YOUR PROSTATE CANCER ACTION PLAN
What to Do if You Get Prostate Cancer

HOW TO PREVENT PROSTATE CANCER
The Overlooked Tips that Lower Your Risk

MALE PLUMBING PROBLEMS
The Hidden Causes and Surprising Solutions

by Lee Euler
with Susan Clark
BONUS REPORT #1

Your Prostate Cancer Action Plan
What to Do if You Get Prostate Cancer

BONUS REPORT #2

How to Prevent Prostate Cancer
The Overlooked Tips that Lower Your Risk

BONUS REPORT #3

Male Plumbing Problems
The Hidden Causes and Surprising Solutions

by Lee Euler
with Susan Clark
IMPORTANT CAUTION:

By reading these special reports you are demonstrating an interest in maintaining good and vigorous health.

These reports suggest ways you can do that, but — as with anything in medicine — there are no guarantees.

You must check with private, professional medical advisors to assess whether the suggestions in these reports are appropriate for you. And please note, the contents of these reports may be considered controversial by the medical community at large.

The authors, editors and publishers of these reports are not doctors or professional health caregivers. They have relied on information from people who are. The information in these reports is not meant to replace the attention or advice of physicians or other healthcare professionals. Nothing contained in these reports is meant to constitute personal medical advice for any particular individual.

Every reader who wishes to begin any dietary, drug, exercise or other lifestyle changes intended to treat a specific disease or health condition should first get the advice of a qualified health care professional.

No alternative OR mainstream cancer treatment can boast a one hundred percent record of success. Far from it. There is ALWAYS some risk involved in any cancer treatment. The authors, editors, and publishers of these reports are not responsible for any adverse effects or results from the use of any of the suggestions, preparations or procedures described in the reports. As with any medical treatment, results of the treatments described in these reports will vary from one person to another.

PLEASE DO NOT USE THESE REPORTS IF YOU ARE NOT WILLING TO ASSUME THE RISK.

The authors report here the results of a vast array of treatments and research as well as the personal experiences of individual patients, healthcare professionals and caregivers. In many cases the authors were not present themselves to witness the events described, but relied in good faith on the accounts of the people who were.

© Copyright 2010 by Online Publishing & Marketing, LLC, PO Box 1076, Lexington, VA 24450

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the copyright owner.

Printed in the United States of America
Table Of Contents

BONUS REPORT #1
Your Prostate Cancer Action Plan
What to Do If You Get Prostate Cancer .......................................................... page 2

BONUS REPORT #2
How to Prevent Prostate Cancer
The Overlooked Tips that Lower Your Risk .................................................. page 10

BONUS REPORT #3
Male Plumbing Problems
The Hidden Causes and Surprising Solutions ................................................. page 15
About the Authors

**Lee Euler** has written about alternative health for 17 years. His books and articles have been read by millions. He’s written for publications edited by Dr. David Williams, Dr. Julian Whitaker, Dr. William Campbell Douglass, Dr. Mark Stengler, Health Sciences Institute, and others. He’s the editor and publisher of numerous reports on alternative cancer treatments, including *German Cancer Breakthrough* by Andrew Scholberg, *Cancer Breakthrough USA* by Frank Cousineau and Andrew Scholberg, and *Natural Cancer Remedies that Work* by Dr. Morton Walker.

**Susan Clark** is a freelance writer who has spent the last ten years writing about health and nutrition. She’s written for publications edited by Dr. Jonathan Wright, Dr. Julian Whitaker, Dr. David Steenblock, Dr. Al Sears, and many others. Before that, she spent nearly a decade researching health news and current events for leading news organizations across the country, including KTLA-TV in Los Angeles where she won 3 Golden Mic awards and her work was nominated for an Emmy.
YOUR PROSTATE CANCER ACTION PLAN

What to Do if You Get Prostate Cancer

by Lee Euler
with Susan Clark
As you’ve discovered in the Special Report, *Don’t Touch My Prostate!* A Man’s Guide to Curing Prostate Cancer-No Scalpels, Radiation or Side Effects, most prostate cancer is not as deadly as you’re being led to believe. Remember: Most men die “with” prostate cancer instead of because of it.

This is because prostate tumors are so common in old age, almost every man gets one if he lives long enough. But most of the time it’s a slow-growing, non-aggressive type of cancer so these older gentlemen live another ten or fifteen years and die of something else altogether.

But most conventional doctors ignore these facts and try to rush you into treatment. As soon as you’re diagnosed with prostate cancer your doctor will no doubt begin talking about surgery or radiation. And he’ll likely dismiss any alternative treatment that you ask him about as sheer quackery.

He’ll also recommend beginning conventional treatment right away. But don’t be rushed. I want to be absolutely clear about this: prostate cancer usually takes decades to develop. And in most cases, it grows very slowly. **If your prostate cancer hasn’t spread to other organs, you’ve got plenty of time to study your options before you plunge into treatment.** I’d say, all the time in the world.

Dr. Laurence Klotz of the University of Toronto believes that the time it takes for the PSA level to double is a good indicator of the aggressiveness of your prostate cancer.

For instance, if the PSA level doubles in less than two years then you may have a more aggressive form of prostate cancer that needs immediate treatment.

Dr. Klotz recommends basing PSA doubling time on **three** separate measurements during a minimum of six months. The final value should be greater than 8ng/ml before any “radical” conventional treatment is considered.¹ (See more information in Chapters Twelve and Eighteen of *Don’t Touch My Prostate!* A Man’s Guide to Curing Prostate Cancer-No Scalpels, Radiation or Side Effects to help you and your doctor determine if you have a slow moving prostate cancer or a faster, more aggressive form.)

And before you get any treatment for your prostate cancer I urge you to consider using alternative treatments first. In many cases you can cure your prostate cancer without ever turning to toxic conventional therapies.

---

But most important, if you choose to try radiation or chemo first, and they fail you, and only then do you try alternative treatments, your immune system will already be seriously damaged by the toxic treatments. Sometimes irreversibly. The damage that conventional treatments do to your immune system just makes curing your cancer more difficult, even impossible.

So let me be clear about this, too: Alternative treatments have a much better chance of success if tried BEFORE your immune system is damaged by chemotherapy and radiation.

Since the typical prostate patient has years to solve the problem, why not try alternatives first?

It’s tragic that most patients do it the other way around: they turn to alternative therapies after conventional treatments have failed them and their oncologist has told them their case is hopeless. It’s remarkable that alternative therapies save so many of these “hopeless” cases. Imagine if more people tried alternatives first!

### Choosing the best alternative treatment for you

Whether you choose a treatment from the report, from any of the books mentioned at the end of each chapter of the report or from another source, I recommend that you personally evaluate your treatment. Don’t just take a doctor’s or researcher’s word for it. For instance:

- Ask about, or research on your own, the treatment’s efficacy...
- Ask about, or research on your own, how you use the treatment — is it very difficult? Are you willing to commit to what’s required?...
- Ask about, or research on your own, the cost. Will insurance cover the treatment? If not, can you afford it?...
- Ask about, or research on your own, who will help you with treatment — will a doctor help you? A nurse? Will you do it on your own?

Are there support groups?

The answers you discover to these questions will help you tremendously in choosing the treatment that’s the right fit for you.

If you choose to visit a conventional oncologist — and most men do, at least at first — you should evaluate his treatment plan too. Don’t be pushed into doing anything hasty.

### Getting the right information from a conventional oncologist

In the book *Outsmart Your Cancer*, author Tanya Harter Pierce provides a wonderful list of questions to ask your oncologist to get a sense of the true effectiveness of conventional treatment in your particular case.\(^2\) Here are 6 of them:

- What are my chances of living longer than five years and becoming cancer-free?
- Is the treatment you suggest considered curative or just palliative? (Palliative is simply given to relieve the symptoms, not save the patient’s life.)
- What will this treatment do to my quality of life?
- How long do you think I will live if I follow your treatment suggestion? What’s the outlook if I do not undergo any treatment at all?
- Can you describe to me any cases of men you have treated who fully recovered from their prostate cancer using this treatment?
- If I go through this treatment what are all the side effects I might experience now and in the future? (For instance, you can ask about new cancers or heart damage.)

Now, because early stage prostate cancer can remain fairly harmless for years, the questions above are more important if you have late-stage

---

prostate cancer, that is, cancer that's spread outside the prostate. Then you need to ask hard questions about things such as the five-year survival rate and whether the practitioner can provide you with similar cases of metastatic prostate cancer who fully recovered instead of just gaining time.

Before I let a doctor inflict drastic conventional treatments on me, I’d darn well want to meet an advanced stage patient of his who did the same thing and had a long life to show for it.

**If You Choose Chemo…**

**Here’s a Way to Improve Chemo Success by Two To Three Times**

When doctors prescribe chemo they don’t know whether or not the drug they have prescribed will shrink your tumor. It’s why you often start with one drug but may switch to another, and then another.

What this means to you is enduring terrible nausea, fatigue, and a high risk of infection for the sake of trying a chemo drug that doesn’t even successfully kill your cancer! Not to mention the fact that with every round of chemo the more depleted your immune system becomes.

The truth is, doctors have more than 70 different chemo regimens to choose from. And they “experiment” until they get one that works. Don’t let your doctor experiment on you! Not when you can know without a doubt if the chemo drug he wants to prescribe will kill your cancer. A brand new test developed by Dr. Robert Nagourney makes it possible.

Dr. Nagourney, a board-certified oncologist, hematologist and pharmacology professor, says his research shows the test can **improve your chemo success rate by two to three times**!

---

Here’s how the test works: You send in a tissue sample (biopsy) of your tumor to a special lab. The lab exposes the tumor to different chemo drug regimens in test tubes. The tubes sit for 72 to 96 hours to see if the cancer grows or dies. The one that is most successful against your cancer is the only chemo drug you should ask for.

To the shame of the medical profession, Dr. Nagourney’s system of matching the chemo drug to each specific cancer cell hasn’t become widely known. Most cancer doctors still proceed by trial and error. You’ll have to tell your doctor about it and insist that he try it.

The good news is, I think if your doctor speaks with Dr. Nagourney and learns about the science, he’ll feel comfortable with this approach and support you in it. It’s not alternative medicine as such; it’s an improvement in conventional treatment.

**You can also test the efficacy of natural treatments!**

Dr. Nagourney says his test can also determine the success rate of virtually any natural substance against your cancer. For instance, you can test alternative treatments such as shark cartilage or the herb paw paw. The test is called the Ex Vivo Apoptotic Assay.

For more information contact:

Dr. Nagourney’s Rational Therapeutics Cancer Evaluation Center

750 East 29th Street Long Beach, CA 90806.

Tel: 562-989-6455

website: www.rationaltherapeutics.com

---

Treatments even if you choose conventional therapy…

Take antioxidants — yes, it’s true!

Despite what conventional medicine maintains, antioxidants DO NOT interfere with traditional radiation or chemotherapy. In fact, they may enhance it.

Gary Gordon, M.D., Charles B. Simone M.D. and Russell Blaylock M.D. are among the leading doctors who frequently point to research showing antioxidant therapy during radiation and chemotherapy enhances the treatments’ cancer killing power, decreases dangerous side effects and improves your chances of surviving!

Dr. Simone writes…

“Our findings are clear and consistent over decades: Since the 1970s, 280 peer-reviewed in vitro and in vivo studies, including 50 human studies involving 8,521 patients, 5,081 of whom were given nutrients, have consistently shown that non-prescription antioxidants and other nutrients do not interfere with therapeutic modalities for cancer.

In 15 human studies, 3,738 patients who took non-prescription antioxidants and other nutrients actually had increased survival.”

Among these studies is one published in 2008 by the National Cancer Institute. According to Dr. Simone, scores of doctors and the American Cancer Society banned the use of all antioxidants with chemotherapy and radiation based on an interview in The New York Times in 1997 with the author of a single research paper that involved vitamin C and mouse cells!

But as Dr. Simone points out, there is no legitimate scientific evidence proving that vitamin C or any other antioxidant interferes with chemotherapy or radiation in humans. (In fact, quite the opposite.)

Dr. Gordon agrees and writes…

“It seems that some spacing of the therapy some hours away from the antioxidant supplements makes sense, but clearly the current dogma that no one can take vitamin C while receiving chemo is not supported by the facts.”

Juice vegetables and fruits

Many alternative cancer treatments such as Gerson Therapy call for juicing vegetables and fruits. It’s one of the most popular alternative cancer therapies. Now we know why.

New studies suggest that hormone dependent prostate cancer cells need certain enzymes to grow. These enzymes include aromatase and tyrosine kinase.

Vegetables and fruits contain a large number of healthy flavonoids that block these enzymes in cancer cells without having any effect on normal cells. In fact, a flavonoid in celery has been shown to stop aromatase 8.7 TIMES BETTER than hormone blocking drugs. Quercetin, which is found in apples, blocks it 1.5 TIMES BETTER.

Vegetables and fruits also contain natural vitamins and antioxidants that block another group of enzymes that cancer cells need to spread — MMP-2 and MMP-9 enzymes. For example, vitamin C can block these enzymes. So can a compound named luteolin which is found in celery, green pepper, dandelion, even the herbs thyme and chamomile.

Blocking these enzymes can help stop prostate cancer cells from invading surrounding tissues


and spreading throughout the body. When it comes to most cancers, it’s the metastasis or spreading of the cancer that is most deadly. 7

In the March 2007 issue of his newsletter, The Blaylock Wellness Report, Russell Blaylock, M.D. writes:

“I have observed, over the years, that people who have survived advanced cancers — believed to be terminal — either juiced virtually all their vegetables or ate very large amounts of nutrient-dense vegetables.”

Take advantage of NASA rated protection against radiation

Radiation is dangerous because it damages the DNA of your cells. This is how radiation exposure causes cancer and why men who undergo radiation treatment for their prostate cancers are at higher risk of developing secondary cancers in the years that follow.

But there’s good news. Should you choose to undergo radiation treatment for your cancer, you can protect yourself against radiation damage with food extracts and vitamin combinations. In fact, it may surprise you to know that one of the world leaders in this research is The National Aeronautics and Space Administration (NASA).

You see, astronauts and high-altitude pilots are exposed to very high levels of gamma radiation. NASA has been conducting a great deal of experimental study into how to protect their men and women from radiation damage. Their new-millennium knowledge can help you protect yourself like never before.

One doctor who has seen the research and is trying to get the word out is Dr. Russell Blaylock. In his online newsletter in August 2009 he reported that the most potent food extracts and vitamin combinations to fight radiation damage can all be purchased in your health food store! They include: 9

- Curcumin — Protects organs, especially the brain and heart, against radiation damage.
- Quercetin — Offers significant protection against DNA damage.
- Folic acid — Plays a vital role in the protection and repair of DNA along with vitamins B12 and B6.
- Aged garlic extract — Contains some compounds that strongly protect DNA against radiation injury. Aged garlic extract or AGE is generally the most potent, useful form of garlic. It confers a wide range of health benefits besides the one just mentioned.
- Alpha-lipoic acid — One of the body’s chief antioxidants. Greatly protects against radiation injury. It’s also credited with being a powerful detoxification agent, i.e. it removes heavy metals and other toxins from your body. That’s of great value to a cancer patient because toxins are a major cause of cancer.

Beat nausea from chemo by 40 percent!

Scientists at the James P. Wilmot Center at the University of Rochester Medical Center found that you can naturally reduce one of the most uncomfortable side effects of chemotherapy: nausea. 10

About 70 percent of cancer patients complain of nausea and vomiting while undergoing

---

9 Dr. Russell Blaylock. Newsmax.com Health Alerts, Blaylock Tip of the Week, Protect Yourself Against Dangerous Radiation, August 2009.
10 Hickok JT, Roscoe JA, Morrow GR, Ryan JL. James P. Wilmot Cancer Center at the University of Rochester, NY. A Phase II/III Randomized, Placebo-Controlled, Double-Blind Clinical Trial of Ginger (Zingiber officinale) for Nausea Caused by Chemotherapy for Cancer: A Currently Accruing URCC CCOP Cancer Control Study. Support Cancer Ther. 2007 Sep 1;4(4):247-50.
chemotherapy. But in the largest randomized study of its kind, researchers found that taking ginger supplements with standard anti-vomiting drugs reduces nausea and vomiting by an incredible 40 PERCENT!

In this placebo-controlled, double-blind study that was funded by the National Cancer Institute, 644 cancer patients took up to 1.5 grams of ginger along with anti-vomiting drugs three days before each session of chemotherapy and three days following treatment.

**Think “healthy” thoughts**

There’s a saying in Eastern philosophy “Think it and it will be so.” It’s an apt description that the power of healthy thinking has on our lives and our health. While I’m not necessarily saying that you can cure your own cancer just by willing it to go away, many serious scientists say you CAN will yourself to improve.

Dr. O. Carl Simonton was the first to notice that if you give patients the exact same dose of radiation for similar cancers some will survive and some won’t make it. He spent many years researching the reason for this phenomenon at his cancer care center in Fort Worth, Texas. Dr. Simonton concluded that cancer patients with a more positive attitude generally live longer and have fewer side effects than those who have given up hope.

“Most of us kill ourselves with unconscious emotional pain,” he said in a 1995 interview, and he warned readers to beware of those who say there is no hope. “Label those people as ill-informed and hazardous to your health,” he said. 11

Now, let me just say that this whole area is highly controversial. Positive mental attitude is just one tool among many that you should use. I’m sure there are plenty of serene, well-balanced people who die of cancer and plenty of grumps who live to be a hundred. But I’m inclined toward the camp that says a positive attitude is useful, and it certainly can’t do any harm. (I mean, why not be happy?)

If you want more evidence, here it is: Conventional medicine long considered Dr. Simonton a quack. But in 1989 a study by Stanford University and UC Berkeley researchers found that women with advanced breast cancer who received emotional counseling lived about TWICE AS LONG as those who did not. 12

Dr. Simonton created an entire “whole-body” approach to battling cancer that he called his “will-to-live” philosophy. His recommendations include: 13

- Talking openly about your cancer
- Writing down your beliefs and feelings about your cancer and turning unhealthy beliefs like “I will be dead in two years” into healthy ones like “I may or may not be alive in two years and what I do makes a difference.” 14
- Regular meditation exercises and conscious imagery to visualize successful treatment and the disappearance of cancer
- Regular exercise
- Eating a sensible diet

Dr. Simonton outlined his philosophy in a handbook for cancer patients called *The Healing Journey*.

And let me just mention a practical factor here. Some of the things you should do take some will-power and stick-to-itiveness. Exercise, giving up sugar, and eating fresh fruits and vegetables, to name a few. You’re much more likely to do the things you need to do if you’re optimistic and motivated than if you’re depressed and angry and you figure there’s no use anyway.

---


Exercise slows prostate cancer growth 30 percent!

Regular, moderate exercise along with a low-fat, high-fiber diet can slow prostate cancer. According to research at UCLA’s Jonsson Cancer Center and the university’s Department of Physiological Science, walking exercise plus a sensible diet slowed prostate cancer growth up to 30 PERCENT in just eleven days.

During the study, men walked at a quick pace for 30 to 60 minutes, four to five times a week and at a slower pace for 40 to 60 minutes once or twice a week. The diet was low-fat (10 percent fat calories), moderate protein (15-20 percent protein from non-animal sources and some fish and poultry) and included many vegetables, fruits, whole grains and legumes (70-75 percent).  

Similar research shows exercise helps defeat breast cancer and colon cancer, too. This is the real deal. These findings are now widely accepted among conventional doctors.

You need to stand up and move. Taking several half hour walks each week – along with other alternative therapies – can be the difference between life and death.

Avoid sugar — it’s fuel for cancer cells!

Here’s a medical fact that’s sure to dampen your sweet tooth: Cancer cells feed on sugar! German biologist Otto Warburg won the Nobel Prize in medicine for making this discovery. He found that tumors grow based on their ability to consume glucose.  

The first thing many alternative doctors recommend is that you stop eating sugar. It’s a relatively simple and easy thing to do. When you’re craving something sweet, instead of sugar eat a piece of fruit or use an all-natural stevia sweetener.


HOW TO PREVENT PROSTATE CANCER

The Overlooked Tips that Lower Your Risk

by Lee Euler
with Susan Clark
“It ought to be the duty of the medical profession in [the] future to find means of preventing to a much higher degree than now, instead of attempting to cure later on.”

Kristine Nolfi, M.D., wrote these words 50 years ago. But tragically, little has changed.

Mainstream medicine is still not educating the public about cancer prevention. In fact, when it comes to prostate cancer, the American Cancer Society says, “it is not possible to prevent most cases of the disease.”17

Sorry, I don’t agree. Though most men might have cancer cells growing in their prostates, that doesn’t mean prostate cancer has to take hold, grow and spread!

The research shows overwhelmingly that eating a healthful diet, getting regular exercise, managing your stress level and limiting your exposure to toxic chemicals such as pesticides and herbicides goes a long way toward preventing the growth and spread of prostate cancer. But you can do EVEN MORE! Here are some of the most powerful ways you can stop cancer from taking over your prostate.

17 American Cancer Society. www.cancer.org

---

Lower your estrogen levels

If you recall from Chapter Ten of the report, estrogens are one of the leading causes of prostate and breast cancers.

A study from Germany found that estrogen levels in prostate tissue INCREASE DRAMATICALLY in aging men, especially those who suffer from benign prostatic hyperplasia or BPH.

Happily, you can help lower your estrogen levels by using healthful compounds from vegetables.

One of the most effective of all is indole-3 carbinol (I3C), found in Brussels sprouts. Studies suggest that I3C can SIGNIFICANTLY LOWER YOUR ESTROGEN.18 You can get I3C at health food stores. A common starting dose is 200mg.

Another important vegetable compound is diindolylmethane (DIM). DIM is actually a compound found in I3C. Studies show it INCREASES levels of beneficial cancer fighters in your body while LOWERING YOUR ESTROGEN.19 DIM, too, is available at health stores.

18 Dach, Jeffrey M.D. “Testosterone Therapy.” TrueMedMD.com
Fortunately, you can support your testosterone levels easily and naturally. One way is to take DHEA (dehydroepiandrosterone).

In your body, DHEA converts into testosterone. Many alternative doctors have long suspected that DHEA might prevent prostate cancer and exciting new laboratory research confirms it!

A team of researchers from the National Cancer Institute and the New York University School of Medicine found that DHEA protects against the progression of prostate cancer in laboratory animals.21

More research is needed, but clinical evidence already shows that DHEA supplements offer many other health benefits, including greater physical strength and mental sharpness.

You can find DHEA, too, in health food stores. Al Sears, M.D., who operates an integrated medicine anti-aging clinic in Florida, recommends a starting dose of 10mg a day to his patients. He also recommends taking DHEA first thing in the morning, for maximum absorption.22

Get some sun daily

Did you know Vitamin D is a powerful prostate cancer preventive? And of course, the best way to get vitamin D is to spend 10 to 20 minutes in the sun every day — with no sunscreen on your skin.

The exact amount of time depends on your skin type, the time of day, and the time of year. The sun is more intense in the summer than in the winter, and at noon than at 4 PM. Use good judgment – the idea here isn’t to get a deep tan, it’s to get a brief exposure that enables your body to make plenty of vitamin D.

---


22 Al Sears, M.D., www.alsearsmd.com
Studies show Vitamin D blocks the growth of cancer cells, especially in your prostate. In fact, one study showed that men with HIGHER levels of vitamin D in their bloodstream had a 50 percent lower danger of prostate cancer.23

Of course you can take vitamin D supplements. But make sure they’re vitamin D3. My research indicates it’s perfectly safe for an adult to take from 1,000 to 2,000 mg. per day.

**Supplement with saw palmetto**

Saw palmetto is one of the most thoroughly researched herbs available. It’s been shown to improve the symptoms of urinary frequency, urgency and prostate swelling. According to the publication *Herbal Medicine for Curing Cancer*, studies also suggest that saw palmetto might block an enzyme that fuels the growth of prostate cancer.26

Many men suffering from BPH report that saw palmetto helps. In fact, a study in the journal *Prostate* in 1996 compared saw palmetto to the popular BPH drug finasteride and found them to be equally effective — and saw palmetto had no side effects!27

Unfortunately, that’s not saying much, because neither finasteride nor saw palmetto racked up a very impressive record. Both of them just edged out a placebo (or sugar pill) in comparison tests.

For a better natural alternative to treat enlarged prostate, consider beta sitosterol, a compound that occurs naturally in plant foods such as rice bran, wheat germ, corn oil, soybeans and peanuts. Another natural treatment is Pygeum Africanum, an extract from the bark of the African plum tree. As far as I know, neither beta sitosterol nor Pygeum Africanum has a proven anti-cancer benefit, but they may help relieve BPH.

**Supplement with lycopene**

Lycopene is the “most effective nutrient” of all in the fight against prostate cancer, according to *Disease Prevention and Treatment*.

You can easily get more lycopene in your daily diet by eating grapefruit, watermelon and, especially, cooked tomatoes in sauces or tomato juice. Some reports suggest lycopene from tomatoes is easiest to absorb when you cook the tomatoes with olive oil.

In a study in the *Journal of the National Cancer Institute* in December, 1995, researchers reported that men who ate 10 or more servings of tomato products a week cut their danger of prostate cancer by an incredible 45 percent!24

Admittedly, that’s a lot of tomatoes. But research shows lycopene supplements can help, too. In one study, just 30 mg of lycopene a day slowed the growth of prostate cancer and lowered men’s PSAs by 20 percent.25 Since it’s impractical for most men to eat the huge amount of tomato products required to benefit, the supplements may be the best option.

---

23 Mercola, Joseph M.D. “Fats and Meats are Not the Cause of Prostate Cancer” October 27 2007 . www.mercola.com
In Anticancer, a New Way of Life, cancer survivor David Servan-Schreiber, M.D. writes, “To be assimilated by the body, turmeric must be mixed with black pepper (not simply peppers). Ideally, it must be dissolved in oil (olive, canola, or linseed oil, preferably).”

You can also take supplements of curcumin, the active anticancer ingredient in turmeric.

Live the cancer-free life you deserve!

Whether you’re in danger of prostate cancer or you’re already fighting it, you can and should live your life WITHOUT the threat of this disease. I hope the information in this Bonus Report will help you do just that.

of the disease. Several laboratory studies in animals back up these findings.

There are many more nutrients that can help stop prostate cancer from growing in your prostate. Here are some additional vitamins, minerals and natural compounds that research has shown to promote good prostate health in human and/or laboratory studies:

- zinc
- omega-3 fatty acids
- selenium
- ginseng
- green tea
- beta carotene
- flower pollen
- fiber
- vitamin E
- garlic
- vitamin C
- ginger
- curcumin
- pumpkin seeds

Fight cancer — spice up your meals!

One of the biggest complaints I’ve heard about eating more vegetables is that they taste “bland.” But healthful veggies don’t have to be boring! Try adding some turmeric, a traditional Indian spice often used in curries.

Research shows turmeric CAUSES CANCER CELL DEATH and BLOCKS CANCER CELLS’ ABILITY TO GROW AND SPREAD. But to get all the benefits, you must use it properly.

---


MALE PLUMBING PROBLEMS

The Hidden Causes and Surprising Solutions

by Lee Euler
with Susan Clark
If you’re a man over the age of 50 you may have started noticing changes in the way you urinate. For instance, you may find yourself going more frequently than you did when you were younger. Or you may wake up in the middle of the night once, twice maybe even three or four times to urinate.

There’s more: when you go, your stream may be weaker or suddenly stop and start again. These changes are annoying, but you can rest assured that you’re not alone in experiencing them.

By age 60, nearly HALF of all men will suffer an increase in urinary urgency, frequency, leakage and dribbling. These are symptoms of an enlarged prostate, a condition that doctors call benign prostatic hyperplasia or BPH.

If you’re diagnosed with BPH, your doctor will probably recommend prescription drugs such as tamsulosin (Flomax), terazosin (Hytrin), alfuzosin (UroXatral) and doxazosin (Cardura) which relax the prostate and bladder muscles so urine can pass more easily. In more severe cases, your doctor may even recommend surgery!

But it’s important for you to understand that you have other more natural solutions to male plumbing problems, solutions that you won’t hear about from your doctor.

Getting to the hidden causes of urinary problems naturally

Natural health doctors like Andrew L. Rubman, N.D. and Al Sears, M.D. have helped countless men improve or even totally eliminate their urinary problems by addressing the hidden causes instead of the symptoms.

According to Dr. Rubman, an enlarged prostate is only part of the problem. In an article in Daily Health News, he explains that another hidden cause of urinary problems is inflammation. In fact, Dr. Rubman blames inflammation for a host of problems that afflict men over 50 — from poor ejaculation to digestive problems and constipation!

You see, Dr. Rubman believes that the connection between the organs and nerves within the pelvic-abdominal area means that inflammation in one part of the pelvic region can affect the others.

For example, if you suffer digestive problems such as irritable bowel syndrome (IBS) you will also likely suffer urinary leakage (incontinence) and be at higher risk of urinary tract infections (UTI’s).

One reason for this is that inflammation disturbs the healthy balance of “good bacteria”
Eat more foods rich in inflammation-fighting omega-3 fatty acids. Cold-water fish such as salmon or tuna are the foods highest in these healthy fats. Try eating them two to three times a week. You can also take a fish oil supplement.

Anti-inflammatory supplements for men only

Al Sears M.D., who operates The Health and Wellness Center, also believes that fighting inflammation is important to keep a man’s “plumbing” in tip-top shape. Dr. Sears recommends the following supplements:

- Saw palmetto. Numerous studies show this safe herb naturally soothes an inflamed prostate and improves urinary flow and frequency.
- Vitamin E.
- Zinc.
- Selenium.

You should also take a good Probiotic with Lactobacillus and Bifidobacterium. These are names of “good bacteria.” By taking a supplement you can help them repopulate your gut and urinary tract and improve your digestion and urination. IMPORTANT: Taking a Probiotic is especially important if you’ve taken an antibiotic during the last two or three years. Remember, antibiotics kill bacteria — even the good ones!

Exercise your pelvic muscles for better bladder control, better sex

You already know that exercise is good for your muscles, but does that include your pelvic muscles? You bet. In your pelvis are muscles called pubococcygeus muscles or PC muscles which help control urine and semen release. By strengthening and toning these muscles you can enjoy better bladder control and better sex.

that live in your gut and urinary tract. These “good bacteria” keep bad bacteria and yeast under control. When “good bacteria” are out of balance the bad bugs grow like wildfire and cause all sorts of digestive and urinary problems — even infection!

This is why, if you take prescription drugs to improve urination, they’ll only work for a short while. They do nothing to solve the inflammation crisis or encourage a healthy balance of “good bacteria” in your gut and urinary tract.

Solving pelvic-abdominal inflammation starts at the dinner table

Fortunately, solving the inflammation problem is easy. The first step is following the right eating plan. By simply cutting back on certain foods every day you can relieve inflammation in your pelvic-abdominal region and promote better urination, digestion and a stronger sex drive. Here’s what to do:

- Cut back on processed foods such as refined carbohydrates like white bread and desserts.
- Cut back on homogenized dairy products and choose non-homogenized milk, yogurt and ice cream when possible. (Homogenized dairy products contain certain fats which have been linked to inflammation.)
- Cut back on “fast” foods and fried foods which are high in trans fats.

So, what can you eat? Plenty. In fact, there are some foods you should eat more of. For example:

- Eat protein and healthy fats at every meal. In addition to providing crucial nutrients your body needs, they help slow the rate of sugar entering your bloodstream. (Sugars can pass into the urinary tract where they can cause infection and inflammation.) According to the Mayo Clinic, healthy fats include monounsaturated fat which is found in olive oil, peanut oil, avocados, nuts and seeds.
- Eat more foods rich in inflammation-fighting omega-3 fatty acids. Cold-water fish such as salmon or tuna are the foods highest in these healthy fats. Try eating them two to three times a week. You can also take a fish oil supplement.
So how do you do it? Dr. Rubman’s recommendation may surprise you. He tells patients to use an exercise that is usually prescribed to women for easier childbirth! I’m talking about Kegel exercise. Kegel exercise is named after Dr. Arnold Kegel, who discovered that by contracting and relaxing PC muscles you could enhance urinary and reproductive function.

How to perform a Kegel exercise:

- First locate your PC muscles. The next time you’re urinating, purposely stop the flow of urine. The muscles that you used to do this are your PC muscles.
- To exercise your PC muscles repeatedly clench and relax them for five to ten seconds. Then relax for one full deep breath and repeat.

Dr. Rubman recommends doing daily Kegel exercises while you sit in your car or your office. Dr. Sears also recommends Kegel exercises along with an additional exercise to strengthen your bladder muscles. Here’s how to do the second exercise:

- Lie on your back and put your feet flat on the floor with knees bent upward.
- Slowly tighten, lift, and then draw towards the floor the same muscles you use to hold back gas. Count to five and then release.
- Try not to squeeze your buttocks, abdomen or thighs during this exercise. You’ll just be moving the work to those muscles and will get minimal benefit.

Dr. Sears recommends performing three sets of these two exercises, three times a day, and doing 10 of each exercise per set. Over time the exercises will get easier and you’ll notice a stronger urine stream, less frequency, and a more powerful ejaculation.

Sources:

*DailiHealth News, The Surprising Cause of Male Plumbing Problems, Dr. Andrew L. Rubman, N.D., Director, Southbury Clinic for Traditional Medicines, Southbury, Connecticut.*

*Six Steps to a Healthy Prostate, Dr. Al Sears, M.D., Founder, The Health & Wellness Center, Wellington, Florida.*

*Optimal Bladder Health for the 21st Century, Dr. Al Sears, M.D., founder, The Health & Wellness Center, Wellington, Florida.*

Mayo Clinic, Healthy Fats, http://www.mayoclinic.com