

# 8 Simple Steps to a Healthy Prostate

## Discover the Unknown Causes of a Modern Epidemic

By Al Sears, MD

### 1 - How This Book Can Save Your Masculinity

An enlarged prostate can disturb your sleep, make you incontinent and leave you impotent. It can also cause disease and even result in death. And the real cause of this prostate disease epidemic is definitely not what you've been told.

In spite of what conventional wisdom may tell us, prostate disease is NOT:

- Part of the *normal* aging process.
- Caused by Testosterone—the hormone that makes you a man.
- Something you'll just have to live with.
- An ailment that requires surgery or poisonous drugs for treatment.

It is true that some of the conventional “treatments” will address your symptoms. Unfortunately, many of these procedures often leave you impotent and incontinent. (How do you feel about wearing diapers?) Other treatments use powerful drugs, only to leave you “chemically castrated.”

#### If You Live Long Enough...

Sooner or later, if you're a man over 40, you WILL develop a problem with your prostate. It may have already begun. The most common problem, Benign Prostatic Hyperplasia, (BPH) is the number one diagnosis for American men over the age of 55. And the longer you live, the greater your chance of being afflicted by it. An astounding 80% of American men will suffer from prostate problems at some point in their lives. And if you live to be 80 years old, your chances of developing BPH reaches 90%!<sup>1</sup>

#### There Is Good News... You Can Have a Healthy Prostate *Naturally*

Unfortunately, prostate problems are a fact of modern life. But advances in nutritional biochemistry have provided a host of new and *effective* treatments. There is overwhelming proof that prostate problems can be healed naturally.

And having a healthy prostate couldn't be more important for a man. Good prostate health is paramount for maintaining a lifetime of sexual potency and male virility.

You *can* have a trouble-free prostate. No matter how long you live. I've helped hundreds of men do it naturally - without drugs and without surgery. I've seen the results first hand. If they can achieve a healthy prostate, YOU can too.

## **2 - Understanding The Problem**

### **Know Your Prostate And Its Function**

The prostate gland is found only in men. But it's not really a gland at all. It's actually an organ. It is located between your bladder and your penis. It is behind the pubic bone and in front of the rectum. The structure of the prostate is like an orange—it has a firm outer skin and a soft pulpy center. The glands inside the pulpy center do all the work. The hard outer skin provides protection.

It surrounds the bottom part of your bladder and is wrapped around the urethra. It has nothing to do with a man's urinary apparatus, though. The prostate happens to be where it is only because it is needed for ejaculation. Both semen and urine pass through the urethra. That's why problems with the prostate interfere with a man's ability to urinate and to have sex.

At birth it is the size of a pea. By the age of 20, it has doubled in size. At that point, it is about the size of a walnut.

The size of the prostate remains the same for several years. For some men, it never gets any bigger. But they are in the minority. Most men experience a second period of growth in their mid to late 40's. When this occurs, cells in the central part of the gland—where the prostate surrounds the urethra—begin to reproduce more rapidly. As the tissue in this area expands, it will often compress the urethra. This in turn, can interrupt or block urine flow.

Unfortunately, in many cases, the prostate may grow until it reaches the size of a baseball - or larger. This is known as benign prostatic hyperplasia (BPH). It is the most common prostate problem in men ages 50 and older.<sup>2</sup> Having BPH, however, is NOT related to the development of prostate cancer. That is altogether a separate issue.

## **3 - Learn What Can Go Wrong, (So You Can Make It *Right!*)**

### **The Big 3 Of Prostate Problems**

There are 3 major health problems associated with the prostate:

- Prostate enlargement—benign prostatic hyperplasia, (BPH). The most common condition.
- Inflammation of the prostate—prostatitis.
- Prostate cancer.

## **Benign Prostatic Hyperplasia, (BPH)**

BPH is not a cancerous condition. The symptoms include:

- Problems with urination.
- Feeling a frequent need to urinate.
- Disturbed sleep because of the frequent need to urinate at night, (nocturna).

## **Prostatitis**

Prostatitis is an inflammation or infection of the prostate gland. It affects at least half of all men at some time in their lives. Prostatitis does not increase your risk of any other prostate disease.

Prostatitis is a common problem accounting for the complaints of as many as 25% of all men visiting their doctors with genitor-urinary problems.<sup>3</sup> The diagnosis of prostatitis has been a catch-all for men complaining of a wide variety of problems in the area below the navel. Pelvic pain, lower back pain, perineal pain and testicular discomfort have all been diagnosed as prostatitis.

The symptoms include:

- Difficulty passing urine or pain when passing urine.
- A burning or stinging feeling when passing urine.
- Chills and high fever.
- Low back pain or body aches.
- Pain low in the belly, groin or behind the scrotum.
- Penile discharge.
- Painful ejaculation.
- Sexual problems and loss of sex drive.

There are several tests for prostatitis. They include a Digital Rectal Exam, (DRE) and a urine test. Most of these infections can be easily cured with antibiotics. But discovering the exact type of prostatitis is the key for getting the right treatment.

## **Cancer In The Worst Place**

According to the American Cancer Society, 230,000 new cases of prostate cancer were diagnosed in 2004. More than 31,000 of those diagnosed, will die of the disease. One in six American men will be diagnosed with prostate cancer in his lifetime. And as of 2004, prostate cancer is now the most prevalent cancer in men. Most men do not die from this disease, though. It usually doesn't appear until late in life, at a time when heart disease and other diseases related to old age usually take their toll. But still, there are far too many deaths from prostate cancer.

## **4 - Know The Real Cause Of This Epidemic—Your Environment**

Forget what conventional wisdom tells you. Prostate disease is not part of the “normal aging process.” And when we look to our daily environment, there’s a disturbing trend which causes trouble for our prostate.

Excess estrogens and other toxins tell our prostates to grow. And the prostate is just following orders. These orders are given at the cellular level by a deluge of hormonal pollutants.

### **How Certain Hormones Cause The Problem**

Excessive amounts of certain hormones are the cause of prostate disease. Despite what you’ve heard, testosterone is NOT one of them.

The growth stimulating hormone, dihydrotestosterone, (DHT), and excessive amounts of estrogen in the environment are the real cause of the problem.

### **Low Testosterone Increases Your Risk of Prostate Disease**

At the Veterans Administration in Los Angeles, studies proved that when doctors lowered testosterone levels in male subjects, cancer growth was not inhibited.<sup>4</sup> At the Harbor General Hospital in California, it was shown that testosterone itself competes with DHT for binding in the prostate. When testosterone levels continue to fall, as it does in older men, DHT successfully binds in the prostate. The result is prostate dysfunction and DHT accumulation.<sup>5</sup>

At the Leeds Medical School in England, human prostate BPH tissue was shown to be deficient in testosterone, yet it had excess DHT levels.<sup>6</sup>

Here’s another study that disproves the, “testosterone is bad for you” theory...

In a groundbreaking study conducted at the Karolinska Institute in Sweden, doctors found that men with prostate cancer had lower levels of testosterone than healthy men.<sup>7</sup> Yet today, doctors are still cutting off men’s testicles and giving them toxic drugs to halt testosterone production - knowing that this treatment never works.

### **Testosterone Is Your Friend – High Levels of DHT Is The *Real* Culprit**

Despite what you may have heard, testosterone does *not* cause BPH (prostate enlargement). Testosterone is the very thing that makes you a man. And it’s time we better understood this most natural and supremely beneficial hormone. Men were not born with a universal design flaw. In fact...

## **Testosterone actually maintains the healthy function of your prostate.**

Testosterone is one of many steroid hormones. Testosterone is necessary to nourish all of the tissues of the male urinary and reproductive systems, including the prostate. Testosterone nurtures the development of muscles and is necessary for proper muscular functioning. When the muscle tissue of the bladder and the prostate do not get sufficient testosterone, they tend to shrink and therefore function poorly.

If the smooth muscle of the prostate doesn't function properly, then the prostatic urethra won't dilate properly. This results in poor urinary flow.

The conventional treatment of lowering, or worse yet, cutting off all testosterone is a disaster for a man. This will cause a complete shrinkage and loss of function in the prostate. It's true that a testosterone deficiency will cause the prostate to shrink. But it will also cause huge impairment to the prostate. And you'll still have poor urinary function, even though your prostate is smaller.

## **Other Benefits of Testosterone**

The benefit of testosterone goes far beyond the effects on the reproductive and urinary systems. In addition to its effect on male sexuality, testosterone improves general motivation and drive. It also has profound effects on other systems. Testosterone will have a positive effect on your:

- heart and cardiovascular system
- blood sugar
- bone density
- muscle mass
- immune system<sup>8</sup>

## **How Dihydrotestosterone (DHT) Causes Your Prostate To Grow**

As you age, your hormone levels change. Your aging prostate experiences an increase in the amount of DHT. DHT is a very potent androgen, (male hormone). Your body converts testosterone to DHT with an enzyme called 5-alpha reductase. Exposure to stress and steroid related toxins in the environment appears to increase the activity of 5-alpha reductase. This is a double blow to your manhood. You're robbed of testosterone, while your DHT levels increase.

If the presence of 5-alpha reductase is lowered or eliminated, *testosterone will not convert into DHT*. As we now know, DHT causes the overproduction or hyperplasia of prostate cells. This ultimately leads to prostate enlargement.

## **5 - Xenoestrogens: How Mutant Hormones of the Modern World Affect Your Prostate**

So why are DHT levels higher in older men? And why is prostate disease such a sure bet in older men living in industrialized nations?

The reason can be summed up in one word—*xenoestrogens*.

These industrial chemical mutants are produced by the millions. And they are set loose on nature by modern industry. In biology, “*xeno*” means foreign or alien.

Estrogens are the hormones that produce feminine features. Therefore, xenoestrogens are foreign chemicals that mimic female hormones.

During the course of your daily life, you are exposed to significant amounts of environmental chemicals. These toxins are disturbing the balance of your hormones and increasing your exposure to estrogen. Have you ever wondered why some men seem to be developing breasts? Or where that “spare tire” around your waist comes from? Excessive estrogen can cause those and other negative effects in men.

Our environment and food supply is rife with hidden chemicals. Herbicides and pesticides are sprayed regularly on farms, forests, orchards, lawns and gardens. Industries are dumping their waste and by-products into the water supply, which pollutes the water you drink. All of these chemicals, including estrogen, are seeping into underground aquifers, lakes, rivers and oceans. On a daily basis, they put your health at risk and threaten a vast array of fish and wildlife.

In addition, natural estrogens from human urine enter our rivers from sewage. Tons of pharmaceutical and synthetic estrogens from menopausal women pollute our rivers.

It doesn't stop there. The air you breathe is carrying estrogen in the form of smoke, soot and exhaust vapors. The meat and poultry you eat every day is pumped full of hormones and additives that are high in estrogen.

Foreign estrogens began being released into the environment in massive quantities about a half century ago. Years later, hormonal abnormalities began showing up. This disturbing story was reported by a research team from Tufts University in Boston, in 1998.

The researchers uncovered multiple links between environmental chemicals and adverse hormonal changes - both in wildlife and in humans.

Some excerpts from this report illustrate the alarming discoveries:

*“Aviation crop dusters handling DDT were found to have reduced sperm counts.”* Factory workers producing insecticides had, *“lost their libido, become impotent and had low sperm counts.”*<sup>9</sup>

*“Man-made compounds used in the manufacture of plastics were found to be estrogenic...For example, polystyrene tubes released nonylphenol and polycarbonate flasks released bisphenol-A...Bisphenol-A was found to contaminate the contents of canned foods; these tin cans are lined with lacquers such as polycarbonate. Bisphenol-A is also used in dental sealants and composites...”*

And the report doesn't stop there. It lists page after page of hormonal mutations linked to industrial pollutants.

It is standard practice for cattle and poultry farms to administer estrogen to their animals. They do this to fatten them up and reduce the amount of time it takes to get them to market. Of course, when you eat the meat from these animals, you are eating meat that has been soaked with estrogen.

### **High Estrogen = Swollen Prostate**

The evidence is undeniable. This barrage of xenoestrogens overwhelms a man's metabolism. While testosterone levels are depleted, *estrogens* accumulate. And many studies from around the world have now linked this imbalance of testosterone and estrogen to prostate disease.

A study from Germany, published in the *Journal of Clinical Endocrinology and Metabolism*, found high levels of estrogen in the prostate of older men from modernized countries. And levels were even higher in men with BPH.

A Japanese team found even *more* disturbing evidence. They discovered that prostate size directly correlates with the ratio of estradiol, (a kind of estrogen) to free testosterone. They reported that, "patients with large prostates lived in estrogen-dominated environments" and "estrogens are the key hormones responsible for the induction and development of BPH."

The evidence of the over-abundance of environmental estrogens is well documented. But the key question is...what can be done about it? We're reaping what we've sown. You can't change the entire industrialized world, but...

You *can* protect yourself from a world gone awry. And you can get help from a seemingly unlikely source...

### **Do Athletes Know Something You Don't?**

The fact that estrogens accumulate when the normal testosterone metabolism is overwhelmed, has been proven repeatedly over the last several decades. Not in a lab, but by professional athletes.

I treat a number of body builders in my clinic. Many of these and other athletes routinely inject themselves with huge doses of testosterone and other androgens to achieve superhuman strength and massive muscles. That's how they make their living. In the process, however, they have learned a few valuable lessons.

The one fact all experienced body builders know is this: If they inject high doses of testosterone, they will overload the body's capacity to process it. This causes an accumulation of estrogen. This results in some feminizing symptoms, like breast enlargement. The last thing they want.

So, over the years, they have learned ways of preventing the accumulation of estrogens. Treating these patients is part of my specialized practice of men's health. In the process, I've learned a

great deal. I've studied a vast amount of research. And I've studied the case histories of my own patients and have learned what *works*.

## **6 - How To Measure Your Prostate Health—Your Easy Self-Assessment Test**

The symptoms of prostate disorders develop so slowly that you may not be aware of the warning signs. Here's a quick and easy way for you to measure the state of your prostate health...

Ask yourself the following 10 questions. If you find yourself answering yes more often than not, then it's time to call your doctor.

1. Are you over the age of forty?
2. Do you find yourself frequently waking up in the middle of the night to urinate?
3. More frequently than when you were a younger man?
4. Does your urine flow uninterrupted? Or do you find yourself stopping and starting while urinating?
5. Does your urine flow with the same intensity it did when you were a younger man?
6. After you've completed urinating, are you experiencing dribbles or droplets of urine?
7. Do you ever feel like you still need to expel urine as if your bladder is still full, even after you've just urinated?
8. Do you ever experience a dull gnawing pain in your groin or lower back?
9. Have you ever experienced a painful sensation during ejaculation?
10. Is there a family history of cancer in your family?

## **7 - How To Lower Your Estrogen *Naturally***

### **When A Good Hormone Goes Bad**

Let me start by saying...not *all* estrogen is bad. Estrogen is the primary female hormone. Men have it naturally in small amounts. But too much is bad news. Even in women. Excessive estrogen causes cancer and other health problems in women, too. Men especially, should not have high levels of estrogen, which is exactly what environmental exposure to these chemicals is causing.

The word 'estrogen' actually refers to a class of hormones collectively known as estrogens. There are really 3 estrogens:

- Estradiol—the most powerful and most carcinogenic
- Estrone
- Estriol—the least powerful and most beneficial, it comprises 80-90% of human estrogen

## **Nutrients That Lower Your Estrogen Naturally**

### **Indole-3-Carbinol**

Like DHT, estrogens can be measured in your blood. And like DHT, there are prescription drugs that can lower estrogens. These drugs are used mainly for treating cancers in women. And they tend to be used heavy-handedly. They are also very toxic. They come complete with side effects - especially sexual dysfunction. But again, there are natural alternatives. And they work just as well as their prescription counterparts. But without the side effects.

For years, body builders and athletes have lowered estrogen by using a nutrient called indole-3-carbinol, (I3C). This nutrient is found in cruciferous vegetables like broccoli and Brussels sprouts. The available research has proven them right.

In 1997, a study published by the *Journal of the National Cancer Institute* offered this proof. When researchers measured urine levels, they found significantly lower estrogen levels in patients treated with indol-3-carbinol.<sup>10</sup>

Another study was published by the *Journal of Nutrition* in December, 2000. It found indole-3-carbinol to be a potent, “down regulator of estrogen activity.”<sup>11</sup>

I3C is available as a nutritional supplement. So in addition to eating your vegetables that contain I3C—like Brussels sprouts, cauliflower, broccoli, cabbage and mustard—you can get extra protection by taking an I3C supplement. The supplement I use is taken in doses of 200 milligrams, twice a day.

### **Diindolymethane, (DIM)**

I use another, similar nutrient that helps when estrogen levels prove resistant to treatment. It's called diindolymethane or DIM. It is sort of a pumped-up I3C. Athletes have found it to be effective. A recent study on rats showed that DIM effectively inhibited estrogen activity.<sup>12</sup>

## **8 - Choose Foods That Boost Your Prostate Health**

You can protect your prostate and boost its health by making a few simple changes. A few adjustments in your diet will produce some astounding benefits.

## **Fruits, Vegetables and Antioxidants**

In addition to providing fiber, fruits and vegetables contain properties called micro-nutrients. These vitamin components have the ability to act as antioxidants, protecting the body's cells from potentially cancer-causing oxidation. For this reason, the National Cancer Institute recommends that eating at least 5 daily servings of a variety of fruits and vegetables may help the body fight the onset and progression of prostate cancer.<sup>13</sup>

## **The Process of Antioxidant Defense**

Let's take a look at a common example of oxidation: the browning of an apple when it is sliced and exposed to air. Because the inside of the apple does not contain adequate amounts of antioxidants to stop the oxidation process, the apple soon becomes brown. The red-colored skin of the apple stops this process by limiting the oxygen that contacts the outside of the apple. Even the inside can stop the process at some point. If you slice away the brown surface of the cut apple, you will find white apple underneath. This process of antioxidant defense is highly developed in humans and its failure is thought to play a major role in the aging process and its associated disorders, such as prostate cancer.

Our bodies have both water-soluble and fat-soluble antioxidant systems. A well-known example of the water-soluble system is vitamin C. We do not make vitamin C in our bodies and have to obtain it from the fruits and vegetables we eat. Today, many Americans eat too few fruits and vegetables to get an adequate amount of vitamin C.

## **The Secret Behind Veggies**

Cruciferous vegetables like broccoli, Brussel sprouts and cauliflower are wonderful for the health of your prostate. When you eat any of these veggies, your body breaks down the nutrients. One compound found in these vegetables is particularly important for prostate health. It's called glucobrassicin. And glucobrassicin metabolizes into a valuable compound called indole-3 carbinole (I3C).

I3C plays an active role in flushing your body of cancer-causing chemicals. When you eat cruciferous vegetables, like broccoli, the I3C is naturally broken down in your digestive tract. And the end result is just what you want—DIM (diindolylmethane).

**Cruciferous Vegetables**  
to  
**Glucobrassicin**  
to  
**I3C**  
to  
**DIM**

It's DIM that is the most effective at clearing away the substances in your body that promote cancer growth. DIM works to defeat the mechanism that makes cancer cells grow: rogue steroids in the body.

These steroids cause cancers to grow in both men and women. Breast, cervical, and prostate cancers all fit this scenario. The steroids trigger the growth of cancer cells. DIM works by clearing these rogue steroids out of your body.

We have actually known that cancer cells grow slower in the presence of DIM for several years. Several animal and human studies have concentrated on breast, uterine, and cervical cancer. All have had positive results. Cancer cell growth slows down in the presence of DIM.<sup>14</sup>

Yet, the most impressive result was discovered in June of 2004. *The Journal of Biological Chemistry* published an amazing study about DIM. Researchers at the University of California, Berkeley discovered that when DIM was administered to prostate cancer cells, they stopped growing. The growth of cancerous cells was reduced by 70%.<sup>15</sup>

The implications of this study are astounding. This is supporting evidence that DIM may be the most effective natural therapy available.

### **Improving Life with DIM**

The most natural way to get DIM is through eating cruciferous vegetables. This family of vegetables comes "prepackaged" - complete with I3C (also important in cancer fighting), vitamins, and other nutrients.

Make vegetables a part of every meal. And make sure that you eat cruciferous vegetables at least once a day. This is easy to do if you plan your meals ahead of time.

You can also take DIM as a supplement. A couple DIM supplement tablets can provide the benefit equivalent to a pound of vegetables. DIM supplements are available at health food stores and on the Internet.

I use DIM at 200-400 mg daily for men.

### **Vitamin E Rich Foods Protect You Against Prostate Cancer**

How easy is it to cut your risk of prostate cancer? Let me put it this way...how easy is it to eat an apple? Or would you prefer a nice juicy steak? It's true. Eating those delicious foods gives you protection from prostate cancer. The secret? They are rich in vitamin E.

There is clinical evidence that vitamin E can cut your risk of prostate cancer by over 30%.

We've known that vitamin E can help prevent heart disease for years. But research from Finland, provides us with the first large-scale study proving that vitamin E prevents prostate cancer.

Researchers monitored over 29,000 men for up to 8 years. They took either vitamin E or a placebo daily. The men taking the vitamin E had a *32% lower rate of prostate cancer*. Also, there were *41% fewer deaths from prostate cancer* than those not taking vitamin E.<sup>16</sup>

Another report, from the well respected *Physician's Health Study*, supports the Finnish findings. The study was a randomized, double-blind analysis of over 22,000 men. It concluded that vitamin E was effective at inhibiting cancer.<sup>17</sup> The researchers concluded that vitamin E prevented cancer in a several ways:

- By neutralizing free radicals in your body.
- Protecting your cells from oxidation.
- Aiding in cell membrane stability.
- Stopping damaged cells from multiplying.

### **How You Can Get This Protection**

The very best forms of vitamin E come straight from mother nature. You can find vitamin E in a wide variety of foods. The best of these include:

- ✓ Nuts (almonds, pistachios, walnuts, brazil nuts)
- ✓ Nut oils
- ✓ Seeds (the very best are pumpkin and sunflower)
- ✓ Apples (and other fruits like mangos and kiwi)
- ✓ Beef
- ✓ Seafood (oily fish like, salmon, mackerel and sardines)
- ✓ Avocados
- ✓ Spinach (and other green leafy veggies like kale and collards)

Sadly, the vast majority of Americans don't consume nearly enough vitamin E. And, it would be very difficult to get the amounts of vitamin E used in the studies through diet alone. To get these dosages you'll need to take vitamin E in supplement form.

Remember that vitamin E is really a broad term for 8 related substances. They consist of 4 types of tocopherols and 4 types of tocotrienols:

- Alpha Tocopherol
- Beta Tocopherol
- Delta Tocopherol
- Gamma Tocopherol
- Alpha Tocotrienol
- Beta Tocotrienol
- Delta Tocotrienol
- Gamma Tocotrienol

Each of these substances has their own unique protective qualities. The most effective supplements have a mixture of these 8 substances. Some supplement manufacturers are catching onto this important aspect.

Fill your diet with foods rich in vitamin E. But in addition, I also recommend 400 IU of vitamin E daily. Try to find a blend with mixed tocotrienols and tocopherols.

### **Protect Yourself From Prostate Cancer By Eating Fruit**

The prostate cancer fighting antioxidant lycopene, is found in some of Mother Nature's most delicious fruits. And adding a daily dose of these fruits to your diet could cut your risk of prostate cancer by 50%!

Lycopene, found in the red colorings of fruit and vegetables, is a powerful antioxidant that helps prevent damage to the DNA in cells. Lycopene is one of the key nutrients in the prevention of cancer. When cancer is already present, lycopene slows down the growth of cancer cells.<sup>18</sup>

### **The Best Lycopene Rich Fruits**

You get the best sources from the reddest fruits:

- Watermelon
- Tomatoes—yes, tomato is a fruit
- Pumpkin

One easy way to get lycopene is from a tomato juice drink. It is also found in spaghetti sauce. One 6-oz.glass of tomato juice will significantly raise lycopene levels in the blood.

### **The Continuous Benefits of Lycopene**

A study called the Health Professionals Follow-up Study showed that men who ate at least two servings of tomato sauce per week over the course of the 12 year study, had a 28% lower risk of prostate cancer and a 36% lower risk of developing metastatic cancer.<sup>19</sup> It can also reduce the risk of disease progression by nearly 20%.

### **Drink to Your Prostate Health**

#### Pomogranate Juice

Polyphenols, found in varying degrees in fruits and vegetables, are an abundant source of antioxidants. The UCLA Medical School produced some intriguing data that showed eating polyphenol-rich pomegranate juice can reduce PSA levels in men with recurrent prostate cancer. After 8 months of "treatment" with 8 ounces of pomegranate juice a day, the rate at which PSA

risers over time, slowed down—significantly. Potentially indicating that drinking pomegranate juice might delay the progression of prostate cancer.<sup>20</sup>

### Green Tea

Green Tea is also rich in polyphenols. And studies show the same results as with pomegranate juice. A study in the December 1, 2004 issue of the *Journal of Cancer Research*, showed that polyphenols from green tea help prevent the growth and spread of tumors.<sup>21</sup>

## **How To “Spice Up” Your Prostate Health**

### **Garlic and Other Allium Vegetables**

Garlic, onions, leeks, shallots and chives contain a number of compounds that have been associated with lower incidence of gastric and colorectal cancers.<sup>22</sup> The mechanism by which garlic may inhibit tumor growth in humans and animals is unknown.

However, garlic’s aqueous extracts, called alliin and allicin, have been found to inhibit human tumor cell growth in the laboratory.<sup>23 24</sup> There is as yet no evidence that these substances will reduce prostate cancer growth in animals or humans. However, garlic is one of the oldest natural medicines known to man and can easily be included in recipes.

### **Spices**

Spices not only add taste to food — they may also have properties that help fight prostate cancer. Turmeric, found in curry and cumin, gets its yellow pigment from curcumin, a property found to have anti-cancer effects in cell cultures.<sup>25</sup> Some of the world’s lowest rates of cancer occurrence are found in parts of India, where a variety of spices are used. Capsaicin in chili pepper also has anti-cancer properties.

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