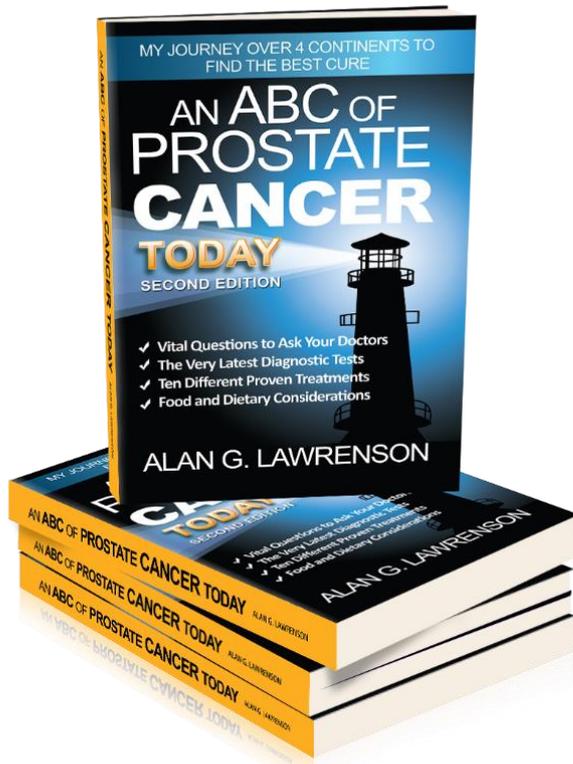


NOVEMBER 2016

“PROSTATE TALK” #4



1. “An ABC of Prostate Cancer Today” – 2nd Edition: to be formally 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.*” In Australian bookshops, it’s called “*An ABC of Prostate Cancer Today*”.

My new 2nd edition book reached the bookshops last month and is available as an eBook or a printed version from the various Amazon online outlets.

The book will be formally launched at the Sydney Mining Club’s monthly lunch on the 3rd November which is attended by some hundreds 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 back, that I would be afforded the same opportunity.

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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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. The New Book

I have read all the top 10 PCa books on Amazon and many, many others. This new book which is a blend of my story and an easily read and understood description of the latest diagnostics and treatments available to sufferers stand up very well to all books available on the subject. Don't take my word for it. Just review the two unsolicited 5 star reviews received by Amazon over recent days:

“Useful website references and even a chapter on diet

*When first diagnosed with prostate cancer I was motivated to learn more about the condition and treatment. All of the books I could lay my hands on to read were either too technical or out of date. When I got the **An ABC of Prostate Cancer Today** book I found it so relevant and understandable that I could not put it down. Alan clearly has done an incredible amount of research right from describing what prostate cancer is, how it is diagnosed, the myriad of options how it can now be treated, the side effects of treatments plus glossary of terms, useful website references and even a chapter on diet. I have added the FOCC Budwig mix to my diet (referred to in the book) and are very pleased with that discovery. What I have learned from this book has empowered and helped me understand my condition and treatment options, for that I am grateful. Thank you Alan. The book has to be a highly recommended read for all adult males.*
Noel L. 23rd October”

“Extremely informative book on prostate cancer for the new patient

My father died of prostate cancer and my brother recovered from it. So out of "self-defence" I became a "friend" of the founder of the Prostate Cancer Research Center in Los Angeles to learn more and have done private research for 15 years and was honored to be called "One of the most knowledgeable laymen in the prostate cancer world." I even gave demonstrations of the new HIFU technology before it was FDA approved. With that said I wish I had written this book because it combines everything I have learned and much, much more in an easy to read yet comprehensive review of current treatments and even some natural complimentary supplements. This man has done everyone with this health concern a great service. I am currently facing a rising PSA so I bought the book without expecting too much. Best money I ever spent.

Thanks Alan Lawrenson - my best wishes to you in Australia!
Lawrence G 23rd October”

3. Alzheimer's and Cancer

These are the two scourges of our time, particularly in the Western world. Both diseases have touched our immediate family. My brother, father and I with prostate cancer, my sister-in-law breast and ovarian cancer and my wife's sister with advanced Alzheimer disease. About 6 years ago I became familiar with the story of Dr Mary T Newport's battle to save her husband Steve's from the ravages of Alzheimer disease. This led to her best-selling book titled **“Alzheimer's Disease - What if there was a Cure?”**

It is a riveting book that is hard to put down once you start reading it. The bottom line is that Mary discovered that by giving her husband up to a dozen tablespoons a day of unprocessed coconut oil her husband recovered from not being able to look after himself to the point where he could hold down a job. She found that coconut oil consists of about

50% medium chain triglycerides, which when absorbed in the body are converted by the liver to ketones. Ketones are an excellent source of food and energy for brain cells, which can replace glucose – their regular food and energy supply. She reports in her book that more than 90% of Alzheimer patients when taking high dosages of coconut oils and following a ketogenic diet, show discernible improvement in their cognitive skills. Some make close to a full recovery.

I had the privilege recently to attend the Awakening from Alzheimer's Conference (online) that brought together many of the world's leading integrative specialists on dementia and Alzheimer's diseases. A truly remarkable experience, with clear evidence emerging that showed that Alzheimer's needn't be a death sentence and confirmed what many had previously concluded that conventional drugs and medicine, just don't work or provide much relief to sufferers. More details can be found on the group that organised this conference at <http://www.awakeningfromalzheimers.com/>. A key thesis of this conference was the health of the gut controls the health of the health of the brain. More on this and cancer soon.

My sister-in-law who at 86 lives on an Alzheimer's care farm in South Africa, has a daughter with three PhD scientists as a husband and two sons. A third son is completing his PhD and works at a psychiatric hospital. When I made them aware of the benefits of coconut oil 6 years ago, they said *“the scientific literature suggests that high doses of MCT could lead to heart attacks and that it offered no therapeutic benefit to Alzheimer's patients.”* Last year my wife and I experienced the trauma of visiting

her when she didn't know who we were. One wonders what would have been the outcome if she had adopted the Newport regime. Sadly, we will never know.

My extensive research into prostate cancer and cancer more broadly, has lead me to believe that in these days of high exposure to toxins, fungus, environmental nasties, poor diets, etc., it is absolutely essential to maintain the health of your immune system. Every day we see cancer cells begin their life within our bodies and need our immune system to quickly neutralise them before they have a chance to take hold. It is becoming clearer and clearer to progressive scientists the importance that the gut (intestines) plays in sustaining our immune system and our brain health. In fact, it is now considered that more than 60% of our immune system resides in the gut.

The diet that sustains a healthy brain, gut and immune system (to ward off cancer and for that matter, cardiac and pulmonary health) are nearly identical in being ketogenic in nature. I cover diet, nutrition and supplements comprehensively in "**An ABC of Prostate Cancer Today.**"

One's diet is critical in harnessing and maintaining good health. Get the bad guys out of your diet; improve the purity of your tap water; eat organic foods; stop packaged, fast and microwaved foods; eat more herbs and spices; eat five or six small, but nutritious meals a day; oxygenate your body via exercise; supplement with quality vitamins and minerals; keep your body alkaline; maintain much of the goodness in the food by taking it raw; take daily doses of sunshine (or supplement with vitamin D), but above all put colour into your diet by consuming a spectrum of red, orange, yellow, green, purple/blue and white/brown vegetables and fruits. Add unprocessed (non-hydrogenated) coconut oil to your salads, hot dishes, etc., to maintain good brain stem health.

What do most physicians and cancer doctors say about diet and nutrition? Probably nothing as the average doctor received about 10 hours of tuition on diet and nutrition at medical school. I am not a fan of chemotherapy as it weakens the immune system which is so critical in our general and brain health.

4. Meet Curcumin – A Super Supplement

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. Focal Ablation

In 2013, I spent three months in Seoul, South Korea, having Proton Beam Radiation Therapy (PBT). I selected this form of treatment as I considered it to be the best available to me at that time. Today, treatments have moved on and whilst I have the highest regard for PBT, today with the vast improvements in MRI, I would select Focal Ablation as my first treatment choice. This treatment would have seen the laser destruction of the two largish tumours that I had with the laser being guided whilst I was in the MRI machine. This simple procedure would be completed within an hour or so and would have seen the destruction (ablation) of about 5% of the prostate volume. The remaining 95% of the prostate would see the gland continuing to operate normally with no or little side effects.

This technique which was pioneered by Dr Dan Sperling of the Sperling Prostate Cancer in

New York City, is becoming available all around the world. A Sydney domiciled reader of my first edition book, after reading about FLA, journeyed to NY and achieved an excellent result.

It is expected to become even more popular once more radiologists are trained to identify the tumours and more and more high resolution MRI machines are installed. (The technique really requires a 3 Tesla strength magnetic field machine – 5 Tesla magnets are not far from reaching the hospital environment}. The technique is likely to be covered by health insurance and drop significantly in cost down the track.

Irreversible Electroporation which is covered next, is a broadly similar focal technique, but uses a different method of ablating the tumour.

6. Focal Irreversible Electroporation (IRE)

Angiodynamics obtained limited approval from the FDA for their NanoKnife® system in 2011. The unit was also approved for use in clinical trials. The NanoKnife® system allows focal treatment of prostate tumours, usually under mpMRI guidance, using a technique called focal irreversible electroporation (IRE).

The technique sees a number of electrodes, in the form of long needles, placed around the tumour. The needles are connected to the IRE-generator, which then proceeds to sequentially build up a potential difference between two electrodes. This is achieved by up to 90 short pulses of between 1500 and 3000 volts being delivered to the needles.

The technique, which is still considered experimental, is now being conducted in many countries for all forms of soft tissue tumour ablation. Cancer cells when subjected to the electrical pulses, see pores created in the cell membranes which leads to their death. The procedure lasts for about 30 – 40 minutes with the patient under a general anaesthetic.

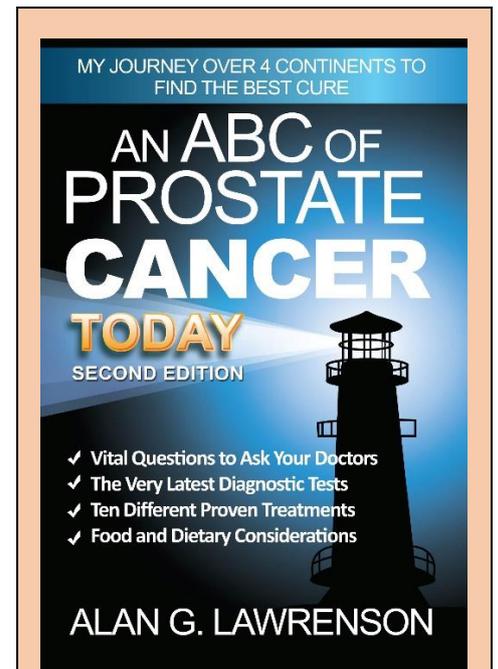
Generally, there is no damage to critical nerve bundles or adjacent health tissue and patients make a rapid recovery with little or no long term effects being experienced.

(This section is an extract from the new book)

7. Check Your pH

Cancer cells thrive in a body that is acidic or that has a pH of less than 7. When the body pH is ideal at 7.3, cancer cells can survive for long. You can control your pH by diet and with drinking the juice of a lemon freshly squeezed into 250ml of water. You need to measure your pH and continue to do so on at least a weekly basis. How would you do this? You need to monitor your pH level immediately you wake up (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.

(This section is an extract from the new book)



I hope you enjoy this newsletter. Feel free to circulate it to your friends and support group members. **Register on the web site** address listed below to receive it regularly.

“An ABC of Prostate Cancer in 2015” will continue to be available at a budget price in print or eBook formats. However, *“An ABC of Prostate Cancer Today” – 2nd Edition*, is a much more comprehensive book that will be of particular assistance to advanced sufferers. Pre-orders already suggest that it will be a category best-seller.

Both books are 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 or from most leading book shops. Use the appropriate order form from the web site below for local print copy orders.

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