



NATUROPATHIC WISDOM NOTES

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Resurgence

*Out of the earth the rose,
Out of the night, the dawn:
Out of the heart, with all its woes,
High courage to press on.*

Laura Lee Randall

Prostate Cancer Prevention and Treatment

Stats: Prostate cancer is diagnosed in 18,000 Canadian men per year and causes 4000 deaths per year. Prostate cancer is the second most common cause of cancer deaths amongst men, lung cancer the first. Chances of PC (Prostate Cancer) increase dramatically after the age of 50.

The Biochemistry:

Testosterone accumulates in the prostate and is converted to dihydrotestosterone (DHT). DHT is 10 times more potent than testosterone at stimulating tissue growth in the prostate gland. The enzyme 5 alpha reductase converts testosterone to DHT and becomes more active during the aging process. As men age there is increasing levels of cortisol, which increases insulin resistance, increases weight, and as fat accumulates in the abdominal region more aromatase is produced which converts testosterone to estrogen. Elevated estrogen is implicated in BPH as well as PC. Increase estrogen levels increase SHBG (sex hormone binding globulin) and lowered levels of testosterone. As insulin levels rise, testosterone levels drop, DHT increases and accelerates the growth of the prostate and stress impairs the detoxification of testosterone metabolites.

PSA Controversy: Get a PSA (Prostate Specific Antigen blood test) done when you are young and healthy to get a baseline with which all future PSA tests you have done will be compared. **PSA doubling time** is the time it takes for PSA levels to double. A doubling time of less than 10 years usually indicates tumor growth. A doubling of PSA is consistent with doubling of tumor size. If you have a family history of breast cancer this will increase risk of PC (breast cancer is genetically linked with PC).

Free PSA: is the ratio of free to bound is 25% or higher the chance of PC is 8%. If 10-25% a 21% probability, and if 0-10% probability is 56%. The lower the percent of free antigen the higher the risk of cancer.

Causes

The current thinking is that testosterone elevations (namely DHT) cause prostate cancer, however recent research indicates that estradiol is more of a culprit than DHT. If men are checked right away for free testosterone levels (which indicate bioavailability) it is found that the levels are consistently low. Blocking all testosterone does not slow PC growth and this is called hormone resistant PC by MD's. Actually, testosterone does not stimulate prostate cancer growth, estradiol does. Estradiol antagonists are testosterone and progesterone!

Cadmium toxicity: Prostate is the waste dump of the male body and cadmium stores in the prostate. (The breast is the waste dump for females).

Environmental hormone mimics called xenoestrogens increase likelihood of PC as well as breast cancer. Other Environmental Toxins include pesticides, PCB's phthalates, volatile hydrocarbons and plastics. 100% of people tested have phthalates in their blood. **Liver weakness:** Leads to inadequate detoxification of the liver of these xenoestrogens, DHT and other testosterone metabolites, SHBG and excess estrogens.

Insulin Resistance: As cortisol levels rise, insulin levels rise, testosterone levels drop, DHT increases and fat accumulates increasing aromatase which increases the estrogen load.

Alcohol: impairs liver function, depletes nutrients, increases abdominal weight, (hops has estrogenic stimulating properties on the prostate gland).

Inflammation: A man's prostate gland is very sensitive to the hormonal changes that occur around middle age (e.g. declining testosterone and progesterone, rising estrogen). The prostate is also very sensitive to inflammation. Thus it comes as no surprise that a Swedish study published in the *Lancet* indicates that fish oils, which help reduce inflammation, can help reduce the risk of prostate cancer.

High meat diet that is mostly barbecued increases the formation of amines which are carcinogenic. Marinating in herbs and spices and slow roasting meat is better. Eating meat also stimulates the inflammatory omega 6 arachidonic pathways in the body.

Deficiencies: Selenium, zinc and other anti-oxidants.

Lifestyle: too much stress, too much sitting, not enough rest and poor diet contribute to lowered circulation of blood to the testes which lowers testosterone levels.

Toxic Teeth: Dr. Issels in Germany has all his cancer patients remove unhealthy teeth at the beginning of the treatment for much better outcomes.

HPV virus: This virus is implicated in cervical dysplasia in women. According to Dr. Bob Flaws the HPV virus causes genetic mutations in the prostate cells leading to PC.

Prevention and Treatment

Restriction of calories: A reduction of calories by 20-40% : 1) increases PC cell death (apoptosis), 2) decreases angiogenesis (blood supply to tumor cells) 3) decreases vascular endothelial growth factor and 4) decreases IGF1 (Insulin Like Growth Factor 1). This will also decrease the risk of diabetes, hypertension, elevated blood fats, stroke, heart disease, and other cancers.

Restrict unhealthy fats: Inhibit the omega 6 inflammatory pathway with: garlic, EPA omega 3 EFA's, sardines, swordfish, salmon and albacore tuna (low levels of mercury found in this type of tuna). The good omega 6 oils include borage and evening primrose oil.

Flax: Most recently a study was done at Duke University by Dr. Wendy Demark-Wahnefried (this was reported in a poster presentation at the annual conference of the American Institute for Cancer Research). A group of men with early state prostate cancer were given a fat-restricted diet supplemented with 30 grams of flaxseed daily. Four weeks later they had a prostatectomy. The general histological trend was towards decreased cell proliferation rates on the flaxseed diet. In addition, there was a decrease in serum free testosterone levels and lower PSA's.

Fiber: helps to remove bile that is laden with toxic hormone metabolites and controls cholesterol.

Anti-oxidants and Immune Enhancement

Selenium: 200-400mcg per day reduces incidence by 63%, and lowers the risk of lung and colon cancers as well.

Vitamin E: A recent Finnish study found a 33% reduction in the rate of prostate cancer in men who received vitamin E compared to placebo. Should begin taking at age 25! Reduces PC by 32% and death by 41%. Use mixed tocopherols which contain gamma tocopherols obtained from a non GM (genetically modified) source of soy.

Carotenes: consume a balance of natural organic source of carotenes. Men with low beta-carotene serum levels had a 36% greater rate of cancer at all sites.

Vitamin C: 1000mg per day. It is recommended to take Selenium,

CoQ10, carotene and Vitamin E together with vitamin C for the best effect. Linus Pauling and Ewan Cameron pioneered *Vitamin C* treatment for cancer, and found greatly increased survival times for terminal cancer patients with 10g of Vitamin C daily.

Boron: decreases PC incidence by 64%.

Zinc: The prostate needs 10 times more zinc than any other organ in the male body. It inhibits the formation of DHT, helps the body heal faster, promotes a healthy immune system and may help resistance to cancer.

Lycopene: highest concentrations in the testes, prostate and adrenal glands. Accounts for 50% of all carotenoids in the serum. It is decreased by age and not by smoking or alcohol. Need to ingest 10 or more servings per week of cooked tomato products to have a 45% reduction in PC or 30 mg per day. When taken pre-op lycopene decreased PSA levels, caused more cells to differentiate normally, induced apoptosis, and proliferation was reduced. Cancer patients who received lycopene also showed signs of regression and decreased malignancy. (Dr. Omer Kucuk at Karmanos Cancer Institute in Detroit). Lycopene also reduces IGF1 levels.

Indole 3 Carbinol or Di-indolemethane: powerful phytochemical that maintains a healthy estrogen metabolism, allowing the liver to detoxify excessive and toxic forms of estrogens. Blocks aromatase thus increasing levels of testosterone and decreases estrogen levels. Dr. Michael Zeligs primary researcher of DIM thinks all men taking testosterone would benefit from taking DIM.

Glutathione: is an anti-oxidant found in HMS 90, NAC and Recanostat, improves mitochondrial function and lowers free radicals formation.

Vitamin D: African-American males have both the lowest levels of 25(OH) Serum vitamin D and the highest prostate cancer incidence of any population group in the US. Vitamin D plays an important role in effective immunity (respiratory infections), anti-inflammatory effects (cancer is increasingly viewed as an inflammatory disease) and important for healthy cell differentiation and proliferation.

Soy: has been associated with a decreased risk for PC. It normalizes estrogen metabolism, is anti-proliferative, promotes apoptosis (inducing cell death of cancer cells), prevents oxidation, induces detoxification enzymes and regulates the host immune system. It retards tumor growth and invasive tumors are fewer. 160 mg per day was shown to reduce tumor size in just one week. (Mediherb by Rob Santich). Genistein in higher levels in the blood correlates with lowered levels of metastasis of PC as found in Asian patients with PC who consume more soy. Recommend 100-200mg of genistein per day in addition to a diet high in soy. Just make sure it is non GM.

Saw Palmetto: 640 mg per day per day inhibits 5 alpha reductase that converts testosterone to DHT, inhibits the binding of DHT to cellular receptors, competes with estrogen binding receptors and is anti-inflammatory.

Stinging nettle: inhibits 5 alpha reductase that converts testosterone to DHT, inhibits aromatase that converts testosterone to estrogen, reduces binding of testosterone to SHBG to make it more available

Silymarin and Schizandra : milk thistle has been shown to have anti-PC effect and protective effects against liver cell injury and skin cancer. Liver protection is important with radiation treatments and optimizing detoxification pathways.

Bee Pollen: product name is Prostaphil, inhibits PC cell lines by apoptosis, lowers PSA levels, used for 40 years, inhibits the absorption of cadmium which is linked to prostate cancer, detoxification of the liver and protection against such toxins as organic solvents with its anti-oxidant properties. It also lowers cholesterol and triglycerides.

Green tea: contains many anti-oxidants and compounds that act as 5 alpha reductase inhibitors. One 350mg capsule containing 122.5 mg of EGGG is equivalent to 4-10cups of Japanese green tea. One per day is recommended as prevention and three per day if actively treating PC.

Curcumin: promotes apoptosis in androgen sensitive and androgen insensitive PC cells. It is anti-inflammatory, and promotes the function of the liver.

Other Therapies to Consider

Essiac Tea: The four ingredients are rhubarb root, burdock root and slippery elm as blood purifiers and the tops of young sheep's sorrel

(Rumen acetosella) to destroy cancer cells. The use of Essiac is gradually spreading to other countries but there is also a warning that some distributors have substituted yellow dock or curly dock for the essential sheep's sorrel. NIH study in 2000 1577 cancer patients, 40% attributed a halt in their cancer progression to its use, while 22% perceived the tea to be responsible for partial or total remission of their cancer symptoms. 90% reported positive effects such as reduction in pain, less nausea and fatigue and a return of appetite.

Resources

Hormone Balance for Men by Dr. John Lee

Maximize Your Vitality and Potency for Men Over 40 by Dr. Jonathan Wright M.D.

A Primer on Prostate Cancer by Dr. Stephen Strum M.D., Donna Pogliano

www.prostate-cancer.org

This site has a very nice progressive brochure and a newsletter **PCRI Insights**.

Political Update

The naturopathic profession in BC is asking their patients to visit their MLA in the next few months regarding the goals of the profession in the next three years until the next election. We will be educating our local MLA's 1. to assist ND's to have their scope of practice accepted; 2. to have lab privileges as well as referrals to specialists; 3. to be more incorporated into the health care system to assist with the shortage of health care in this province. We have a glossy handout to take with you to give to your MLA. We thank you for your support of the profession in this province. With your help we will make naturopathic medicine more accessible to all.

New at the Office

Dr. Pincott has just returned from initial training in Psychosomatic Energetics using the Rubimeds from Switzerland. This was the first North American training session. Dr. Reimar Banis M.D. and his wife Dr. Ulrike Banis M.D. have trained 1000 practitioners in Europe and psychiatrists are able to get their patients off their psychotropic drugs! Dr. Pincott is excited about the opportunity to help her difficult patients reach a new level of health using the Rubimeds. She is also attending the 12th International Symposium in Palm Springs May 25th -28th with Dr. Jeffery Bland and will return with new research on the immunological effects of Vitamin D!

Stevia powder from Omnivite without the after taste. Is great for cooking and for making lemonade! 180grams \$30.00

Magnetic Clay Baths: These are being used to pull out toxins of all kinds through the skin and lymphatic system and has been shown to be very helpful with Autistic children to pull out the heavy metals that are complicating their health. They are taken once per week and are very safe for children as well as adults. This will be a great adjunct for those who are on heavy metal detoxification programs. Cost \$69.00 per box of 10 baths.

New Lab Tests Available

We are presently using a new lab and we are able to get serum vitamin D, fasting serum insulin, and reverse T3. Some of the test have also come down in price such as homocysteine. Please ask Hayley for details.

Our Everyday Specials

- We offer 10% off any sale of medicines that are \$300.00 or more
- We offer 10% off the visit fee for members of the same family living under the same roof
- We offer 10% off the visit fee for members of Health Action Network Society (please call 1-888-432-4267)
- We offer 10% off everything for seniors.

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