

A link between Diet and Prostate Cancer:

One idea being evaluated is adoption of a low-fat diet. Conceivably, nutritional intervention might also prevent the development of symptomatic primary tumors.

Epidemiological studies comparing the eating habits of populations having high and low rates of prostate cancer indicate that a fatty diet, particularly one featuring a lot of red meat, favors the growth of prostate tumors. High consumption of fat is already infamous for promoting breast and colon cancers, but these studies indicate the effect is even stronger in prostate cancer. The U.S. and western European nations, which ingest the most fat, also have the highest prostate cancer mortality rates.

Laboratory experiments offer even more convincing evidence of a link between fat intake and prostate cancer. Fair and his co-workers at Sloan-Kettering have transplanted human tumors into mice and divided the animals into groups fed different amounts of fat. The tumors grew fastest in the groups having diets highest in fat.

Another dietary component that seems to influence prostate cancer-this time as an inhibitor of growth-is soy protein. Soy reduces the amount of testosterone circulating in the blood and also inhibits an enzyme that converts testosterone to its more potent form in prostate cells.

### **Summary:**

Reduce red meat, eat more cold water fish. Supplement Omega-3 with **Fishol E.C.** and freshly ground flaxseed.

Eliminate all vegetable oils except virgin olive oil and no margarine.

Increase Soy products, especially **Soy-Isoflavone**.

Supplement **Vitamin E, Selenium, Zinc**, increase tomato products and take two **Lycopene** capsules daily.

For more details talk to our pharmacist.

**Saw Palmetto**, 1 capsule, 3 times daily

**Pygeum**, 1 capsule, 3 times daily

**Nettles**, Infusion, tincture, extract, capsules.