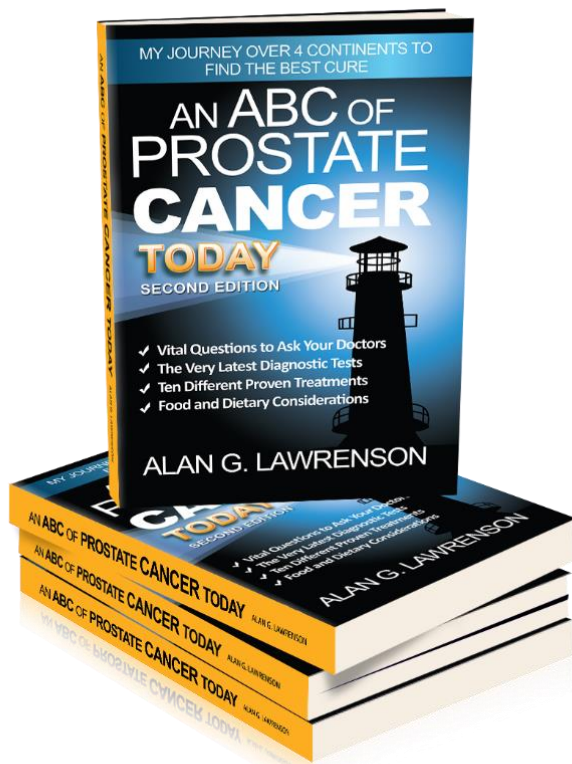


APRIL 2017

“PROSTATE TALK” #6



1. “An ABC of Prostate Cancer Today” – 2nd Edition

Hi. I'm Alan Lawrenson, the author of the best-selling Prostate Cancer book, “An ABC of Prostate Cancer in 2015.” My new 2nd edition book reached the bookshops in November 16 and is available as an eBook or a printed version from the various Amazon online outlets.

Recently a signed copy of “An ABC of Prostate Cancer Today -2nd Edition” was offered as a charity item at my golf club's Foundation Day event. I am pleased to report that it sold for \$125.00 a copy! I still think the buyer got an absolute bargain.

Some else who bought a copy from Amazon in March said: “I was diagnosed with Prostate Cancer (PC) and was advised to have it taken out. I was not ready to make that decision until I researched the options a bit. I found that most men travel the same path - their GP refers them to an Urologist who says "if it were me, I take it out. I'd want to know it was gone." If you ask about other treatments, you'll be referred to a Radiologist Oncologist, who typically performs photon beam radiation, or maybe also Brachytherapy (radioactive seed implants). You may or may not be told about other options. (continued on page 2)

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Important Disclaimer

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Since no one can make this decision for you, it's up to you to research and become informed. If you do not, you'll be following thousands of other men who have been cured of PC and deal with the affects. If you do, you'll find many other options, many of which offer similar rates of cure but with much different and potentially better side effects. If you want to research all the options, what they are like, what's their cure rate, side effects, availability, associated costs, etc., then cut to the chase and get this book. I spent hundreds of hours reading research reports, medical blogs and cancer forums along with many hours talking directly to men who have had various treatments. This book not only sums up everything I learned but adds much more. Many suggested Dr Patrick Walsh's "Guide to Surviving Prostate Cancer", but IMHO this book is MUCH better. One caveat to note: both Alan Lawrenson and myself admit that having a radical prostatectomy was not the preferred path. If you are considering that approach, then by all means, read Dr Walsh's book - it's what he does. If you put value on studies and cure rates for other treatments, then save yourself time, money and frustration - read this book!

2. Cancer as a Metabolic Disease

There is a growing number of top medical researchers who are dusting off **the metabolic theory of cancer** as proposed by Dr Otto Warburg, who won a Nobel Prize for this work, in 1933.

Travis Christofferson in his book **"Tripping over the Truth"** said:

"The metabolic theory states that cancer originates from damage to the cell's capacity to generate energy with oxygen (oxidative energy production), with a concurrent increase in energy generation without oxygen. Oxidative energy production takes place in a cellular organelle called the mitochondria. The mitochondria are known as the cellular "power plant." The metabolic theory of cancer contends that cancer begins with damage to the mitochondria. The cell is then forced to shift energy production to fermentation in order to survive. It is telling that this one feature of cancer, damaged mitochondria and increased fermentation is present in all cancer types. Also telling is the fact that the greater the degree of fermentation displayed by a given cancer, the more aggressive the cancer.

So what does all this mean to the average Prostate Cancer sufferer? It explains why diet is so important to cancer patients. It is essential to limit ones intake of sugar (in all its formats) to prevent the sugar 'feeding' the cancer cells craving for sugar so as to support its production of energy by fermentation. It also explains the importance of oxygenation of the body by exercise, diet, supplementation, intravenous Vitamin C and glutathione, etc.

3. New Book on the German Cancer Clinics

In my book, I refer to a book titled **"German Cancer Breakthroughs – A Guide to Top Clinics"** by Andrew Scholberg. Published in 2011 by Online Publishing & Marketing, LLC, it reviews the treatments available from about a dozen German and Swiss clinics.

My brother who has recurrent metastatic castration resistant prostate cancer recently spent three weeks undergoing hyperthermia and other

therapies at an integrative cancer centre in Melbourne, Australia. Due to poorly functioning kidneys he was not able to enjoy high dose intravenous Vitamin C therapy which would have been likely to reduce his cancer load significantly. It became clear that the wider range of therapies available in the German clinics might offer him better options to overcome his present diagnosis.

It was pleasing to see a new updated version (3rd Edition) of this guide came available last month. Go to www.CancerDefeated.com.

4. Maintaining An Alkaline Body

It is essential for both cancer prevention and cancer eradication to maintain the body's pH level in an alkaline state, i.e. over pH 7.0. In fact, the body pH should be maintained at between 7.3 and 7.4. Most people with poor diets see their pH below 7, which sees their bodies acidic. Cancer cells thrive in such an environment, but die in an alkaline environment. To repeat: *it is essential to maintain an alkaline body state.* How do we achieve this? By doing something similar to the following:

Change the diet by eliminating the 'bad guy' foods referred to earlier and stepping up the intake of the 'good guy' foods.

An early morning glass of water with sodium bicarbonate (one teaspoon) as well as taking magnesium and potassium supplements help the alkalizing process, as does a lemon a day squeezed into a glass of water.

I came across a new supplement called pH ADJUST a few days back. I await my first supply. More details at

www.integratedhealth.com/supplements/special-formulas/ph-adjust.html/. I was introduced to this product by Dr Mark Sircus at <http://drsircus.com/general/bicarb-magical-mineral-supplement>.

5. Hyperbaric Oxygen Treatment with a Ketonic Diet

Cancer cells exist in an oxygen-less environment. To create the necessary energy to grow they resort to a process called fermentation. This inefficient process produces only about 7% of the energy output of a healthy cell. The cancerous cell has a huge appetite for glucose and other sugars to feed the fermentation process. Normal cells give off carbon dioxide (CO₂) during the respiration process whereas cancer cells give off lactic acid. This release of CO₂ assists the blood's haemoglobin to transfer oxygen throughout the body. Lactic acid impedes this process.

There are many reasons why healthy cells become starved of oxygen and become cancerous. What is important is that the body is 'fully oxygenated' all the time to prevent healthy cells becoming cancerous and to kill cancerous cells by saturating them with oxygen, which leads to their death or repair back to healthy cells.

Other oxygen treatments covered in my book include Exercise with Oxygen (EWOT), Ozone and Hydrogen Peroxide.

A golfing friend of mine whose brother-in-law (Jim) has metastatic prostate cancer asked me recently what I thought of hyperbaric oxygen therapy (HBOT). Apparently with chemo not providing sustainable benefits, Jim's medical team judged that he might benefit from a series of exposures to hyperbaric oxygen. Jim's treatment saw him exposed to a 100% pure oxygen environment at twice normal atmospheric pressure for four hours three times a week for three weeks. He was advised the purpose of the treatment was to stimulate the body's immune system to attack the cancer. Outcome: Inconclusive to date.

HBOT and EWOT are considered not to be as effective as are ozone and/or hydrogen peroxide therapies, as oxygen, even under pressure, is not a strong enough oxidizing agent as is hydrogen peroxide and ozone. Ozone being the stronger oxidizer of the two. Remember the enzymatic protective coating of cancer cells is non-existent or is under-developed, thus exposing them to the killing power of strong oxidizing agents like ozone and hydrogen peroxide.

In a multi-faceted recent study, researchers used a Ketogenic Diet (KD) along with three 90 minute sessions of HBOT per week. Under normal conditions just 8 per cent of the mice with metastatic cancer survive. The conclusions state that: *a 'KD alone significantly decreased blood glucose, slowed tumour growth, and increased mean survival time by 56.7% in mice with systemic metastatic cancer. While HBO2T alone did not influence cancer progression, combining the KD with HBO2T elicited a significant decrease in blood glucose, tumour growth rate, and 77.9% increase in mean survival time compared to controls'.*

It is hoped that the present Marsden Hospital clinical trial might eventually confirm the efficacy of a ketonic low carb diet combined with hyperbolic oxygen therapy.

6. Theranostic PMSA Lutetium⁻¹⁷⁷ Therapy

(My book "*An ABC of Prostate Cancer Today – 2nd Edition*" was meticulously researched and written to present, the state-of-the-art of prostate cancer science and treatment when it went to press in 6 months ago. A look at the reviews of the book on Amazon and the one included on the front page of this newsletter, highlight the quality of the book.

However, science and medical research doesn't stand still, with new progress being made almost on a daily basis. (*Why buy PCa books that were written years ago???*). It is for this reason that I continue to research the science and treatment of prostate cancer on a daily basis and publish new information as they become available. What follows under the above heading is one new development that has already seen some hundreds of metastatic cancer patients being treated in Australia.)

Theranostics is a new emerging field of medicine which combines specific targeted therapy based on specific targeted diagnostic tests. Lutetium⁻¹⁷⁷ PSMA Therapy, or Prostate-Specific Membrane Antigen Therapy, is treatment that is used for people with advanced prostate cancer. Other radioactive isotopes are used for other types of cancer.

PSMA is a type of protein located on the surface of a cell and is naturally found on the prostate gland. In someone with prostate cancer, an increased amount of PSMA cell surface receptor is present. If the prostate cancer has spread to other parts of the body (i.e. metastasised) the PSMA will also appear in those areas. Lutetium⁻¹⁷⁷ PSMA

