

Health By Choice-- Not By Chance

Prostate Cancer Counseling Sheet

DIAGNOSIS OF PROSTATE CANCER AND HYPERTROPHY

Early diagnosis can be decisive in achieving complete healing. Benign prostatic hypertrophy generally develops more intensely in the upper part of the gland, and cancer of the prostate is more common in the lower part. Both the benign and the malignant processes could be associated; but the adenoma seldom transforms to cancer.

-p 58, Encyclopedia of Health and Education for the Family

SYMPTOMS OF HYPERTROPHY OF THE PROSTATE GLAND

Benign prostatic hypertrophy or hyperplasia is marked most especially by the urinary disorders it produces. Urinary frequency (urinating at short intervals), hematuria (blood in the urine), or after nutritional abuses, or after a retention of the urine, with no obvious symptoms or discomfort, a complete urine retention may happen.

-p 58, Encyclopedia of Health and Education for the Family

Prostate Cancer may appear independently or simultaneously with prostatic hypertrophy. Prostatic carcinoma usually occurs in men between the ages of 65 and 75 (cases in men under 40 are very rare), accompanied by urinary disorders such as the adenoma.

-p 58, Encyclopedia of Health and Education for the Family

How to Control Prostate Cancer

Diet

- Cut out all flesh foods (including fish, chicken, meat, pork, and all crustaceans) as well as its byproduct (eggs, cheese, milk, etc.) If one so desires to use milk, non harmful milks can be made from a variety of nuts (i.e. almonds, cashews, etc.) **Recipes can be found in the following cookbooks: Tasty Vegan Delight, Seven Secrets, The Optimal Diet, and Foods and their Healing Powers vol. 3.**
- Fried foods, highly processed foods, and all free oils should be eliminated and/or avoided from the diet.
- Eating fresh fruit is preferable to drinking fruit juice. Eating the fresh fruit provides the body with the essential fiber needed for regularity; juice is robbed of that essential fiber.
- ALL white breads, flour, sugar, and so forth should be eliminated from the diet. **The body needs the fiber from the whole grain items.**
- All meals should be eaten on a regular schedule, 7 days a week, with no more than a 30 minutes time difference in schedule. Meals should be eaten 5-6 hours apart.
- At least 8 glasses (64 oz) of water should be drunk each day, 16 oz of which should be taken before breakfast. Water should be taken 15- 30 minutes before meals or 2 hours after meals.

Supplement(s)

- **Saw Palmetto Pygeum w/ Lycopene** can be used and obtained from **Wildwood Lifestyle Center and Hospital** by calling (706) 820-1493 ext. 236, The Herb Store.

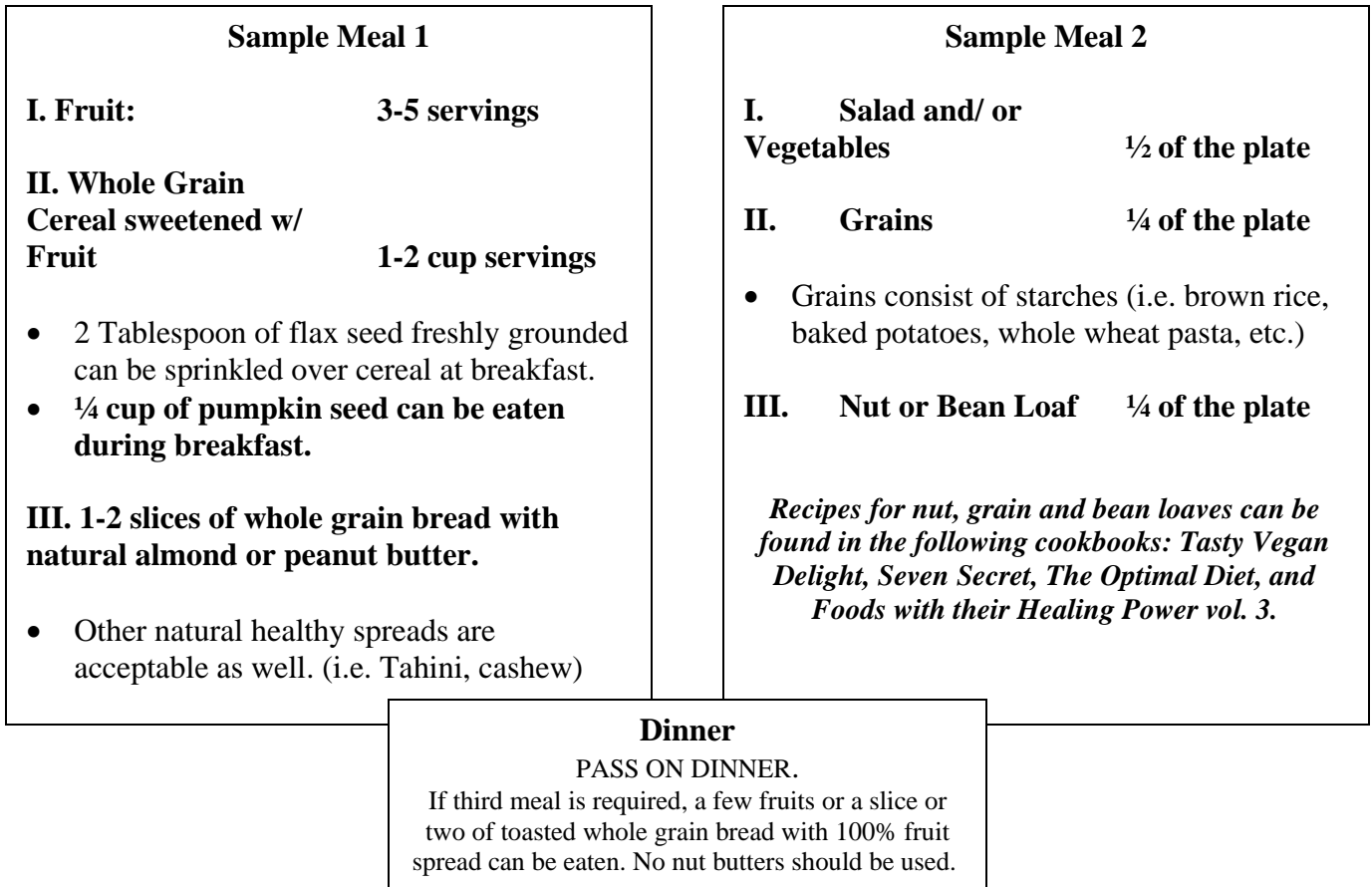
ATTENTION:

Before making any changes PLEASE contact your health care professional.

Breakfast should be taken between _____ am to _____ am.

Lunch should be taken between _____ am/ pm to _____ pm.

Figure 1:1: Daily Meal Schedule (lunch can be used as breakfast and vice versa)



Lifestyle

- Exercise is very essential to good health. One should walk 21 miles per week, which is approximately 3 miles per day seven days per week.
- **No sexual activity or stimulation of any kind during treatment period.**
- One should get between 15- 20 minutes of sunshine daily before 9:00am or after 3:00pm.
- One should go to bed before 10:00pm. The body heals itself between the hours of 10:00pm and 12:00am. The body also produces melatonin between the hours of 10:00 pm and 2:00 am, which gives the body restful sleep at night. Thus, for every hour of sleep before midnight, the body doubles the amount of rest received.
- For further information, please visit our website at www.nhtlh.org or call us at (678) 520-1547 and ask for James. Please send all donations to: James Luke 289 Jonesboro Rd. Suite 124, McDonough, GA 30253. **Thanks for your support!**