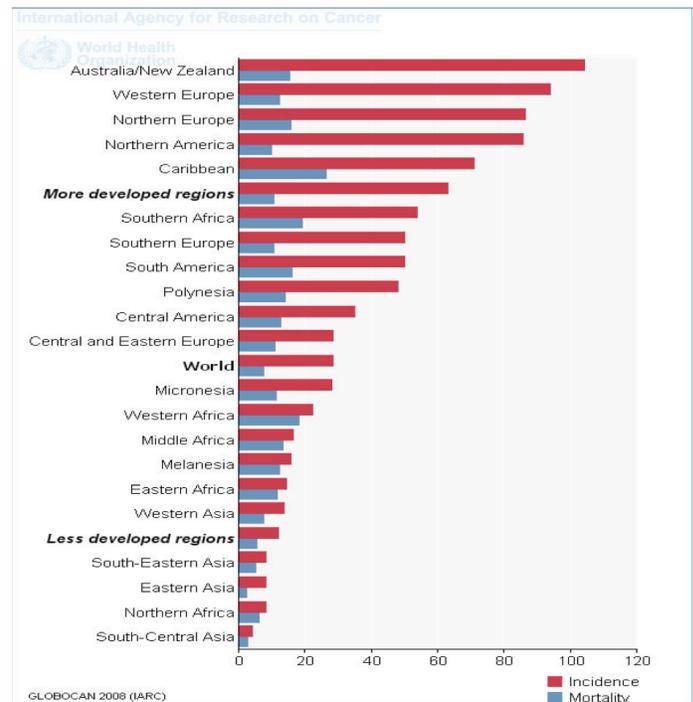
Thus, men are told to have an annual Prostate-Specific Antigen (PSA) test in order to find prostate cancer and perhaps get treatment to

prevent an early demise from this disease. What has been found instead is:

- Much more cancer is detected, but the death rate does not go down.

The table below is the WHO (World Health Organization) prostate cancer statistics for 2008, per 1000 men.

- The red lines are the incidence of cancer - or the number of cases of prostate cancer.
- The blue represents the death rate from this cancer.



WHO Prostate Cancer Statistics, 2008

You will notice that in the “Less developed regions” there are about 10 times fewer prostate cancers found, but the death rate is only about half that of “More developed regions.”

For example, in Eastern Asia they find about 10 prostate cancers per thousand men and about 5 per thousand die of it. However, in North America we find about 85 cancers per thousand men and 10 men die of it. Part of this is because men don't live as long in Eastern Asia; men die younger due to injuries, infections and other

causes. Where men live longer, they are more likely to develop this cancer.

In fact, the current recommendation (2011) from the U.S. Preventative Services Task Force (USPSTF) reads:

“The U.S. Preventive Services Task Force (USPSTF) recommends against prostate-specific antigen (PSA)-based screening for prostate cancer. This is a grade D recommendation.”



The “*grade D*” recommendation indicates that it is a poor test for detecting and treating prostate cancer. This is based on the fact that the test increases the detection of prostate cancer, but not mortality (death rate). As we see in the graph above, PSA screening and treatment causes significant harm to patients through unnecessary biopsies, surgeries and chemotherapy.

The PSA test itself is a harmless blood test. It only becomes dangerous when it leads to biopsies, surgeries and treatment.

You can do the PSA test for another reason. It can tell you if you have inflammation in your prostate gland and are therefore more susceptible to prostate enlargement and cancer. You may then treat the inflammation, as we will discuss below, for prevention of future

problems. Just don't get scared and let well-meaning doctors talk you into a biopsy, which leads to complications...and possibly even death.

What can you do if you already have prostate cancer?

The same graph above also indicates what has been found in multiple other studies:

- Treatment for prostate cancer doesn't decrease the death rate.

This is because the treatment is not effective, in part.

The other part is that the large majority of men with prostate cancer will die of something else before the cancer.

It is a rare cause of death. In reality, the “cures” for the surgical, radiation, or chemotherapy treatment of prostate cancer would not have killed the patient anyway. Thus, the first thing to do is... nothing!

Grandma's Tips

Obesity has been associated with an increased risk of developing prostate cancer. Those that are obese have a 1.27 times more likely to develop and die from the disease than non-obese men, especially those with greater belly fat.

Ideally, men should just keep their prostate healthy. With the prostate gland, prevention is the key. Even if you have been diagnosed with prostate cancer, your best treatment is prevention.

Keeping your prostate healthy

The graph above also gives us some clues as to keeping a healthy prostate. According to the WHO, those areas of the world that are “Less developed” have a much lower incidence of prostate cancer death rate.

Again, this is partly because they don't live as long, but also because they eat significantly less processed or prepared foods. These foods, such as breakfast cereals, chips, and drinks, are high-calorie and low-nutrient, which causes inflammation in the body.



Did you know that just the color red in a tomato can help you prevent prostate enlargement and cancer? Even the colors of natural foods are important for your health. Artificial colors do not have this benefit.

Moreover, processed grains contain almost no minerals such as magnesium, selenium and zinc, which are essential for the function of the gland. A majority of men in developed countries are deficient in zinc.

A recent study from Japan tells us another way to keep the prostate healthy – exercise! It turns out that testosterone stimulates the growth of the prostate gland – and cancer. Testosterone is made in the testicles, just south of this gland. The veins from the prostate and testicles connect near the prostate gland and if there is

“sluggish” flow, then it can backwash into the gland. This blood contains a very high concentration of unbound testosterone and causes prostate enlargement. The researchers then tied off the vein from the testicles (there are others that the gland uses) and the gland went back to normal. As we exercise, we keep a normal flow through all our veins so this may prevent prostate problems.

Prostate Cancer Prevention Recommendations:

1. Check a PSA test to see if you have inflammation. (If you do, follow these recommendations more strictly.)
2. Eat only foods that aren't processed or prepared. Eat at restaurants only occasionally.
3. Exercise three times per week, or more.
4. Take 50 mg of [zinc](#) per week. (If you take it every day, you may get a deficiency of copper!)
5. Take 1 mg of [selenium](#) per week. (If you take it every day, you may get low in Chromium!)
6. Take 200-400 mg of [magnesium](#) per day.
7. Take 5,000 to 10,000 IU of [vitamin D3](#) per day. Many doctors recommend 50,000 IU once per week. Having enough vitamin D lowers the cancer rate by 30%.
8. Take 12.5 mg of [iodine](#) per week.



Please visit our Home Cures That Work [Amazon store](#) for your vitamin and mineral supplement needs. Not all supplements are created equal, so we have researched those that safe for consumption, proven to properly digest and qualify according to label specifications. Don't leave your health to just any vitamin, supplement your health with the best in our [Amazon store](#).

Don't become another WHO statistic. Keeping a healthy prostate is the only way to prevent what so many men, like Aleef, suffer in our modern society.

Follow my doctor-approved recommended supplement program (zinc, selenium, magnesium, D3 and iodine) and don't forget to exercise! Most importantly, stay way from processed foods and stick to natural foods with color as the best prostate prevention plan!

[The surgical, radiation, or chemotherapy treatment of prostate cancer is dangerous! Don't put yourself at risk and start prostate cancer prevention today! What will be your motivation to take preventative prostate care?](#)



Dr. Scott D. Saunders, M.D. (Ask-an-MD) is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA

medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: <http://drsaundersmd.com/>



The Facts about Enlarged Prostate: What To Do When and If It Happens

We can't stop it...like gray hair and wrinkles. If it is going to happen... then it happens...

No clever metaphors. No sugar coating. This is what you need to know if you are concerned about an enlarged prostate - or the threat of prostate cancer.

Today, we are going to talk about a topic that no one really wants to talk about...prostate health.

Admittedly, I was a bit...uncomfortable...when Cheryl – my good friend and editor – presented this hush-hush, yet all-too-common health concern for boys as this month's Home Cures That Work topic. But after I began researching and breaking down the skinny, my discomfort transformed into curiosity. My curiosity blossomed into interest (and then fright), which set me on the path toward uncovering the best natural methods for keeping your prostate (or one belonging to someone you know and love) healthy and functioning to a "T"...or is it a "P"?



What I am going to share with you today is the fruit of my investigative labor. Today, I have some terrific all-natural foods and beverages to keep Mr. Prostate the right size and cancer-free – for life!

But, I must warn you up front. This is a mature discussion and you may find some of the information here a little “off color,” but only because of the subject matter: where the prostate is and what it does. So, if you are okay with that – then let’s get started...

What is a prostate...Where is it...

Why does my dad call it “prostrate?”

If you know all there is to know about the prostate gland, then by all means skip to the next section. If not, let’s roll up our sleeves and dig in. Okay? Bad choice of words...

First, the word prostate comes from the Greek “prostates,” which translates exactly to “protector.” Simply put, the modern prostate is a gland found in most mammals. But today, we will focus on the male prostate and how to keep it from going from protector to widow-maker.

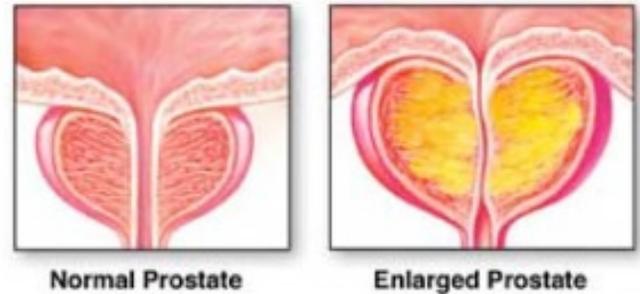
The prostate is an exocrine gland in the reproductive system, which is roughly the size of a golf ball and resides at the neck of the urethra and bladder. If it becomes enlarged with age or through neglect, it can make urination problematic by interrupting the flow. This can be discouraging and painful at best – and life-threatening at worst – but more on that in just a moment.

The sole responsibility of the prostate is to secrete the liquid that transports sperm. It is the fluid part of semen. In fact, it accounts for about 25% of the total volume of semen. The rest is spermatozoa and seminal vesicle fluid.

It is sometimes incorrectly referred to as “prostrate,” which means to throw oneself down in “submission or adoration.” So, if you or someone you know says “prostrate cancer” or

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“enlarged prostate” – stop them!



The problem with the prostate is not its function, nor its mere presence. The problem is that it can become enlarged and effect its owner very negatively. As it grows, it puts pressure on the bladder – making you feel like you have to urinate – as well as undue pressure on the urethra, *preventing* you from effectively answering the “call.” Urination becomes a dreaded task, sporadic, often painful and in extreme cases – downright impossible. An enlarged prostate also dramatically increases the risk of cancer in the gland... and that is where it gets ugly.

Now that I know what it is and what it does (and how to pronounce it), why does the prostate enlarge and how does it become a health threat?

The prostate needs adequate supplies of testosterone to work and regulate. As men age, their testosterone levels drop and they then jump into the higher risk category for enlarged prostate and prostatic cancer. In other words, if testosterone is not there to regulate and “babysit” the prostate, it runs amok and becomes like the honey badger – it just doesn’t care. Cells in the prostate gland begin to multiply causing it to grow and when it does, it causes stress on the surrounding organs. This is where the problems begin – as you will soon see.

Other effects of lowered testosterone levels are fatigue, lack of confidence and diminishing

libido. If you experience any of these symptoms, then you are on your way to “growing” your prostate.

Although a growing prostate is a natural occurrence as men get older, the National Kidney and Urological Disease Information Clearinghouse says the problem becomes all too common in men over 50. “By age 60, over one-half men have [it]; by age 85, the number climbs to 90%.”

Not all enlarged prostates lead to cancer – some are benign. However, the risk of cancer skyrockets because what causes the prostate to enlarge is a blow-out in cell production. Whenever there is increased cell production in tissues, our old enemy “Big C” likes to step in and take over. When that happens, your life takes a downturn from which you may not recover.

Here are a few symptoms of an enlarged prostate. If you have them, then you will want to finish this article – for sure!



Leaky Faucet by Flickr Meredith_Farmer

- Weak, slow, or interrupted urine stream
- The feeling that you just didn’t complete your bathroom mission
- Slow start – it takes a minute to get “going?”
- Going more than normal – you see a change in the frequency of your bathroom visits, especially at night
- Urgent need to go – like if you couldn’t make it through a meeting or a commute
- Stop and go – your stream is off and on
- You have to push and strain to get it out

- Only dripping...like a leaky faucet
- Having to go just a few minutes after you thought you were done

Even if no cancer develops from an enlarged prostate, the fact that the urination process has been so dramatically impacted by the freakish growth factor brings on other health problems. If it is not addressed, these health problems will only recur and possibly lead to greater, more serious ailments.

If the bladder fails to be completely evacuated, the risk for developing urinary tract infections skyrockets. You can also suffer bladder stones and bloody urine (if you can urinate at all – if not, you have Acute Urinary Retention). Acute Urinary Retention (AUR) constitutes a medical emergency. If this happens, you need to go an emergency room to seek immediate treatment. Ignoring it leads to bladder and kidney damage.

Great news! No need to lie down and wait it out...you can take care of your prostate naturally!

Okay – now that the *un-pleasantries* are out of the way, here are some tasty ideas that will serve to help regulate and preserve the proper performance of your prostate! First, the juice...

About 30,000 guys die every year from prostate cancer. This is the second leading cause of cancerous death in men. But, here is a tasty beverage that may serve to slow that cancer growth down to a crawl and render it powerless to take your life.

Ready? It's pomegranate juice.



Pomegranate juice has been credited for everything from immunity boosting to weight loss and now, there is evidence that it may work to hold back cancerous cell development.

In a study conducted by the University of Wisconsin, Madison, researchers pitted an aggressive form of prostate cancer against pomegranate fruit extract. Findings? The higher the concentrate of fruit, the slower the development of the cells! They also studied 46 men who had undergone prostate cancer surgery but were still experiencing a discomforting rise in antigens associated with a rising chance of a cancer reprise.

These men were given a treatment of one 8-ounce bottle of pomegranate juice a day. Their finding was that, “antigen concentrations decreased in about a third of the study participants” and that, “4 men exhibited declines in the cancer indicator of more than 50% while taking the juice. One man’s [cancer indicator] dropped a whopping 85%.”

While we are on the juice and we have seen such favorable results, why not use pomegranate for a naturally delicious vegetarian dish?

Grilled Eggplant With Pomegranate Sauce*



What you'll need:

- 1 large eggplant
- 2 tablespoon olive oil
- 3 cloves garlic
- 2 to 3 pomegranates, or 1 cup juice
- 3/4 cup sugar
- 1 teaspoon salt

Garnish:

- Minced parsley
- 1/2 cup pomegranate seeds

What to do:

Cut eggplant into 1/4-inch slices and place them on paper towels. Sprinkle slices with salt and weight them down with heavy plates or a board for 30 minutes. Then pat them dry with paper towels.

Prepare pomegranate syrup by cutting 2 or 3 pomegranates in half and juice using a citrus reamer or juicer until you have 1 cup of liquid. Or, use 1 cup of commercial pomegranate juice. Combine juice and 3/4 cup of sugar in a small saucepan; bring to a boil. Reduce heat and

simmer about 20 minutes until reduced to 1/2 cup, stirring frequently.

Lightly brush eggplant slices with olive oil and place them on grill. Grill them for 3 minutes on each side or until they are lightly browned on both sides. Remove from grill. Arrange the eggplant by overlapping the slices on a serving dish.

In a mortar, crush garlic cloves with 2 tablespoons salt to a paste. In a non-metallic bowl, combine the garlic paste and pomegranate syrup. Spread a little of the mixture on each eggplant slice. Sprinkle the slices with minced parley and pomegranate seeds for garnish and chill covered.

Nutritional Analysis: Calories 239, Protein 1g, Fat 2g, Calories from Fat 27%, Cholesterol 0mg, Carbohydrate 55g, Fiber 2g, Sodium 397mg. Serves 6

Proving the way to a man's prostate is through his stomach...

Who is the next Food Star?

Not who – *what!* Organic tomatoes (organic tomatoes have more lycopene than non-organic) – with their lycopene packed, antioxidant power – have the ability to help prevent prostate cancer. Since lycopene is fat soluble, cooking them is the best way to absorb all their cancer pounding goodness. Here is a natural tasty treat you can make for yourself...and your health.

Ratatouille**

What you'll need:

- 1/4 cup olive oil, plus more as needed
- 1 1/2 cups small diced yellow onion
- 1 teaspoon minced garlic
- 2 cups medium diced eggplant, skin on
- 1/2 teaspoon fresh thyme leaves
- 1 cup diced green bell peppers
- 1 cup diced red bell peppers
- 1 cup diced zucchini squash
- 1 cup diced yellow squash

- 1 1/2 cups peeled, seeded and chopped tomatoes
- 1 tablespoon thinly sliced fresh basil leaves
- 1 tablespoon chopped fresh parsley leaves
- Salt and freshly ground black pepper

What to do:

Set a large 12-inch sauté pan over medium heat and add the olive oil. Once hot, add the onions and garlic to the pan. Cook the onions, stirring occasionally, until they are wilted and lightly caramelized, about 5 to 7 minutes. Add the eggplant and thyme to the pan and continue to cook, stirring occasionally, until the eggplant is partially cooked, about 5 minutes. Add the green and red peppers, zucchini, and squash and continue to cook for an additional 5 minutes. Add the tomatoes, basil, parsley, and salt and pepper, to taste, and cook for a final 5 minutes. Stir well to blend and serve either hot or at room temperature.

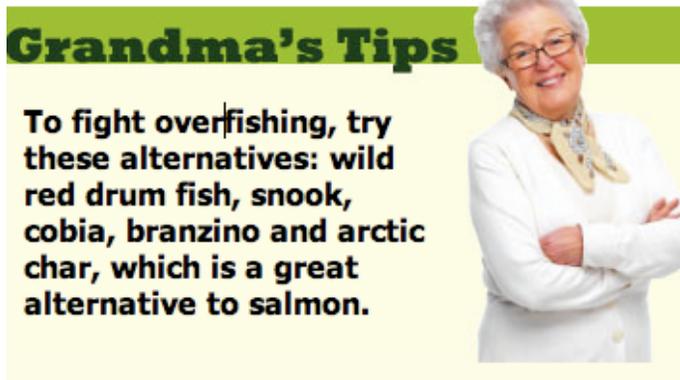


Ratatouille by Flickr ocean.flynn

Table Tip: This would be a terrific dish to serve over a nice broiled snapper or milk-poached piece of salmon.

Here are a few other food ideas that serve to support and regulate your prostate – even if you are short a few CCs of testosterone.

- *Lower the fat – raise the fruits and veggies.* Knock out the red meat, nuts, fats and oils. Dairy products also serve to aggravate the prostate.
- *Eat with the fishes...* Salmon, sardines, tuna and trout are packed with omega-3 fatty acids. There is a proven link to a reduction in the risk of prostate cancer if you take in your omega-3s.



- *Drink green tea...* Or, take the extract in a supplement, but get some! It reduces your risk of prostate cancer.
- *Get soy-eld.* Edamame beans – which produce tofu – has a special nutrient: isoflavones. So, have some tofurkey or “fake” bacon, sausage and cold cuts. They taste great and are much more healthy than nitrate laden packaged meats. Don’t like tofu? Try some kidney beans, chickpeas or lentils for the isoflavones power punch.
- *Limit or eliminate your alcohol consumption.* This is really just common sense. If you want to be healthy, have one or 2 drinks a day. But, if you want to be really healthy – knock it off altogether! Men who consumed several drinks a day showed an increased risk of prostate cancer.
- *Keep your weight in check.* Cancer loves fat. If your body mass index is 30 or more – you are just what cancer wants. Reduce your caloric intake and increase the amount of exercise you

- do. Most important – maintain a healthy weight with fruits, veggies and whole grains.
- *Exercise and keep the blood flowing.* When you are sedentary, cancer cells have a better environment in which to grow. Studies on exercise and prostate cancer show the risk drops in guys who hit the trails, the gym or are active in some kind of sports a couple times a week. Additionally, as mentioned above, exercise is essential for losing weight and maintaining your healthy weight. If you are just starting out, go slow and gradually work up to where you and your doctor want you to be.

Drawing conclusions

Having an enlarged prostate is just part of getting older. Like gray hair and wrinkles, it will most likely happen to all us guys. But, what we do about it could mean the difference between discomfort, pain urination, agony or even death. So, talk to your doctor and see if you are in good enough shape to take matters into your own hands by eating right, keeping a healthy weight and taking in the powerful antioxidants, such as pomegranate juice, and lycopene from tomatoes, that can naturally help reduce the risk of your growing prostate gland getting out of control.

We all have a lot to live for. Let’s pragmatically practice the preservation of our prostate, live long and...prosper.

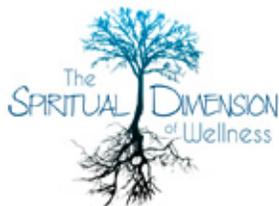
P.S. This article brought to you by the letter “P.”

There is no doubt whatsoever that diet has a major role in allowing - or stopping - prostate cancer. An especially good diet and appropriately generous use of supplements may positively influence your prostate health. What are you going to start - or stop - eating to save your prostate?

*Courtesy Pomegranate Council

**Courtesy Emeril Legasse

***Courtesy The Mayo Clinic



Prostate or Prostrate?



Prostrate Flickr by silverlily

The Real PROSTATE Story

Over 30,000 men die of prostate cancer in the U.S. every year. There is mounting controversy over PSA testing, biopsies, surgery on elderly males, etc. Many doctors are now claiming that an overwhelming number of males over the age of 70 have cancer cells present in their prostate gland. However, the ones that bypassed biopsies or surgery lived normal lives and died of natural causes... not related to the prostate!

On the other hand, elderly men who received biopsies and/or surgery suffered from incontinence, impotence and severely compromised quality of life and died prematurely due to prostate cancer!

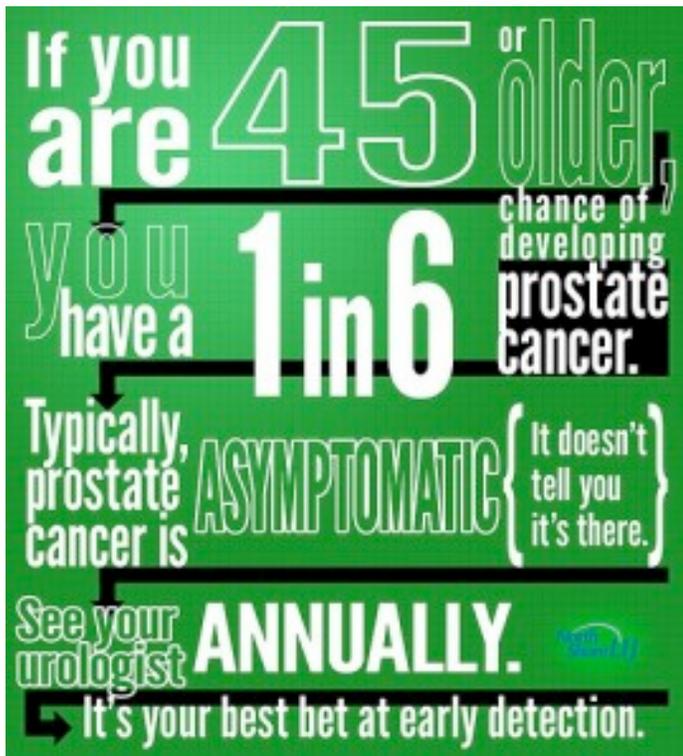
New evidence is proving that prostate cancer is quickly becoming the most over diagnosed and overly treated malady in America. I am NOT stating that this is always the case. However, I am saying that there are thousands of men who are suffering needlessly because they are misinformed.

As you have undoubtedly surmised, this month's topic is prostate health. Initially, when I received the news, I almost tapped out. I mean, seriously, a spiritual take on prostate health? Not wanting to give up, I kept staring at the word *prostate* and suddenly — I had it!

Several years ago, I was in a church service and the pastor's sermon opened with these words, "Last night as I sought the Lord, *prostate* on the ground." Yes...a humorous mispronunciation gave me the needed inspiration to tackle this month's subject.

The English language is rife with faux pas, but perhaps none more confusing than *homophones*. A homophone is a word that sounds like another word, but is spelled different, i.e. very/vary, wait/weight, etc. So, prostate/prostrate offers a unique challenge in it's own, right!?

The word "prostate" is a noun referring to a gland surrounding the neck of the bladder in the male species responsible for releasing prostatic fluid, while the word "prostrate" is an adjective referring to the action of laying flat on the ground, face down, in reverence or submission. The correlation is revelatory, if we have eyes to see the implication!



Prostate Cancer by Flickr North Shore-LIJ

The Real PROSTRATE Story

Every month, thousands of people visit this site looking for answers. I am honored to be a part of the consortium of minds offering advice from a myriad of modalities solely dedicated to their ultimate health and transformation.

As previously stated, sometimes it is the simple, unassuming and unorthodox methods that yield the greatest results. To prostrate oneself means to lie down, to become humble, in an act of reverence or humility. This is the posture of prayer. I believe there are times when medicine is the appropriate solution to the problem. Sometimes a more “holistic” approach is necessary. Still other situations warrant psychological expertise.

Considering the fact that prostate health problems are solely male issues, coupled with the fact that men are “fixers” by nature, it stands to reason that a modality that places the weight upon another “entity” outside of themselves provides an *unnatural* humility which may provide organic faith that can “move mountains” and elicit spontaneous healing.

The Perfect Prostate Story

Alfred Lord Tennyson once said, “More things are wrought by prayer than this world dreams of.”

- Prayer changes *things*.
- Prayer is an open conversation with God.
- Prayer can heal your body faster than the speed of light!

But, don’t take my word for it. The following documented testimonies will speak for themselves!

"About mid-July I was diagnosed with prostate cancer. My girlfriend and I began to pray for healing. On Aug 2nd we sought a second opinion from another doctor. He took another blood test. On Aug 6th we came to the Healing Rooms for prayer. The following week my doctor told me that the blood test came back showing a normal reading! Meaning no cancer!"



Testimony from Dan S. on August 18th, 2005
 Entered online Nov 8th, 2005
 Spokane Healing Rooms at Headquarters
<http://healingrooms.com/>

"In December 2010, I was diagnosed with Prostate Cancer. This wasn't what I wanted to hear, but because of my faith in God I wasn't afraid. Prostate blood tests revealed my PSA levels were very high so I had to have monthly blood tests taken. Further tests confirmed Kidney malfunction, which was causing me severe pain in my back and that the cancer had

spread to my bones. I was exhausted all the time, only sleeping for around 30 minutes at a time throughout the night because I had a constant need to use the toilet. Added to this, my legs were really swollen and I was breathless after doing the simplest of things, so my mobility was not good, I could hardly walk a hundred yards.

In February 2011 my nephew offered to take me to Healing Rooms to be prayed for. By then, my health had deteriorated immensely. My prayer request was just for healing of Prostate and bone cancer.

As I was being prayed for, one of the team had a feeling of breathlessness and asked if I had problems with my breathing. I was surprised at the question because I hadn't mentioned the breathlessness. I told him that one of the many symptoms I was having was breathlessness. He then asked my permission to put his hand on my back and placed it in the area of my kidneys. As soon as his hand touched my back, I experienced a hot sensation all round where the pain was. Not only that, but instantly my breathing became easier and not as shallow. When the prayer time was over and it was time for me to leave I had a real sense of peace and felt much more comfortable.

A couple of weeks later had a set back and so I was admitted to hospital for nodules removing from my stomach and was also catheterized. I have returned to Healing Rooms in Burnley and in Clitheroe regularly for more prayer and was given a pamphlet with some very helpful scriptures on about healing, to read aloud at home. This has been like God's medicine for me to take along with my medical treatments.

The catheter was soon removed; I just get the occasional twinge of pain in my back now; my breathing has continued to improve and I am even taking my dog for 4 and 5 mile walks, including gradients! I am also able to help at home by doing some of the 'chores' without being left feeling tired out.

In June I had another blood tests done and was expecting to go for the results in July, however I was called into the hospital earlier than I expected. I wondered why, but remembered that one of the Healing Rooms team had told me that they were speaking a good report over me, and the bible says that a good report makes your bones healthy. Proverbs 15:30

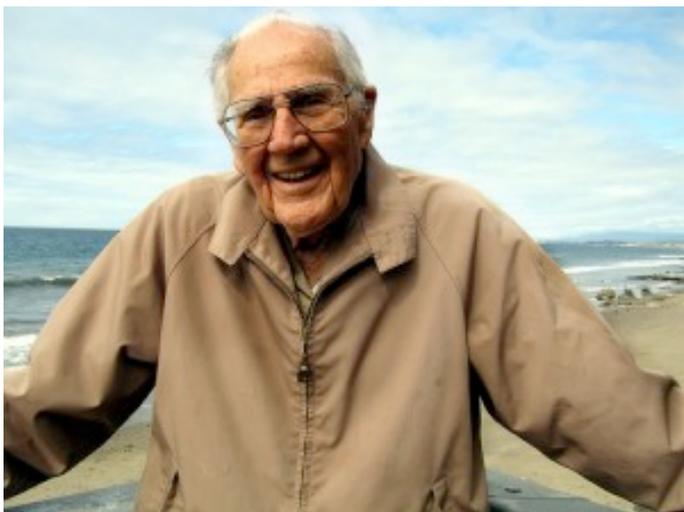
The consultant was highly delighted to tell me that my PSA is now 3.5, which is a normal reading, that there has not been any deterioration in my Kidney function so he was not concerned about that. He also said that he would not be doing another blood test for another 4 months! He has confirmed this in writing. Praise God, I know He will complete the work He has begun in me!"



Testimony from K., June 2011
From the Healing Rooms
Clitheroe, United Kingdom
<http://healingroomsclitheroe.org.uk/>

"In May of this year I was diagnosed with an incurable prostate cancer. This was after a P.S.A. reading of 28, 12 biopsies all maxed out at 10, and a CAT scan showing the cancer had jumped into the lymph nodes at the base of my spine. My urologist, a good doctor, told me I

was beyond surgery, chemo, or radiation. He prescribed hormone pills and gave me 12 to 24 months to live. But, I believe in the Living God who does all things, including healing! After much prayer from church and friends my wife and I went to the Healing Rooms in Spokane where we were prayed for by four wonderful ladies vested with the full power, authority and anointing of the Holy Spirit. That night we went to a healing ministry visiting Spokane from British Columbia for more prayer. By the time I left Spokane, I was healed! Eight weeks later my second CAT scan revealed NO CANCER that could be identified in my body. My prostate returned to normal and my P.S.A. reduced to 0. Praise the Lord! My urologist, who would never admit a patient going from terminal to cured in eight weeks, now gives me five to seven more years. He undoubtedly needs the time for me to convince him I am healed! Thank you all in the Healing Rooms for your prayers from a now healthy 75 year old."



Testimony from Harvey P. on August 18th, 2007
Entered online Oct 30th, 2007
Spokane Healing Rooms at Headquarters
<http://healingrooms.com/>

"When I first went to the Springfield Healing Rooms the Doctors had told me my PSA # was 37 and that I had Prostate Cancer, after going every 2 weeks for 3 months, the doctors said my PSA # had dropped to 3.5 which is normal,

HomeCuresThatWork.com

The lord had healed me"



Testimony from Joe Z. on June 30th, 2011
Entered online Jun 30th, 2011
From the Springfield Healing Rooms
<http://www.springfieldhealingrooms.com/>

Healing Prostate on a Prayer

These testimonies are but a sample of the numerous stories of divine prostate health healings people have received by prayer alone. So, the moral of the story is:

- Instead of trying everything in the world first and prayer last, why don't you try prayer first and perhaps you won't need anything else in the world!

Prostrate/prostate, understanding the proper definition of each, may not only save you embarrassment, it might save your life! Assume the position... get low.

"Therefore humble yourselves under the mighty hand of God that He may exalt you in due time, casting ALL of your cares upon Him, for He cares for you." ~ 1 Peter 5:6,7

Be Well!

If you would like help in "getting low" before God, find a Healing Room near you for someone to pray with you. How else do you plan on becoming "prostrate?"

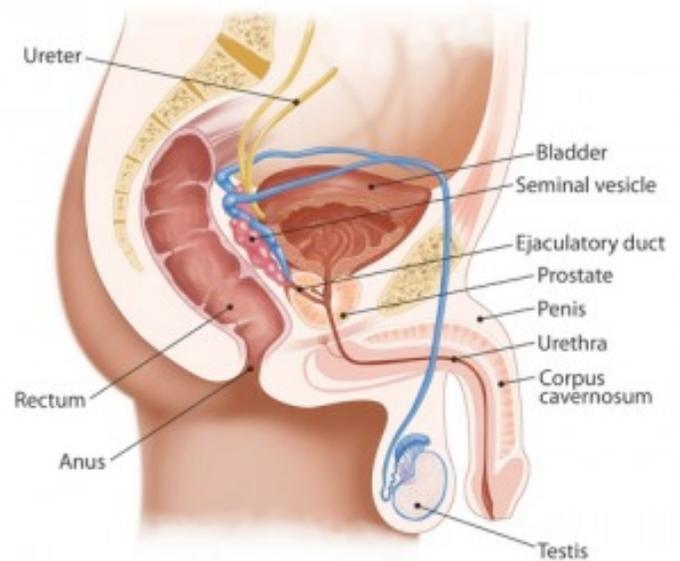
Michael Tyrrell, www.michaelyrrell.com is the founder of the Network Center Inc., a not-for-profit, 501(c)(3) organization founded in 2001 which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries in connection with their outreach ministries or missions based activities. Michael has been committed to training their key leaders and members to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting through the organic roots of the Christian faith and other areas as needs arise. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician. <http://michaelyrrell.wordpress.com>



questions.

What Is the Prostate?

The prostate is a small gland, about the shape and size of a walnut, in men that is part of the reproductive system. The prostate rests below the bladder and in front of the rectum. It surrounds part of the urethra, the tube that carries urine from the bladder. The prostate helps make semen, which carries sperm from the testicles when a man ejaculates.



Enlarged Prostate

As a man ages, the prostate can grow larger. When a man reaches the age of 40, the prostate gland might have increased from the size of a walnut to that of an apricot. By the time he reaches the age of 60, it might be the size of a lemon.

Because it surrounds part of the urethra, the enlarged prostate can squeeze the urethra. This causes problems in the passing of urine. Typically, these problems passing urine don't occur in men until they are age 50 or older. They can, though, occur earlier.

An enlarged prostate is also called benign (non-cancerous) prostatic hyperplasia, or BPH.

 **Perfect Prostate Health**

If you don't know what your prostate is or what it does, you are certainly not alone: most men don't. But, you really should. More than 30 million men suffer from prostate conditions that negatively affect their quality of life.

Awareness of prostate health has come a long way since the days when comedians would confuse "prostate" with "prostrate." Yet, many men still aren't sure what the prostate is, what its functions are or how to have good prostate health. The key to understanding prostate health is knowing the answers to these

- BPH is common and cannot be prevented.
- Age and a family history of BPH are risk factors.
- Eight out of every 10 men eventually develop an enlarged prostate.
- About 90% of men over the age of 85 will have BPH.
- Only about 30% of men will find their symptoms bothersome.

Symptoms of an enlarged prostate may include:

- Trouble starting to urinate or urinating freely
- Having to urinate frequently, particularly at night
- Feeling that the bladder is not empty after urinating
- Feeling a sudden urge to urinate
- Having to stop and start repeatedly while urinating
- Having to strain to urinate

To maintain prostate health, it is important for men who have early symptoms of BPH to see their doctor. BPH is a progressive disease and can lead to serious, although rare, health problems, such as kidney or bladder damage.

- Over 50% of men in their 60s and as many as 90% in their 70s or older have symptoms of an enlarged prostate (BPH).
- Each year over 230,000 men will be diagnosed with prostate cancer and about 30,000 will die of it.
- Prostatitis (inflammation of the prostate) is an issue for men of all ages and affects 35% of men aged 50 and older.

Prostatitis

Prostatitis is an infection or inflammation of the prostate. It can affect men in their late teens to the elderly. Its symptoms include trouble passing urine, chills and fever and sexual problems. The condition is not contagious and cannot be transmitted sexually to a partner. Treatment usually includes antibiotics.

There are four types of prostatitis. The first is acute bacterial prostatitis, which is normally a short term infection and can lead to high temperatures, coldness and fever. It leads to frequent urination accompanied by pain, at all the times. However, early medications can cure this kind of prostatitis.

The next type of prostatitis is simply called “a chronic prostate.” It is a long term infection which normally leads to a lot of pain being experienced in the pelvic area, which is the area between the anus and the testicles. As time goes by, the pain increases and urinating becomes unbearable. A man who has recently had a catheter or other medical instrument inserted into his urethra is at higher risk of bacterial prostatitis. Some sexually transmitted diseases, such as chlamydia, may cause chronic prostatitis. Early antibiotics and drinking a lot of water to fight the infection can cure this ailment.

Non-bacterial prostatitis is another prostate problem that normally affects many men. It usually causes severe pelvic pain, which produces difficulty urinating. Actually, specific medication have been not identified, although antibiotics could better still be used to cure the ailment. However, both hydrotherapy and hot water bath can be used to relieve the pains of non-bacterial prostatitis.



Finally, there is “Asymptomatic inflammatory Prostatitis,” whose real cause has not yet been established and has no symptoms. Despite the absence of the symptoms, some tests are carried out to determine whether the urine has some white blood cells in it. Antibiotics are still used to cure this kind of prostatitis, because the real cure for this disease is still being established.

Maintaining Prostate Health: Tests

Doctors use several tests to check on the condition of the prostate. They include:

1. *DRE*, or digital rectal exam. This is the standard prostate test. A doctor feels the prostate from the rectum, checking for things such as size, lumps and firmness.

2. *PSA* or prostate-specific antigen test. This blood test measures the amount of a protein called PSA that is produced by prostate cells. Elevated levels may indicate cancer. They are not, however, proof that a man has prostate cancer. PSA levels may be elevated in the presence of non-cancerous prostate conditions, such as an enlarged prostate or prostatitis. Then, PSA levels may be low with prostate cancer. Screening for prostate cancer is controversial, as a result.

There are no warning signs or symptoms of early prostate cancer. Once a malignant tumor causes the prostate gland to swell significantly, or once cancer spreads beyond the prostate, the following symptoms may be present:

- A frequent need to urinate, especially at night
- Difficulty starting or stopping a stream of urine
- A weak or interrupted urinary stream
- Inability to urinate standing up
- A painful or burning sensation during urination or ejaculation
- Blood in urine or semen

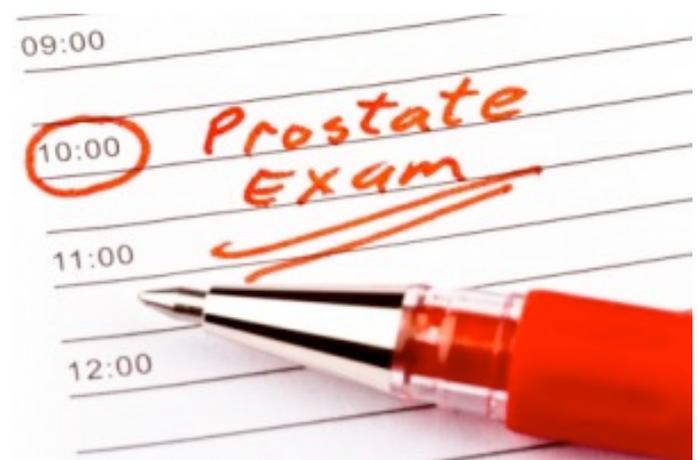
The American Cancer Society says men should talk to their doctors about the benefits, risks and limitations of prostate cancer screening

before deciding whether to be tested. The group's guidelines make it clear that prostate-specific antigen (PSA) blood testing should not occur unless this discussion happens.

For most men at average risk, screening is started at age 50. However, some doctors recommend that men at higher risk of prostate cancer — African-American men or men with a family history of prostate cancer — start screening earlier.

The American Urological Association recommends a first-time test at age 40, with the schedule of follow-up testing to be determined on an individual basis.

If prostate cancer screening is done, it involves a blood test and possibly a prostate exam by your doctor. Whether or not you test is something you and your doctor must decide together.



3. *Prostate biopsy*. Men with high PSA results or other symptoms of cancer may have a tissue sample taken of their prostate to determine if cancer is present. Treatments include:

- *Watchful waiting*. Patients who have an enlarged prostate, but who are not suffering symptoms or bothered by symptoms, may be advised by their doctor to merely get an annual checkup, which might include a variety of tests.
- *Making lifestyle changes*. Changes could include limiting drinking at night and before bedtime, especially drinks containing alcohol or caffeine.

- **Drug Therapy.** Two common treatments for BPH are alpha-blockers, which alleviate BPH symptoms and 5 alpha-reductase inhibitors, which help shrink the prostate. Many men take them together. The FDA is revising labels on several BPH drugs, such as Proscar, Avodart, and Jalyn, to include a warning that the drugs may be linked to an increased risk of prostate cancer.
- **Surgery.** This is generally used for men with severe symptoms who haven't been helped by other treatment.

Prevention and Natural Alternative Treatments

For men who suffer from prostate enlargement, saw palmetto is the place to start. Saw palmetto has a long history of diminishing enlargement and inflammation of the prostate, as well as inhibiting the hormones, which causes prostate enlargement.

Saw Palmetto

Saw palmetto is a shrub which grows in Georgia and Florida along the ocean. Saw palmetto causes no side effects at the recommended dosage. However, since there is currently no standard dose for saw palmetto, researchers often use either 160 mg twice daily or 320 mg once daily based upon clinical studies conducted on the safety and effectiveness of the supplement for enlarged prostate treatment. Another herb called "Pygeum africanum," comes from an African tree and has also been shown in research to reduce enlargement of the prostate, as well as inflammation.

See this month's [saw palmetto](#) product recommendation to make the best choice in supplements. View our recommended saw palmetto products on [this page](#).

Zinc for a Healthy Prostate

Zinc is considered one of the most essential trace elements and is believed to play a critical role in cell growth and differentiation, in regulating normal cell death, as well as in

building the immune response. Scientists tell us that there exist more biological roles for zinc than for all the other trace elements put together.

Zinc is both helpful with enlarged prostates and with inflamed prostates. Studies (1) have shown that zinc deficiency results in prostate enlargement. Infection and other stress results in lower



blood serum zinc levels, in general, and lower prostate levels, in particular. In prostatitis - infection of the prostate - zinc levels are only 1/10 of those in a normal prostate (2).

A large percentage of men do not get even the low U.S. RDA of 15 milligrams of zinc per day from their diet, which may explain a lot.

A daily zinc supplement totaling 50 to 100 milligrams is frequently recommended to help shrink an enlarged prostate. As with any supplement, however, zinc should be taken in moderation and the intake of supplements should complement what we are getting from *natural healing foods* in our diet.

Some of the foods with the highest zinc contents are seafood. In fact, the National Institute of Health reports that oysters have more zinc than any other food.

You can get zinc from other kinds of seafood, too. Lobster, for example, has 2.5 mg in a 3 oz. serving. Sole and flounder contain 0.5 mg per 3 oz. serving, and Alaskan King Crab will net you around 6.5 mg per 3 oz. serving. Regular seafood eaters are likely getting all the zinc they need.

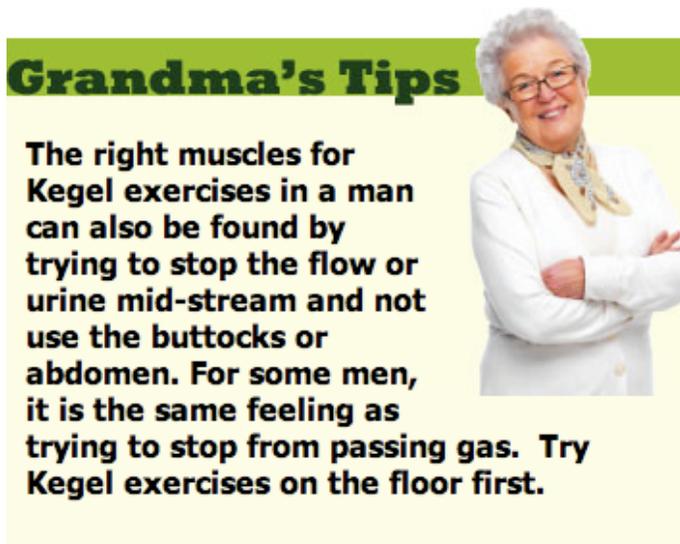
According to the National Institute of Health, most people get their zinc from meat. Poultry and beef are the most common sources of zinc

in our diets, but other meats like lamb and pork also contain good amounts.

Vegetarian sources of zinc include legumes and dairy. For example, a serving of nuts, like cashews or almonds, contains between 1 mg and 2 mg of zinc. Beans, depending on the variety and how they are processed, contain 1 mg to 3 mg of zinc. Vegetarians who eat dairy can get 1 mg of zinc from a cup of 2-percent milk, a cup of yogurt or 3 oz. serving of cheese.

Exercises for a Healthy Prostate

Kegel exercises are useful in improving blood circulation to these tissues. Kegel exercises are performed by tightening all the muscles around the scrotum and anus. Repeat this tightening of the muscles 10 times. Try doing this “invisible” exercise 4-5 times daily, while driving, reading, etc.



Grandma's Tips

The right muscles for Kegel exercises in a man can also be found by trying to stop the flow or urine mid-stream and not use the buttocks or abdomen. For some men, it is the same feeling as trying to stop from passing gas. Try Kegel exercises on the floor first.

Foods for a Healthy Prostate

No prescription for prostate health would be complete without some general dietary recommendations. This includes things to eat and things to avoid.

Grapes, especially red grapes, are highly recommended for maintaining a healthy prostate, as are dark, leafy-green vegetables. Other prostate-friendly vegetables include

cauliflower and cabbage.



Tomatoes are fantastic prostate cancer preventatives. They contain lycopene, which combats the growth of prostate cancer. We now know that lycopene is the most powerful carotene discovered, with 10 times more antioxidant power than beta-carotene. Your tomato intake can come from fresh tomatoes--but also from tomato paste, pizza sauce and even ketchup.

It would appear that making tomatoes part of your diet is a good idea if you are concerned about the health of your prostate. Harvard study (3) of 47,000 men in 2003 found that men who ate 10 servings per week of tomatoes cut their risk of developing aggressive prostate cancer by 50%.

What Not to Eat

While there is no guaranteed way to prevent prostate enlargement as it's a part of aging, there are few things that could help delay or prevent the problem and improve symptoms.

Avoid foods high in calcium.

Foods high in calcium include eggnog, milk (low-fat, skim, whole), cheese, yogurt, almonds, peas, broccoli, baked beans, white beans, turnip greens, spinach, collard greens, sardines and rhubarb.

Reduce animal fat in your diet.

That means cutting back or completely eliminating red meat and high-fat dairy. Excess fat is generally unhealthy for your prostate--and can lead to the development of prostate cancer. In addition, avoid trans fatty acids: margarine, baked foods and fried foods fall into this latter category.

Watch your cholesterol levels.

There is evidence that men who have higher levels of LDL, also known as bad cholesterol, are at greater risk for prostate issues, especially prostate cancer.

The Best Advice

Consume a balanced diet.

Making sure that you have a proper balance of fiber, carbohydrates and various nutrients in your diet will have the effect of helping every organ in your body perform more efficiently, including your prostate. By eating right, you keep your immune system strong, reduce inflammation of the prostate and increase your chances of your natural defenses successfully fending off any problems that could threaten the state of your healthy prostate.



Get some type of exercise every day.

Essentially, anything that is good for your heart will also help you maintain a healthy prostate. Exercise also has the benefit of reducing the amount of prostate-specific antigen or PSA in your body. Lower PSA levels mean a lower risk of prostate cancer. Thirty minutes of walking at a brisk pace, riding a bicycle around the

HomeCuresThatWork.com

neighborhood or even some aerobics while you watch television can help your body remain strong and more likely to maintain a healthy prostate gland.

Don't put off that annual exam.

Many prostate issues can be caught early by undergoing a digital rectal exam by a qualified physician, as well as submitting blood for testing. If there is a history of prostate disease among other male relatives, it is a good idea to start this type of examination early on. At the very least, men over the age of forty should have a digital rectal exam annually as part of the strategy and treatment to maintain a healthy prostate.

See your doctor if anything seems out of the ordinary.

Men who find they begin to experience the urge for more frequent urination, or notice low grade pain in the lower abdomen or pelvic region should notify a physician as soon as possible. While the origin of the issue may not involve the prostate, identifying the reason for the increased urination or discomfort in the area near the prostate does make it possible to treat the condition before it has a chance to worsen.

Choosing to make lifestyle changes that tend to maintain a healthy prostate do much more than simply improve your chances for prostate health. A proper diet, regular exercise, and seeing your doctor regularly can help you feel better in general, keep your heart healthy, and increase your chances of enjoying a long life as well as a healthy prostate.

As always, knowledge is power and prevention is the best defense, so become proactive in learning more about this devastating but highly preventable disorder. It could save your life!

Combining efforts will do more to support your body's ability to function properly than using just one. Your ability to heal will depend on which of these remedies you use for best results. Which will you try?



Dr. Richard A. DiCenso is the CEO of Matrix Transformation and author of *Beyond Medicine, Exploring A New Way Of Thinking*. He is an international speaker and complementary care expert with over 30 years experience in treating chronic symptoms. With his extensive practice in “Whole Person Therapy,” human biochemistry and orthomolecular nutrition, Dr. DiCenso is a leading authority in biological fluid analysis with his Matrix

Assessment Profile (MAP). Dr. DiCenso provides unique insights into the world of unresolved symptoms and has helped thousands of individuals around the world with undiagnosable symptoms to dramatically improve their health without drugs or surgery. Visit www.MatrixTransformation.com for more information.

1. Fair, W. R. and Heston, W. "Prostate Inflammation Linked to Zinc Shortage" Prevention 113: June, 1977
2. Fair and Heston, 1977; Pfeiffer, 1978
3. Journal of Nutrition 133(2003):3356



**Grandma's
Cure Corner:
His Prostate
Diagnosis. Her
Stress.**

If your husband has prostate cancer — or any pre-cancerous prostate condition — then your loved one's cancer is your cancer, too. The “in sickness” part of your wedding vows has just been epitomized.

Songs of undying love and sonnets of passion don't compete with the tangible expression of incontinence diapers, catheter pouches and being rear ended with needles.

As a wife or partner to a man with dangerous a prostate condition, it is often your responsibility to process the information, emotions and complicated symptoms. Sometimes the paperwork degenerates quickly into an unintelligible tangle, but you give strength to your husband by giving in such a tangible way. By becoming a medical advocate and the one in care of finding and supervising treatment, you are a blessing to your husband.

I hope to offer a little help to those women who often go unnoticed when a man is diagnosed with prostate cancer or a serious prostate health condition. Wives and others care for those they love that are suffering, listen to them, cook special foods, bear fears and be a constant cheerleader – sometimes without much acknowledgement.

Dealing with Fear and Anxiety

While men are facing their own fears and anxieties about their future and their health, the fears and own concerns of their wives and partners can be just as great.

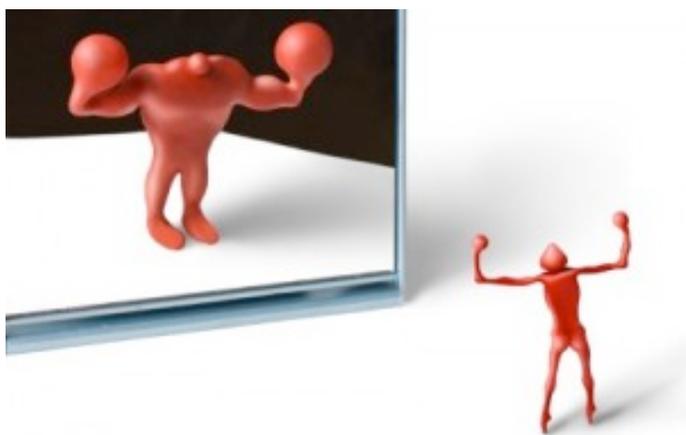
Cancer greatly impacts both partners in a couple regardless of who actually carries the diagnosis. This is particularly true of prostate cancer, the “relationship cancer.”

Since girlhood, many women are taught to appear as if everything is always under control— even when nothing could be further from the truth.

If you look at the top stressful events of life, having a cancer diagnosis or major healthy threat ranks near the top. Thoughts like these often surface:

- What happens if the treatment isn't successful?
- Will we ever be close again?
- What if the cancer has spread?
- What if the cancer returns?
- What happens if I lose him?

There is an expression called “self-talk” that can be a valuable tool when you find yourself listening to the anxious talk inside of you. The story of “thousand mirrors” serves to reflect how our attitude can change what we see is around us.



The House of a Thousand Mirrors

Long ago in a tiny village, there was a place called *The House of a Thousand Mirrors*. A little dog decided to visit the house. He was an unhappy dog and his natural expression was a cross between a scowl and a sneer.

As he entered the large house, he saw a thousand mean - and scary - looking dogs staring back at him. He immediately backed away and let out a low growl to protect himself, and just as he did, all one thousand of the mean dogs growled back at him. He ran out of the house immediately and thought, “What a terrible place that is. I’ll never go back there again.”

Not long afterward, another dog decided to visit the house. As he approached, he saw how beautiful and inviting it looked and couldn’t wait to go inside. He smiled and wagged his tail in anticipation of his adventure. As he pushed

open the door, he was greeted by a thousand dogs with wagging tails and big smiles approaching him. Of course he was thrilled; he had a thousand new friends he was sure would become his buddies.

The more positive you can be right now, the more smiling puppies you’ll have to cheer you on. The lesson learned here is what we choose to give is truly what we receive in return.

Attachment is the Road to Healing

What you tell yourself and how you communicate with men is another challenge in having a loved with dangerous prostate health. Let’s start off by saying your husband desires – and needs – your presence close to him, whether he expresses it or not in conversation.



In fact, the psychological health of women has the greatest effect on the physical and psychological well-being of a man with cancer, according to the American Cancer Society’s Behavior Research Center.

“The males’ perception of how well they function physically in some ways depends on the support they get from their partner.”

So, when a man has a stressed out wife or partner, it might be their physical health that is likely to suffer.

Great! Your indirect care of a prostate cancer patient partially determines his survival or success rate! No pressure!

But, what keeps you health is the ability to separate when you as an individual needs, what your partner needs and what your family members need.

For example, all of the information gathering, insurance claims, appointment making, record keeping, that is in your control. You are not a doctor. You can't cure him, but you can keep track of things. Those are the things you do for him. But, you may not need to mention that you spent an hour at work arguing over a claim to your husband. That's not what he needs.

What you need is to take care of yourself.

The two most obvious means of doing this is eating right and exercising. It might feel self-indulgent, but it really is self-preservation.

Make sure you have some fun, give time to your hobbies and enjoy the company of family and friends that you can rely on. Make sure you people to whom you can say, "I need to call you and cry on the phone," or "I need to spend an evening with you, and we can't talk about anything related to medicine." Know yourself well enough to let the people around you know what you need.

There is no life instruction book that comes with a loved one's diagnosis. As wives and partners, we often "wing it" as we go, taking the ups and downs of the disease in stride. This "Bill of Rights" might help when you watch your love one go through so much.

Bill of rights for wives and partners*

- Cry as often as you need to but look for humor everyday.
- Worry all you want but know that it won't change a thing.
- You can be a tower of strength and still fall apart.
- You don't always have to know the right thing to say.
- Accept that you will never be the perfect wife/partner.
- Forgive yourself for making mistakes.
- On days when you have nothing to give, know that it will be enough.
- Take care of yourself and don't feel guilty about it.
- Give yourself permission to forget about prostate cancer for a day.
- Hate the disease but always love the man.
- Grieve what you've lost and celebrate what you've got left.
- Let go of the illusion that you can handle this alone.
- When the burden is too heavy, give it to God.



Uncharted Waters

Many men have difficulty enough with the idea of a physical invasion to their bodies through the back door, while we as women have our gynecological depths physically plumbed on a regular basis. They might also find it difficult to communicate emotional issues – so being saddled with a prostate cancer diagnosis can make for rough going in uncharted waters.

Communication is critically important to get beyond where you are today. Even though he may never verbalize it to you, understand that your man is going through an extremely emotional time, with so many conflicting and oftentimes dark thoughts racing through his mind throughout the waking hours. Men commonly have no idea at all how to cope with those feelings.

Some guys could talk about being a hero, even if hit by a truck. But, talk about prostate cancer and as if their manhood is being taken away, drives the doors of communication shut.

Of course, you will console him as best you can. But perhaps just as important, you need to communicate and tell him exactly how you feel emotionally because of his diagnosis. Tell him of your own fears and your hopes for the future.

I think it would be a great idea if you went out dancing with your husband and – during the slowest of available waltzes – you whispered in his ear, “It’s not your fault. It’s not my fault. It’s not anyone’s fault and I still love you so much it hurts every single day.” It’s not that you “need to do better.” It’s that you both need to accept what has changed and be able to laugh about it together.

Coping with a potentially life-threatening illness has no right or wrong way. You may be surprised at your partner’s reaction, as well as your own. After all, we all react differently to stress.

Fearlessness in the Fairer Sex

Expectations and roles are often turned completely upside down with life-threatening prostate conditions. You might need a new starting point to discuss short-term and long-term changes and what does the relationship mean to you and how to accomplish your goals. Not all women are comfortable with taking on a more demanding and commanding role in the relationship, but you need to stay two steps ahead and take charge of the situation.

Let your husband know that he needs to give you hugs and kisses because many men are traumatized by their loss of libido and sexual function that he doesn’t even recognize that need!

Ultimately, as women, our only experience of a prostate is through our men – yet what our men go through affects us as women. The result – obviously the one you want in a situation like this – was one of improved communication between us. Speak directly and honestly, and, at the end of the day, your relationship will be better for it.

While your husband may have been profoundly affected physically and psychologically by the effects of his prostate health problems, you both made a commitment to each other that came with your marriage vows ... “To have and to hold, for richer, for poorer, in sickness and in health ...”



If you are the wife or partner of a prostate cancer patient or survivor, which of the above rights apply to you? What other rights would you add in your specific case that you can share with us?



Grandma Barton is mother to Joe Barton (founder of Barton Publishing), grandmother to 6 grandkids and 28 step-grandkids, and over 3000 Home Cures That Work members. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all

sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.

*Courtesy www.hisprostatecancer.com

**Big
Pharma
Corporate
Arm**

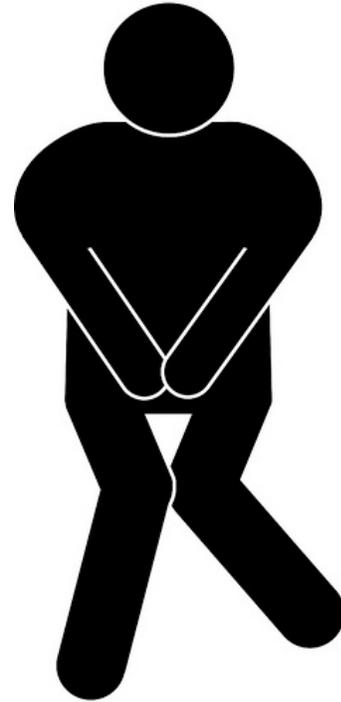
**Beta-Sitosterol
is Highly
Effective in
Treating an
Enlarged
Prostate**

... and Lowering Cholesterol

If you are a man and over the age 50, then you are likely to have benign prostatic hyperplasia (BPH), also known as an enlarged prostate. BPH is so common that it has been said all men will have an enlarged prostate – if they live long enough. Less than half of all men with BPH have symptoms – but if you have them, then you know about it! The most common symptoms include:

- Urinating two or more times per night
- Difficulty is starting to urinate

- A strong and sudden urge to urinate
- Or, a weak urine stream that prevents your bladder from emptying completely



For generations, many natural herbal remedies have been used to alleviate the symptoms, including:

- Saw palmetto
- Pygeum africanum
- Pumpkinseed oil
- Stinging nettles

There is a common denominator in all these remedies: plant sterols, particularly beta-sitosterol.

Evidential Truth

Here at Barton Publishing, we have discovered a delicious way to enjoy a highly concentrated source of beta-sitosterols – at levels that can not only help your BPH, but also significantly lower your cholesterol. We will tell you more about our discovery in a minute, but let's review the evidence.

Dozens and dozens of high quality studies have shown that beta-sitosterol is a highly effective natural treatment for BPH.

Found in plant foods such as fruits, vegetables, nuts and seeds, *beta-sitosterol* is a plant sterol very similar to cholesterol.



Back in 1998, an article was published in the Journal of the American Medical Association (JAMA) that reviewed 18 different trials involving a total of 2,939 men who were treated with strong extracts of saw palmetto containing beta-sitosterol. The authors conclude that this concentrated herb improved "urologic symptoms and flow measures."

Another 1997 study, published in The British Journal of Urology, studied 177 men for 6 months who suffered from BPH. Half the men got a placebo and half got an extract containing 130mg of beta-sitosterol. They concluded that, "these results show that beta-sitosterol is an effective option in the treatment of BPH."

In a year-long study, published in the British medical journal, Lancet, the researchers used pure beta-sitosterol. They also found "significant improvement in symptoms and urinary flow parameters." This was back in 1995.

There are many more studies, but here is what is really interesting.

The benefits of plant sterols for BPH were eclipsed by the cholesterol lowering benefits of this natural solution.

Plant sterols are so effective for lowering cholesterol that organizations like the American College of Cardiologist, the National Institutes of Health (NIH), the American Heart Association (AHA), the Cleveland Clinic and the Mayo Clinic now recommend using plant sterols for cholesterol lowering. Dr. Oz does, too!

Herbal Cure

While the success of this herbal cure is undeniable, we still do not know exactly HOW beta-sitosterol helps treat an enlarged prostate. Nonetheless, researchers and scientists have ventured well-purported theories.

One hypothesis is that beta-sitosterol supplements inhibit the formation of the hormone dihydrotestosterone (DHT), which is responsible for stimulating the growth of prostate cells. Prescription drugs work to block the conversion of testosterone to DHT, so it follows that beta-sitosterol may work in the same manner.

It is also proposed that the oils in beta-sitosterol have an anti-inflammatory effect that prevents swelling. Such a theory makes sense considering marathon runners often use this plant extract to decrease pain and swelling. Beta-sitosterol promotes prostate health by limiting the absorption of cholesterol, thereby thwarting enlargement.

Behind Closed Doors

Here at Barton, we have not forgotten about the BPH benefits. You can find lots of good prostate health supplements that contain beta-sitosterol, but we have found what we think is even a better source, Kardea's natural nutrition bar. Here is why:

Each bar delivers 3-5 times more beta-sitosterol than many of the leading prostate supplements.

In fact, the Kardea bars contain 2.5 times more plant sterols than required by the FDA to make a cholesterol lowering claim in food. Each bar contains 50% of the recommended daily levels made by the leading medical organizations, delivering 1000 mg of plant sterols from 1700 mg of plant sterols esters.

Are you sensing something odd? Health organizations like the NIH recommend 1000 mg taken two times per day, but the FDA will claim foods and supplements can lower cholesterol with only 400 mg? The answer is simple. Plant sterols are expensive. The food industry wants to add the smallest amount possible and still get the FDA blessing. You know what happens behind the closed doors in Washington!



But, Kardea did not compromise. One Kardea bar delivers the amount that the NIH recommends for each serving. Take two per day to get the recommended daily sterol levels.

Here is what makes this choice even better. These bars also taste delicious, satisfying snacking or dessert cravings. With 140 calories, 7 grams of protein and 7 grams of fiber, the Kardea bars helps you replace the foods that do you harm with a handful of health.

The Kardea bars were created for heart health, but here at Barton we discovered this new use – as a great solution for BPH. February is

national heart month. Do yourself, your cholesterol and your prostate a favor!

Get a thirty day supply, save \$29.80 plus free shipping with this special offer for the month of February, by clicking [HERE](#).

Or, give Kardea Gourmet a call with their toll free number 1-877-287-8730 to order. Mention Barton Publishing to receive an additional 5% saving along with free shipping offer.



Rob is known as a food passionisto and life's magic moments occur over meals with family and friends. He happily wanders the aisles of gourmet food stores, farmers' markets and ethnic delicatessens, preferring to end the day with a good cookbook. Rob brings a career as an executive in food

and nutrition to sharply reduce his cholesterol levels to the point where no medications are necessary. He wrote *The Kardea Gourmet, Smart & Delicious Eating for a Healthy Heart*, with Mayo Clinic-trained cardiologist, Dr. Richard Collins, also known as the *Cooking Cardiologist*. Rob is the founder of **Kardea Nutrition**. Kardea, which means heart in Greek, combines a love food with a deep knowledge on how to use the best natural solutions to support heart health. Kardea Nutrition offers a scrumptious offer on their raved snack bars packed full of nutrition: **Kardea Gourmet Book & 4 Bar Sampler: Read the Kardea Gourmet, a taste-inspired journey to heart health, while sampling Kardea's heart-healthy gourmet snack bars in four delicious flavors.**

Weight
LOSS
Corner

3 Exercises
For a Better
Prostate

If you found out that you had prostate cancer, would you regret not having exercised if the diagnosis could have been prevented? The truth is you can protect your prostate from enlargement or cancer simply by exercising three times a week.

Vigorous exercising is preferable, but non-vigorous exercise help increase survival. The Harvard School of Public Health researched men over 18 years and found those that exercised on a regular basis, including running, bicycling, walking, swimming, other sports — or even outdoor work — reduced their risk of death, not just from prostate cancer, but from many other diseases.

If you can sport a vigorous training session at least 3 hours in a week, then you lower your risk of prostate cancer by 61%. Consider this rude awakening, that just a single hour workout session a week doesn't cut it. It would be better to walk 90 minutes at a brisk pace over the course of a week and lower your risk of prostate cancer by 46%. Don't fool yourself into believing that one workout a week makes you healthier.



You won't want to wait until you hear that dreadful prostate cancer diagnosis before you consider adding physical activity into your
HomeCuresThatWork.com

weekly routine. Walking 90 minutes in a week is good enough, but 3 hours of vigorous training give you 50% of life back to live – especially when it counts.

By simply taking an hour walk after dinner every night will decrease your chances of developing these issues.

In a recent Johns Hopkins study, researchers determined that men who gained 5 or more pounds prior to—and up to one year after—prostate surgery were nearly twice as likely to battle cancer again, compared to with those who maintained their weight.

“Obesity and weight gain are associated with inflammation, which might influence prostate prostate-cancer recurrence,” explains says study author Corinne Joshi, Ph.D.

“Exercise is the single thing that comes closest to a magic bullet in terms of its strong and universal benefits,” says Harvard associate professor Frank Hu.

So, head to the gym (and try to lose some weight) for these top 3 exercises for better prostate health.

Aerobic exercise

Whether you want to maintain a healthy prostate, prevent prostate cancer, prostatitis, or BPH, or improve quality of life after prostate surgery or other treatments for prostate cancer, examples of aerobic exercise include walking, jogging/running, bicycling, tennis, jumping rope and rowing.

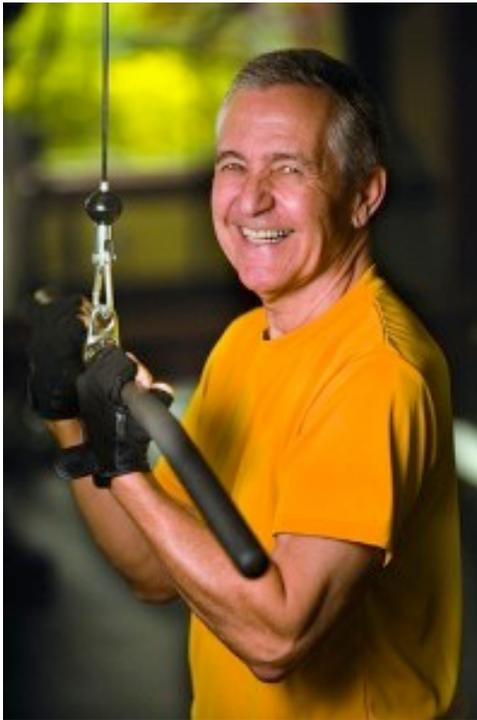
According to a study published in the "Journal of Urology" in 2007 and cited in Harvard Prostate Knowledge, men who did aerobic exercise had an improvement in prostatitis symptoms when conventional treatments failed.

Resistance exercise

The basic idea behind resistance exercise is that your muscles work in opposition to a force that

pulls or pushes them. Examples of resistance exercises are push-ups, weight lifting, and swimming. Resistance exercises improve strength and muscle tone and also have an anti-inflammatory effect.

The healthy prostate study posted in the "Journal of Urology" found that men who participated in both aerobic and strengthening exercises together had a greater improvement in prostatitis symptoms than those who did just one type of exercise.



Kegel exercises

No, Kegel exercises are not just for women. Kegel exercises can help men better control urine flow, achieve better sexual arousal, enjoy better orgasms and ejaculation control. (See Kegel exercise instructions [HERE](#).)

Lastly, researchers at Nottingham University concluded that men who kept up a regular sex life in their 50s were also at lower risk of developing prostate cancer.

This backs up the findings of a major study five years ago by the National Cancer Institute, published in the Journal of the American

Medical Association, that increased sexual activity is protective for older men. The reduced risk is due to the release of toxins from the prostate gland.

So, now you have two options for an after-dinner activity.

CELEBRITY PSA **HEALTH** Celebrity **WATCH** Trouble

The Prostate Screening Celebrity Controversy

If we think about Bill Cosby, we will quickly match his comical personality to the fun product Jell-O.

That is also the case for Wilfred Brimley's grandfatherly tone for healthy Quaker Oats.

Or, for Dennis Haysbert's imposing frame and booming voice for the "Good Hands People" at Allstate.

Some products show they solve a problem, like for celebrities endorsing Jenny Craig's weight loss system.

Researchers from the prestigious Dartmouth Medical College have produced one of the first rigorous investigations of how celebrities affect enthusiasm to seek screening services, especially for PSA (prostate specific antigen) testing for prostate cancer.

According to their studies, about half of the adult population have seen celebrity endorsements for prostate screening. This would include former New York City Mayor Rudy Giuliani's statement about PSA testing for prostate cancer, "Of course, we probably wouldn't be talking about this if I hadn't gotten

screened...” and his following plea, “If you're over 50 or in a high risk group, please get screened—now.”

But efforts of celebrities for prostate screening only perform rhetoric, which is only a form of emotional persuasion. “Selling” prostate screening by a celebrity is designed to “bypass the science” and create an atmosphere where politicians and celebrities could accuse the scientists of “dragging their feet” by insisting on rigorous, but slow, assessments of potentially valuable new technologies.



But, as the science of screening unfolds, we learn more every week that the costs, harms, and benefits of screening programs are complex and uncertain. As the Dartmouth researchers make clear, there are many people who will benefit from these tests, but there are others for whom the early detection of cancer will bring unnecessary testing and treatment. “Screening is increasingly recognized as a two-edged sword.”

The problem is that celebrities don't tend to make statements based on evidence. Just because Mayor Giuliani believes his life was saved by PSA prostate screening is of no evidentiary value.

Because many cases of prostate cancer do not become clinically evident, medical experts disagree about whether prostate cancer screening is right for all men. It is not clear if the benefits of screening outweigh the risks.

“A few people will experience benefits, such as early diagnosis, but many will experience some harm—anxiety, further testing, and costs, or even unnecessary surgery as a result of being screened.” He also has a strong message for the authorities: “While governments or other bodies may promote the benefits of screening, not enough attempts are being made to present an accurate picture of what the downsides are.” ~ Professor Bruce Armstrong, Sydney University

Dartmouth researchers have concluded with a powerful call for reform: “We see no obvious role for celebrity endorsement of prostate cancer screening.”

Which celebrity has impacted you most by his or her endorsement? Has one celebrity in particular influenced how you think or act about your prostate?

Product Reviews



Product Review: Saw Palmetto - Shrinks Prostate Tissue

An ancient herbal remedy for urinary problems, saw palmetto is now popular as a supplement for prostate health—and for good reason. Some studies have shown that shown that saw palmetto—extracted from the dark purple berries of the American saw palmetto plant—may help treat benign prostatic

hyperplasia (BPH), the medical name for an enlarged prostate gland.



Prostate Support

Saw palmetto is often the first course of therapy in men with mild to moderate prostate enlargements symptoms. The standard dosage of saw palmetto supplement of an 85%-95% extract for BPH is 320 mg per day, usually taken as 160 mg twice per day. It has been believed that saw palmetto dietary supplements provide mild to moderate improvement in symptoms of prostate enlargement: urinary flow, increased frequency and urgency of urination, and a fullness of the bladder after urination.

Other claims have seen saw palmetto treat baldness, low libido, bladder disorders, prostatitis and migraines.

Among the main constituents of saw palmetto berry extract are fatty acids and sterols, whose oily compounds are thought to have various hormonal and anti-inflammatory effects.

Saw palmetto is believed to inhibit the actions of testosterone on the prostate that cause prostate enlargement and interference with urinary problem flow. It shrinks the inner epithelium of the prostate, but not the prostate's overall size.

While saw palmetto shows great promise for enhancing prostate health, there appears to be

significant inconsistencies with the formulas available. To determine whether supplements possess the amounts of the key plant compounds suggested by their labels, an independent lab company tested products for potential contamination with lead, and tablets and caplets were tested for their ability to properly break apart in the digestive system.

Not So Pure

Two saw palmetto supplements failed to list the part of the saw palmetto plant used to produce their extracts. This information is a FDA labeling requirement. Those products that are unsafe for consumption are:

- Flora Saw Palmetto Extract
- Gaia Herbs Saw Palmetto

Perfect for Prostate

Just about every major supplement company sells saw palmetto because the public has had such great experience with it. The challenge is to find one that will provide you with the best benefits.



This can be confusing, so Home Cures That Work created a checklist for you to make sure the brand you choose meets all the requirements for safe consumption. Spend your money on a saw palmetto supplement that promises to deliver.

- [Finest Natural Saw Palmetto](#) (160 mg per softgel, 2 per day)
- [GNC Herbal Plus Standardized Saw Palmetto](#) (160 mg per softgel, 2 per day)
- [Nature's Bounty Extra Strength Saw Palmetto Complex](#) (160 mg per softgel, 2 per day)
- [Nature's Way Once Daily ProstActive](#) (320 mg per softgel, 1 per day)

- [New Chapter Prostate 5 LX](#) (160 mg per softgel, 2 per day)
- Pharmanex Prostate Formula (160 mg per softgel, 2 per day)
- [Puritan's Pride Saw Palmetto](#) (320 mg per softgel, 1 per day)
- TruNature Prostate Health Complex Saw Palmetto (320 mg per softgel, 1 per day)
- [Vitamin Shoppe Standardized Herbs Saw Palmetto Extract](#) (160 mg per softgel, 2 per day)

Please visit our *Home Cures That Work* [Amazon store](#) for your vitamin and mineral supplement needs. Not all supplements are created equal, so we have researched those that safe for consumption, proven to properly digest and qualify according to label specifications. Don't leave your health to just any vitamin, supplement your health with the best in our [Amazon store](#).

If you have urinary problems and want to try saw palmetto, talk to your doctor first. You need to make sure what you have is BPH. Be cautious about taking saw palmetto if you have a bleeding disorder or are taking blood thinner. It may also not be safe to take saw palmetto with some other prescription drugs for BPH. If you try saw palmetto supplements, be patient — you may not notice a benefit for several months.

Much good research on saw palmetto has been positive for prostate health—but some studies have found no benefit.



Home Cures
That Work
Recommends:
Prostate Dr.

Prostate Dr. is a 100% natural liquid herbal formula to promote prostate gland health and functioning of the urinary tract in men while increasing immune system function that will help maintain normal PSA levels.

You can expect the following from taking Native Remedies Prostate Dr. liquid supplement:

- A steady flow of urine
- Bladder health by flushing urinary tract
- Sustainable pH balance in the bladder
- Improved prostate gland health
- Strengthened immune system

Read this testimonial — 1 of many — of Prostate Dr.'s brilliant effect on prostate health:

“Hello to the Native Remedies team! I have virtually tried every product on and off the market - UNTIL I tried your product Prostate Dr. I just had my six-month evaluation with my urologist. I showed him the product, and he told me to continue using it... Keep developing the "good stuff", and thank you, Native Remedies team!” — Edward K

Prostate Dr. will begin to support the prostate gland health almost immediately, with dramatic improvements within 3-8 weeks.

It is so easy to use! All you have to do is take 15 drops 3 times daily, either by diluting the drops in water or juice or by dropping directly into your mouth.



There are many immune system products on that market that claim to support prostate health: pills, ointments, light therapy, etc. But only Native Remedies Prostate Dr. has testimonies that prove positive prostate health results – and even miracles.

Become a believer....like so many who others... who have found Prostate Dr. to cure them from “leaking,” getting up to go to the bathroom every night and trouble urinating or emptying the bladder.

Conventional medicine will only make you feel like an old man. Prostate Dr. will make you feel like a real man again!

[Order Native Remedies Prostate Dr. HERE.](#)



Longevity
Miracle:
Studies Prove
Exercisers Live
Longer

A large study at the National Health Research Institutes in Zhunan, Taiwan, published in *The Lancet*, found that as little as 15 minutes of physical activity a day can reduce the risk of dying by 14% and increase lifespan by three years.



More exercise leads to greater life gains.

Every additional 15 minutes of daily exercise further reduced all-cause death rates by 4%. This trend continued until a person was exercising for 100 minutes a day.

High intensity exercise though, is the gold standard for fitness... and longevity. It was recently endorsed by the European Society of Cardiology. A study conducted among cyclists in Copenhagen, Denmark showed it's the relative intensity, and not the duration of cycling, which is most important in relation to all-cause mortality. It's even more pronounced for coronary heart disease mortality. The study concluded that men with fast intensity cycling survived 5.3 years longer, and men with average intensity 2.9 years longer than men with slow cycling intensity. For women, the figures were 3.9 and 2.2 years longer, respectively.

Exercise reduces disease and death dramatically for *all* major progressive diseases.

According to a research study involving over 13,000 participants cited by Ray Kurzweil in *The Future of Aging*, the overall death rate for moderate exercisers was 60% less than the sedentary group--and the high fitness group scored much better with longevity. Yet some 70% of Americans do not participate in any type of physical activity.

As Dona Folk, my close friend and breast cancer survivor will tell you, exercise can also treat serious diseases such as cancer. A new report issued by Macmillan Cancer Support argues that exercise should be part of standard cancer care. It recommends all patients getting cancer treatment should engage in moderate-intensity exercise for two and a half hours every week.

A previous Harvard Medical School study found that breast cancer patients who exercise moderately for three to five hours a week cut their odds of dying from cancer by about half. In fact, *any amount* of weekly exercise increased a patient's odds of surviving breast cancer. This health benefit also remained constant regardless of whether women were diagnosed early on or after their cancer had spread. Finally, research has found that exercise reduces the risk of breast cancer recurrence by about 40 percent.



Research has also shown that exercise can reduce your risk of dying from prostate cancer by up to 30 percent.

If you have cancer or any other chronic disease, tailor your exercise routine to your individual
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scenario, taking into account your stamina and current health and physical activity level. Always listen to your body, and if you feel you need a break, take time to rest. But even exercising for just a few minutes a day for longevity is better than not exercising at all.

Exercise is critical to help dodge or reduce diabetes as well as most other diseases. According to the American Diabetes Association, exercising moderately for only thirty minutes a day coupled with a 5-10% reduction in body weight resulted in an astonishing 58% reduction in diabetes. They also report that 90% of all people with diabetes are overweight.

Any exercise that gets the heart pumping may even reduce the risk of dementia and slow the condition's progression once it starts, reported a Mayo Clinic study published in the September 2011 issue of *Mayo Clinic Proceedings*.

[Improve your odds against prostate cancer by exercising. How can Home Cures That Work help you exercise more?](#)



David Kekich is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging-related diseases. For more information, visit: www.MaxLife.org. David contributes to our column Living Healthy to 120: Anti-Aging Breakthroughs. MaxLife is helping to make the anti-aging dream a reality with cutting edge Bio-Engineering research and products.



Free Remedy Report: Get Rid of Gallstones

[Download your complimentary copy of the Get Rid of Gallstones Remedy Report HERE.](#)

If You Have Gallstones, You Can Pass Your Gallstones PAIN FREE in Less Than 24 Hours From Right Now, Using A Safe, Natural, Proven Home Remedy!

- Imagine your discomfort from gallstones PERMANENTLY GONE...
- Imagine yourself calling your doctor to cancel your scheduled gall bladder surgery...
- Imagine what you'll do with the \$17,000+ you'll save in surgery & hospital bills...

This is the ticket out of the ER! Gallstones can attack without symptoms, a silent predator that can arise with complications. Educate yourself on the anatomy and function of the gallbladder, define gallstones and how they form and discover if you are at risk. Learn to recognize the signs and symptoms so the “silent stones” don’t go undetected in you or those around you.

This report will provide you with a list of what to look for and how to avoid the devastating effects of gallstones. If you are a victim of gallstones, the natural remedies and treatment in this report, such as the dissolution therapy or the cleanse, are an extremely effective way to rid the body of gallstones. Be safe and choose the homeopathy option to naturally remedy gallstones.