



I wish above all things that you may prosper and be in good health. I have no greater joy than to hear that my children walk in truth.

3 John 2, 4



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# Empower your Body, Mind & Soul

## PROSTATE CANCER

Featured by Dr. Eugene Grosvenor



### What is Prostate Cancer?

The prostate is a small, commonly ignored gland that lies just below the bladder in men. Unfortunately, there are several ailments that can affect men that should not go without attention. These diseases can be benign or cancerous, but nevertheless, all need attention and can be easily treatable.

### What are the causes and symptoms of Prostate Cancer?

There are four levels which are as follows:

**Benign Prostate Hyperplasia (BPH)** is a benign condition where the gland undergoes a normal growth phase after age 45-50 that encroaches upon and compresses the urethra. It occurs in 1/2 the men over age 50 and 3/4 the men over age 70. This will result in frequent urination especially at night.

**Prostatitis** is a process of prostate infection or inflammation that may present with symptoms similar to BPH with the addition of possible fever, chills, painful urination, scrotal pain, back pain, painful ejaculation, a tender or swollen prostate or frequent urinary tract infections(UTIs).

**Prostate Cancer** is a tumor that begins its growth in the prostate gland. It is the most common cancer in men especially age 50 and over. Approximately 80% of cases occur in men over the age 65, and by age 80, 80% of men have some degree of prostate cancer.

**Impotence** or a dysfunction of erection affects one out of every ten men. The causes may be psychological or physical. The current belief is that 85% of cases have a physical cause. Depression, anxiety, or stress can be factors causing erectile dysfunction. Physical diseases such as diabetes, hypertension, heart disease, hardened arteries, liver and kidney failure, hormonal imbalances and spinal cord injuries can impair a man's ability to achieve or maintain an erection.

<p><b><u>Almonds</u></b> Strengthens the nervous system, teeth and bones. Builds resistance and strengthens the heart. Relieves constipation and stimulates liver and kidney function while enhancing circulation.</p>	<p><b><u>Anise</u></b> Promotes urination. Stimulates appetite by preventing and relieving gas. Breaks up mucus and promotes perspiration</p>
<p><b><u>Apple</u></b> Combats acidosis. Stimulates function of the kidneys, lungs and liver. Great for Diabetes. Maintains fluid balance. Strengthens eyes. Stimulates digestion.</p>	<p><b><u>Asparagus</u></b> Protects against cancer. Benefits the heart. Lowers cholesterol levels. Aids digestion and strengthens bones and teeth.</p>
<p><b><u>Bran</u></b> Normalizes bowel movements between diarrhea and constipation. Relieves diverticulitis and other digestive disorders.</p>	<p><b><u>Brown Rice</u></b> Helps to control weight and lowers blood pressure.</p>
<p><b><u>Cabbage</u></b> Prevents cancer. Stimulates bile secretion for a healthy liver. Oxidizes the blood and strengthens connective tissue between bones and joints.</p>	<p><b><u>Carrot</u></b> Good for cancer. Promotes the flow of urine and removes gravel or stones from the bladder. Expels worms. Combats anemia and stimulates the appetite. Improves vision. Promotes normal bowel elimination. Relieves pain and diseases of the gallbladder, kidneys and liver.</p>
<p><b><u>Cashew</u></b> Provides energy and builds lung tissue. Relieves constipation and strengthens the nervous system. Rids the body of fungal infections.</p>	<p><b><u>Cayenne</u></b> Benefits heart and circulation. Prevents heart attacks and strokes. Normalizes blood pressure and prevents arthritis. Soothes swelling and inflammation. Heals stomach ulcers. Prevents and relieves gas and stimulates digestion.</p>



# Treatments - Diet, Drugs & Herbs

## HOW DOES ONE CONTROL/PREVENT PROSTATE CANCER?

Each man should have a regularly performed rectal exam by a physician after the age of 40. Early stages of BPH, prostatitis, prostate cancer and other problems can be detected at that time. A simple surgical procedure can help determine the extent of BPH. A blood test known as Prostate Specific Antigen (PSA) can assist in detecting prostate cancer or BPH and can determine if a tumor is growing or spreading. Prostate biopsies can diagnose prostate cancer under the microscope and an ultrasound of the prostate can also find irregularities and access prostate size.

Options for treatment all depend on the extent of growth, the patient's age, the severity of the symptoms and whether the growth is benign or cancerous. BPH can be treated with medicines or is severe with a partial removal of the prostate (TransUrethral Resection of the Prostate – TURP). No incision are necessary for a TURP and it can be performed with a small cutting instrument or with a laser. Medicines are also available for treating mild to moderate cases of BPH. Depending on the cause of prostatitis, it can be successfully treated with either antibiotics or medicines. Although the cause of prostatitis can be an infection, it cannot be transmitted to your partner.

Surgical removal is the most assured method of removing cancer cells and preventing recurrence. There are several complications that may result, such as loss of bladder control or impotence. The prostate can also be left intact and treated with radiation to kill cancerous cells. Radiation can be applied from outside the body concentrating on the prostate or radioactive implants can be placed into the prostate to destroy the prostate tumor.

### Drug

### Therapy

- Eulexin
- Hormone suppressants
- Lupron
- Proscar
- Zoladex

*For I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord...Jeremiah 30:17*

*Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For we are bought with a price; therefore glorify God in your body and in your spirit which are God's. For when men and women take any course which carelessly damages their vitality and clogs their intellect, they sin against God. Intemperance in eating manifests as a disregard for health and life; and when as a result sickness befalls you know that it was not at the hands of the Lord but at your own hands. Counsels on Diet and Foods by Ellen G. White.*

*In health and in sickness, pure water is one of Heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system, and assists nature to resist disease. Counsel on Diet and Foods by Ellen G. White.*

### Herbal

### Therapy

- Buchu
- Cayenne
- Chinese Ginseng
- Damiana
- Echinacea
- Pau D'Arco
- Pygeum
- Sarsparilla
- Saw Palmetto

## RECIPES for Prostate Cancer

### ENERGY SHAKE

Handful parsley, 4-6 carrots with greens removed  
Method: Bunch up parsley and push through juicer with carrots

### STRAWBERRY SHAKE

1 pint strawberries, ½ firm pear, 1 ripe banana, 1 tbsp brewers yeast  
Method: Push strawberries and pear through juicer. Place juice, banana and yeast in blender until smooth.

### GINGER HOPPER

¼ inch slice ginger root, 4-5 carrots with greens removed, ½ apple seeded.  
Method: Push ginger through juicer with carrots and apple.

## HELP IS HERE FOR YOU.....



In our effort to empower your health via your body, mind and soul, a nutrition consultant can answer your questions and/or concerns and make health recommendations that can last you and your family members a lifetime. For additional information, please give Shelly a call at (410) 872-0872. She would be delighted to serve you.