

Prostate Support

In terms of prostate support for men, there are a number of things that seem to be useful. There is always the risk of an enlarged prostate being the precursor to prostate cancer.

***Body Balance** contains a huge spectrum of minerals including selenium which is needed for proper prostate function. The incidence of prostate cancer has been shown to be substantially lower in men with higher selenium levels. Natural carotenoids, also high in Body Balance, has been shown to lower risk of developing prostate cancer. Zinc is another mineral that plays a big part in prevention as zinc nourishes the prostate gland. Body Balance contains zinc as well as all the co-factors needed for the body to absorb and utilize the zinc.. One of the most important things for improved prostate function are minerals, and seaweed is the highest form of safe bio-available minerals.*

***Osteoprocure** contains Vit D3. A deficiency has been linked to prostate cancer. Osteoprocure is also a wonderful source of minerals. The chondroitin in Osteoprocure comes from shark cartilage. Studies have shown that it inhibits tumor growth and stimulates the immune system.*

*Compounds in **Taheebo** have been shown to have anticancer properties and build the immune system. It is a wonderful support to use on a daily basis.*

***Vitali-C Plus** contains powerful anti-cancer agents that have been shown to inhibit the spread of prostate cancer, and powerfully strengthen the immune system.*

***True Greens** is highly recommended as well, as it contains ingredients that are important for the support of the prostate as well as for healing.*

*There is a definite correlation between high red meat consumption and prostate cancer. **Amino Charge** is a great source of bio-available protein to use on a daily basis instead.*

Other suggestions:

Garlic is a wonderful food to take liberally as well. It helps to break down testosterone and slow cancer cell growth.

Tomatoes are the highest source of the carotenoid Lycopene. Other good sources are grapefruit and watermelon. Eat lots of cooked tomatoes in the form of salsa, pasta sauce, etc. It seems that the lycopene is far more bioavailable when the tomatoes are cooked.

Research has shown that soy protein contains something called genistein, that retards tumor growth by preventing the growth of new blood vessels to feed the tumor. It appears to be particularly effective against prostate cancer. (Also works against breast cancer in women and colon cancer in both sexes). So foods like tempeh and tofu, edamame, soymilk are all good sources.

Pumpkin seeds are high in zinc. Other foods high in zinc, if it is in the soil of course, are mushrooms, spinach, sunflower seeds and whole grains.

Salmon, sardines, herring and mackerel are high sources of Omega 3 fatty acids.....may lower the risk of prostate cancer.

Dr. Hans Neiper, who was the man who pioneered the use of orotic acid in the Osteoprocure, used Carnivora, a substance derived from a south American plant, to treat prostate cancer with a lot of success. Pygeum is another herb that has been proven effective. It has actually become the primary therapy for this condition in Europe. Turmeric is a spice that contains curcumin, an antioxidant that may be effective in controlling prostate cancer cells.