

THE PROSGENIA® 5 STEP PROGRAM TO CREATE SUPERIOR PROSTATE HEALTH

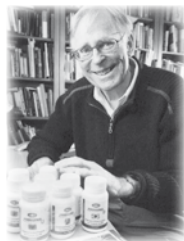
*Life-style, dietary and
supplement
recommendations
for a complementary program to
improve men's health and
longevity dramatically.*

"By combining the 5 step lifestyle changes, with PROSGENIA A, B & C, and COZYME, a very powerful and natural prostate health program is possible."

Men's Health Solutions
www.prostatehealth.co.nz

INTRODUCTION

This booklet is a compilation of extracts from many sources. These and other resources are listed at the back of this booklet. The purpose of this booklet is to introduce some ideas which are known to make a difference to prostate health. They are easily implemented, so you can move to your optimal state of health and enjoyment of life. It is always advisable to refer to your doctor when making choices which could challenge you physically, or taking foods or supplements which may be contra-indicated to your current medicines. However as a general rule natural food based dietary supplements are safe and complementary to prescribed medicines. You can expand on the self help information in this booklet by reading books listed in the back of this booklet.



Gary V Furniss

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Disclaimer

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FOREWORD

Conventional Western medicine tends to view all genitourinary disorders as conditions that can be treated solely with medication, surgery, or medical devices. Alternative physicians, by contrast, look at the underlying causes, whether physical or mental, internal or external. This approach can result in a more pronounced and longer lasting improvement in overall health. Many of the modalities that complementary and alternative practitioners recommend for men's health issues are included in this booklet.

There are others, e.g. homeopathy, natural hormone therapy, acupuncture, traditional Chinese medicine, and Ayurvedic medicine.

Poor nutrition is considered a primary cause of most conditions of the genitourinary tract.

Avoiding highly spiced foods, caffeine, alcohol, tobacco, foods high in simple carbohydrates, and unhealthy fats is also imperative to the treatment of any disease of the prostate, as these factors can serve as irritants, and negate the positive effects of essential nutrients, i.e. vitamin C, vitamin E and zinc.

It is beneficial to take a range of superfoods, to ensure an adequate intake of supplemental minerals, enzymes and vitamins etc.

Essential fatty acids such as fish oils, evening primrose oil and flaxseed oil, are needed in large amounts by the prostate gland.

These become especially important if there is a high level of sexual activity, which can deplete the prostate of nutrients needed for normal function. They can also act to reduce blood clotting associated with prostate cancer, thus lowering the potential for the spreading of tumours.

An enzyme formula and colostrum which is high in immunoglobulins (specialised immune defence proteins) that protect against infections, is also important.

It is important to drink clean water.

Herbal medicine can offer many of the same therapeutic benefits for treatments of the genitourinary tract disorders as drug therapy, without any of the potentially severe side effects. Many herbs are specific to the prostate areas. These are covered in the following pages.

FACTORS CAUSING HEALTH DEGRADATION

1) Unnatural nutrition:

from food refining, lack of living food, lack of vitamins, mineral and enzymes, incorrect food, unsuitable diet for metabolic or blood type.

2) Pollutants:

from pesticides, herbicides, fertilizers, medical drugs, food additives.

3) Lack of exercise:

lack of sufficient physical activity.

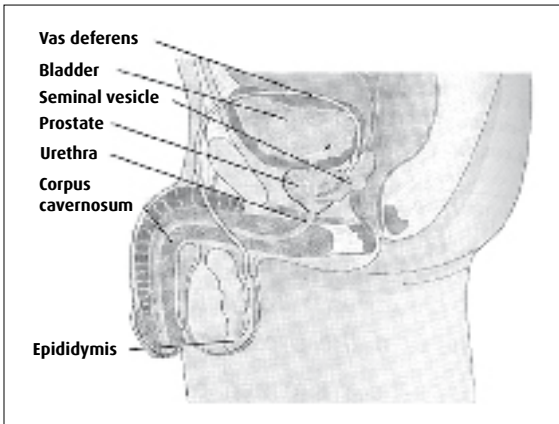
4) Stress:

5) Smoking:

6) Alcohol:

7) Inherited genetic problems:

THE MALE REPRODUCTIVE SYSTEM



The prostate is a male gland, the size and shape of a large walnut, and is surrounded by a protective sheath called the prostate capsule. It lies just beneath the bladder, wrapped around the urinary tube (urethra). The prostate's main function seems to be to provide part of the fluid that makes up semen, however some scientists think the main role of the prostate is to safeguard the reproductive tract from infection in the urinary tract. (Prostate (Greek) means "protector"). It's not what it does so much as what goes wrong with it - the problems it causes to nearly all men who live long enough. These are:

- **Cancer of the prostate**
- **Prostatitis, in which the gland becomes infected or inflamed**
- **Prostatodynia, in which prostate pain occurs with no obvious cause**
- **BPH, benign prostate hyperplasia, also called enlargement of the prostate, one of the most common benign tumours in men and a major cause of misery as men get older**



BPH FLOW CHART

1 Determine need for conventional intervention

Acute urinary obstruction ↓	→	Catheterization
Advanced urinary obstruction (> 150ml) ↓	→	Alpha 1 antagonist

2 Minimise obstacles to healing

Hyper cholesteroldemia ↓	→	Blood Lipid reduction program
Pesticide exposure ↓	→	Cleansing program
Heavy metal toxicity suspected ↓	→	Hair tissue analysis

3 Tailor natural interventions to patient needs

Indications of HM toxicity ↓	→	(HMD) Heavy metal detox
Indication of zinc deficiency ↓	→	Zinc
Indications of trace mineral deficiencies ↓	→	(CMD) concentrated mineral drops, plus Elete electrolytes
Indications of EFA deficiency	→	Fish oil and Flax seed oils
Inhibit conversion of Testosterone to DHT, & DHT receptor binding Inhibit COX2 enzyme Support and tone area ↓		
DIM (Di indolemethane) Willow herb Tomato fruit Resveratrol Red clover Chaste tree Soy Saw palmetto (fatty acids)		Selenium (Methionine) Nettle root Crataeva Zinc (Picolinate) Phytosterols Green Tea Co Q10 with Fish oil, cod liver oil with Vitamins D&E

BPH FLOW CHART, CONTINUED

4 Lifestyle Considerations



Meal planning ↓	→	Based on functional bioactive foods
Food based dietary supplement plan ↓	→	Prosgenia A & B Prosgenia C Cozyme (Q10 + Omega 3)
Bioactive exercise ↓	→	Aerobic, resistance, stretching
Stress management (1 - 2 hours daily) ↓	→	Progressive relaxation Meditation Resistance breathing & other breathing exercises Prayer Self hypnosis Life affirming goals & values Affirmations and Visualizations Humour (DVD's) EFT (emotional freedom technique) Guided imagery & affirmation
Healthy living guidelines	→	Establish a daily routine

This chart is adapted from 'The Clinicians Handbook of Natural Medicine' by Joseph E. Pizzorno Jr. ND
Michael T Murray ND and
Herb Joiner-Bey5 ND



KEY TASKS TO FIGHT PROSTATE CANCER

There are five key tasks you can apply to fight prostate cancer. These are:

1. Balance hormone levels. You need normal levels of free testosterone, low levels of estrogen (estradiol), and low levels of DHT. Good levels of progesterone, DHEA, and pregnenolone are also required.
2. Take antioxidants.
3. Use immune system boosters.
4. Use angiogenesis inhibitors.
5. Reduce pathogens

SOME NATURAL SUPPLEMENTS TO COMPLETE EACH TASK

1. **TO BALANCE YOUR HORMONE LEVELS:**

- Beta sitosterol
- Zinc
- Nettle root
- Saw palmetto
- DIM
- Chasteberry
- Willow herb

2. **ANTIOXIDANTS:**

- Selenium
- Zinc
- Vitamin C
- Vitamin E
- Lycopene
- EFA, GLA, flax seed oil
- Resveratrol
- Green tea
- Isoflavones
- Red clover

3. **IMMUNE SYSTEM BOOSTERS:**

- IP6: -dietary fibre, wholegrains,
- Colostrum
- Echinacea
- Resveratrol

4. **ANGIOGENESIS INHIBITORS:**

- Soy isoflavones
- Bovine cartilage extract
- Wholefood soy products

5. **PATHOGEN REDUCTION:** (Follow with probiotics)

- Raw garlic
- Olive leaf extract
- Grapefruit seed extract

KEY NUTRIENTS

DIM (DI INDOLEMETHANE)

DIM is a naturally occurring plant compound found in cruciferous vegetables. DIM helps the body to metabolise oestrogen. It works to breakdown oestrogen into safer compounds, clearing away the potentially damaging hormone.

WILLOW HERB (EPILOBIUM PARVIFLORUM)

A type of perennial herb, that belongs to the evening primrose family. Epilobium is known to shrink enlarged prostate and reduce inflammation. This herb may also inhibit 5-alpha reductase enzyme and also aromatase (the group of enzymes that catalyze the conversion of testosterone to estradiol).

TOMATO FRUIT (LYCOPERSICON ESCULENTUM)

The tomato is a nightshade family vegetable that is botanically a fruit. Tomatoes may help to prevent several forms of cancer including prostate cancer. (The protective effects of tomatoes are due to their lycopene content.)

JAPANESE KNOTWEED (POLYGONUM CUSPIDATAM)

Japanese knotweed is a type of herb, which contains RESVERATROL (the principle ingredient). Japanese knotweed is claimed to be the highest known source of Resveratrol (containing 1800 times the Resveratrol content of grapes. Resveratrol may inhibit the growth of prostate cancer cells and also retard the progression of the aging process. Resveratrol is an antioxidant.

RED CLOVER (TRIFOLIUM PRATENSE)

Red clover is a herb with globular red-purple flowers and is from the legume family. The parts used are the flowers and leaves. Red clover may help to prevent prostate cancer and may stimulate the apoptosis of prostate cancer cells (due to the isoflavonoid content). Red clover contains ten times the quantity of isoflavonoids compared to soybeans.

CHASTE TREE (VITEX AGNUS-CASTUS)

The chaste tree is a bushy herb, which produces a berry (fruit). Chaste berry may help to prevent prostate cancer and prevent enlarged prostate. It may also increase the body's production of melatonin and lower elevated oestrogen levels. Chaste berry may also lower elevated prolactin levels.

SOY (GLYCINE MAX)

The soybean plant is a cultigen (a species created through cultivation) and is the worlds most widely grown legume. Soy contains genistein, an isoflavone, which functions as an antioxidant, and is also regarded as a phyto-oestrogen. Genistein may help to prevent prostate cancer and may retard the further progression of prostate cancer by:

a) inhibiting the stimulation of prostate cell proliferation by andro-

gens – genistein inhibits the 3-Alpha reductase enzyme that catalyzes the conversion of testosterone to DHT and estradiol

b) by inhibiting the activity of protein kinase C, an enzyme that stimulates the proliferation of the malignant cells in the prostate that are implicated in prostate cancer.

Genistein may also reduce prostate- specific antigen (PSA) levels in prostate cancer cells. Genistein may also help to prevent enlarged prostate.

SAW PALMETTO (SERENOA REPENS)

Saw Palmetto is a type of dwarf palm normally regarded as a herb. The dried ripe berries and root are used. The therapeutic compounds are those constituents that are fat-soluble. Saw Palmetto may reduce frequent urination and painful urination (dysuria) that is associated with enlarged prostate. Saw Palmetto may alleviate enlarged prostate acting directly on the prostate. Also, in cases of enlarged prostate Saw Palmetto may reduce the pain and inflammation. Saw Palmetto can relax the smooth muscle at the bladder outlet. Saw Palmetto may reduce the risk of prostate cancer by inhibiting the conversion of testosterone to DHT, in the prostate and by inhibiting the binding by up to 50% of the existing DHT to DHT receptors in the prostate. The Myristoleic acid content of Saw Palmetto may also directly stimulate the apoptosis and necrosis of prostate cancer cells.

SELENIUM (AS SELENOMETHIONINE)

Selenium is a type of essential micromineral. This form is a well absorbed form of selenium bound to methionine. It is retained well in the body and is evenly transported into the body's tissues and muscles. Selenomethionine is probably the only form of selenium supplement that is capable of permeating the body's blood-brain barrier. Selenomethionine may help to prevent prostate cancer.

NETTLE ROOT (URTICA DIOICA)

Nettle is a herb noted for its powerful sting. The root may help to prevent prostate cancer and is an effective treatment for existing Prostate cancer. Nettle may inhibit the transformation of the benign cells involved in the enlarged prostate to the malignant cells involved in prostate cancer. Nettle may also inhibit the binding of DHT to prostate cells. Nettle inhibits the activity of 5-Alpha Reductase and Aromatase. Urtica dioica agglutinin content of nettle may inhibit the ability of Epidermal Growth Factor (EGF) to bind to its receptors in the prostate and to subsequently stimulate the growth of prostate tissue (a key underlying factor in the progression of enlarged prostate).

CRATAEVA (CRATAEVA NURVALA)

A medium sized deciduous tree found throughout India especially along the riverbanks. Used in disorders of the urinary system, it is an effective bladder tonic, anti-inflammatory and antilithic, which is also used for chronic and acute urinary tract infections.

Traditional Ayurvedic uses include: kidney and bladder stones, deep-seated suppurative inflammation, crataeva, relieves frequency,

incontinence, pain and urine infection, improves bladder tone and increases the force of urination in patients with hypotonic bladder resulting from benign prostate hyperplasia. Bladder tone, residual volume and symptoms improved in 85% of the patients with proven chronic urinary tract infection who became symptom free after four weeks of treatment with crataeva nurvala.

ZINC (AS PICOLINATE)

Zinc is a type of essential micro-mineral. Zinc Picolinate consists of 20% zinc bound to 80% Picolinic acid (Picolinate). This form of zinc is easily absorbed and some studies have shown Zinc Picolinate to be absorbed more effectively than other forms of zinc. Zinc possesses anti-oxidant properties, which may increase serum HDL (the good) cholesterol levels, and may alleviate enlarged prostate. Zinc concentrates in the prostate gland. High doses of zinc (50-150mg) per day) may alleviate prostatitis, and may improve the intensity of orgasms in men.

PHYTOSTEROLS (Plant Lipids)

The term Phytosterols refers to any sterol derived from plants. Phytosterols, (especially beta-sitosterol) may help to prevent prostate cancer (by inhibiting the conversion of testosterone to DHT and Estradiol by the alpha reductase enzyme and by inhibiting the aromatase enzyme that catalyzes the conversion of testosterone to estrogens.) The structure of plant sterols is similar to that of cholesterol in animals and humans, and can decrease our cholesterol absorption from food.

GREEN TEA

Green tea contains the four primary polyphenols or catechins ECGC, EGC, ECG and EC. These are powerful antioxidants. Studies show that these catechins may detoxify toxic chemicals, may inhibit cancer cell activity and may stimulate production of immune-strengthening enzymes.

VITAMIN D3

Vitamin D3 can be produced by the skin on exposure to the sun. Its main function is to aid in the absorption of calcium for bone strength. Vitamin D deficiency, is however, also linked to many ailments including those of the prostate.



HOW FASTING AND CLEANSING WILL BENEFIT YOU!

“The process of detoxification, through cleansing diets as well as juice and water fasts, is the missing link to rejuvenating the body and preventing such chronic diseases as cancer, cardiovascular problems, arthritis, diabetes and obesity,” says Elson Haas MD

- The cleansing of toxins and waste products will restore function and vitality.
- Fasting and cleansing will bring a reduction of stress on the immune system, and greater mental clarity.
- Increased vitality
- Reduced blood pressure and blood fats
- Improved assimilation of vitamins and minerals
- Assist normal function and integrity of the intestinal flora
- Can assist with resistance to infections, allergies and skin disorders
- A great feeling of being mentally and physically rejuvenated after cleansing therapy with a corresponding reduction in symptoms and disease

PREPARATION FOR A FAST

Prepare for a fast by eating lightly on the day before you begin. Make your meals of either raw fruits or vegetables.

Below is the basic fasting programme used at Aio-Wira. All juices, except the watermelon are diluted by adding 1/3 water. We use as much organic fruit and vegetables as is available at the time. The same programme can be used at home modified to suit your situation. Always get the best fruit and vegetables that you can but remember you can only do your best, don't make it a hassle. Rest as much as you need to - don't exert yourself even if feeling full of energy.

On rising make a drink using the freshly squeezed juice from ½ of a lemon topped up with warm water.

8am	Exercise. Skin brushing, shower.
10am	Juice - fruit (apple & ½ water)
12 noon	Juice - vegetable
2pm	Juice - fruit (grape, orange or watermelon)
4pm	Herb tea, broth making.
4.30pm	Rejuvenation exercises and relaxation
6pm	Broth or vegetable juice
8pm	Herb tea

Remember that as herb teas have therapeutic properties it is best to vary them, rather than always taking the same one. Drink plenty of pure water at any time during the day.

*Beetroot juice is likely to colour both urine and stools a reddish brown. Don't be alarmed by thinking it to be blood.

FASTING AND CLEANSING

Fasting is a period of restricted food intake. Cleansing is the removal of waste from the body as a result of fasting. This combined is the most effective method.

Start with several 1 day a week fasts, perhaps only having vegetable juices for 24 hours. Then have a 3 day fast once a month. Make Friday your first day as the second day often feels the worst and this way you will be at home and able to rest.

Start on a day that you know you can rest on the second day as the second day is often the worst day

To assist in the cleansing process several Detox capsules are available.

Extracts from 'The Aio-Wira Fasting Book' published by the Aio-Wira Centre Trust.

An Epsom salt bath promotes relaxation, calmness, and aids detoxification. In the beginning 1/4 cup of Epsom salt, and with each subsequent bath increase the amount until you are taking four cups per tub of clean water.

Saunas are an effective tool for releasing toxins from the cell. Drink plenty of water during the sauna and afterward to keep the kidneys flushing out the toxins. Rest afterwards.

When ready to end the fast gradually return to solid food over 3 - 4 days. Start by eating lightly - chew the food well. This enhances the digestive process.

WARM VEGETABLE BROTH

Combination Vegetable Juice

3 x stalks of celery

2 x red potatoes, unpeeled

3 x medium beets with tops

4 x carrots

1 x onion

1 x clove garlic

Cover and simmer for 45 minutes. Remove and blend, drink when cooled.

VEGETABLE SALAD

Cabbage (red and green), Celery, Cucumber, Courgette, Buttercup, Pumpkin, Broccoli, Beetroot, Cauliflower, Onion, Leek, Silverbeet, Capsicum, Lettuce, Tomato, Sprouts

Preparation: Grate vegetable or slice finely to make them easier to digest. Add per meal, blend 1 tablespoon diluted cider vinegar and 1 teaspoon cold pressed flax seed oil and 1 tablespoon of cottage cheese. Flavour with finely chopped parsley and dates etc.

Fold through brown rice.

COMBINATION VEGETABLE SMOOTHIE OR JUICE

2 x large spinach leaves with stem cut out and cut into pieces.

1 x handful of cabbage cut up

- 2 x celery sticks cut into pieces
- 1 x medium sized carrot peeled and cut into pieces
- 1 x handful of parsley
- 1 x handful of fennel leaf (optional) Fennel is very good for digestion.
- 1 x ½ lemon (washed & sliced, incl. rind)
- 1 x 100 mls of water

BEETROOT AND APPLE JUICE

- 1 x small beetroot scrubbed, cut off the top and bottom and quarter
- 3 x medium sized granny smith apples, scrubbed and quartered with core cut out
- 1 x pea sized piece of ginger

BREUSS JUICE

- 300 gram beetroot
- 100 gram carrot
- 100 gram celery
- 70 gram potato

LIVER CLEANSING JUICE

(Take in the morning on empty stomach)

- 200mls organic apple juice
- 2 - 3 freshly squeezed lemons
- 200 mls filtered water (warm or hot)
- 1 x clove of fresh garlic
- 1 x tablespoon of extra virgin olive oil
- 1 x 1cm fresh ginger root

CABBAGE JUICE TONIC

Makes 2 litres

- ¼ organic green cabbage
- 1 tablespoon sea salt
- ¼ cup whey protein
- 1.5 lt filtered water

This should be taken in small amounts throughout the day to improve intestinal flora.

Shred cabbage finely with a stainless steel knife and pound briefly with a meat hammer or a wooden pounder. Place in a 2 lt jug with salt, whey and enough water to fill the container. Cover tightly and leave at room temperature for 2 days before transferring to refrigerator.

SMOOTHIE

- 250mls of rice or almond milk
 - 1 x medium to large banana
 - 2 x serves of berries
 - 2 x tablespoon ground almonds
 - 1 x teaspoon spirulina
 - 1 x tablespoon of protein powder
- Provides approx. 110g of carbohydrates

“To be used as a snack version, 1 hour before training or as a recovery drink after exercise”

NUTRITION

HOW GOOD NUTRITION WILL BENEFIT YOU!

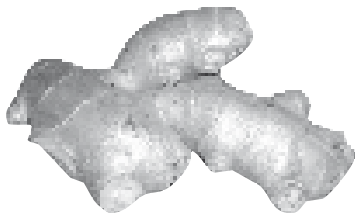
“Prevention is the best approach to maintaining the health of the male organs.

Considering the far reaching effects problems of the genitourinary tract can have, in terms of discomfort, the side effects of standard treatments and the enormous cost that are brought to bear, not to mention the quality of life, prevention of these disorders should be undertaken by all men, of all ages,” says Dr Kruzel.

- Nutrition plays a significant role in regaining as well as maintaining a state of optimum health.
- A body that is supplied with all the necessary nutrients and whose wastes are eliminated promptly will generally thrive.
- Prostate health can often be influenced by proper nutrition and targeted food based dietary supplements.

“IMPORTANT BACKGROUND”

- When considering prostate cancer the unchangeable factors are: age, family history and race.
- Eating certain foods and nutrients might decrease your chances of developing prostate cancer, reduce the likelihood of having a prostate cancer recurrence or help slow down progression of the disease.
- Weight management, sound nutrition and exercise should be the core part of the overall strategy.
- Studies have shown how diet and lifestyle can affect development of prostate cancer over time.
- Eating at least two servings of tomato paste per week confers a significantly lower risk of developing organ – confined prostate cancer, locally advanced disease and metastatic disease.
- Sulforaphane, a compound in cruciferous vegetables such as broc-



coli and cauliflower helps the body to repair the damage caused by cancer causing substances, thereby helping to slow down the cancer growth process.

- Eating red meat and dairy high in ALA can increase the risk of developing advanced prostate cancer
- Eating fish high in EPA and DHA can decrease this risk.

DIGESTION

(Ref Patrick Holfords – New Optimum Nutrition Bible)

HERE ARE FIVE QUICK GUIDELINES TO HELP IMPROVE YOUR DIGESTION:

1. Eat 80 per cent alkaline forming foods, 20 per cent acid forming foods. This means eating large quantities of vegetables and fruit, and less concentrated protein foods like beans, lentils and whole grains instead of meat, fish, cheese and eggs.
2. Eat fast fermenting and acid fruit on their own as snacks. Most soft fruits including peaches, plums, mangoes, papayas, strawberries and melons ferment quickly. High acid fruit (although alkaline forming) may also inhibit digestion of carbohydrate; they include oranges, lemons, grapefruit and pineapple. All these fruits require little digestion, releasing their natural fructose content quickly. Eat them on their own as a snack when you need an energy boost.
3. Eat animal protein on its own or with vegetables. Concentrated protein like meat, fish, hard cheese and eggs requires lots of stomach acid and a stay of about three hours in the stomach to be digested. So do not combine fast releasing or refined carbohydrates or food that ferments with animal protein.
4. Avoid all refined carbohydrates. Eat unrefined, fast releasing carbohydrates with unrefined slow releasing carbohydrates. Fruits that do not readily ferment, such as bananas, apples and coconut, can be combined with slow releasing carbohydrate cereals like oats and millet.
5. Do not eat until your body is wide awake. Do not expect to digest food when your body is asleep. In the morning, leave at least an hour between waking up and eating. If you take exercise in the morning, eat afterwards. Never start your day with a stimulant (tea, coffee or a cigarette), because the 'stress' state inhibits digestion. For breakfast, eat only carbohydrate-based foods such as cereal and fruit, just juice, or whole grain rye toast. In the evening, leave at least two hours between finishing dinner and going to sleep.



HEALTH TEAS

CHAMOMILE TEA

Infuse a tablespoon of chamomile in a cup of boiling water. Chamomile tea eases stomach pain and cleanses and calms the digestive system. It's also used for enemas and douches.

PEPPERMINT TEA

Infuse a tablespoon of peppermint leaves in a cup of boiling water. Peppermint tea calms the stomach and stimulates bile production to speed digestion. This is a popular 'pleasure beverage' and makes delicious iced tea.

ROSE-HIP TEA

Rose hips are available from your health food store. Soak 2 or 3 tablespoons of minced or powdered rose hips and skins in 3 quarts of water for 12 hours. Simmer the liquid slowly for 30 to 45 minutes, then strain. This tea is lightly diuretic (water-shedding) and stimulates digestion. Its lightly tart flavour makes it nice complement to meals.

NETTLE TEA

Add 250mls boiling water to 1 - 1½ tspn of Nettle leaf. Allow 10 - 15 minutes to steep.

LINSEED TEA

Boil 1 tablespoon of linseed (flaxseed) in 2 cups of water for 7 to 10 minutes. The tea is cleansing, lightly laxative, and helps the body to digest raw fruit juices.



ALKALINE FORMING FOODS (80% daily intake)

Alfalfa Sprouts	Figs	Peaches
Almonds	Garlic	Pears
Apples	Gelatine (Veg)	Peas (Fresh)
Apricots	Goats' Milk	Peppers
Artichokes	Grapes	Persimmons
Avocados	Honey	Pineapple
Banana (Ripe)	Juice (Ripe Fruit)	Plums
Beans (String)	Juice (Veg)	Kumara
Beetroot	Kelp	Potato
Blackberries	Leeks	Prunes
Brazil Nuts	Lemon	Pumpkin
Broccoli	Lecithin	Radish
Broth (Veg)	Lettuce	Raisins
Buckwheat	Limes	Raspberries
Cabbage	Meat Substitutes	Rhubarb
Carrots	Mushrooms	Rock Melon
Celery	Olives	Safflower Oil
Cherries	Olive Oil	Soya Beans
Cauliflower	Onions	Spinach
Coconut	Oranges	Silverbeet
Cucumber	Parsley	Sprouts
Currants	Pawpaw	Tomatoes
Dates	Parsnips	Watercress
Eggplant	Kiwifruit	Watermelon
Cottage Cheese	Strawberries	Yoghurt

ACID FORMING FOODS (20% daily intake)

Barley	Eggs	Pecan Nuts
*Beef	Fish	Peas (Dried)
Beans(Lima/Kidney)	*Flour	*Pork
*Bread (wholegrain)	Grains	*Margarine
Buttermilk	*Ham	Rice
Cashew Nuts	*Lamb	Rye
*Cereal (wholegrain)	Lentils	Rabbit
*Cheese	Lobster	Sauerkraut
Chestnuts	*Macarone Cheese	*Sugar
Chicken	*Milk	*Syrup
*Chocolate	Oatmeal	Tabioca
*Coffee	Duck	Turkey
Citrus (Picked Unripe)	Oysters	*Veal
*Cocoa	Pasta	*Vinegar
Crab	*Peanuts	Tomato Sauce
	*Peanut Butter	

* starred items - eat less of; preferably none at all.

**Absolutely no pork products - no bacon, sausages, ham, luncheon etc.
Nothing fried. Nothing processed. Nothing from a supermarket packet.**

FUNCTIONAL BIOACTIVE FOODS AND WHAT THEY PROVIDE

TABLES

1) Top Antioxidant Foods:

Top antioxidant foods based on their ability to absorb oxygen radicals (in descending order of potency, assuming equal quantities by weight of each food):

Prunes, raisins, blueberries, kale, strawberries, spinach, raspberries, brussels sprouts, plums, broccoli, beets, oranges, red grapes, red bell peppers, cherries, yellow corn, eggplant, carrots

Source: University of California, Berkley Wellness Letter; Nov 1999;

2) Foods high In Selenium:

Brazil nuts (highest by far), tuna, flounder, sole, oysters, turkey

3) Foods high In Lycopene:

Tomato paste, tomato sauce, tomato juice, ketchup, barbecue sauce, V-8 juice, fresh tomatoes, watermelon, pink grapefruit, guavas

4) Foods and supplements that reduce inflammation:

Fish, fish oil supplements, green tea, soy, curcumin, allium vegetables (garlic, scallions, onions), red wine

5) Foods and supplements associated with Cholesterol reduction:

Fish, fish oil supplements, lycopene-rich food and lycopene supplements, beta-sitosterol, olive oil, nuts, green tea

6) Food rich In Polyphenols:

Chocolate, grapes (red and purple), red wine, green tea, olive oil

7) Foods that may stimulate the Immune System:

Maitake mushrooms and maitake extract supplements, shiitake mushrooms, fish oil, olive oil, astragalus (chinese herb), reishi (Chinese herb).

8) Non-dairy source of dietary Calcium:

Green leafy vegetables (spinach, bok-choi, Chinese broccoli, chard, kale, seaweed, almonds

9) Sources of Lutein:

Chard (silver beet), avocado, spinach. Chinese greens (bok-choi, Chinese broccoli, choi sum, etc.),

10) High Fibre Foods:

Beans, lentils, berries, prunes, figs, grains (whole), cereals, bran, peas

11) Foods rich In Gamma-tocopherol:

Sesame seeds (best source), almonds, walnuts, macadamia nuts, cashews, hazelnuts

12) Foods and supplements associated with an up-regulation of P21 and/or P27 Cancer-suppressor Genes:

Artichokes, silymarin or silybum supplements, quercetin (from fruits and vegetables), Selenium-containing foods (see table 2), Crucifers (broccoli, cauliflower, cabbage, brussel sprouts, etc.), The class of prescription drugs known as SERMs (tamoxifen, arzoxifene)

class of prescription drugs known as SERMs (tamoxifen, arzoxifene)

13) Foods high in Soy Proteins:

Tofu, Natto (fermented soy beans), Miso, Soy protein isolate supplements, Soy milk (low-fat or non-fat), Edamame (boiled fresh soybeans)

14) Foods rich in Sulforathane; Glucosinolates, and Isothiocyanates (Crucifers):

Cabbage, broccoli, brussels sprouts, cauliflower, radishes, kale, chard (silverbeet), watercress, broccoli sprouts, collard greens, horseradish, mustard greens

15) Foods rich in Beta-carotene:

Mangos, apricots, pumpkins, carrots, melon, paw paw

16) Foods rich in Anthocyanins:

Blueberries, raspberries, apples (red), red wine, red grape juice, red or purple grapes

17) Foods rich in Citrus Bioflavonoids and Limonene:

Grapefruit (but beware of interaction with some medications), lemons, tangelo, oranges, tangerines, limes, citrus rind (zest)

18) Nutrients and Lifestyles Changes that lower IGF-1 and/or raise IGFBP-3 Blood Levels:

Vegan diet, artichokes, silmarin supplements or silibinin supplements, lycopene, vitamin D from sunlight, calcitriol (rocaltrol) capsules (by prescription), calorie reduction, Increased exercise, soy

19) Foods rich In Zinc:

Oysters (best), pumpkin seeds, split peas, brazil nuts, lamb

COMMON FOOD ALLERGIES:

Wheat
Cows milk
Hens eggs
Shellfish, pollen

Alternatives:
use other grains
try goat, soy, rice
try duck eggs
avoid



EXERCISE

EXERCISE WILL BRING MANY BENEFITS INCLUDING:

- Improved sleep
- Decreased risk of heart attack and strokes
- Improved cholesterol
- Improved endurance and energy
- Improved mood and self-esteem
- Decreased stress
- Slows down aging
- Weight loss
- Decreased diabetes
- Decreased cancer
- Improved brain function

EXERCISE GENERAL RECOMMENDATIONS

1. Practice aerobic exercise every other day. Aim for 20 minutes continuous or more. Better to exercise aerobically longer than harder.
2. Resistance training should be practised every other day. Alternate with aerobic training.
3. Stretching should be done every day. It's invaluable as part of your aerobic and resistance training sessions to prevent injuries.



BIOACTIVE EXERCISES

Men who exercise live longer. Beside diet, exercise is one of the activities within your control. Men who exercise feel stronger, are more mentally alert, have reduced levels of stress, and have more energy than sedentary men. Exercise improves health and attitude.

WALKING:

Overall, walking is probably the easiest and one of the most beneficial of all exercises. Studies indicate that men who walk at least 2 km a day tend to have less prostate enlargement than inactive men. The best exercise for men with prostate cancer is moderate strenuous activity that combines the following elements: strength, endurance, balance, flexibility and breathing

HATHA YOGA:

An ideal exercise for men with prostate problems. Perhaps an ideal exercise for anyone. It is superb for balance, strength and endurance. Yoga incorporates controlled breathing which reduces stress. Yoga also is a good way to increase 'chi', the life force in the body ("bio-energetic current")

HIGH RESISTANCE WEIGHT TRAINING:

This type of exercise is particularly useful for men taking hormones. The side effects from hormones are reduced with proper weight training. For best results, weight training should be combined with aerobic exercise, such as walking, swimming or yoga. Other beneficial exercise includes swimming, Tai-Chi, Qigong

KEGEL EXERCISE:

These are particularly helpful for men after prostate surgery, to strengthen the muscles which keep urine in the bladder until they decide to let it out. To do a Kegel exercise simply squeeze the muscles you'd normally use to hold back or stop a stream of urine. Hold for a count of three and then release for a count of three. Repeat 25 times, three times a day. This "work-out" is perfectly silent and still and can be done in the midst of a days work without notice or undue exertion.

SUMMARY OF AN EXERCISE ROUTINE

- 1) Walking: 30 minutes, six days a week
- 2) Hatha Yoga: one hour session, 3 days a week
- 3) High Resistance Weight Training: 2-3 days a week for one hour each session
- 4) On the 7th day have a rest, perhaps a shiatsu massage or a walk on the beach, forest or mountain

MASSAGE

Consider one of the Eastern techniques i.e. Shiatsu, Ayurvedic, or Thai massage (practitioners of one or more of these Eastern disciplines are available in most cities). Therapeutic massage can move metabolic wastes through the body to promote a rapid recovery from illness or disease, and promote deep relaxation.

PROSTATE MASSAGE (INSTRUCTIONS)

Consult your doctor before beginning this procedure. Improper massage may further irritate your prostate. This is best done in a sitting position, usually on a toilet seat or standing, with one foot on a chair. Very gently stroke the rounded shape of the prostate, just as your doctor does, starting at the top and working toward the bottom. The massage maybe done every other day or even daily, depending on your condition and doctors advice.

MEDITATION / STRESS REDUCTION

The following simplified meditation contains the essence of purification: letting go of problems and mistakes, seeing them as temporary obscurations, not as an intrinsic part of our nature.

THE PRACTICE (A traditional meditation)

Be comfortable and relaxed. Sit with an erect spine. Take a few minutes to settle your mind in the here and now. Then turn your attention to your breath. Breathe normally and observe the full duration of each inhalation and exhalation. When you exhale, imagine that all your negative energy, past mistakes, distorted conceptions and emotions leave your body with the breath. Feel confident that you have freed yourself from every trace of faults and negativity. When you inhale, imagine that all the positive energy in the universe enters your body with the breath, filling every cell and atom, and making you relaxed, and blissful.

A SIMPLE MEDITATION EXERCISE

- Sit in a quiet place and adopt a comfortable posture with your spine straight.
- Let go of any tension in your body.
- Become aware of your breath.
- Now let your breathing find its own rhythm.
- Whenever your mind wanders bring it back to the breath. There is no need to resist your thoughts as such - simply become aware that your focus has shifted to your thoughts and bring it back to the breath.

PROGRESSIVE RELAXATION EXERCISE

Find a quiet place with soft lighting. Sit in a comfortable chair, feet flat on the floor, eyes closed.

- Become aware of your breathing. Take in a few deep breath and mentally say, as you let out each breath, "**Relax**".
- Concentrate on your face, feeling any tension in your face and eyes. Make a mental picture of this tension - such as a rope tied in a knot or a clenched fist - and then mentally picture it being untied or relaxing and becoming comfortable, lying limp. like a relaxed rubber band.
- Experience the feeling of your face and eyes becoming relaxed. As they relax, feel a wave of relaxation spreading throughout your body.
- Tense your eyes and face, squeezing tightly, then relax and again feel the relaxation spreading throughout your body.
- Apply the previous instructions to other parts of your body. Move slowly down your body - jaw, neck, shoulders, back, upper and lower arms, hands, chest, abdomen, thighs, calves, ankles, feet, toes - until every part of your body is relaxed. Mentally picture the tension melting away; tense the area and then relax it.

When you have relaxed each part of your body, rest quietly in this comfortable state for two to five minutes, Now let the muscles in your eyelids lighten up and prepare to open your eyes and become aware of the room. Finally, let your eyes open. You are ready to continue with the day's activities, refreshed and relaxed.

THE BREATH OF LIFE

Without air to breath we can only survive for a few minutes.

A healthy person breathes 12 - 14 litres per minute, more than 7 million breaths during one year. By age 80 around 600 million breaths.

Poor breathing leads to ill health, good breathing leads to thriving.

Natural breathing - the way a child breathes - involves the whole body, every part is affected to some extent by the respiratory waves that interpenetrate the body. Breathing in the wave starts in the abdominal cavity and flows up to the heart. Breathing out, the wave moves from head to feet.

"THE BENEFIT OF BREATHING EXERCISES"

- Revitalize your entire being whenever and wherever you feel the need.
- Can change your life for the positive
- Raise your energy in times of need
- Calm your body and mind when you need to focus your attention or relax

ALTERNATIVE NOSTRIL BREATHING

The body's ability to heal itself can be improved by actively guiding the breath to either side of the nose. This gives increased inner balance. It can also ease headache.

Sit with the back as straight as possible and make sure nothing is restricting the breathing. Lift one hand and hold it in front of the nose so that the thumb rests lightly against one nostril. Close the fingers so that the index finger and ring finger rest lightly against the opposite nostril. Breathe out. Then put light pressure with the thumb so that air only passes through the opposite nostril, and breathe in. Lift the thumb and apply light pressure with the fingers against the other nostril. Breathe out through the opposite nostril. Breathe in through the same nostril, and change pressure again before you breathe out, then in again. Continue to breathe, through alternative nostrils, by blocking one nostril at the time for each exhale/inhale cycle, for around ten minutes. Complete the exercise and return to normal breathing. By breathing through one nostril at the time, the different halves of the brain are stimulated in turn.

BREATHING EXERCISE:

Breathe deeply through your nose, filling your abdomen first, then your chest. Exhale forcefully through your mouth. Inhale again in the same fashion as soon as you feel the urge. Repeat this pattern. Don't force the inhalations and don't hold your breath by conscious effort. Just allow a flow to be established.

Two sessions daily, one upon awakening and one just before sleeping. Gradually increase the time for each session to about 15 minutes.

POWERSLEEP

HOW SLEEP WILL BENEFIT YOU

- Sleep plays a major role in preparing the body and brain for an alert, productive, psychologically and physiologically healthy tomorrow.
- Sleep profoundly affects the quality of our life
- Sleep, if adequate time is given, and a proper environment, provides tremendous power. It restores, rejuvenates, and energises the body and brain
- Sleep influences our mood, energy, body weight, alertness, perception, memory, thinking, reaction time, productivity, performance, communication skills, creativity, safety, and good health.



SLEEP, THE REJUVENATOR

A frequent overseas traveler, author Dr. Bob Goldman has devised a practical, tried and true program that often helps him and others to boost the quality of sleep. While Dr Goldman's complete program appears in *Brain Fitness* ([New York]: Doubleday Publishing, 1999), these are some of the highlights:

- 1. Practice good sleep hygiene.** Where you sleep directly impacts how well you sleep. Create a sleeping environment that is comfortable in temperature, absent of distracting lighting and sounds, and serene. Don't become overstimulated: television emits full spectrum lighting and electromagnetic fields that can cause wakefulness and /or agitation. If you have allergies to airborne agents, remove plants and humidifiers (both can be sources of mold), don't let pets into your bedroom (sources of dander), and encase your mattress, boxspring, blankets, and pillows (havens for dust mites) in allergy barrier covers.
- 2. Eat for sleep.** Starchy foods like breads, pastas, potatoes and dairy products help promote sleep. They prompt your brain to generate the sleep inducing neurochemical serotonin.
- 3. Herbs help.** For some people, a modest dose orally ingested of valerian root, kava kava, chamomile, or a few drops of lavender oil inhaled, speeds the trip to dreamland.
- 4. Avoid certain medications.** Check with your physician to verify whether any prescription and/or over-the-counter products you take may cause you difficulty in falling asleep. Blood pressure medicines, decongestants, nicotine, caffeine, diet pills, and some cold/cough remedies are frequent culprits.
- 5. Lower your body temperature.** You reach sleep once your body temperature dips. A warm bath or shower before bedtime makes it easier for your body to cool down and the time to reach dreamland shorter.
- 6. Power nap.** Just twenty minutes of restful slumber during a hectic day not only rejuvenates your thinking, but also can make it easier for you to sleep at night.

PROSTATE HEALTH GUIDELINES

Plan for regular meals and snacks, based on the functional food tables

- Never go more than 5 hours without eating a balanced meal or snack
- A snack will tide you over for 2 hours
- Have plenty of low fat protein sources available
- Avoid animal fat
- Include sprouts
- Get rid of ordinary sugar and flour
- Cod liver oil (2 x teaspoons daily)
- Get rid of unhealthy fats. Stock up on healthy fats

- Vegetable juices daily
- Ideal = 1,800 calories daily
- Maximum 20% fat, calories from vegetables mainly
- Consider progesterone cream (consult with your physician)
- Drink a glass of water every 2-3 hours
- Energy balancing
- Drink several cups of green tea daily (low caffeine)
- Minimise alcohol, dairy, red meat, poultry, sugar, coffee cigarettes, preserve-chemicals
- Take your dietary supplements every day (i.e. Prosgenia)
- Monitor blood reports (PSA, Vit. D, selenium etc. Take physicians advice)
- Develop regular sleeping patterns going to bed and arising at set times
- Reduce stress (funny videos, emotional freedom training - EFT)
- Daily walking in sunlight hours plus weights, 3 x weekly
- Rebounding - aerobic - in home exercise
- Breathing exercise upon waking and before sleep
- Keep the bowels moving daily
- Re-find your in-depth mind-body connections through yoga, meditation, tai-chi, qi-gong, light/sound or tapes
- Explore laughter, good books, music, visualisation
- Visit nature daily
- Consider hypnotherapy, to reduce stress, enhance a positive attitude and resolve issues/guided imagery
- Consider the ancient exercise system 'Kum Nye' (very toning, double your energy levels and revitalise the organs)
- Affirm your desire to be 100% healed, fit and toned
- Practice forgiveness
- Hormone balancing
- Encourage thoughts and feelings of thankfulness
- Lugols iodine solution daily

SAMPLE DAILY ROUTINE

(Objective:- PSA = 0 - 0.4 plus maximum spiritual & physical wellbeing)

ON ARISING:

A Glass of quality water with lemon juice. Also, perhaps a piece of fruit with some walnuts.

Breathing exercise (outside on grass to build chi)

Yoga for 20-40 minutes, or rebounder for 20 minutes, or stepper/cross trainer for 20 minutes, or walk for 30-60 minutes, and/or weights for 30-60 minutes.

Then rest for 5-15 min. (Nidra yoga is good)

Meditation/prayer for 10-60 min. then whole body stretching - smile
PROSGENIA A & C - (supplement program)

BREAKFAST:

Fresh vege juice (add Barley Grass, or spirulina or chlorella and 1 - 2 cloves of garlic, also add ground flax seeds, walnuts, pumpkin seeds plus 1 teaspoon cod liver oil, sprouts and your choice of protein)

Mid Morning:

Vege juice, a piece of fruit, broccoli, sprouts, tomato etc. or smoothie with soymilk, blueberries etc.

MIDDAY:

Vege juice plus Cozyme and Prosgenia C

Two non wheat salad sandwiches with 5-7 veges and sprouts, with kelp powder etc.

Protein of choice (see functional food chart)

MID AFTERNOON:

Vege juice and/or green tea (reduced caffeine)

Bowl of non fat soy yoghurt plus a handful of blueberries, ground flax seeds, sesame seeds and almonds

After Work: (2 hours after food)

Glass of water

Rebounding for 20 min.

Breathing - 'build vitality'

Meditation/prayer, or progressive relaxation exercise with affirmation

Whole body stretching routine

Herbal tea

Rest 5-20 min.

EVENING:

PROSGENIA B (supplement program) and Prosgenia C and Cozyme

Well combined meal including salad, 5 - 7 veges and sprouts, tofu, beans brown rice etc. (60% raw veges)

Relax for 15 minutes and walk for 20 minutes

BEFORE BED: (9.00PM)

Vege juice or green tea

Breathing exercise and/or meditation

Sleep by 10.00pm

NOTES:

Blood type diet can help with allergies to food

Hydrate with quality water all day

You may add lemon juice or concentrated mineral drops to your daily drinking water.

Chlorella, Spirulina or Barley Grass powder can be added to juice, or water

Kegel exercises - silently during day

Vital foods are best - i.e. fresh, organic (if possible)

60% raw with meals

Chew well and do not overeat

Smile - laugh - let go fear - trust life - live in the present

Small regular changes incorporated into your life over time will transform your health and vitality

It is extremely important to the healing process that a person truly wants to live, there is little any therapy or treatment in the world can do utilising alternative or conventional, nor can family and friends do much to help, unless there is a strong desire to live.

To enjoy optimum wellness, there are a series of steps not magic bullets.

GENERAL APPROACHES OF NATURAL MEDICINE

1) CLEANSE the inside of the body, by removing the accumulated toxins and cancer causing substances (Detoxification) Also, it is a good idea to do a hair tissue analysis to see if you have any toxic minerals or imbalances in the body.

2) NUTRITION.

See previous tables in this booklet.

Note: endeavour to maintain an acid-alkaline ratio in the diet of about 80% alkali - producing foods, and 20% - acid producing foods

MOST DIETS FOR CANCER PATIENTS are primarily vegetarian and forbid cane sugar.

3) IMMUNE SYSTEM BUILDING

Probiotics

High Potency vitamin/mineral complex

Vitamin C

Sprouts

Grapeseed extract

Colostrum

Astragalus

Olive Leaf

Lactoferrin

Aloe Vera

4) ENZYME THERAPIES:

Human biochemistry is all about converting one chemical substance into another, essentially with enzymes. It is claimed we are by mass 80% enzymes. Proteolytic enzymes digest protein and are used to digest cancer cells tough protein coating or outer cell wall; this leaves the cell vulnerable to dissolution by the immune NK cells (white blood cells).

Enzymes are fragile and easily destroyed by: -

Cooking over 115 degrees F

Pasteurization

Commercial food processing

Food irradiation

Carbonated beverages

RECOMENDED READING

'The Taste for Living Cook Book'

Michael Milkens favourite recipes for fighting cancer - by Ginsberg and Michael Milken (1998). A prostate cancer publication

'Eating Your Way to Better Health'

by C.E. Myers jr. MD 2000 - by Rivanne Health Publications

'Recipes for Life'

by Dorothy Edglow - Publisher: Hill of Content

'Cancer Battle Plan Source Book'*

by Dave Fraehm - Penguin

'Choices'

Sourcebook for cancer information - by Morion Morra and Eve Potts. ISBN 0-06-052124-4 Harper

'Prostate and Cancer'

A family guide to diagnosis and treatment - by Sheldon Marks MD (Prostate cancer specialist) ISBN 1-55561-262-8

'The Prostate Cancer Protection Plan'

by Dr. Bob Arnot ISBN 0-316-05153-5

'Maximise Your Vitality and Potency'

by Jonathan V. Wright, MD, ISBN 0-9627418-1-7

'Prostate Cancer'

What your doctor may not tell you - by Glen J. Bubley, MD and Lynn Sonberg assoc. Prof. of medicine, Harvard, ISBN 0-446-69080-5

'The China Study'

The most comprehensive study of Nutrition ever conducted - by T. Colen Campbell, PhD and Thomas M Campbell PhD

'The 12 Stages of Healing'

A network approach to wholeness - by Donald M. Epstein DC. ISBN 1-878424-08-4 (Library of Congress)

RECOMMENDED READING, continued

“Thriving”: by Dr. Robert Ivker and Edward Zorensky
The complete mind-body guide for optimal Health and Fitness for men
(1997) ISBN 0-517-70460-9: Crown Publisher, New York.
Excellent transformational complete program. Highly recommended.

“The Aio-Wira Fasting Book.” Published by the Aio-Wira Centre Trust. Authored by Robert Kay and Di Davies.
Aio-Wira offers a supervised fasting program in a retreat setting.

“Alternative Medicine” The Definitive Guide (Second edition)
Larry Trivieri, Jr. Editor, (2002), Celestial Arts, ISBN 23456-06050403.
This is perhaps the most readable and comprehensive guide available. A valuable addition to any home or professional library.

“The Natural Way to Heal” by Walter Last.
65 ways to create superior health, ISBN 1-57174-318-9.
Hampton Rd Publishing Company Inc.
This is a fabulous book grounded in the authors experience, easy to follow as a program or to select areas to apply. Very practical, for those wanting a systematic guide to superior health.

“How we Heal” Nutritional, emotional and psychospiritual fundamentals (2001) by Douglas Morrison.
Published by North Atlantic Books, ISBN 1-53643-363-X.
A comprehensive and powerful system of Natural Healing.
If you are serious about your health, get this book.

“The Clinicians Handbook of Natural Medicine”
by Joseph E. Pizzorno Jr ND, and Herb Joiner-Bey ND
ISBN 0443-070-80-6, Harcourt Publishers Ltd (2002) (03 + 04)
Elsevier Science

“The Prostate Book” An Owners Manual
The complete guide to overcoming prostate cancer, prostate enlargement, and Prostatitis. by Dr. Peter Scardino and Judith Kelman.
ISBN 0-718-14694-8. Published by Penguin Group (486 pages)
Comprehensive and up to date information. A great book.

“Prostate Cancer”: Prevention and Cure
by Lee Nelson MD. Published by Huntingden Press.
ISBN 0-929712-14-5. This is a foundational walk through guide.
Essential reading.

RECOMMENDED READING, continued

“Prostate Health in 90 days without drugs or surgery”

By Larry Clapp PHD, JD, published by Hay House (2000)

ISBN 1-56170-460-1. This is a unique book full of holistic self care strategies.

Highly regarded book.

“How to Fight Prostate Cancer and Win” by William L. Fisher.

Advice on Natural Prevention, Alternative Self Treatments, Medical testing and Therapeutic Diets.

ISBN 1-891434-09-8. Agora Health Books.

A book with real understanding and outstanding natural cures.

“The Official Anti-Aging Revolution”

Stop the clock. Time is on your side. For a younger, stronger, happier you. By Ronald Klatz, MD. DO, and Robert Goldman, MD PhD. DO.

T.A.A.SP.

The biggest and best summary available on anti-aging. (2007) 635 pages. Published by Basic Health Publications Inc.

ISBN 978-1-59120-200-4.

“To Feel Good”

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 - How trauma is stored in the body and how to resolve it
-





Prosgenia A Contains	
DIM (di-Indolemethane)	100mg
Willow Herb	1000mg
Tomato fruit	2000mg
Japanese Knotweed	2800mg
Red Clover	1000mg
Chaste Tree	1000mg
Prosgenia B Contains	
Soy Isoflavones	40mg
Saw Palmetto	2400mg
Selenium	150mcg
Nettle Root	2000mg
Crataeva	3000mg
Zinc (as Picolinate)	15mg
Prosgenia C+ Contains	
Beta Sitosterol	210mg
Green Tea	700mg
Lemon Bioflavonoid	70mg
Vitamin D3	7mcg
L-Glycine	35mg
L-Glutamine	36mg
L-Alanine	28mg