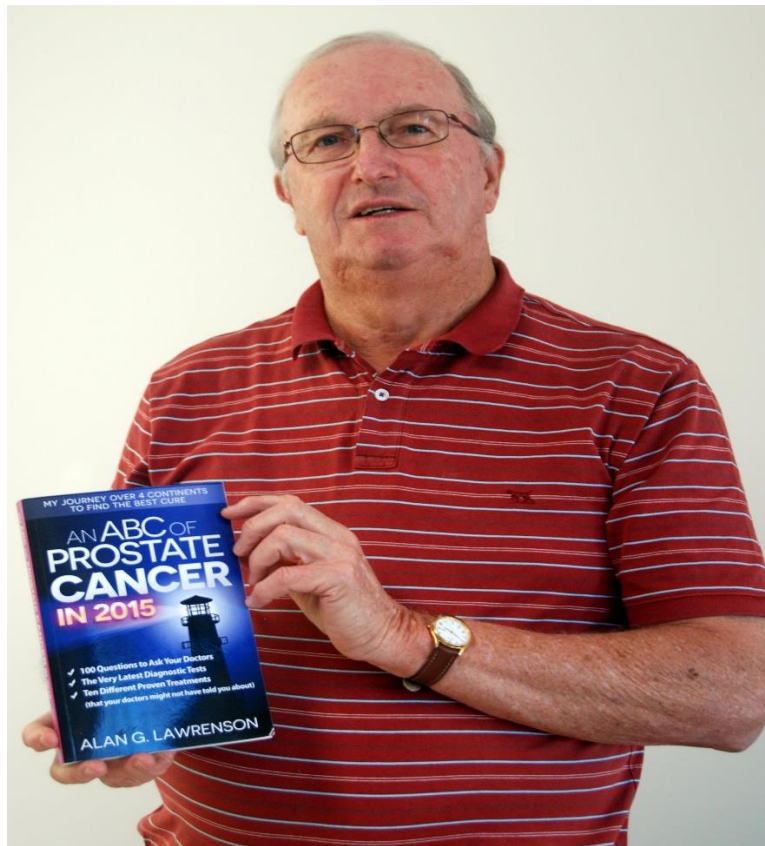


APRIL 2016

“PROSTATE TALK” #1



Introducing the “PROSTATE TALK” Newsletter

Hi. I'm Alan Lawrenson, the author of the best-selling Prostate Cancer book, “*An ABC of Prostate Cancer in 2015.*” In Australian bookshops, it has a slightly different title, but the same content. It's called “*An ABC of Prostate Cancer Today*” in that distribution channel.

There are many new developments in the prostate cancer field, and as a prominent speaker on prostate cancer to Support Groups, Seniors Clubs, Services Clubs, etc. in New South Wales, Australia, it is essential that I keep abreast of all that's happening in the field. Fortunately, as a retiree, I have the time to devote to researching all these developments, which takes many hours each week. Much of this research is also focussed on identifying new material for a new book on prostate cancer that is planned for later this year.

“*An ABC of Prostate Cancer in 2015*” is one of the most up-to-date books available anywhere to prostate cancer sufferers and their families. One of the many medical specialists that have read the book, said “*It's essential reading for all urological registrars (interns) and patients alike*”. Another said: “Alan's book is extensively researched and is most comprehensive. He has become an expert on the topic of prostate cancer”.

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Important Disclaimer

The author of this newsletter is **not a medical doctor**, and the reader is advised that any information or opinions expressed or implied in this newsletter are those of a layman and **should not be acted upon without the consent of a qualified medical professional**. The author is expressly not liable for any damages or negative consequences that might follow from any treatment, actions or procedures undertaken by any person or persons reading or following the contents, information or opinions within this newsletter, including the content of web sites and research papers referred to in the newsletter.

The information in this newsletter is provided under the understanding that the author is NOT rendering medical advice. The author takes **NO RESPONSIBILITY** for any information that might not be accurate or might be incomplete.

2. A Plan to Combat Cancer

A simplified plan to successfully fight off cancer is now considered to have **seven essential components**. The seven components are:

Alkalise the Body

Replacement of all Silver Amalgams in the Teeth

Exercise

Adequate Detoxification

Peace of Mind

Diet and Nutrition

An Appropriate Cancer Treatment Protocol

They are all very important. Some might say that each is as important as the other. In this Newsletter and in the monthly newsletters that will follow, I'll be looking at the many elements of each of these components. For example, regarding '**Peace of Mind**', we will look at both the past underlying anger or emotional factors that probably initiated the cancer in the first instance, as well as current stress considerations. The place of meditation, acupuncture, etc. will also be considered. '**Diet and Nutrition**' will also delve into the important detoxification process and the need to re-program the all-important immune system. Many of the foods and micronutrients are very beneficial to men undergoing chemo. Some increase the effectiveness of the chemo, sometimes at lower dosages, which reduce the nasty side effects. '**Alkalisating the Body**', '**Exercise**' and the briefest introduction to '**Diet and Nutrition**' are covered in this Newsletter.

3. Alkalisating the Body

It is very important to keep the body's pH (the degree of acidity or alkalinity) at or very near 7.2. An early morning glass of water with sodium bicarbonate (one teaspoon) as well as taking magnesium and potassium supplements helps the alkalisating process, as does a lemon a day squeezed into a glass of water. Plenty of greens in the diet also helps.

You then need to monitor your pH level immediately you wake up every morning (before you eat or drink anything). This is done by inserting a short strip of pH indicator paper under your tongue for a few seconds before comparing its colour against the colour chart on the pH paper dispenser. (pH indicator papers are available from good pharmacies (drug stores) or lab supply companies. Note that they **MUST** cover the pH range 6 to 8 in 0.1 steps. Most litmus papers only read to the nearest 1 pH unit which is not accurate enough.



4. Diet & Nutritional Issues

Not all medical professionals think that diet and nutrition is important in the battle against cancer. My brother recently saw a new specialist, a

professor of oncology, to get a second opinion on his condition. My brother asked him what his view was on him drastically restricting his intake of all sugars so as to deny the cancer cells of glucose. He said: "*Diet has no impact at all on your ongoing condition.*" Now this might be due to his cancer having reached the metastatic castration-resistant stage. However, the literature is very clear. There are numerous studies that confirm that an appropriate diet gives men some protection from becoming victims of prostate cancer and even contribute to its regression in men with the disease. Regrettably, most doctors in Western medicine today are legally not allowed to offer non-establishment approved treatments, or choose not to do so, for various reasons including lack of knowledge. This circumstance can have fatal consequences for many men with metastatic prostate cancer. In 2016, such sufferers just don't have to accept this likely death sentence.

Prostate cancer is regarded as a genetically-originated cancer. It is very important to deny the cancer cells access to the "fuel" that they thrive on. It is also important to provide the body with the micro-nutrients that fortify the body against free radical attack, and to prevent the resulting inflammation which might go on to form cancer.

We all know that some foods are good for the prostate cancer sufferer and others far less so. In fact, some foods are bad for you, particularly when taken in excessive quantity. It's a case of the Bad Guys and the Good Guys.

Today I list the Bad Guys:

Sugar in all its formats; all dairy products; red meat; hydrogenated oils and fats, particularly the trans fats used in frying foods; processed foods (bacon; sandwich meats, sausages; pies; pizzas; packaged

meals; soups, white rice, crisps, snack foods, alcohol and artificial sweeteners (except Stevia). Some red wine is OK.

Eating out in Chinese and other Asian restaurants where MSG (monosodium glutamate) is used are also a no-no. In fact, fast foods and pretty well all eating out should be off the agenda.

5. Metastatic PCa & Alternative Treatments

There are thousands of cancer sufferers alive today who have been told that conventional medicine cannot do any more for them. As a regular speaker at Prostate Cancer Support Groups in Australia, I meet such men on a regular basis. This circumstance has been the main driver in me writing a follow up book to ***“An ABC of Prostate Cancer in 2015”***. This new book will be available in September 2016 and it might offer this large group of sufferers a path forward. The original book addressed all the major conventional medical treatments for prostate cancer that are ‘approved’ treatments in most jurisdictions around the world. It is now time to look at alternative treatments. These will include sonophotodynamic therapy; ozone and oxygen treatments; intravenous vitamin C ‘dosing’; the Budwig protocol, the Gerson therapy and combo treatments at clinics that are registered and sited outside, for example, the USA.

Complementary treatments such as supplements are also to be more extensively covered in the new book and in these newsletters.

6. Flaxseed Oil & Cottage Cheese

Flaxseed oil and cottage cheese is a very important alternative treatment for all prostate cancer sufferers. My brother enjoys it for breakfast every day. I have tried it and found it very tasting and nutritious.

Some of you might be familiar with the Budwig diet or protocol developed by a German biochemist, Dr Johanna Budwig in the 1950’s. Its central tenant was the use of a mixture of flaxseed oil and cottage cheese or quark. Dr Budwig was a truly remarkable woman, being nominated for seven Nobel Prizes. She was a prominent researcher in the field of vegetable oils and fats and was the first to establish that essential polyunsaturated fatty acids, are major components of cellular membranes. She found that without a properly functioning cellular membrane, cells lose the ability to perform vital life processes such as cellular respiration and the ability to divide and form new cells. These essential polysaturated fatty acids are known today as omega-3 and omega-6 fatty acids or linolenic or linoleic acids.

Dr. Budwig found that the right combination of quark or cottage cheese and flaxseed oil had strong therapeutic properties in preventing, treating, and even curing cancer. When mixed together in the appropriate way, these components complement each other to form a strong anti-cancer treatment over a wide spectrum of cancers including prostate cancer. She is said to have successfully treated more than 2000 cancer sufferers.

Fats play an important role in the functioning of the entire body. Fats (or lipids as they should be correctly named) are vital for all growth processes of the human body. The energy resources of the body are based on lipid metabolism. To function efficiently, cells require polyunsaturated, electron-rich lipids, which are abundant in raw flaxseed oil. These polyunsaturated fats rapidly absorb oxygen and proteins and circulated them through the pathways of the body. Lipids are only water-soluble and free-flowing when bound to protein. Thus the need for a rich protein like cottage cheese. The flaxseed oil reacts

with the cottage cheese to form a store of electrons that are available as required by the body as energy.

Most people place about 500 mL (16 oz) of flaxseed oil into a mixer bowl and add 900g (2 lbs) of 1% cottage cheese and add berries (blueberries or strawberries preferred). Start the mixer and add just enough ice cubes or water to blend the contents. Have half as breakfast with the other half refrigerated for consumption later the same day. Some people use low fat yoghurt as a variant from cottage cheese from time to time. It is important to use the highest quality refrigerated flaxseed oil from a quality health food store. The oil turn rancid once out of the fridge for any length of time.

Whilst cottage cheese is a dairy product, it loses its damaging dairy characteristics when blended with flaxseed oil.

Dr Budwig recommended that cancer patients take this mixture for some years even after the tumours might have disappeared. There are various books available on the Budwig Protocol which give statistics as to its efficacy which I consider to be remarkable.

7. Exercise

Exercise is a critical component in the battle against cancer. If you are fit enough and able to do so, you should exercise every day for at least 30 minutes duration. If in any doubt as to your ability to exercise to this extent, seek professional medical advice. The exercise should be robust enough to make sure that you moderately sweat.

Exercise will help you lose weight which is generally beneficial to health. Your lymph system removes dangerous toxins from the body, but it ‘goes slow’ at night and needs kick-starting each morning. Press-ups, deep breathing, yoga or swimming gets the major lymph glands in the chest working.

Many cancer sufferers have been found to have depression.

Exercise is a great pick-me-up with most people feeling more confident and content after a vigorous exercise session, probably due to their cortisol (a stress hormone) levels dropping significantly. If these exercises are too vigorous for you, why not join 60 million of Chinese who do T'ai Chi every day. Please note that too strenuous an exercise can produce more toxins in the body.

8. Treatment Side Effects

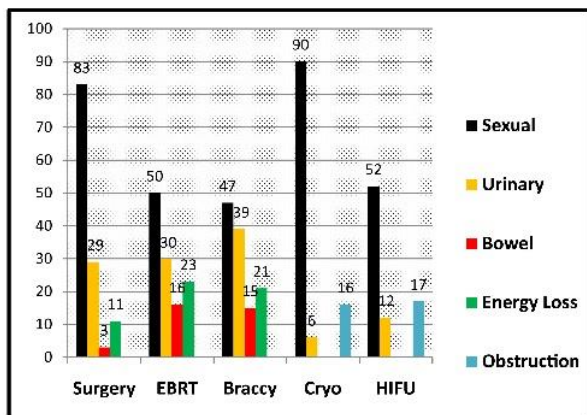


Chart reconstructed using data provided by LaZure Scientific

LaZure Scientific, who are clinical trialling a novel direct current electrical treatment system for treating prostate cancer, compiled from published studies, a data base of side effects for the main -stream treatments of prostate cancer a few years ago.

The table above shows that 83% of prostatectomy patients experienced erectile dysfunction (ED) issues; 29% had incontinence challenges; 3% had bowel problems and 11% suffered from fatigue in the months following the surgery.

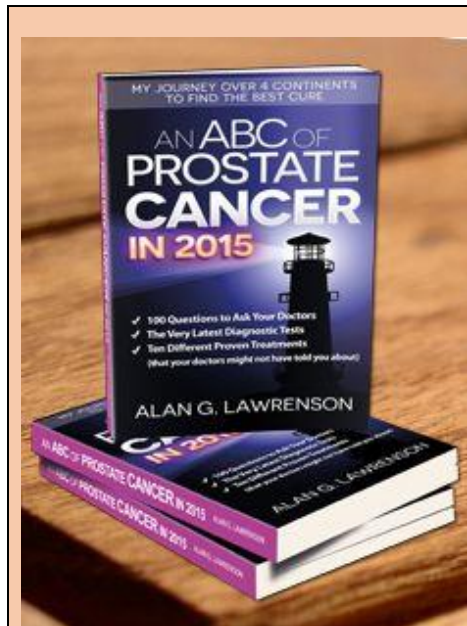
With Electron Beam Radiation Therapy, about 50% experienced ED issues; 39% had some incontinence troubles; 16% had bowel issues (rectal burning); with fatigue being higher at 23%.

Bracy refers, in the main, to low dose brachytherapy where radioactive seeds are inserted permanently into the prostate. (High dose bracy is not common in North America).

Amazingly, some men opt for cryotherapy where the tumours in the prostate are subjected to freezing temperatures that lead to cancerous cell death. The graph above shows 90% of men have ED problems in the months after the treatment; 6% have incontinence; there is no rectal damage or fatigue issues, but 16% experience obstruction (inability to pass urine due to swelling).

High Intensity Focal Therapy (HIFU) see about half the patients have ED challenges; 12% incontinence issues; and 17% obstruction.

The last two years will have seen these side effects reduce due to improvements in the technology used. These improvements include da Vinci robotic prostatectomy; new radiation devices, tumour-only HIFU ablation and multiparametric MRI, which give better imaging of the tumours in the prostate. Since this data was collected, Focal Laser Ablation has developed and is growing in popularity, due to its ability to have few side effects after the initial recovery period.



I hope you enjoy this newsletter. Feel free to circulate it to your friends and support group members.

Send me an **email** to receive it regularly or **register on the web site** address listed below.

Why not buy one or more copies of the book **"An ABC of Prostate Cancer in 2015"**? Give one to a friend.

It is available from www.amazon.com in the USA and Canada or in the UK or Europe from www.amazon.co.uk in printed or eBook format.

In Australia, it's available in eBook form from www.amazon.com.au or in print format directly from me. Use the order form from the web site below for local print orders.

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