



NATURAL HEALING

THROUGH THE LAWS OF HEALTH

"Knowing that if you have the faith of a mustard seed, your faith can move mountains"

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PROSTATE HEALTH

ATTENTION: Before making any changes please contact your health care professional.

WHAT IS PROSTATE HYPERTROPHY?

The prostate is a walnut-sized gland at the base of the bladder that encircles the urethra, it is the tube through which the bladder void urine. Generally the prostate squeezes prostatic fluid into the urethral tract during ejaculation. This provides nourishment and protection for the sperm.

Due to hormonal changes in the human male the prostate gland becomes larger after the age of 40. It is important for men to be tested from the age of 40.

Prostate-specific antigen (PSA) testing measures the health of the prostate.

Normal PSA level - less than 4 ng/mL

Normal PSA level for men of Color - less than 3.5 ng/mL

Elevated PSA level - above 4 ng/mL

An elevated PSA level can indicate either benign prostatic hypertrophy (enlargement) or prostate cancer.

Early diagnosis can be effective in achieving complete healing. Benign prostatic hypertrophy generally develops more intensely in the upper part of the gland, and cancer of the prostate is more common in the lower part. Both the benign and the malignant processes could be associated; but the adenoma seldom transforms to cancer. *Encyclopedia of Health and Education for the Family p58*

SYMPTOMS OF HYPERTROPHY OF THE PROSTATE GLAND

Benign prostatic hypertrophy or hyperplasia (enlargement) is marked most especially by the urinary disorders it produces. Urinary frequency (urinating at short intervals), hematuria (blood in the urine), or after nutritional abuses, or often a retention of the urine, with no obvious symptoms or discomfort, a complete urine retention may happen. *Encyclopedia of Health and Education for the Family p58*

Prostate Cancer may appear independently or simultaneously with prostatic hypertrophy. Prostatic carcinoma usually occurs in men between the ages of 65 and 75 (cases in men under 40 are very rare), accompanied by urinary disorders such as the adenoma (benign tumor). *Encyclopedia of Health and Education for the Family p58*

Other symptoms include - Nocturia (urinating at night) or polyuria (frequent urination) or dysuria (painful urination).

CAUSES OF HYPERTROPHY OF THE PROSTATE GLAND

Hormonal changes

In aging males, hormonal change is the cause of the excessive growth of the prostate gland. This compresses the urethra, thus, one has difficulty in urinating and there is a starting and stopping stream of urine.

Dairy

Men with the highest dairy intake had approximately double the risk of total prostate cancer. *(2001 Harvard Review)*

Overuse of supplements

Use supplements judiciously and avoid the use of multi-vitamins.

Aim to get nutrients from foods rather than from supplements.

Take supplements that you would not normally get in a balanced diet.

Excess B Vitamins

Increasing plasma levels of folate, riboflavin, and choline are associated with increased prostate cancer risk (Note: 3 cups of some fortified cereal would provide 400% of the RDI.)

High plasma levels of vitamin B12 yielded up to a 3-fold increase in risk of prostate cancer. (Note: Some soymilks provide 50% of RDI for B12 per serving.) *Int. J. Cancer. 2005;113(5):819-824.*

Iodine

Every cell in the body has a receptor site for the thyroid hormone and vitamin D. Iodine is essential for proper thyroid function.

Dietary sources of iodine are: all natural sea salt, kelp and other seaweed vegetables.

Selenium

Selenium is required to keep hemoglobin from being damaged, regenerate the Liver, protect the body from heavy metals and aid with iodine absorption. Lack of selenium can affect the prostate gland.

Dietary daily intake is 50-200 mcg. With certain genotypes, higher selenium levels are associated with doubling the risk of aggressive prostate cancer. *J Clin Oncol. 2009;10(18):8938.* Keep within the RDA required.

Dietary sources of selenium are: Nova Scotia Dulse, Norwegian Kelp, wheat germ, brazil nuts, brewer's yeast, garlic, legumes.

Zinc

While zinc is essential for the development of the reproductive organs and function of the prostate, men who took 100 mg/day of zinc for 10 years were twice more likely to get prostate cancer. *J. Natl. Cancer Inst. 95(13):1004-1007*

Zinc accumulates more in the prostate than in other location in the body. Supplemental Zinc is often taken in doses up to 10 times the recommended daily amount which is harmful to the body.

Dietary sources of zinc are: Nova Scotia Dulse, Norwegian Kelp, pumpkin seeds, pecans, split peas.

Copper as found in Blackstrap molasses gives a positive support when using Zinc in the body.

Calcium

Excess calcium is associated with increased prostate cancer risk.

Men who consumed 2,000 mg of calcium/day were 63% more likely to get prostate cancer than men who had less than 1,000 mg/day. *Int. J. Cancer. 2007; 85 (6): 1586-1591.*

Excessive intake of calcium will reduce vitamin D level.

Avoid: "Total" cereal which has calcium in the amount of 3000 mg. in 3 cups Limit: Tums Ultra- 400 mg of calcium /tablet.

Sunlight

Underexposure to the sun greatly increases mortality from lung, colon, breast and even prostate cancers.

Swiss prostatic cancer mortality rates are the highest in the world (20.3 per 100,000). This death rate is about 30% higher than in the United States. *Ann Oncol. 1998; 9: 31-3*

This is largely due to vitamin D deficiency, high intake of dairy products and genes play a very small part. *See note below for increasing vitamin D appropriately.*

A study found that daily intake of 2000 IU of vitamin D3 decreased PSA in men who had prostate cancer. The PSA doubling time was lengthened significantly. *J. Biol. Chem. 2003; 278 (47): 46862-46868.*

PROSTATITIS

PROSTATITIS is inflammation of the prostate gland. It is caused by:

- Infectious bacteria that invade the prostate from another area of the body
- Bladder Infection
- Hormonal changes
- Urine retention

TYPES OF PROSTATITIS

1. Acute Infectious Prostatitis

- Caused by bacteria

Symptoms:

- Pain between the scrotum and rectum
- Fever
- Frequent urination with burning sensation
- Feeling of fullness of the bladder
- Blood or pus in the urine

2. Chronic Infectious Prostatitis

- Caused by bacteria

Symptoms:

- Reoccurring bladder infection

3. Noninfectious Prostatitis

- Not caused by bacteria
- Unknown

Symptoms:

- Frequent urination with pain
 - Pain after ejaculation
 - Lower abdominal pain

ALL TYPES OF PROSTATITIS IF LEFT UNTREATED CAN LEAD TO IMPOTENCE AND DIFFICULTY WITH URINATION

DIET

- Stop eating all flesh foods as well as their by-product (fish, chicken, meat, pork, and all crustaceans, eggs, cheese, milk, etc.) Studies show that these items increase the risk of prostate cancer.
- Avoid the use of cow's milk. If one so desires to use milk, non-harmful milks can be made from a variety of nuts (i.e. almonds, cashews, etc.) **Recipes for nuts, grains, bean loaves and more can be found in the following cookbooks: *It's All Good, Ten Talents, The Optimal Diet, Of These Ye May Freely Eat, Give Them Something Better and Encyclopedia of Foods and Their Healing Power vol. 3.***
- Remember the incidence of prostate cancer in India is low. Note that in India, only 40% of the population are lacto-ovo vegetarians. (eating milk products and eggs.) *2006 Hindu-CNN-IBN State of the Nation Survey.*
- Avoid spicy foods such as hot peppers, nutmeg, cinnamon, clove.
- Fats. Fried foods, highly processed foods, and all free oils should be eliminated and/or avoided from the diet. Substitute olive oil for corn oil and margarine.
- Fresh fruit. Antioxidant vitamins and phytochemicals are anti-carcinogenic, - oranges, grapefruit, apples, pineapples, grapes, guavas, kiwis, blackberries, strawberries, pomegranates. Eating fresh fruit is preferable to drinking fruit juice. Eating the fresh fruit provides the body with the essential fiber needed for regularity; juice is robbed of that essential fiber. For lycopene, use cooked tomatoes, tomato juice or watermelon that is at least 14 days old.
- Lupeol (found in strawberries, elderberries, mangos, figs, grapes, olives and green peppers) *Carcinogenesis. 2009; 30(5):808-817*
- Vegetables. Add red beets, carrots, spinach, kale, celery, collard greens and cruciferous vegetables such as cabbage, broccoli, cauliflower and radish, these are best known for their cancer prevention properties. However, use kelp along with these items to maintain iodine levels to protect the thyroid gland as well as the Pink Himalayan Sea Salt.
- Avoid, ALL white breads, flour, sugar, and so forth should be eliminated from the diet. The body needs the fiber from the whole grain items such as wheat germ, brown rice, buckwheat or millet.
- Turmeric. Curcumin the orange pigment in turmeric has the most anti-inflammatory activity effect on the body. It reduces inflammation, inhibits proliferation of tumor cells, induces cancer cell self-destruction and discourages growth of blood vessels that feed tumors. *Anticancer Res. 2003; 23(1A): 363-98.* Some 30 plus curcumin

studies are listed at www.clinialtrials.gov

Buy powdered in bulk and cook with it. Absorption is dramatically improved by cooking with olive oil. In India, the average intake of turmeric is 15-60 grams/day. (2 Tbsp. to ½ cup)

- Soybeans. Use organic soy as it can inhibit the start or spread of cancer. Isoflavones found in soybeans, soymilk and soy extracts helps oppose cancer production. Genistein in soybeans, can powerfully aid in blocking the spread of prostate cancer. *Natural Remedies Encyclopedia p. 805*
- Among Seventh Day Adventists, soy milk was associated with a 70 per cent reduction of the risk of prostate cancer. *Cancer Causes Control. 1998;9(6): 553-7.*
Adventist men are less likely to get prostate cancer than non-Adventist men. *Am J Clin Nutr. 1994; 59:1136S-1142S.*
- All meals should be eaten on a regular schedule, 7 days a week, with no more than a 30 minutes time difference in schedule. Meals should be eaten 5-6 hours apart.
- At least 8 glasses (64 oz) of water should be drunk each day, 16 oz to 32 oz of warm water should be taken before breakfast. Water should be taken 15-30 minutes before meals or 2 hours after meals.

LIFESTYLE

- Exercise is very essential to good health. You should walk for one or two hours seven days per week.
- Go to bed before 10:00pm. The body heals itself between the hours of 10:00pm and 12:00am. The body also produces melatonin between the hours of 10:00pm and 2:00am, which gives the body restful sleep at night, in addition it is a natural anti-oxidant to prevent cancer.
- Loose weight. Obese Men (BMI > 30) were 2.6 times more likely to die from prostate cancer than normal weight men. (This was based on weight one year before diagnosis of cancer.) *Cancer. 2007; 109(4):675-84.*
- Avoid prolong heat to the prostate. This can be prevented by not sitting for long hours on padded seats.
- Avoid horseback riding, motorcycle and bike riding. The jerking or bouncing from these activities can irritate the prostate gland.
- Avoid masturbation
- Avoid sexual activity or stimulation of any kind during treatment period. This disrupts the restorative process.
- Reduce Cholesterol level – studies shows a connection with high cholesterol levels and prostate disorders and an accumulation in enlarged or cancerous prostates.
- Increase fluid intake in order to flush the kidneys and bladder of toxins and bacteria. Drink at least 48oz water daily but no fluids after 7:00pm.
- Do not let the bladder become too full. Urinate as quickly as possible, when the urge comes. Try to completely empty the bladder each time as pressure buildup from retaining urine can damage them.

HERBAL RECOMMENDATIONS

- **Acidophilus** or Multi-strain Pro-biotic (Bio-Kult) with **Digestive Enzymes**
- **Saw Palmetto Pygeum w/ Lycopene** (2 tablets taken daily)
 - Saw Palmetto prevents prostate enlargement and is also a diuretic, thus increasing urine flow
 - Pygeum Africanum reduces prostate enlargement
- **Garlinase** 2 tablets twice a day with each meal (diabetes/high blood pressure) or **4 cloves of fresh garlic daily**
- **Pumpkin Seeds** (1/4 cup or handful each meal) this prevents and reduces prostate enlargement
- **Blackstrap molasses** (2 tablespoons daily) contains copper which is complementary to Zinc from the pumpkin seeds
- **100% Cranberry Juice** (drink daily) protects the urinary tract against infection
- **Lecithin granules** (dissolves fat/diabetes/high blood pressure/cholesterol) 1-2 tablespoons daily
- **Flaxseed** (2 tablespoons daily freshly ground)
- **Wheat Germ** (2 tablespoons daily with meals)
- **Tahini butter** (2 tablespoons daily with meals)
- **String beans**
- Eat all forms of **Beans** and **Whole Grains** (diabetes/ high blood pressure/cholesterol/heart problem).
- **Turmeric capsules** (2 capsules taken twice daily) or **Turmeric Tea** 2 tablespoons in 4 cups of water. Bring water to a boil then add the turmeric (root, powder) and simmer for 15 minutes then let cool for 40 minutes to 4 hours and drink as water during the day.
- **Additional Recommended Herbs:**
 - **Stinging Nettle** - 2 tablespoons daily in 32oz hot water steep for 40 minutes to 3 hours and drink as water
 - **Cornsilk** – 2 tablespoons in 32oz hot water steep for 40 minutes to 3 hours and drink as water
 - **Parsley – flat leaf** – 2 tablespoons in 32oz hot water steep for 40 minutes to 3 hours and drink as water
- **Vitamin D** – is important in regulating hormones and preventing and treating Prostatitis. Men who are vitamin D deficient have a 253% risk of getting Prostate Cancer. Daily exposure to sunlight is beneficial for the body to make vitamin D. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 10:00am and 2:00pm when the UVB rays are at the highest. According to several studies, sunlight has a direct effect on lowering prostate cancer risks.

In treating disease, it is important that your vitamin D level is sufficient. Correct Levels

of vitamin D are 70 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine.) The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line.

For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May** and **October** take **1000iu** daily, **April** and **November** take **2000iu** daily, **March** and **December** take **3000iu** daily, **January** and **February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat soluble vitamin, so it requires fat in order for it to be absorbed).**

[If you live in a warmer climate please use the natural sunlight \(45-90 minutes daily between the hours of 10:00am – 2:00pm\).](#)

PS: If you are deficient in vitamin D, then you will need to take the prescription dosage or the equivalent of 50,000ius per week for 8 weeks of supplemental vitamin D3.

Here is another option: If there is a chronic deficiency in vitamin D, it would be recommended that you take as much as 10,000iu daily for either 3-4 months, then you can revert to the 5000iu daily.

HYDROTHERAPY

- To improve blood circulation in the prostate region,
- Sit in hot water for fifteen to thirty minutes, once or twice daily. You may add chamomile tea to the water.
- Each day, 3 times, spray the lower abdomen and pelvic area with hot water for 3 minutes, alternating with 1 minute cold water. Alternatively, you can use one bowl hot water and one bowl with cold water, place a rag in each and apply hot and cold treatment to the lower pelvic area.

**PLEASE COMBINE THIS SHEET WITH THE FACT SHEET
TO GET THE BEST RESULT.**

For further information, please visit our website at www.nhtlh.com
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PROSTATE CANCER I TREATMENT

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COMBINE THIS TREATMENT WITH THE RECOMMENDATIONS IN OUR PROSTATE SHEET

1	Rotation	Week:(__/__)	Week:(__/__)	
O N E	Boil the Burdock for 15 minutes in 4 cups of water then add the other herbs and steep for 40 minutes to 4 hours. Drink throughout the day.	Burdock	2 Tablespoons	
		Dandelion	2 Tablespoons	
		Parsley	2 Tablespoons	
1 Week for this Rotation		Breakfast (with)	Lunch (with)	
	Echinacea	2 capsules	2 capsules	
	Astragalus	2 capsules	2 capsules	
	Turmeric	2 capsules	2 capsules	
	Garlinase or 4 cloves of roasted garlic	1 capsules	1 capsules	
	Vitamin D3 and 60 minutes of sunlight between 10am – 2pm daily	5000 iu	5000 iu	
	Flax Seed (freshly grounded) with meal		2 Tablespoons daily	
	No refined food No nutritional yeast		Eat organic if possible Eat sprouts and salads	



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2		Rotation	Week:(__/ __)	Week:(__/ __)
T W O	Herbal Infusion Boil 4 cups of water Steep 40 minutes to 4 hours. Drink throughout the day.	Red Clover	2 Tablespoons	
		Milk Thistle	2 Tablespoons	
		Oregano	2 Tablespoons	
1 Week for this Rotation		Breakfast (with)	Lunch (with)	
	Echinacea	2 capsules	2 capsules	
	Astragalus	2 capsules	2 capsules	
	Turmeric	2 capsules	2 capsules	
	Garlinase or 4 cloves of roasted garlic	1 tablet	1 tablet	
	Vitamin D3 and 60 minutes of sunlight between 10am – 2pm daily.	5000 iu	5000 iu	
	Flax Seed (freshly ground) with meal		2 Tablespoons daily	
	No refined food No nutritional yeast		Eat organic if possible Eat sprouts and salads	



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3	Rotation	Week:(__/__)	Week:(__/__)	
T H R E E	Boil herbs in 4 cups of water for 15 minutes then steep for 40 minutes to 4 hours. Drink throughout the day.	Burdock	2 Tablespoons	
		Milk Thistle	2 Tablespoons	
		Pau d'arco	2 Tablespoons	
1 Week for this Rotation		Breakfast (with)	Lunch (with)	
	Echinacea	2 capsules	2 capsules	
	Astragalus	2 capsules	2 capsules	
	Turmeric	2 capsules	2 capsules	
	Garlinase or 4 cloves of roasted garlic	1 tablet	1 tablet	
	Vitamin D3 and 60 minutes of sunlight between 10am – 2pm daily.	5000 iu	5000 iu	
	Flax Seed (freshly grounded) with meal		2 Tablespoons daily	
	No refined food No nutritional yeast		Eat organic if possible Eat sprouts and salads	

Use foods of the Cruciferous family: fresh Broccoli, Cabbage, Cauliflower, Brussels Sprouts, Radish.

Sprinkle kelp or dulse on food.

Use Pink Himalayan Sea Salt.

Free use of cooked Garlic and Onion should be used daily on salads.

Continue for 1 year



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4 Rotation		Week:(__/__)	Week:(__/__)	
FOUR	Herbal Infusion Boil 4 cups of water Steep 40 minutes to 4 hours. Drink throughout the day.	Red Clover	2 Tablespoons	
		Dandelion	2 Tablespoons	
		Thyme	2 Tablespoons	
1 Week for this Rotation		Breakfast (with)	Lunch (with)	
	Echinacea	2 capsules	2 capsules	
	Astragalus	2 capsules	2 capsules	
	Turmeric	2 capsules	2 capsules	
	Garlinase or 4 cloves of roasted garlic	1 tablet	1 tablet	
	Vitamin D3 and 60 minutes of sunlight between 10am – 2pm daily.	5000 iu	5000 iu	
	Flax Seed (freshly ground) with meal		2 Tablespoons daily	
	No refined food No nutritional yeast		Eat organic if possible Eat sprouts and salads	

As a Rule:

Always boil the hard parts of the plant first such as: roots, seeds or barks for 15 minutes, then add the delicate parts of the plant such as leaves, flowers, buds, stems or clusters and steep for at least 40 minutes to 3 to 4 hours.

REPEAT THE ABOVE FOUR-WEEK ROTATION CYCLE FOR ONE YEAR.