

## *NATURE'S PRESCRIPTIONS*

*A complementary Program to support men's prostate health and longevity*



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# CHANGE YOUR HABITS - CHANGE YOUR LIFE

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# CHANGE YOUR HABITS - CHANGE YOUR LIFE

## FOREWORD

Conventional Western medicine tends to treat all genitourinary disorders solely with medication, surgery, or medical devices. Alternative physicians, by contrast, look at the underlying causes, whether physical or mental, internal or external. This approach can result in a more pronounced and longer lasting improvement in overall health. Many of the modalities that complementary and alternative practitioners recommend for men's health issues are included in this booklet.

There are others e.g. homeopathy, natural hormone therapy, acupuncture, traditional Chinese medicine, and Ayurvedic medicine. Poor nutrition is considered a primary cause of most conditions of the genitourinary tract.

Avoiding highly spiced foods, caffeine, alcohol, tobacco, foods high in simple carbohydrates, and unhealthy fats is also imperative to the treatment of any disease of the prostate, as these factors can serve as irritants, and negate the positive effects of essential nutrients, i.e. vitamin C, vitamin E and zinc.

It is beneficial to take a range of superfoods, to ensure an adequate intake of necessary elements, minerals, enzymes and vitamins etc.

Essential fatty acids (EFA) as found in fish oil, evening primrose oil and flaxseed oil, are needed in large amounts by the prostate gland.

These become especially important if there is a high level of sexual activity, which can deplete the prostate of nutrients needed for normal function. They can also act to reduce blood clotting associated with prostate cancer, thus lowering the potential for the spreading of tumours.

It is important to drink clean water.

Herbal medicine can offer many of the same therapeutic benefits for treatments of the genitourinary tract disorders as drug therapy, without any of the potentially severe side effects. Many herbs are specific to the prostate area. These are covered in the following pages.

## FACTORS CAUSING HEALTH DENIGRATION

### **1. Unnatural nutrition:**

From food refining, lack of living food, lack of vitamins, minerals and enzymes, incorrect food, unsuitable diet for metabolic or blood type.

### **2. Pollutants:**

From pesticides, herbicides, fertilizers, medical drugs, food additives

### **3. Lack of exercise:**

Lack of sufficient physical activity

### **4. Stress**

From daily and longer-term concerns.

### **5. Smoking**

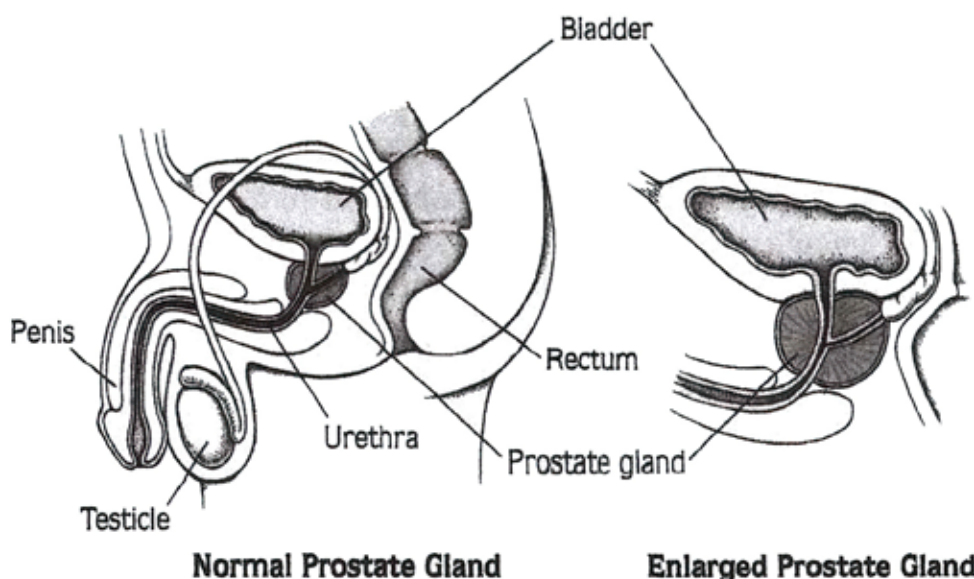
### **6. Alcohol**

### **7. Inherited genetic problems**

## THE MALE REPRODUCTIVE SYSTEM

### What Happens When the Prostate Gland Enlarges?

In benign prostatic hyperplasia, the prostate gland enlarges. Normally the size of a walnut, the prostate gland may become as large as a tennis ball. The enlarging prostate gland squeezes the urethra, which carries urine out of the body. As a result, urine may flow through more slowly, or less urine may flow through.



The prostate is a male gland, the size and shape of a large walnut, and is surrounded by a protective sheath called the prostate capsule. It lies just beneath the bladder, wrapped around the urinary tube (urethra). The prostate's main function seems to be to provide part of the fluid that makes up semen, however some scientists think the main role of the prostate is to safeguard the reproductive tract from infection in the urinary tract. (Prostate (Greek) means 'Protector'). But what is important is not what it does so much, but as to what goes wrong with it, and the problems it causes to nearly all men who live long enough. These are:

- **Cancer of the prostate**
- **Prostatitis, in which the gland becomes infected or inflamed**
- **Prostatodynia, in which prostate pain occurs with no obvious cause**
- **BHP, benign prostate hyperplasia, also called enlargement of the prostate, one of the most common benign tumours in men and a major cause of misery as men get older.**



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## KEY TASKS TO FIGHT PROSTATE CANCER

### KEY TASKS TO FIGHT PROSTATE CANCER & BPH

There are five key tasks you can apply to fight prostate cancer, these are:

1. Balance hormone levels. You need normal levels of free testosterone, low levels of estrogen (estrodial), and low levels of DHT (dihydrotestosterone). Good levels of progesterone, DHEA (a natural steroid hormone), and pregnenolone are also required.
2. Take antioxidants.
3. Use immune system boosters.
4. Use angiogenesis inhibitors.
5. Reduce pathogens

### SOME NATURAL SUPPLEMENTS TO COMPLETE EACH TASK

#### I. TO BALANCE YOUR HORMONE LEVELS:

- Zinc
- Nettle root
- Saw palmetto
- DIM (diindolylmethane)
- Chasteberry
- Willow herb

#### 2. ANTIOXIDANTS

- Selenium
- Zinc
- Vitamin C
- Vitamin D3
- Lycopene
- EFA AND GLA (gamma linolenic acid)
- Resveratrol
- Green tea
- Red clover



#### 3. IMMUNE SYSTEM BOOSTERS:

- Phytate or Phytic acid found in dietary fibre
- Colostrum
- Echinacea
- Resveratrol

#### 4. ANGIOGENESIS INHIBITORS:

- Bovine cartilage extract
- Wholefood soy products

#### 5. PATHOGEN REDUCTION: (Follow with probiotics)

- Raw garlic
- Olive leaf extract
- Grapefruit seed extract



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## KEY NUTRIENTS

### **Dim (DI INDOLMETHANE)**

DIM is a naturally occurring sulphurous plant compound found in cruciferous vegetables such as cabbage & cauliflower. DIM helps the body metabolise estrogen. It works to break-down estrogen into safer compounds, clearing away the potentially damaging hormone.

### **WILLOW HERB (EPILBIUM PARAVIFLORUM)**

A type of perennial herb, that belongs to the evening primrose family. Epilobium is known to shrink enlarged prostate and reduce inflammation. This herb may also inhibit 5-alpha reductase enzyme and aromatase (the group of enzymes that catalyse the conversion of testosterone to estradiol).

### **TOMATO FRUIT (LYCOPERSICON ESCULENTUM)**

The tomato is a nightshade family vegetable that is botanically a fruit. Tomatoes may help to prevent several forms of cancer including prostate cancer. (The protective effects of tomatoes are due to their lycopene content.)

### **RESVERATROL**

Resveratrol is an antioxidant obtained from Japanese or Giant Knotweed (polygona cuspidatum) which is a type of herb. Japanese knotweed is claimed to be the highest known source of Resveratrol (containing 1800 times the Resveratrol content of grapes). Resveratrol may inhibit the growth of prostate cancer cells and also retard the progression of the aging process.

### **RED CLOVER (TRIFOLIUM PRATENSE)**

Red clover is a herb with globular red-purple flowers and is from the legume family. The parts used are the flowers and leaves. Red clover may help to prevent prostate cancer and may stimulate the apoptosis of prostate cancer cells (due to the isoflavonoid content). Red clover contains ten times the quantity of isoflavonoids compared to soybeans.

### **CHASTE TREE (VITEX AGNUS-CASTUS)**

The chaste tree is a bushy herb, which produces a berry (fruit). Chaste berry may help to prevent prostate cancer and prevent enlarged prostate. It may also increase the body's production of melatonin and lower elevated oestrogen levels. Chaste berry may also lower elevated prolactin levels.

### **SAW PALMETTO (SERENOA REPENS)**

Saw Palmetto is a type of dwarf palm normally regarded as a herb. The dried ripe berries and root are used. The therapeutic compounds are those constituents that are fat-soluble. Saw Palmetto may reduce frequent urination and painful urination (dysuria) that is associated with enlarged prostate and may reduce the inflammation. It can also relax the smooth muscle at the bladder outlet. Saw Palmetto may reduce the risk of prostate cancer by inhibiting the conversion of testosterone to DHT, and by inhibiting the binding by up to 50% of the existing DHT to DHT receptors in the prostate. The Myristoleic acid content of Saw Palmetto may also directly stimulate the apoptosis and necrosis of prostate cancer cells.





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### **SELENIUM (AS SELENOMETHIONINE)**

Selenium is a type of essential micromineral. This form is a well absorbed form of selenium bound to methionine. It is retained well in the body and is evenly transported into the body's tissues and muscles. Selenomethionine is probably the only form of selenium supplement that is capable of permeating the body's blood-brain barrier. Selenomethionine may help to prevent prostate cancer.

### **NETTLE ROOT (URTICA DIOICA)**

Nettle is a herb noted for its powerful sting. The root may help to prevent and treat prostate problems. Nettle may inhibit the transformation of the benign cells involved in the enlarged prostate to the malignant cells involved in prostate cancer. Nettle may also inhibit the binding of DHT to prostate cells. Nettle inhibits the activity of 5-Alpha reductase and Aromatase.

The agglutinin content of nettle may inhibit the ability of Epidermal growth Factor (EGF) to bind to its receptors in the prostate and to subsequently stimulate the growth of prostate tissue (a key underlying factor in the progression of enlarged prostate).

### **CRATAEVA (CRATAEVA NURVALA)**

A medium sized deciduous tree found throughout India especially along the riverbanks. Used in disorders of the urinary system, it is an effective bladder tonic, anti-inflammatory and antilithic, which is also used for chronic and acute urinary tract infections.

Traditional Ayurvedic remedies treat kidney and bladder stones and deep-seated suppurative inflammation. Crataeva relieves frequency, incontinence, pain and urine infection, improves bladder tone and increases the force of urination in patients with hypotonic bladder resulting from benign prostate hyperplasia. Bladder tone, residual volume and symptoms improved in 85% of patients with proven chronic urinary tract infection who became symptom free after four weeks of treatment with crataeva nurvala.

### **ZINC (ASPICOLINATE)**

Zinc is a type of essential micro-mineral. Zinc Picolinate consists of 20% zinc bound to 80% Picolinic acid (Picolinate). This form of zinc is easily absorbed, and some studies have shown Zinc Picolinate to be absorbed more effectively than other forms of zinc. Zinc possesses antioxidant properties, which may increase serum HDL (the good) cholesterol levels, and may alleviate enlarged prostate. Zinc concentrates in the prostate gland. High doses of zinc (50-150mg per day) may alleviate prostatitis and may improve the intensity of orgasms in men.

### **GREEN TEA**

Green Tea contains the four primary polyphenols or catechins ECGC, EGC, ECG and EC. These are powerful antioxidants which are protective against many types of cancer, studies show that these catechins may detoxify toxic chemicals and slow the initiation, promotions and progression of prostate cancer cell activity by disrupting a necessary cell signalling pathway. (FASEB journal). They may also stimulate production of immune-strengthening enzymes.

### **VITAMIN D3**

Vitamin D3 can be produced by the skin on exposure to the sun. Its main function is to aid in the absorption of calcium for bone strength, Vitamin D deficiency, is however, also linked to many ailments including those of the prostate. Many studies have also confirmed the link between Vitamin D deficiency and types of cancers including prostate cancer.



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## HOW FASTING AND CLEANSING WILL BENEFIT YOU

“The process of detoxification, through cleansing diets as well as juice and water fasts, is the missing link to rejuvenating the body and preventing such chronic diseases as cancer, cardiovascular problems, arthritis, diabetes and obesity,” says Elson Haas MD

- The cleansing of toxins and waste products will restore function and vitality
- Fasting and cleansing will bring a reduction of stress on the immune system, and greater mental clarity.
- Increased vitality
- Reduced blood pressure and blood fats
- Improved assimilation of vitamins and minerals.
- Assist normal function and integrity of the intestinal flora.
- Can assist with resistance to infection, allergies and skin disorders.
- As great feeling of being mentally and physically rejuvenated after cleansing therapy with a corresponding reduction in symptoms and disease.

### PREPARATION FOR A FAST

Prepare for a fast by eating lightly on the day before you begin. Make your meals of either raw fruits or vegetables.

Below is the basic fasting programme used at Aio-Wira. All juices, except the watermelon are diluted by adding 1/3 water. We use as much organic fruit and vegetables as is available at the time. The same programme can be used at home modified to suit your situation. Always get the best fruit and vegetables that you can but remember you can only do your best, don't make it a hassle. Rest as much as you need to – don't exert yourself even if feeling full of energy.

On rising make a drink using the freshly squeezed juice from ½ of a lemon topped up with warm water.

8am	Exercise. Skin brushing, shower (warm then cold).
10am	Juice – fruit (apple & ½ water)
12noon	Juice vegetable
2pm	Juice – fruit (grape, orange or watermelon or pomegranate)
4pm	Herb tea, broth making
4.30pm	Rejuvenation exercises and relaxation
6pm	Broth or vegetable juice
8pm	Herb tea

Remember that as herb teas have therapeutic properties it is best to vary them rather than always taking the same one. Drink plenty of pure water at any time during the day.

“Beetroot juice is likely to colour both the urine and stools a redish brown. Don't be alarmed by thinking it to be blood.”







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### **FASTING AND CLEANSING**

Fasting is a period of restricted food intake. Cleansing is the removal of waste from the body as a result of fasting. This combined is the most effective method.

Start with several "One day a week fasts", perhaps only having vegetable juice for 24 hours. Then have a three day fast once a month. Make Friday your first day as the second day often feels the worst and this way you will be at home and able to rest.

An Epsom salt bath promotes relaxation, calmness, and aids detoxification. In the beginning 1/4 cup of Epsom salt, and with each subsequent bath increase the amount until you are taking four cups per tub of clean water.

Saunas are an effective tool for releasing toxins from the cell. Drink plenty of water during the sauna and afterward to keep the kidneys flushing out the toxins. Rest afterwards.

When ready to end the fast gradually return to solid food over 3 -4 days. Start by eating lightly – chew well. This enhances the digestive process.

Extracts from the 'The Aioo-Wira Fasting Book' published by the Aio-Wira Centre Trust.

### **WARM VEGETABLE BROTH**

Combination Vegetable Juice

3 x stalks of celery

2 x red potatoes, unpeeled

2 medium beets with tops

4 x carrots

1 x onion

1 x clove garlic



Cover and simmer for 45 minutes. Remove and blend, drink when cooled.

### **VEGETABLE SALAD**

Cabbage, (red and green), Celery, Cucumber, Courgette, Buttercup, Pumpkin, Broccoli, Beetroot, Cauliflower, Onion, Leek, Silverbeet, Capsicum, Lettuce, Tomato, Sprouts.

Preparation: Grate vegetable or slice finely to make them easier to digest. Add per meal, blend 1 tablespoon diluted cider vinegar and 1 teaspoon cold pressed flax seed oil and 1 tablespoon of cottage cheese. Flavour with finely chopped parsley and dates etc fold through brown rice.

### **COMBINATION VEGETABLE SMOOTHIE OR JUICE**

2 x large spinach pieces with stem cut out and cut into pieces

1 x handful of cabbage cut up

2 x celery sticks cut into pieces

1 medium sized carrot peeled and cut into pieces

1 x handful of parsley

1 x handful of fennel leaf (optional) fennel is very good for digestion

1 x lemon (washed and sliced, incl. rind)

1 x 100mls water



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### **BEETROOT AND APPLE JUICE**

1 x small beetroot scrubbed, cut off the top and bottom and quarter

3 x medium sized granny smith apples, scrubbed and quartered with core cut out

1 pea sized piece of ginger

### **BREUSS JUICE**

300 gram beetroot

100 gram carrot

100 gram celery

70 gram potato

### **LIVER CLEANSING JUICE**

(Take in the morning on an empty stomach)

200 mls organic apple juice

2-3 freshly squeezed lemons

200mls filtered water (warm or hot)

1 x clove of fresh garlic

1 tablespoon of extra-virgin olive oil

1 x 1cm fresh ginger root

### **CABBAGE JUICE TONIC**

Make 2 litres

¼ organic green cabbage

1 tablespoon sea salt

¼ cup whey protein

1.5 lt filtered water

This should be taken in small amounts throughout the day to improve intestinal flora.

Shred cabbage finely with a stainless steel knife and pound briefly with a meat hammer or a wooden pounder, Place in a 2 Lt jug with salt, whey and enough water to fill the container.

Cover lightly and leave at room temperature for 2 days before transferring to refrigerator.

### **SMOOTHIE**

250mls of rice, soy or almond milk

1 x medium to large banana

2 x serves of berries

2 x tablespoons ground almonds

1 x tablespoons spirulina

1 x tablespoon of protein powder

Provide approx. 110g of carbohydrates

"To be used as a snack version, 1 hour before training or as a recover drink after exercise"





# CHANGE YOUR HABITS - CHANGE YOUR LIFE

## NUTRITION

How good nutrition will benefit you

"Prevention is the best approach to maintaining the health of the male organs' says Dr Kruzel.

Considering the far-reaching effects problems of the genitourinary tract can have in terms of: 1) discomfort, 2) the side effects of standard treatment, 3) enormous cost that are brought to bear, and 4) the quality of life prevention of these disorders should be undertaken by all men of all ages, Nutrition plays a significant role in regaining as well as maintaining a state of optimum health.

- A body that is supplied with all the necessary nutrients and whose wastes are eliminated promptly will generally thrive.
- Prostate health can often be influenced by proper nutrition and targeted food based dietary supplements.

### IMPORTANT BACKGROUND

- When considering prostate cancer the unchangeable factors are:
- Age, family history, race.
- Eating certain foods and nutrients may decrease your chances of developing prostate cancer, reduce the likelihood of having a prostate cancer recurrence or help slow down progression of the disease.
- Weight management, sound nutrition and exercise should be the core part of the overall strategy.
- Studies have shown how diet and lifestyle can affect development of prostate cancer over time.
- Eating at least two servings of tomato paste per week confers a significantly lower risk of developing organ-confined prostate cancer, locally advanced disease and metastatic disease.
- Sulforaphane, a compound in cruciferous vegetables such as broccoli and cauliflower, helps the body to repair the damage caused by cancer causing substances, thereby helping to slow down the cancer growth process.
- Eating red meat and dairy high in ALA (alpha linolenic acid) can increase the risk of developing advanced prostate cancer





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## DIGESTION

(Ref Patrick Holford's – New Optimum Nutrition Bible)

### HERE ARE FIVE QUICK GUIDELINES TO HELP IMPROVE YOUR DIGESTION

1. Eat 80 percent alkaline forming foods, 20 per cent acid forming foods. This means eating large quantities of vegetables and fruit, and less concentrated protein foods like beans, lentils and whole grains instead of meat, fish, cheese and eggs.
2. Eat fast fermenting and acid fruits on their own as snacks. Most soft fruits including peaches, plums, mangoes, papayas, strawberries and melons ferment quickly. High acid fruits (although alkaline forming) may also inhibit digestion of carbohydrates; they include oranges, lemons, grapefruit and pineapple. All these fruits require a little digestion, releasing their natural fructose content quickly. Eat them on their own as a snack when you need an energy boost.
3. Eat animal protein on its own or with vegetables. Concentrated protein like meat, fish, hard cheese and eggs requires lots of stomach acid and a stay of about three hours in the stomach to be digested. So do not combine fast releasing or refined carbohydrates or food that ferments with animal protein.
4. Avoid all refined carbohydrates. Eat unrefined, fast releasing carbohydrates with unrefined slow releasing carbohydrates. Fruits that do not readily ferment, such as bananas, apples and coconut can be combined with slow releasing carbohydrate cereals like oats and millet.
5. Do not eat until your body is wide awake. Do not expect to digest food when your body is asleep. In the morning, leave a least an hour between waking up and eating. If you take exercise in the morning, eat afterwards. Never start your day with a stimulant (tea, coffee or a cigarette), because the 'stress' state inhibits digestion. For breakfast, eat only carbohydrate-based foods such as cereals and fruit, just juice, or whole grain rye toast. In the evening leave at least two hours between finishing dinner and going to sleep.

## HEALTH TEAS

### CHAMOMILE TEA

Infuse a tablespoon of chamomile in a cup of boiling water. Chamomile tea eases stomach pain and cleanses and calms the digestive system. It's also used for enemas and douches.

### PEPPERMINT TEA

Infuse a tablespoon of peppermint leaves in a cup of boiling water. Peppermint tea calms the stomach and stimulates bile production to speed digestion. This is a popular 'pleasure beverage' and makes delicious, iced tea.

### ROSE-HIP TEA

Rose hips are available from your health food store. Soak 2 or 3 tablespoons of minced or powdered rose hips and skins in 2 litres of water for 12 hours. Simmer the liquid slowly for 30 – 45 minutes, then strain. This tea is lightly diuretic (water shedding) and stimulates digestion. It has a lightly tart flavour and makes it a nice complement to meals.

### NETTLE TEA

Add 250 mls boiling water to 1 – 1 ½ tspn of Nettle leaf. Allow 10-15 minutes to steep.

### LINSEED TEA

Boil 1 tablespoon of linseed (flaxseed) in 2 cups of water for 7 to 10 minutes. The tea is cleansing, lightly laxative, and helps the body to digest raw fruit juices.



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ALKALINE FORMING FOODS (80% daily intake)		
Alfalfa	Figs	Peaches
Almonds	Garlic	Pears
Apples	Gelatine (Veg)	Peas (Fresh)
Apricot	Goats' Milk	Peppers
Artichokes	Grapes	Persimmons
Avocados	Honey	Pineapple
Banana (Ripe)	Juice (Ripe fruit)	Plums
Beans (String)	Juice (veg)	Kumera
Beetroot	Kelp	Potatoes
Blackberries	Leeks	Prunes
Brazil Nuts	Lemons	Pumpkins
Broccoli	Lecithin	Radish
Broth (Veg)	Lettuce	Raisins
Buckwheat	Limes	Raspberries
Cabbage	Meat substitute	Rhubarb
Carrots	Mushrooms	Rock Melon
Celery	Olives	Safflower Oil
Cherries	Olive Oil	Soya Beans
Cauliflower	Onions	Spinach
Coconut	Oranges	Silverbeet
Cucumber	Parley	Sprouts
Currants	PawPaw	Tomatoes
Dates	Parsnips	Watercress
Eggplant	Kiwifruit	Watermelon
Cottage Cheese	Strawberries	Yoogurt
ACID FORMING FOODS		
Barley	Eggs	Pecan Nuts
*Beef	Fish	Peas Dried
Beans (Lima/Kidney)	*Flour	*Pork
*Bread (wholegrain)	Grains	*Margarine
Buttermilk	*Ham	Rice
Cashew Nuts	*Lamb	Rye
*Cereal (wholegrain)	Lentils	Rabbit
*Cheese	Lobster	Sauerkraut
Chestnuts	*Macaroni Cheese	*Sugar
Chicken	*Milk	*Syrup
*Chocolate	Oatmeal	Tapioca
*Coffee	Duck	Turkey
Citrus (Picked Unripe)	Oysters	*Veal
*Cocoa	Pasta	*Vinegar
Crab	*Peanut	Tomato Sauce
	*Peanut Butter	

\*Starred items – eat less of; preferably none at all.

Absolutely no port products – no bacon, sausages, ham, luncheon etc.

Nothing fried. Nothing processed. Nothing from a supermarket packet.



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## FUNCTIONAL BIOACTIVE FOODS AND WHAT THEY PROVIDE

### **I. Top Antioxidant Foods:**

Top antioxidant foods based on their ability to absorb oxygen radicals (in descending order of potency, assuming equal quantities by weight of each food):

Prunes, raisins, blueberries, kale, strawberries, spinach, raspberries, Brussel sprouts, plums, broccoli, beets, oranges, red grapes, red bell peppers, cherries, yellow corn, eggplant, carrots.

Source: University of California, Berkley Wellness Letter; Nov 1999

### **2. Foods high in Selenium:**

Brazil nuts (highest by far), tuna, flounder, sole, oyster, turkey

### **3. Foods high in Lycopene:**

Tomato paste, tomato sauce, tomato juice, ketchup, barbecue sauce, V-8 juice, fresh tomatoes, watermelon, pink grapefruit, guavas

### **4. Food supplements that reduce inflammation**

Fish, fish oil supplements, green tea, soy, curcumin, allium vegetables (garlic, scallions, onions), red wine

### **5. Foods and supplements associated with Cholesterol reduction:**

Fish, fish oil supplements, lycopene-rich food and lycopene supplements, beta-sitosterol, olive oil, nuts, green tea

### **6. Food rich in Polyphenols:**

Chocolate, grapes (red and purple) red wine, green tea, olive o

### **7. Foods that may stimulate the Immune System:**

Maitake mushrooms and maitake extract supplements, shitake mushrooms, fish oil, astragalus (Chinese herb), reishi (Chinese herbs).

### **8. Non-dairy source of dietary Calcium:**

Green leafy vegetables (spinach, bok-choi, Chinese broccoli, chard, kale, seaweed, almonds

### **9. Sources of Lutein**

Chard (silverbeet) avocado, spinach, Chinese greens (Bok-choi, Chinese broccoli. Choi sum, etc.)

### **10. High Fibre Foods:**

Beans, lentils, berries, prunes, figs, whole grains, cereals, bran, peas

### **II. Foods rich in Gamma-tocopherol:**

Sesame seeds (best source), almonds, walnuts, macadamia nuts, cashews, hazelnuts

### **12. Foods and supplements associated with an up-regulation of P21 and/or P27 Cancer-suppressor Genes:**

Artichokes, silymarin or Silybum supplements, quercetin (from fruits and vegetables), Selenium-containing foods (see table 2), Crucifers (broccoli, cauliflower, cabbage, Brussel sprouts, etc.). The class of prescription drugs known as SERMs (tamoxifen, arzoxifene)





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### **13. Foods high in Soy Proteins:**

Tofu, Natto (fermented soy beans), miso, Soy Protein Isolate supplements, Soy Milk (low fat), Edamame (boiled fresh soybeans),

### **14. Foods rich in Sulforaphane, Glycosylates, and Isothiocyanates (Crucifers):**

Cabbage, broccoli, Brussel sprouts, cauliflower, radishes, kale, chard, (silver beet), water-cress, collard greens, horseradish, mustard greens

### **15. Foods rich in Beta-carotene:**

Mangoes, apricots, pumpkins, carrots, melon, pawpaw

### **16. Foods rich in Anthocyanins:**

Blueberries, raspberries, red apples, red wine, red grape juice, red or purple grapes

### **17. Foods rich in Citrus Bioflavonoids and Limonene:**

Grapefruit (but beware of interactions with some medications), lemons, tangelo, oranges, tangerines, limes, citrus rind(zest).

### **18. Nutrients and Lifestyles Changes that lower IGF-I and/or raise IGFBP-3 Blood levels:**

Vegan diet, artichokes, silymarin supplement or silibinin supplements, lycopene, vitamin D from sunlight, calcitriol (rocaltrol) capsules (by prescription), calorie reduction, increased exercise, soy

### **19. Foods rich in zinc:**

Oysters (best), pumpkin seeds, split peas, brazil nuts, lamb

### **COMMON FOOD ALLERGIES**

	Alternatives:
Wheat	Use other grains
Cows milk	try goat, soy, rice
Hens eggs	try duck eggs
Shellfish, pollen	avoid

## EXERCISE

### **EXERCISE WILL BRING MANY BENEFITS, INCLUDING:**

- Improved sleep
- Decreased risk of heart attack and strokes
- Improved cholesterol
- Improved endurance and energy
- Improved mood and self-esteem
- Decreased stress
- Slows down aging
- Weight loss
- Decreased diabetes
- Decreased cancer
- Improved brain function



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## **EXERCISE GENERAL RECOMMENDATIONS**

1. Practice aerobic exercise every other day. Aim for 20 minutes continuous or more. Better to exercise aerobically longer than harder.
2. Resistance training should be practised every other day. Alternate with aerobic training.
3. Stretching should be done every day. It is invaluable as part of your aerobic and resistance training session to prevent injuries

## **BIOACTIVE EXERCISE**

Men who exercise live longer. Besides diet, exercise is one of the activities within your control. Men who exercise feel stronger, are more mentally alert, have reduced levels of stress, and have more energy than sedentary men. Exercise improves health and attitude.

## **WALKING**

Overall, walking is probably the easiest and one of the most beneficial of all exercises. Studies indicate that men who walk at least 2 km a day tend to have less prostate enlargement than inactive men. The best exercise for men with prostate cancer is moderate strenuous activity that combines the following elements: strength, endurance, balance, flexibility and breathing.

## **HATHA YOGA**

An ideal exercise for men with prostate problems. Perhaps an ideal exercise for anyone. It is superb for balance, strength and endurance. Yoga incorporates controlled breathing which reduces stress. Yoga also is a good way to increase chi'. The life force in the body.

## **HIGH RESISTANCE WEIGHT TRAINING:**

This type of exercise is particularly useful for men taking hormones. The side effects from hormones are reduced with proper weight training. For best results, weight training should be combined with aerobic exercise, such as walking, swimming, or yoga. Other beneficial exercise includes swimming, Tai-Chi, Qigong.

## **KEGEL EXERCISE:**

This is particularly helpful for men after prostate surgery, to strengthen the muscles which keep urine in the bladder until they decide to let it out. To do a Kegel exercise simply squeeze the muscles you would normally use to hold back or stop a stream of urine. Hold for a count of three and then release for a count of three. Repeat twenty-five times, three times a day. This 'workout' is perfectly silent and still and can be done during a day's work without notice or undue exertion.

## **SEX EXERCISE:**

An active sex life is good for your prostate. Ejaculation may protect your prostate by flushing out retained fluids which must otherwise be reabsorbed, reducing stress, and exercising the prostate.

## **SUMMARY OF AN EXERCISE ROUTINE**

1. Walking; 30 minutes, six days a week.
2. Hatha Yoga: one hour session, 3 days a week
3. High Resistance Weight Training: 2 -3 3 days a week for one hour each session.
4. On the 7th day have a rest, perhaps a shiatsu massage or a walk on the beach, in the forest or mountains.



## *CHANGE YOUR HABITS - CHANGE YOUR LIFE*

### **STRESS REDUCTION – MASSAGE**

Consider one of the Eastern techniques i.e. Shiatsu, Ayurvedic, or Thai massage (practitioners of one or more of these Eastern disciplines are available in most cities). Therapeutic massage can move metabolic wastes through the body to promote a rapid recover from illness or disease. And promote deep relaxation.

### **STRESS REDUCTION – MEDITATION**

The following simplified meditation contains the essence of purification: letting go of problems and mistakes, seeing them as temporary obscuration, not as an intrinsic part of our nature.

#### **THE PRACTICE (A traditional meditation)**

Be comfortable and relaxed. Sit with an erect spine. Take a few minutes to settle your mind in the here and now. Then turn your attention to your breath. Breathe normally and observe the full duration of each inhalation and exhalation. When you exhale, imagine that all of your negative energy, past mistakes, distorted conceptions and emotions leave your body with the breath. Feel confident that you have freed yourself from every trace of faults and negativity. When you inhale, imagine that all the positive energy in the universe enters your body with the breath, filling every cell and atom, and making you relaxed and blissful.

#### **A SIMPLE MEDITATION EXERCISE**

- Sit in a quiet place and adopt a comfortable posture with your spine straight
- Let go of any tension in your body
- Become aware of your breath
- Now let your breathing find its own rhythm
- Whenever your mind wanders bring it back to the breath. There is no need to resist your thoughts as such – simply become aware that your focus has shifted to your thoughts and bring it back to the breath.

#### **PROGRESSIVE RELAXATION EXERCISE**

Find a quiet place with soft lighting. Sit in a comfortable chair, feet flat on the floor eyes closed.

- Become aware of your breathing. Take a few deep breaths and mentally sway, as you let out each breath, 'relax'.
- Concentrate on your face, feeling any tension in your face and eyes. Make a mental picture of this tension – such as a rope tied in a knot or a clenched fist – and then mentally picture it being untied or relaxing and becoming comfortable, lying limp, like a relaxed rubber band.
- Experience the feeling of your face and eyes becoming relaxed. As they relax, feel a wave of relaxation spreading throughout your body.
- Tense your eyes and face, squeezing tightly, then relax and again feel the relaxation spreading throughout your body.
- Apply the previous instructions to other parts of your body. Move slowly down your body – jaw, neck, shoulders, back, upper and lower arms, hands, chest, abdomen, thighs, calves, ankles, feet, toes – until every part of your body is relaxed. Mentally picture the tension melting away: tense the area and then relax it.



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When you have relaxed each part of your body, rest quietly in this comfortable state for two to five minutes. Now let the muscles in your eyelids lighten up and prepare to open your eyes and become away of the room. Finally, let your eyes open. You are ready to continue with the day's activities, refreshed and relaxed.

### **THE BREATH OF LIFE**

Without air to breath, we can only survive for a few minutes. A healthy person breathes 12 – 14 litres per minute, more than 7 million breaths during one year. By age 80 around 60 million breaths. Poor breathing leads to ill health, good breathing leads to thriving. Natural breathing – the way a child breathes – involves the whole body, every part is affected to some extent by the respiratory waves that interpenetrate the body. Breathing in the wave starts in the abdominal cavity and flows up to the heart. Breathing out, the wave moves from head to feet.

### **'THE BENEFIT OF BREATHING EXERCISES'**

- Revitalize your entire being whenever and wherever you feel the need
- Can change your life for the positive
- Raise your energy in times of need
- Calm your body and mind when you need to focus your attention or relax

### **ALTERNATIVE NOSTRIL BREATHING**

The body's ability to heal itself can be improved by actively guiding the breath to either side of the nose. This gives increased inner balance. It can also ease headaches.

Sit with the back as straight as possible and make sure nothing is restricting the breathing. Lift one hand and hold it in front of the nose so that the thumb rests lightly against one nostril. Close the fingers so that the index finger and ring finger rest lightly against the opposite nostril. Breathe out. Then put light pressure with the thumb so that air only passes through the opposite nostril, and breath in. Lift the thumb and apply light pressure with the fingers against the other nostril. Breathe out through the opposite nostril. Breathe in through the same nostril, and change pressure again before you breath out, then in again. Continue to breathe, through alternative nostrils, by blocking one nostril at the time for each exhale/inhale cycle, for around ten minutes. Complete the exercise and return to normal breathing. By breathing through one nostril at a time, the different halves of the brain are stimulated in turn.

### **BREATHING EXERCISE**

Breathe deeply through your nose, filling your abdomen first then your chest. Exhale forcefully through your mouth, inhale again in the same fashion as soon as you feel the urge. Repeat this pattern. Do not force the inhalation and don't hold your breath by conscious effort. Just allow a flow to be established. Two sessions daily, one upon awakening and one just before sleeping. Gradually increase the time for each session to about 15 minutes.



# CHANGE YOUR HABITS - CHANGE YOUR LIFE

## **POWERSLEEP**

How sleep will benefit you

- Sleep plays a major role in preparing the body and brain for an alert, productive, psychologically and physiologically healthy tomorrow.
- Sleeping profoundly affects the quality of our life.
- Sleep, if adequate time is given, and a proper environment, provides tremendous power. It restores, rejuvenates, and energises the body and brain.
- Sleep influences our mood, energy, body weight, alertness, perception, memory, thinking, reaction time, productivity, performance, communication skills, creativity, safety and good health.

## **SLEEP, THE REJUVENATOR**

A frequent overseas traveller, author Dr Bob Goldman has devised a practical, tried and true program that often helps him and others to boost the quality of sleep. While Dr Goldman's complete program appears in *Brain Fitness* (New York); Doubleday Publishing, 1999), these are some of the highlights:

1. Practice good sleep hygiene. Where you sleep directly impacts how well you sleep. Create a sleeping environment that is comfortable in temperature, absent of distracting lighting and sounds and serene, do not become overstimulated: television emits full spectrum lighting and electromagnetic fields that can cause wakefulness and/or agitation. If you have allergies to airborne agents, remove plants and humidifiers (both can be sources of mold), don't let pets into your bedroom (sources of dander), and encase your mattress, box spring, blankets, and pillows (havens for dust mites) in allergy barrier covers.
2. Eat for sleep. Starchy foods like breads, pastas, potatoes and dairy products help promote sleep. They prompt your brain to generate the sleep-inducing neurochemical serotonin.
3. Herbs help. For some people, a modest dose of orally ingested valerian root, kavakava, chamomile, or a few drops of lavender oil inhaled, speeds the trip to dreamland.
4. Avoid certain medication. Check with your physician to verify whether any prescription and/or over-the-counter products you take may cause you difficulty in falling asleep. Blood pressure medicines, decongestants, nicotine, caffeine, diet pills, and some cold/cough remedies are frequent culprits.
5. Lower your body temperature. You reach sleep once your body temperature dips. A warm bath or shower before bedtime makes it easier for your body to cool down and the time to reach dreamland is shorter.
6. Power nap. Just twenty minutes of restful slumber during a hectic day not only rejuvenates your thinking, but also can make it easier for you to sleep at night.

## **PROSTATE HEALTH GUIDELINES**

Plan for regular meals and snacks, based on the functional food tables

- Never go for more than five hours without eating a balanced meal or snack
- A snack will tide you over for two hours
- Have plenty of plant-based protein sources
- Avoid animal fat
- Include sprouts



## CHANGE YOUR HABITS - CHANGE YOUR LIFE

- Get rid of white sugar and flour
- Cod liver oil (2 x teaspoons daily)
- Get rid of unhealthy fats. Stock up on healthy fats
- Vegetable juices daily
- Ideal + 1,800 calories daily
- Maximum 20% fat, calories from vegetables mainly
- Consider progesterone cream (consult with your physician)
- Drink a glass of water every 2 -3 hours
- Energy balancing
- Drink several cups of green tea daily (low caffeine)
- Minimise alcohol, dairy, red meat, poultry, sugar, coffee, cigarettes, preservative chemicals
- Take your dietary supplements every day (i.e. Prosgenia)
- Monitor blood reports (PSA, Vit D, selenium etc. Take physician's advice)
- Develop regular sleeping patterns going to bed and arising at set times
- Reduce stress (funny videos, emotional freedom – EFT)
- Daily walking in sunlight hours plus weights, 3 x weekly
- Rebounding – aerobic – in home exercise
- Breathing exercise upon waking and before sleep
- Keep the bowels moving daily
- Re-find your in-depth mind-body connections through yoga, meditation, tai-chi,, qi-gong, light/sound or tapes
- Explore laughter, good books, music, visualisation
- Visit nature daily
- Consider hypnotherapy or hypno-coaching to reduce stress, enhance a positive attitude and resolve issues/guided imagery
- Consider the ancient exercise system 'Kum Nye' (very toning, double your energy levels and revitalise the organs)
- Affirm your desire to be 100% healed, fit and toned
- Practice forgiveness
- Hormone balancing
- Encourage thoughts and feeling of thankfulness
- Lugols iodine solution daily

### **SAMPLE DAILY ROUTINE**

(Objective: - PSA = 0 – 0.4 plus maximum spiritual & physical well-being)

#### **ON ARISING**

Read your goals and affirmations.

A glass of quality water with lemon juice. Also, perhaps a piece of fruit with some walnuts.

Breathing exercise (outside on grass to build chi)

Yoga for 20-40 minutes or walk for 30 – 60 minutes and/or weights for 30 – 60 minutes.

Then rest for 5-15 minutes. (Nidra yoga is good)

Meditation/prayer for 10-60 minutes, then whole body stretching – smile

PROSGENIA A (supplement programme)

Pg-20





## *CHANGE YOUR HABITS - CHANGE YOUR LIFE*

### **BREAKFAST**

Fresh vege juice (add Barley Grass, spirulina or chlorella and 1 – 2 cloves of garlic, also add ground flax seeds, walnuts, pumpkin seeds plus 1 teaspoon cod liver oil, sprouts and your choice of protein.

### **MID-MORNING**

Vege juice, a piece of fruit, broccoli, sprouts, tomatoes etc. or smoothie with soymilk, blueberries etc.

### **MIDDAY**

Vege juice plus Co-enzymeQ10 and Vitamin C

Two non-wheat salad sandwiches with 5 – 7 veges and sprouts with kelp powder etc.

Protein of choice (see functional food chart)

### **MID AFTERNOON**

Vege juice and/or green tea (reduced caffeine)

Bowl of non fat soy yogurt plus a handful of blueberries, ground flax seeds, sesame seeds and almonds

After work: two hours after food)

Glass of lemon water

Rebounding for 20 min.

Breathing – ‘ build vitality’

Meditation/prayer, or progressive relaxation exercise with affirmation

Whole body stretching routine

Herbal tea

Rest 5 – 20 minutes

### **EVENING**

Well combined meal including salad, 5 – 7 veges and sprouts, tofu, beans, brown rice etc (60% raw veges)

Relax for 15 minutes, walk for 20 minutes

### **BEFORE BED: (9PM)**

Read affirmations

Vege juice or green tea

Breathing exercise and/or meditation

Sleep by 10pm





## *CHANGE YOUR HABITS - CHANGE YOUR LIFE*

### **NOTES:**

Blood type diet can help with allergies to food

Hydrate with quality water all day

You may add lemon juice or concentrated mineral drops to your daily drinking water.

Chlorella, Spirulina or Barley Grass powder can be added to juice, or water.

Kegel exercises – silently during the day

Vital foods are best – i.e fresh organic (if possible)

60% raw with meals

Chew well and do not overeat

Smile – laugh – let go fear – trust life – live in the present

Small regular changes incorporated into your life over time will transform your health and vitality.

### **RECOMMENDED READING**

'UnDo it' by Dean Ornish and Anne Ornish





## CHANGE YOUR HABITS - CHANGE YOUR LIFE

### Gary Furniss.

Profile.... brief background story.....

Hi, I'm Gary,

I completed a diploma course in Naturopathy (drugless healing), Physiology and Massage in the early part of my career and worked in the American Health Studio's in Christchurch as a massage therapist

In 2001, I was diagnosed with prostate cancer, only a month after my father had died from this dreadful disease and the side effects of traditional treatment. Then began my journey to research and develop the Prosgenia support Program for men with prostate problems. This has been a contribution to maintaining my own longevity and that of many other men.

I had the privilege of caring for my five children as a solo parent for twelve years.

I have developed a number of healthy products, including, Ch'i Herbal Mineral Water, Vitalicks a tonic for cats and dogs, Vitra a vitamin drink for humans, Headstart a breakfast drink and Hedonic a cactus flavoured mineral water. I established the company Complementary Therapeutics, in 2006 with a range of great health dietary supplement formulas. I also developed One Earth Nutrition, a range of NZ organic green foods. My most recent project was Tashi, a range of vegan protein powders with added value ie pre and probiotics.

Having completed a course in clinical hypnotherapy with Alpha Hypnosis I worked full time as a hypnotherapist mainly with women dealing with cancer, my focus being to find the sensitising event which may have initiated the cancer and then resolve that issue.

I am an avid walker, having walked 800km across Spain as a personal pilgrimage and across England, following Hadrian's Wall with my wonderful life partner of 30 years, from Newcastle to Carlisle. I have also walked some of New Zealand's great walks including Mt Kepler and Abel Tasman.

Recently I graduated as a Prekure Health certified professional health coach, through which I'm finding great fulfilment by being a supportive catalyst for transition to healthy habits and other lifestyle changes in people's lives. Change is hard and coaching support is by far the most effective methodology to ensure successful shifts to a healthy lifestyle way of living.

Prekure is dedicated to the World Health Organization (WHO) definition of human health, "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity".

We believe that to advance human lifespan, and more importantly our health and happiness span we must 'Prekure', we must prevent ill health in the first place and optimise our wellbeing.

Having survived an aggressive prostate diagnosis for more than 20 years, I am particularly keen to bring my coaching support and experience to men who are experiencing prostate health problems.

Prekure have equipped me with the finest health coaching education. Download the free booklet and contact me for a free initial conversation. This is easy, I will send you a zoom link and we can meet each other from the comfort of your computer or smart phone.

[gary@lifeworks.co.nz](mailto:gary@lifeworks.co.nz)





## CHANGE YOUR HABITS - CHANGE YOUR LIFE

### WHAT IS THE DIFFERENCE BETWEEN HEALTH COACHING AND THERAPY

COACHING	THERAPY
Views clients as naturally creative and resourceful	More apt to view clients from a medical model
Does not diagnose or treat	Diagnoses and treats
Trained to work with functioning clients	Trained to work with major mental illness
Works with clients who are able to form an alliance and have common goals	Works with clients who have entrenched problems
Partnership model	Therapist the 'expert'
Coach and clients on a peer basis	Hierarchical difference between therapist and clients
Alliance designed by coach and client together	Treatment plan largely designed by therapist
Emphasis on present and future	Emphasis on past and present
Explore actions and behaviours that manifest high self-esteem	Explore genesis of behaviours that create low self esteem
Regard and coach negative self-beliefs as Saboteurs (temporary obstacles)	Analyse and treat origins and historical roots of negative self-beliefs



**CHANGE YOUR HABITS - CHANGE YOUR LIFE**

PREKURE<sup>TM</sup>

## HEALTH COACH CERTIFICATE

*We the undersigned hereby certify that*

**Gary Furniss**

*Has been formally evaluated for demonstrating knowledge, skill  
and the understanding of current lifestyle medicine science and  
transformational coaching techniques needed for effective Health  
Coaching, and is hereby granted the title:*

**PREKURE Certified  
Health Coach**

*by the Faculty of PREKURE on 20 May 2022*

A handwritten signature in black ink, appearing to read "Sonya English".

Sonya English  
Head Health Coach  
& Registered Nurse



A handwritten signature in black ink, appearing to read "Grant Schofield".

Prof. Grant Schofield  
Chief Science Officer



