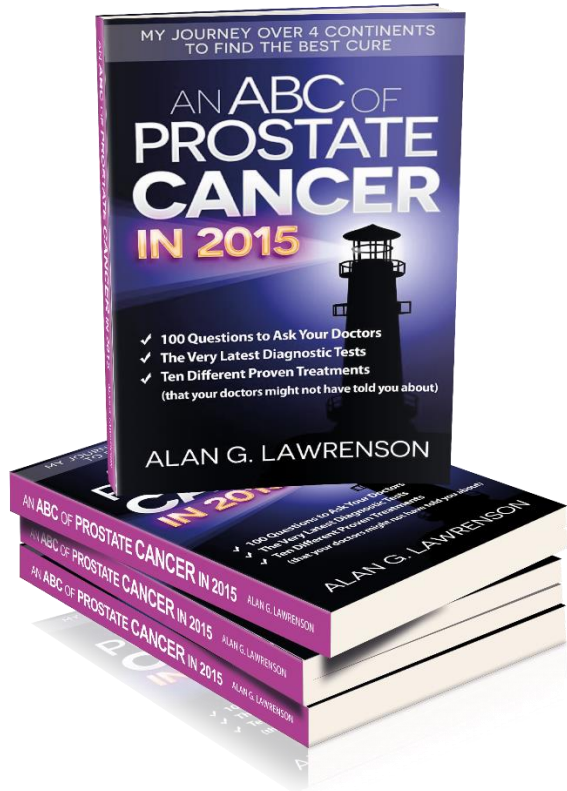


JUNE 2016

## “PROSTATE TALK” #2



### Introducing the “PROSTATE TALK” Newsletter #2

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*”.

The first issue of the “PROSTATE TALK” Newsletter was emailed to more than 500 prostate support groups around the world. I was well pleased with the feedback received and the large number of people who have subscribed on my web site at [www.anabcofprostatecancer.com.au](http://www.anabcofprostatecancer.com.au) to receive it regularly.

In the first issue I said you need a plan to combat cancer. I noted the 7 components of the plan, with these being: **alkalise the body**; replacement of silver amalgams in the teeth; **exercise**; adequate detoxification; peace of mind; **diet and nutrition** and importantly an **appropriate cancer treatment protocol**. I wholly or partially dealt with the components in bold in the first Newsletter.

Of course, the issue of diet and nutrition is huge as are the cancer treatment protocols available. I present additional information on these two subjects in this Newsletter and address the other components, not covered previously.

My forthcoming new book will include much more detail than can be included in the limited space available in this Newsletter.

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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. Diet & Nutritional Issues

In the first issue, we looked at the 'bad guys' being foods that the prostate cancer sufferer should avoid, regardless of the stage of their disease or their treatment. The cause of cancer is a contentious issue. Ask ten specialists working in the field and you will get many different points of view. A common thread will probably exist in that up to 10% of cancers will be considered as 'inherited' in one's genes and most of the other cancers will be due to enviro-toxins, viruses, fungi or other sources. Few, if any, will refer to poor diet or dietary deficiencies that have led to weaknesses in the immune system that have allowed the cancer cells that are in all of us every day, but are kept in check by a healthy immune system. Almost all medical doctors focus on 'treating' cancer rather than 'eliminating the root cause of the disease' in the first place.

A close family member is suffering from metastatic castration resistant prostate cancer that the conventional medical community can only offer palliative care with no serious likelihood of cure. His professor of oncology said to him recently that 'diet and nutrition offers no likely improvement in his condition.' What oncologists don't tell their patients is that chemotherapy has a very small 'cure' rate. Unfortunately, chemo seriously weakens the immune system at a time when it is already seriously compromised by the cancer itself. It is particularly important to nourish the body at this time so as to give the immune system the best chance of beating the disease.

So what do we eat? We stop eating the nasties such as sugar, breads, fruit juices, all processed foods, dairy and red meats to name just a few. We start eating 'rainbow food' that is organically grown. What's that? Vegetables and selected fruits of colour. Which are the best? As far as fruits are concerned you need one or two servings per day of blueberries, strawberries, raspberries, papaya, avocados and tomatoes. Unsweetened fresh lemon juice helps keep the body in an alkaline state. As far as veggies are concerned, it is important to eat at least two cruciferous greens per day. Cauliflower, cabbage, kale, bok choy, Brussel sprouts or broccoli. A recent research study revealed that daily consumption of cruciferous vegetables reduced oxidative stress in participants by 22% over three weeks versus only 2% in a group that had no such vegetables, but a daily multi-vitamin dosage. Other 'good' veggies are carrots, red, green and yellow peppers, radish, green beans, celery, onions, beetroot, brown rice, mushrooms, squash, turnips and parsnips, etc.

Most of our diets today, see us deficient in many compounds. Thus the needs for herbal and vitamin supplementation. Herbs and spices that should be included in the diet include curcumin from the turmeric root, saw palmetto, ginseng, cinnamon, oregano, grape seed extract, and herbs like astragalus, echinacea, cat's claw and flaxseed oil. A number of cups per day of green tea or even better, essiac tea should be the beverages of choice.

Vitamin, enzymes and mineral intake should include the most important Vitamin D. Adequate Vitamin C, Vitamin K, Vitamin A levels are also important. Two important enzymes that should be taken daily include proline and lysine. The latter is one of nine essential amino acids that are very important to the body's metabolic function and are not produced by the body. It is an important building block of the amino acids that together unite to form **collagen**, the connective tissue between all body cells. It has an even more important function that is not always recognised: it inhibits the growth of the **collagen digesting enzymes** that are produced and secreted by all cancer cells. According to Dr Matthias Rath, a former colleague of Professor Linus Pauling –

Nobel Laureate – and head of the Dr Rath Research Institute, lysine and vitamin C both contribute to the stability of the connective tissue (collagen) and the prevention of the uncontrolled tissue degradation. *It's a critical component in the war against all types of cancer.*

People with liver or kidney disease should be careful not to take too much proline or for that matter any amino acid supplement, without first consulting their doctor.

Magnesium is critical for the synthesis of Vitamin D in the body. Vitamin D deficiency has been linked to the formation of a number of cancer types. It is also important to the efficient energy production by the mitochondria. Research shows that about 40% of Americans are deficient in magnesium. High levels of dairy intake also depress the magnesium levels in the body.

A person with an average diet is likely to see their sodium levels overwhelm their potassium levels. Potassium is essential to the internal mechanism of all human cells. Thus potassium intake is important.

## 3. Replacing Amalgam Fillings

Did you know that the silver amalgam fillings in your teeth contain 50% mercury, a known neurotoxin and carcinogen? The silver content is only 25%. Perhaps you are lucky in that your fillings might be made of porcelain which is pretty well inert in the mouth.

Perhaps as many as 100 million fillings are done in North America every year. The vast majority are silver amalgams. The FDA classifies amalgam fillings as a 'device' rather than a substance. Apparently, this obviates the need for testing and allows them to ignore the use of mercury within the body. Over time mercury vapours leach out of the amalgams and contribute to the

body's toxin load. The mercury vapour is absorbed through the lungs into the blood and is converted into its organic form, methylmercury. This chemical is 100 times more toxic to the body than even elemental mercury and is associated with a number of neurological diseases, including Alzheimer's and MS. Four dentists who I have recently asked about this issue were adamant that no leaching of mercury occurs. However, Sweden, Norway and Denmark have outlawed its use.

Informed cancer sufferers have been inclined to have their amalgam fillings removed by a biological dentist.

#### 4. Detoxifying the Body

An absolutely essential consideration in the battle against prostate cancer is an effective regime to remove toxins, parasites, fungus, yeasts, viruses and other nasties from the body. A new diet is the first stop in the process. The second task is to eliminate parasites, harmful bacteria and yeast from the body. It is best achieved by diet and by taking an appropriate enzyme supplement which contains amylase, protease and/or lysozyme. The supplement must be able to remove the **biofilm** that the parasites and harmful bacteria produce to protect themselves. The enzymes should be taken on an empty stomach at least an hour before meals. The taking of a quality probiotic with meals will protect 'good bacteria' whilst undergoing this short term detox. Garlic, cloves, turmeric, ginger, oregano, grapefruit, thyme and cinnamon are useful in ridding the body of parasites and yeasts. The detoxifying process often causes an adverse reaction from the body with symptoms including pain, stomach cramping, and digestive upset. It's the body's way of removing the dead material from the body. It is important to see this process through for the duration of the detoxification period.

The third task is to get rid of the environmental household and personal products that contain unacceptable ingredients. These include cleaning products, toothpaste, body lotions, antiperspirants, plastics, etc. The next task is to install an appropriate water filtering system that takes fluoride, dangerous trace metals, hydrocarbons and low level antibiotics from your drinking and cooking water.

The liver is the detoxifying general of the body. It cleans the blood many times a minute and captures toxins and other compounds from the blood as it passes through the body's second largest organ. All cancer sufferers have an impaired liver function due to having to neutralise the lactic acid that is produced as a fuel by cancer cells; by dead cancer cells that might be killed by anti-cancer drugs or by radiation and having to process pain killers and other toxic substances that are in the system.

The liver consists of a large number of bile ducts that process bile, toxins and waste products through to the intestines and then to the colon. As cancer cells die they are inclined to clump together and join with cholesterol to form microscopic sized gallstones that further overpower the liver.

How do we get the liver (and for that matter, the kidneys) back into shape? There are numerous regimes available from off-the-shelf detox kits usually containing some combination of fibre (soluble and insoluble) with a chelating substance like bentonite clay, to absorb heavy metals. The bentonite clay seeks out the toxins with which it can bind. This includes heavy metals (mercury, cadmium, lead, etc.) and other substances with an opposite charge to the bentonite. The bound pollutant is then removed from the body by the colon or kidneys. It is interesting to note that almost all the alternative/integrative medicine clinics do regular coffee enemas as a routine and important

detoxification treatments. Thousands more do them at home a number of times a week.

#### 5. Peace of Mind

Peace of mind might mean different things to different people. To me peace of mind means living a well-balanced life in every way, with a minimum of stress in one's life, being emotionally well-adjusted and surrounded by love, with a positive outlook on life and towards your cancer journey and if you are spiritually inclined, at one with your creator.

The issue of stress is a VERY IMPORTANT consideration in your journey to beat your cancer. The University of Malaysia discovered that chronic stress *prevents* the rapid creation of infection fighting T-cells and prevents quick immune reaction. Hundreds of studies over the past 40 years have confirmed that stress negatively impacts the immune system.

The question of the past underlying anger or emotional factors in most cancer sufferers that probably initiated the cancer in the first instance needs attention. It is undisputed that the body contains different types of memory cells. Their short term role is well documented. Whether or not they have long term past memory is unclear. A search of the alternative medicine literature sees memory cells or a similar memory mechanism feature on many occasions.

I know some men with metastatic castration resistant prostate cancer. Some have fantastically positive mental strength. Others less so. One or two have sought out a specifically-trained 'mind' doctor who has dug into their past to identify traumatic events that remain unresolved in their subconscious. This 'mind' doctor is adamant that without this inner conflict being resolved, they will not be strong enough to totally restore one hundred percent of their health. Many health

professionals agree with this point of view. It is also important to establish a strong support network of family, friends and a medical team that you believe in.

## 6. Oxygenating the Body

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.

Oxygen therapies are considered with suspicion by the medical authorities in many countries, but are an essential weapon in the doctor's toolkit in Germany. There it is considered an important aid in removing the underlying cause of various diseases including cancer.

There are numerous ways of oxygenating cancer cells, some easier and more effective than others. These include:

- Exercise with Oxygen Therapy (EWOT)
- Ozone Therapy
- Hyperbaric Oxygen Therapy (HBOT)
- Hydrogen Peroxide
- Intravenous Vitamin C (IVC)
- Flaxseed Oil and Cottage Cheese

We have covered the effectiveness of the flaxseed oil and cottage cheese in the last newsletter. Space only permits a cursory look at Intravenous Vitamin C treatment in this newsletter. The other treatments will be discussed in subsequent issues.

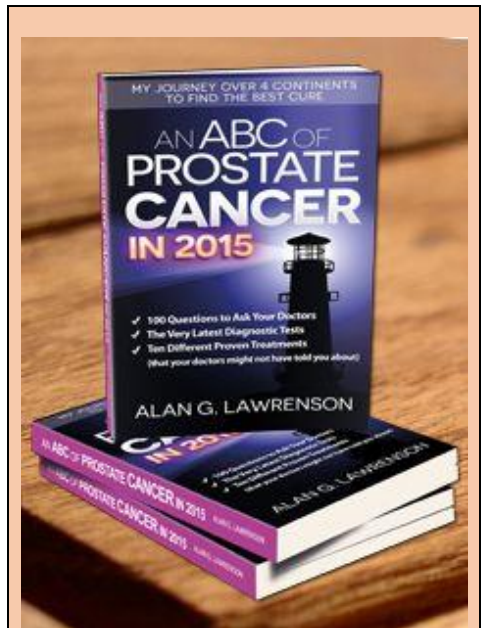
Vitamin C (ascorbic acid) has been considered a powerful water-soluble antioxidant for many years. It has the ability to act as a detoxifier by being able to oxidise tissue in a similar manner to chemotherapy. When IVC-dosed patients undergo radiotherapy, they have less pain, less anaemia and less loss of appetite and weight.

It is involved in maintaining proper immune cell functionality. The natural killer (NK) cells of the immune system require high levels of Vitamin C to operate effectively. It assists in the production of antibodies and has the ability of lessening the spread of tumour cells to adjacent healthy tissue. Vitamin C also boosts the body's production of interferon which has anti-cancer activity.

A very important role that Vitamin C plays in the body's fight against cancer is in its ability to form a complex with food iron which increases its bioavailability and uptake. (Most cancer patients suffer from an iron deficiency). The resultant increase in blood haemoglobin assists in the oxidative energy function of cells.

The body will only absorb a limited quantity of Vitamin C when it is taken orally. It is also known that when taken intravenously, the absorption rate increases by as much as 100 times that of orally-taken vitamin C. In a 2004 study by the NIH, the blood concentration of vitamin C when given intravenously was nearly 7 times greater than when the same amount was given orally. And the maximum tolerated dose was nearly 20 times higher.

*It is essential that the IVC treatment be conducted under the close supervision of an experienced IVC health professional.*



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](http://www.amazon.com) in the USA and Canada or in the UK or Europe from [www.amazon.co.uk](http://www.amazon.co.uk) in printed or eBook format.

In Australia, it's available in eBook form from [www.amazon.com.au](http://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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