

Prostate Cancer & What Interrupts Healing?

Dr. Milton Krisiloff, urologist in Santa Monica California, has found that in the majority of cases, men can significantly reduce their risk for urinary and prostate problems by making dietary changes which include:

- Eliminating all caffeine related products.
- Avoiding addictions to alcohol and smoking.
- Ditching dietary habits that include gluten and sugar.
- Adding in exercise to the top of your list. This is not surprising since exercise and nutrition play an important role in regaining your health.

So what keeps us from healing?

***Poor Elimination Habits** are common among men with prostate issues. If you are experiencing constipation or diarrhea and have incontinence it's a wake up call to make some immediate dietary changes. With gastrointestinal distress, whether it be IBS or colitis your gut microbiome is out of balance. This can lead to metabolic, hormonal, and immune system imbalances.

*If you've never heard about **Leaky Gut**, here's the scoop. When the intestinal lining is inflamed, bacteria and yeast can translocate. In other words, they can pass from the gut cavity into the blood stream and set up infection anywhere else in the body, including the brain. (Leaky Gut/Leaky Brain) This is often the mysterious and undiagnosed cause of infections in other areas such as our gums, bones, prostate, bladder and sinuses.(1) According to the National Health and Examination Survey, urinary tract symptoms are common among men reporting poor bowel habits. (2)

***Selenium** is an essential element in the body and works with metabolic pathways and supports immune function. It's an antioxidant and present in many foods. However, a study found in a 2014 analysis of SELECT results,

showed that men who had high selenium status at baseline and who were randomly assigned to receive selenium supplementation had an increased risk of high-grade prostate cancer. So in other words, it's not recommended to take vitamin E or selenium supplements for men with prostate disorders.(3)

***Fatty Diet.** What does 'fat' have to do with prostate trouble? Everything. Unfortunately, prostate cancer is the second leading cause of death in men and can be associated with a fatty diet,(4) and a fatty liver where obesity and inflammatory conditions pave the path. You can turn this around starting with a few dietary changes. Skip the junk food, beer, processed meats and fatty fried (trans-fats) meals. You'll feel better when you skip these and begin to lose weight naturally.

***Insulin Resistance** promotes prostate trouble.(5) If you're suffering from diabetes you're not alone. About eighty million Americans are insulin resistant. Insulin resistant commonalities include, cholesterol imbalances, prostate and blood pressure issues, low libido, and cancer.

The good news is you can heal your own insulin resistance. Some examples of foods that promote insulin resistance are: refined carbohydrates, (bread, bagels, pasta, pizza, chips, crackers) sugar,(cereal, soda, donuts, cakes, muffins,candy, breads) and coffee. Men who are suffering from large breast and a large tire midsection can be both insulin resistant and estrogen dominant. So you can see why prostate woes are not just affecting your prostate.

4 Simple steps to reduce inflammation now.

*If you could begin your new lifestyle with a simple step it would be, ditching the added hormones found in foods. We'll start with rBGH dairy products. Milk and dairy products from cows treated with the genetically engineered bovine growth hormone (rbGH) milk contains an increased amount of the hormone IGF-1, which is one of the highest risk factors associated with breast, lung and prostate cancer from milk and milk products. Additionally the IGFBP-2 has a key role in the growth of prostate cancer cell.

A Study from the journal Cancer Prevention Research said:

“Each sip of milk contains estrogen, progesterone, testosterone, corticosteroids, oxytocin, growth hormone, and 53 other bio-active hormones, the most powerful of which is insulin-like growth factor-I (IGF-I). (6) Several growth factors (e.g. insulin-like growth factor-I (IGF-I)) and cytokines (interleukin-6 (IL-6)) act as survival factors in carcinoma of the prostate. (Chung et al.2000, Sprenger et al. 2002).(7)

Instead of cows milk, you can choose to make your own almond milk.

*The second step is to become aware of your addictions.

Do you live on eggs? It may be time to make changes.

But what if you're a body builder?

I've witnessed men eating 5-9 eggs at one meal. Manly Men, as they are so often referred to, love to eat what they consider high protein foods. Studies teach us this is no longer the example of a good breakfast. Egg consumption is implicated in prostate woes and cancer.(8) You can choose green smoothies for breakfast with hemp protein powder, instead.

Some men have an addiction of diet soda's. From the moment they wake up in the morning until they retire in the evening, that's all they drink. Aspartame is a known inducer of cancer, because it can alter DNA. Anyone with breast and prostate cancer consuming aspartame should be concerned with this study.(9) Aspartame can also be linked to depression. You can choose to drink more pure clean water instead. Water hydrates the body and the brain.

- * The third step is, add in good fats. Good fats are not your enemy. Good fats include: organic raw unsalted walnuts and almonds, organic unprocessed/unrefined coconut oil, and organic avocados. Avocados have the signature of a women womb and a mans prostate. Imagine that!
- * The fourth step is to find ways to add in exercise to your day. Exercise is important for blood circulation, the lymph system, the digestive system, the endocrine system, and the nervous system. Make sure you will be able to choose an exercise program that you will be able to do consistently.

Remember, you can change your genes with your diet.

Drs. Dean Ornish and Nobel Prize winner Elizabeth Blackburn found that a vegan diet caused more than 500 genes to change in only three months, turning on genes that prevent disease and turning off genes that cause breast cancer, heart disease, prostate cancer, and other illnesses. “This is empowering news, given that most people think they are a victim of their genes, helpless to starve off some of the most dreaded diseases. We aren't helpless at all; in fact, the power is largely in our hands. It's on our forks, actually.”(10)

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footnotes:

1- <http://www.functionalmedicineuniversity.com/public/Leaky-Gut.cfm>

2- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3693946/>

- 3- <http://jnci.oxfordjournals.org/content/early/2014/02/21/jnci.djt456.abstract>
- 4- <http://www.hindawi.com/journals/bmri/2015/249741/>
- 5- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3101905/>
- 6- www.notmilk.com
- 7- <http://erc.endocrinology-journals.org/content/9/3/155.full.pdf>
- 8- <http://www.ncbi.nlm.nih.gov/pubmed/21930800>
- 9- <http://www.ncbi.nlm.nih.gov/pubmed/17805418> see also <http://www.ncbi.nlm.nih.gov/pubmed/16507461>
- 10- www.huffingtonpost.com/2012/01/06/ornish-diet-heart-health-us-news_n_1188205.html