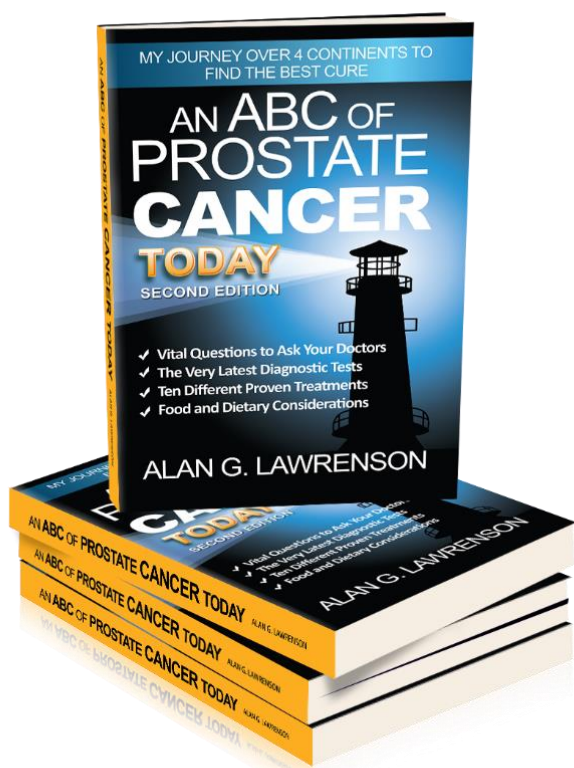


JANUARY 2016

“PROSTATE TALK” #5



1. “An ABC of Prostate Cancer Today” – 2nd Edition: launched at the Sydney Mining Club lunch

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.

The book was formally launched at the Sydney Mining Club’s monthly lunch on the 3rd November and was attended by some hundreds of doyens of the Australian mining industry. Little did I realise when I attended the launch of the autobiography of John Howard (a former Australian Prime Minister) at the same venue a few years ago, that I would be afforded the same opportunity. The luncheon crowd also raised a sizeable donation for Prostate Cancer research.

Pre-orders and initial sales of the book have been very strong and it appears likely that the book will at least challenge its predecessor (*An ABC of Prostate Cancer in 2015*) for its former #2 sales ranking on Amazon for prostate cancer books.

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2. Fruit – Their Place in Your Diet

There is a huge variety of fruits available that are very beneficial to us all. However, many of these fruits are grown on the other side of the world, picked unripened and stored in nitrogen or other gases, before they arrive in your supermarket sometimes weeks later. Of course, they were almost certainly grown under pesticide or herbicide control. Thus, it is important to choose local fruits that are grown in organic conditions.

Then we have the sugar content to consider. The sugar content of 22 common fruits, in grams per 25 gram serving, are listed below:

Avocados	0.1		Pineapples	2.4
Tomatoes	0.7		Plums	2.4
Raspberries	1.0		Blueberries	2.5
Strawberries	1.2		Apples	2.6
Papayas	1.4		Apricots	2.7
Lemons	1.4		Bananas	3.0
Rockmelons	2.0		Cherries	3.1
Pears	2.1		Mangoes	3.3
Oranges	2.1		Lychees	3.8
Peaches	2.2		Grapes	4.1
Kiwis	2.3		Dates	17.0

One benefit of fruits is that they contain fructose, a natural sweetener that has a slower rate of digestion than most other sugars. They generally do not cause the wild blood sugar spikes that sucrose can cause. However, they do add to the daily sugar intake and their addition is a trade off against their nutritional benefits.

Brief comments follow on some of the fruits included in the table above:

Blueberries

They are often regarded as a 'superfood'. They are loaded with vitamins, minerals and fibre. They contain numerous flavonoids and anthocyanins (both considered good for you) and they have strong antioxidant properties.

Strawberries

They are an excellent source of vitamin C which makes them an excellent antioxidant and immunity booster. A phytochemical called ellagic acid - also found in strawberries - is another immunity booster.

Lemons

Lemons contain riboflavin, thiamine, copper, potassium, calcium, folate, vitamin B6, fibre, pantothenic acid and iron. All good nutrients for human health. A lemon a day assists in keeping the body in an alkali state.

Papaya

Papayas are high in vitamin C and rich in antioxidants. Their high fibre content helps slow the release of the sugar into the blood stream and assists with digestion.

Avocados

Another 'superfood'. They contain oleic acid which is a known anti-inflammatory. It also has beneficial effects on genes linked to cancer. Holds huge store of vitamins C, B5, B6, E and K as well as folate and potassium. Also, they contains small amounts of magnesium, manganese, copper, iron, zinc, phosphorous, vitamins A, B1 (thiamine), B2 (riboflavin) and B3 (niacin).

(This section is an extract from the new book)

3. Green & Essiac Tea

The Chinese have been drinking green tea for 3000 years and it also has been used in a number of other Asian countries for nearly a 1000 years. In recent years, there have been a number of significant studies into green tea and its therapeutic values. Some of these studies have shown the polyphenols in green tea to act against cancer cells in cell cultures.⁴ It has been postulated that epigallocatechin (EGEC) compounds in the tea may inhibit new blood vessels from forming, thus restricting cancer cell growth. The initial studies have yielded mixed results. This has prompted the FDA to review all published studies. For a number of years the FDA has been involved in a dispute with a green tea supplier. In 2011 it announced its conclusion in this matter which stated:

"Green tea may reduce the risk of breast and prostate cancer. (The) FDA does not agree that green tea may reduce the risk because there is very little scientific evidence for the claim".

There are many thousands of cancer sufferers who would not agree with this statement, based on their own positive and practical experiences.

Essiac Tea Mixture

This mixture of originally four root extracts originated in the North American Indian tribes in the distant past. A Canadian nurse started using it as a tea about 100 years ago. It had very beneficial impact on patients attending her free cancer clinic. The tea was generally administered 12 times a day for 10 days. Four additional herbs were added to the mixture that originally had four active ingredients being **burdock root** (said to decrease cell mutations and inhibit tumours. High in selenium); **sheep sorrel** (stimulates the endocrine system); **slippery elm** (rich in vitamins, calcium and magnesium); **Indian or Chinese rhubarb** (a known anti-inflammatory, antibiotic and anti-yeast agent that also helps oxygenate the body). The four additions to the tea were: watercress (a good blood purifier and strong antioxidant); blessed thistle (again a blood purifier and with immune boosting properties); red clover (it contains coumestrol, a phytoestrogen, which may interfere with estrogen-based cancer treatments); kelp (reduces acidity in the body).

Essiac tea mixtures are available in most health food shops. (This section is an extract from the new book)

4. The Benefits of Sleep

When the Three Wise Men visited Jesus in the manger in Bethlehem all that time ago, they were said to bring three gifts with them in the form of gold, myrrh and frankincense. The latter two were plant extracts that were said *“to be more expensive than gold.”* Some biblical scholars believe that the gold was not the metal, but the golden root extract from the turmeric plant called curcumin.

Turmeric is a plant that is grown in the tropical parts of India and Asia. The active constituent of the turmeric root is the bright yellow (gold) curcumin and is the main spice in curry foods. It has powerful anti-inflammatory and anti-oxidative properties. In addition to these beneficial properties, it is a powerful weapon against cancer. Research studies have shown that this super spice can actually prevent cancer tumours from developing. In those who already have cancer, turmeric slows the growth and spread of cancer. In a research study done with mice injected with cancer cells, the curcumin in turmeric was proven to be more than twice as effective as the cancer drug paclitaxel (Taxol®). Numerous other research studies have sited the benefits of curcumin, but many of these studies has seen the curcumin taken by intravenous injection. Most curcumin supplements offer less than 10% bioavailability of the curcumin to the body as they are not water soluble thus limiting its absorption into the bloodstream. Recently, reformulated versions have become available that offers close to 100% bioavailability of its active agent to the body. Also make sure that it does not contain too a high level of piperine, or worse a Class-1 residual solvent known as EDC (1,2-dichloroethane and a probable carcinogen). Over the past two decades, researchers have also found strong correlations between imbalanced inflammation and almost every major disease group - including heart disease, cancer, and degenerative brain disease. Thus, I take two capsules of curcumin,

together with frankincense (*boswellia serrata*), ginger and piper nigrum (less than 6mg piperine) each day as an amazing inflammatory and anti-cancer agent.

5. Medicinal Cannabis

We have all heard about the ‘supposed’ benefits of cannabis for many years. Obviously, we have also heard of the many negatives that surround the plant/drug.

Whilst finalising the manuscript for my new book, I considered including a section on medicinal cannabis. However, a quick investigation told me that medicinal cannabis use was still illegal in many states in the USA and many other countries like Australia. For this reason I decided to omit it from the book.

There have been two further developments since the book went to print in September this year. Firstly, on the 8th November, four additional states in the USA voted to legalise cannabis and its use in treating severe cancer pain. Secondly, a friend of mine’s son, in his early fifties was diagnosed with prostate cancer with a PSA of 13 and Gleason 7.

6. Photodynamic Therapies

In my new book, I discuss photodynamic therapy, which is used reasonably widely to kill cancer cells in advanced prostate cancer situations. This week I became aware of two recent clinical trials that take PDT to a new level for patients with prostate cancer confined to the “box”. We all know how the ‘Cancer Anxiety Factor’ almost demands that a newly-diagnosed patient does ‘something’ to rid themselves of their cancer. Active

