Ezekiel 47:12
"Fruit trees of all kinds will grow on both banks of the river. Their leaves will not wither, nor will their fruit fail. Every month they will bear fruit, because the water from the sanctuary flows to them. Their fruit will serve for food and their leaves for healing."

Revelation 22:2
"the leaves of the tree of Life were for the healing of the nations."

Psalm 116:12
What shall I render to the Lord for all his benefits to me?

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Unearthing the hidden healing powers of flowers

Most of the plants on our planet are still a mystery to science, to a large extent as the chemical composition of most species has never been fully analyzed. Scientists have been studying plants for many centuries, but there is still a lot to learn. In Athens, researchers are trying to unravel the mysterious properties of plants.

Almost 2,000 plant species have been collected worldwide as part of a European research project, from the South Pacific, Africa, Latin America, and in the Mediterranean. Greece is the ideal location for such research, according to Nikolas Fokialakis, a researcher at the School of Pharmacy, University of Athens: “Greece, and especially its Mediterranean basin, is one of the global biodiversity hotspots. Lots of plants here are endemic and unique. So we collect plants to study them and to find any active ingredients they might contain.”

Researchers isolate individual compounds from plant extracts, looking for biologically active molecules that could be useful in cosmetics, as Dimitris Kletsas, a researcher in cell ageing at the Institute of Biology, NCSR, explained: “One of the causes of aging in skin cells is exposure to stresses – like UV radiation, for example. ‘If we can find compounds that protect cells from this radiation, enhancing the defense mechanism of the cells – that could be used for skin protection, or to prevent the premature ageing of the cells.”

In the past, researchers had to process kilos of plant material to isolate individual compounds. Now with new instruments all chemical substances in a plant can be ascertained with just a few grams of extract.

The project has obvious potential benefits.

“The important outcome of this research project is the library of bioactive compounds. Up to now we’ve studied biological activity for relevant cosmetics or agrochemical purposes, but in the future this library could be used for other aims, such as tests for diabetes, cancer or other diseases,” says Professor Leandros Skaltsounis at the University of Athens, School of Pharmacy, who is also AGROCOS project coordinator:

Plant extracts are mixtures of different molecules, some of which have already been studied, others which are new to science. Researchers store so-called ‘fingerprints’ of molecules in a database that enables them to focus on new discoveries.

So how will this research result in commercial innovations?
Euronews visited a cosmetics factory in Greece that uses plant extracts and other natural ingredients in all its products. It has joined forces with research centres and universities to create new formula using the findings of the study.

Molecular biologist Marianna Ralli is Scientific Affairs Manager of the KORRES project: “The characteristics we’re looking for in the extracts and compounds are three key qualities relevant to cosmetics: the antioxidant action, the whitening effect and the UV protection.” Industrial companies will take over the research from the science bodies to find out how efficient new bio-active molecules are, and how best to integrate them into new products.

“Our goal is to learn as much as possible about what nature has to offer, to reveal the science in the living laboratory of nature,” says Marianna Ralli.

“With this research, we’ll find the five most promising plants, and then hopefully we’ll have very exciting news for consumers.”

There are more than 400,000 plant species on Earth, and only 20% of them have been fully studied. What secrets lie waiting to be discovered?..
In my last two posts, Which Fruit is Best at Fighting Cancer? and Anti-Cancer Nutrient Synergy in Cranberries I described what various common fruits could do to human cancer cells in a petri dish. Studies showing which foods can best suppress the growth of cancer in a test tube are all well and good, but we need to know if they can do the same thing within the human body. It’s considered unethical to withhold conventional cancer therapies to test out some fruit or vegetable, so what do you do?

One direction researchers have taken is to use so-called “combinatorial strategies,” for example adding phytonutrients from the spice turmeric and green tea along with chemotherapy to see if that works better than chemo alone, but this gets complicated because chemo and radiation often work by killing cancer cells with free radicals and so though antioxidants may certainly reduce the toxicity of the treatment there’s a theoretical concern it could reduce the efficacy as well.

Another way you can study the effects of plants on cancer is by testing dietary interventions on slow growing cancers like prostate, which is how Ornish and colleagues were able to show his apparent reversal in cancer growth with a plant-based diet (see Cancer Reversal Through Diet?). They could get away with treating cancer with a vegan diet alone (no chemo/surgery/radiation) because prostate can be such a slow growing cancer that patients with early disease can be placed in a holding pattern. So if you’re not going to do anything but watch and wait, you might as well test out a dietary intervention. Are there other cancers like that we can try plants on? Esophageal cancer is not the cancer to get. Five-year survival is only about 13 percent, with most people dying within the first year of diagnosis, but the development of esophageal cancer is a multistage process. We start out with a normal esophagus (the tube that connects you mouth to your stomach), then precancerous changes start to take place, then localized cancer starts to grow, then eventually it spreads and we most likely die.

Because of the well-defined, stepwise progression of esophageal, researchers jumped on it as a way to test the ability of berries—the healthiest fruits—to reverse the progression of cancer. A randomized phase 2 clinical trial of strawberries for patients with precancerous lesions of the esophagus was undertaken. Six months of eating the equivalent of over a pound of fresh strawberries a day, and the progression of disease was reversed in 80 percent of the high dose strawberry treatment.

At the beginning of the study, no subjects had a normal esophagus. They either had mild or moderate precancerous disease. But by the end of the study most lesions either regressed from moderate to mild, or disappeared completely. If you watch my 5-min video Strawberries versus Esophageal Cancer you can see some representative before and after pictures of the lesions.
literally disappearing. By the end of the study half of those on the high dose of strawberries walked away disease free.

This landmark study is one of the most important papers I've seen recently. Why isn't this headline news? If there was instead some new drug that reversed cancer progression, you can bet it would be all over the place. But who's going to profit from revelations about berries? Other than, of course, the millions of people at risk for this devastating cancer.

The findings were heralded as groundbreaking in an editorial in the journal of the American Association for Cancer Research. Given that it was written by a pair of pharmacy professors,
though, they of course concluded “that the active components and molecular targets responsible for the efficacy of strawberries must be identified.” Instead of just eating strawberries they suggested that Big Pharma should try to make a strawberry-derived drug. Recent population studies suggest that other plant foods may be protective against esophageal cancer as well. Diets with lots of meat and fat appear to double the odds of cancer; and lots of fruits and vegetables may cut one’s odds of esophageal cancer in half. Studies have shown diets rich in foods from animal origin and poor in plant foods appear to increase esophageal cancer risk. And now we know at least one plant that may even reverse the course of disease if caught early enough.

I touched previously on esophageal cancer in Bacon and Botulism and Poultry

Strawberries versus Esophageal Cancer

A randomized phase 2 clinical trial on the ability of strawberries to reverse the progression to esophageal cancer.

May 15, 2013 | Volume 13

Doctor’s Note

This is one of the most important papers I've seen recently. Why isn't this headline news? If there was instead some new drug that reversed cancer progression, you can bet it would be all over the place. But who's going to profit from revelations about berries? Other than, of course, the millions of people at risk for this devastating cancer. If you appreciate this website, please consider making a tax-deductible donation to support my work.

The Ornish study to which I referred is Cancer Reversal Through Diet? This line of work was continued by the Pritikin Foundation in an elegant series of experiments that starts with Ex Vivo Cancer Proliferation Bioassay (along with the "prequel" Engineering a Cure).

I touched previously on esophageal cancer in Bacon and Botulism and Poultry and Penis Cancer.

More on strawberries in Cancer Fighting Berries and Maxing Out on Antioxidants. My favorite way to eat them? My chocolate ice cream recipe.

If you missed the last two videos in this series, check out Which Fruit Fights Cancer Better? and Cranberries versus Cancer. Next, we continue the theme and close out with Black Raspberries versus Oral Cancer.

Check out my associated blog posts for more context: Which Common Fruit Fights Cancer Better?, Anti-Cancer Nutrient Synergy in Cranberries, Strawberries Can Reverse Cancer Progression, Raspberries Reverse Precancerous Lesions, Top 10 Most Popular Videos from 2013 and Starving Tumors of Their Blood Supply.
Richard Gerber, MD, is the author of the 1988 book, *Vibrational Medicine: New Choices for Healing Ourselves*, a publication that has been reviewed as ‘landmark’ and ‘encyclopedic’, and in many ways bridges the gap between science and esoteric healing. *Vibrational Medicine* cites hundreds of scientific studies that support the energy model of health and healing and presents the theoretical foundation for such therapies as homeopathy and acupuncture.

Is there any type of research that substantiates the existence of this organizing energy field? We need to look no further than the work of Dr. Harold Saxton Burr, who in the early 1940s was a neuro-anatomist at Yale University. He was very much interested in the electrical field characteristics of living objects, plants and animals. He found some rather unusual things about animals and plants. He decided to study salamanders, because their electrical field characteristics were fairly easy to map. You could actually trace the outline of the field around the salamander. It seemed to have an electrical orientation along a central axis, which mapped along the nervous system and spinal cord. And he wondered when this electrical axis in the organism first formed, so he started looking at earlier and earlier stages of embryological development of salamanders trying to draw the electrical field around this earlier and earlier living form. What he found was actually an electrical axis at the level of the unfertilized egg. He wondered if this was the same electrical axis as the one in the adult organism.

It is the necessity of developing this type of sensitive technology to measure things happening at the subtle energy level that will really be important in finding out not only how subtle energy medicine therapies work, but some of the unseen side effects of accepted medical therapy; surgical therapies we are really not aware of. We take for granted that the body heals up just fine, and it doesn’t matter that there’s some scar tissue over here.

It turns out that it is very important. You do develop energy blockages in the body with surgery, and there are unseen side effects with drugs that happen at the subtle energetic level.

I want to move on from this into this phenomenon of acupuncture. Acupuncture is also an energy system that is very ancient. It is a model that describes energy circuitry throughout the body; yet it is thousands of years old, or older. This particular statue [visual reference] is a teaching statue that is several hundred years old. It shows these different acupuncture points on the body. It’s a more contemporary model, used for teaching acupuncture students.
Dr William Nelson
Inventor of the Electro-Physiological Feedback Xrroid Interface EPFX

Born and raised in Ohio, Bill Nelson was identified as a genius from an early age. As a young man, his interest in quantum physics and electronic engineering led to his work on the navigation system for the Apollo space project. He turned his genius to the field of medicine and health after the birth of his first-born, a son. His son retreated into the world of autism—a result of an anti-nausea drug his wife took while pregnant. After devouring the information offered by a medical world, he turned to the world of alternative health. With natural remedies, he was successful in reversing many of the symptoms of his son’s autism.

During his research, he was intrigued by a number of bio-electric devices being used in Germany—the Vegg machine, the Voll, and the More unit—as well as biofeedback and cranial electrical stimulation (CES) units in the US. These units either measure the body’s electrical response to help diagnose problems in the body or they emit frequencies to treat problems. He also studied the body’s subtle energy systems—acupuncture meridians, chakra energy, applied kinesiology or muscle testing, etc. The body’s subtle energy system is an early warning system. Imbalances in the body’s subtle energies show up much earlier than disease symptoms. Bill Nelson decided to apply his genius to design an all-inclusive system—a computerized system that would both test and balance the body at the subtle energy level. The EPFX was born.

IMUNE
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Grow your own "miracle tree" and enjoy a natural medicine chest and hearty source of survival food rolled into one

Thursday, September 19, 2013 by: Carolanne Wright
Tags: moringa tree, natural medicine, survival food

(NaturalNews) Few plants offer such a complete range of benefits as *Moringa oleifera* with its outstanding nutritional, medicinal and detoxifying properties. Rich in all essential amino acids, vitamins and minerals along with formidable antioxidants, moringa is an exceptional health enhancing and famine eradicating superfood. According to *Miracle Trees*:

"Moringa is one of the world's most nutritious crops. Ounce for ounce, the leaves of moringa have more beta-carotene than carrots, more protein than peas, more vitamin C than oranges, more calcium than milk, more potassium than bananas, and more iron than spinach. . . . The multiple uses of moringa have attracted the attention of researchers, development workers, and farmers."

Native to the foothills of the Himalayan mountains in northern India and cultivated throughout the world, moringa typically enjoys a warm, somewhat tropical environment, such as those found in Africa, South America and certain parts of Asia. Since the tree is extremely nutrient dense and grows rapidly, it's an ideal solution for curbing malnutrition and soothing a variety of health complaints.

**Miracle superfood with a host of uses**

Remarkably, every part of the moringa tree can be used, including the bark, flowers, leaves and roots. Interestingly, dirty and turbid water can be purified with the seeds. By adding 5 tablespoons of moringa seed powder per 10 liters of contaminated water, 90-99 percent of harmful pathogens are removed.

And research has shown that an extract from the leaves alleviates HIV/AIDS, Alzheimer's disease, cancer, diabetes and hormonal imbalances. An antioxidant rich oil can be pressed from the seeds, which is useful in the treatment of skin diseases as well as stomach, bladder and
prostate disorders. When ground into a powder, the seeds are used for sexually transmitted diseases, arthritis, neuralgia, tumors and intestinal cleansing. Similarly, the root also calms many health issues. As stated in the Nigerian publication *The Guardian*, a tea made from the root treats the following conditions:

- Heart disease
- Cancer
- Infertility
- Epilepsy
- Inflammation
- Gout
- Rheumatism
- Colds and flu
- Asthma
- Bronchitis
- Cough
- Diarrhea
- Colic
- Colitis

Moreover, the root and bark are frequently boiled together, creating an infusion that is useful for earaches and dental caries. *Moringa* flowers are either pressed for juice or brewed as a tea. Traditionally, extractions from the flowers are helpful for healing the common cold and urinary tract infections as well as reducing edema.
DIY moringa

Moringa can be grown either from seed or stem cutting and thrives in dry, sandy soil. The tree grows easily outside in U.S. hardiness zones 9, 10 and 11. For those living in cooler climates, moringa can be planted in a large pot and brought indoors when the weather turns chilly. For full planting and care instructions, visit here.
Turmeric as effective for treating disease as 14 different conventional drugs, study finds

(NaturalNews) It's no secret that turmeric has amazing healing properties; in fact, it's one of the most thoroughly researched plants in history. Dating back thousands of years, humans have used turmeric as both a food and a medicine, even using it to cure life-threatening diseases.

Researchers at GreenMedInfo, an organization dedicated to providing evidence-based resources to the world, found turmeric to have over 600 potential preventive and
therapeutic applications and 175 distinct beneficial physiological effects. Click here for a downloadable PDF of medically researched data regarding turmeric.

Turmeric is an ancient spice traditionally used in India that gives curry its yellow color. It not only is tasty but contains highly effective compounds with medicinal properties. The most beneficial compound in turmeric is curcumin, which is also its most active ingredient, offering strong anti-inflammatory and antioxidant effects.

A research project conducted by GreenMed Info found that turmeric is capable of replacing a variety of conventional medications designed to treat various conditions including plaque build-up in arteries, inflammation and oxidative stress in type 2 diabetes, inflammatory eye disease, depression, arthritis and many more.

It’s been proven to be a common replacement for aspirin or ibuprofen, offering pain-fighting and anti-inflammatory abilities in a more natural way.

Below are the conventional medications that GreenMed Info found turmeric could either replace or supplement:

**Lipitor/Atorvastatin (cholesterol medication):** A 2008 study published in the journal *Drugs in R & D* discovered that curcuminoids, found in turmeric, can be used to treat endothelial dysfunction, a condition affecting the functionality of blood vessels. Researchers also believe that curcumin can help treat inflammation and oxidative stress in type 2 diabetic patients.

**Corticosteroids (steroid medications):** A 1999 study published in the journal *Phytotherapy Research* found that curcumin can treat chronic anterior uveitis, an inflammatory eye disease, similar to the way steroids are used, but in a safer, healthier fashion.

Another study found that curcumin can act as an alternative therapy for protecting lung-transplantation-associated injury, working similarly to the corticosteroid drug dexamethasone, but without the side effects.
Prozac/Fluoxetine & Imipramine (antidepressants): A 2011 study published in the journal *Acta Poloniae Pharmaceutica* found that curcumin worked in treating depression, potentially capable of replacing psychotropic drugs like Prozac.

Aspirin (blood thinner): A 1986 study published in the journal *Arzneimittelforschung (Drug Research)* found that curcumin has "anti-platelet and prostacyclin modulating effects compared to aspirin," and might be capable of treating patients prone to blood clots and requiring anti-arthritis therapy.

Anti-inflammatory Drugs: A 2004 study published in the journal *Oncogene* found curcumin to be an effective alternative to drugs like aspirin, ibuoroefen, anti-inflammatory pharmaceuticals and tumor-cell-fighting medications.

Oxaliplatin (chemotherapy drug): A 2007 study published in the *International Journal of Cancer* discovered that curcumin could be used to treat colon cancer, potentially replacing oxaliplatin.

Metformin (diabetes drug): A 2009 study published in the journal *Biochemical and Biophysical Research Communications* found that curcumin might be valuable in treating diabetes and increasing glucose uptake. Researchers think that it may also be capable of suppressing glucose production in the liver in patients with hepatocellular carcinoma, one of the most common cancers worldwide.

Scientists found curcumin to be 500 times to 100,000 times more potent than the diabetes drug metformin.

Overall, the benefits of Turmeric are quite amazing. It’s no wonder its been used by humans for thousands of years. If you decide to take supplements containing curcumin extract, be sure to consume it with black pepper containing piperine, an all natural substance that helps with curcumin absorption.

Because curcumin is fat soluble, it also helps to take it with a fatty meal.
5 powerful antibiotics that don't require a prescription

Wednesday, April 30, 2014 by: Derek Henry
Tags: natural antibiotics, manuka honey, anti-virals

(NaturalNews) Hospital antibiotics have become one of the most over prescribed "medicines" today. As a result people have ruined their digestive systems, and ironically, have lowered their natural immunity to all types of infections in the future. Get rid if infections without the digestive destruction, with these five powerful natural antibiotics.

Garlic

Garlic has been used medicinally by cultures around the world for thousands of years. In fact, it was used in the 1700s to ward off plague.

Garlic possesses potent antibiotic, antiviral, antifungal, and antimicrobial properties and is able to help protect and facilitate removal of unfriendly bacteria. It is also very high in natural antioxidants that destroy free radicals, which also supports a strong immune system.

The active ingredient in garlic, allicin, is the key component to killing and warding off harmful bacteria. Crush it to activate these compounds, and eat it raw, in a warm tea, or in lightly cooked food.

Colloidal silver

Colloidal silver has been known as an effective antibiotic for centuries. In the early 1900s, Alfred Searle, founder of the Searle pharmaceutical company, discovered that it could kill the most deadly pathogens.

Searle stated that applying colloidal silver to human subjects has been done in a large number of cases with astonishing results. The main advantage was that it was rapidly fatal to microbes without toxic action on its host.
Recent research has also stated that colloidal silver can destroy antibiotic resistant microbes like MRSA, the bird flu, and SARS.

**Oil of oregano**

Oil of oregano takes care of pathogenic bacteria without disrupting beneficial bacteria. It is also antiviral and antifungal which makes it a powerful three-in-one combination that rivals pharmaceuticals while not encouraging antibiotic resistance.

The key antimicrobial ingredient in oil of oregano is carvacrol. You should ensure that your source is at least 70 percent carvacrol content in order to be effective.

**Echinacea**

Echinacea has been used to treat a wide variety of infections for hundreds of years. Traditionally, it was used to treat open wounds, diphtheria, blood poisoning, and other bacterial related illnesses.

Today, this potent herb is used mostly for colds and flu, due to its ability to destroy the most dangerous forms of bacteria such as staphylococcus aureus, which causes deadly MRSA.

**Manuka honey**

Perhaps the most palatable antibiotic comes in the form of manuka honey. Applied topically it can kill a wide range of pathogens including MRSA and flesh eating bacteria. It was also found that the treated bacteria did not build up any resistance, which would eventually render manuka honey ineffective.

This is certainly not an exhaustive list of natural antibiotics, but a great start for an all natural pharmacy. Also consider reishi, pau d'arco, una de gato, olive leaf extract, cloves, turmeric, and even lemons to round out your antibiotic arsenal.
Here's a nutty fact: Eating more tree nuts lowers the risk of all-cause death by up to 20 percent

Friday, December 27, 2013 by: John Phillip
Tags: tree nuts, mortality risk, life expectancy

(NaturalNews) You may think that scientific validation of daily raw nut consumption lowering your risk of death from all causes by a whopping 20 percent would send a shock wave throughout the medical community and produce headlines on every major network TV channel and online information portal. Reports of this finding barely scratched the surface of the news bubble, though this important information could easily affect the lives of every man, woman and child around the globe and extend the natural lifespan of millions each year.

If nuts were classified as a grossly overpriced pharmaceutical, there would undoubtedly be a wave of television commercials, media news reports and a drug company sales representative in every physician's office in a matter of hours. Countless individuals will be denied details about this potentially life-extending food choice, because it is not a processed, refined or prepackaged menu item that manufacturers can manipulate for grossly obscene profits. In fact, processing nuts by roasting and flavoring with salt and other chemicals neutralizes the health benefits reported in this study.
A group of researchers from the Dana-Farber Cancer Institute, Brigham and Women's Hospital, and the Harvard School of Public Health have published the results of a study in the prestigious *New England Journal of Medicine* that explains how people who ate a daily handful of nuts were 20 percent less likely to die from any cause over a 30-year period than those who didn't consume nuts were. As an aside, regular nut-eaters were found to be more slender than those who didn't eat nuts, a finding that should alleviate the widespread worry that eating a lot of nuts will lead to excess weight gain.

**Eating tree nuts daily resulted in a nearly 30 percent reduction in heart disease deaths**

To conduct this research, scientists examined an immense cohort from two large, well documented, long-running studies including 76,464 women from the Nurses' Health Study conducted between 1980 and 2010, and the Health Professionals' Follow-up Study including data on 42,498 men from 1986 to 2010. Participants in the studies filled out detailed food questionnaires every two to four years. With each food questionnaire, participants were asked to estimate how often they consumed nuts in a serving size of one ounce.

Researchers found that individuals who ate a serving of tree nuts less than once a week had a 7 percent reduction in mortality (tree nuts included walnuts, hazelnuts, almonds, Brazil nuts, cashews, macadamias, pecans, cashews, pistachios and pine nuts). Those consuming a serving once a week experienced an 11 percent reduction; two to four times per week, a 13 percent reduction; five to six times per week, a 15 percent reduction; and seven or more times a week, a 20 percent reduction in death rate.

Risk reductions were seen across a number of potentially fatal chronic illnesses, including cancer, heart disease, stroke and diabetes, as the scientists attributed lower death rates to an improvement in cholesterol ratios and reductions in oxidative stress, inflammation, adiposity and insulin resistance. The lead study author, Dr. Charles Fuchs, concluded, “The most obvious benefit was a reduction of 29 percent in deaths from heart disease, the major killer of people in America. But we also saw a significant reduction, 11 percent, in the risk of dying from cancer.”
Researchers at Northeastern Ohio Universities Colleges of Medicine and Pharmacy look at liver cancer and the remedies, natural and synthetic, that can prevent and treat it. The abstract sets up the need for this research:

Despite significant advances in medicine, liver cancer, predominantly hepatocellular carcinoma remains a major cause of death in the United States as well as the rest of the world. As limited treatment options are currently available to patients with liver cancer, novel preventive control and effective therapeutic approaches are considered to be reasonable and decisive measures to combat this disease. Several naturally occurring dietary and non-dietary phytochemicals have shown enormous potential in the prevention and treatment of several cancers, especially those of the gastrointestinal tract.

The article then describe the largest group of phytochemicals used for medicine in India and China: terpenoids, some of which are currently in clinical trials as anticancer agents. Liver cancer is the fifth most common cancer and the third highest cause of cancer-related deaths in the world, with a five year survival rate below 9%. The incidence of liver cancer in the US has risen 70% in the last 25 years. The authors comment on treatment and prognosis:

HCC (hepatocellular carcinoma) prognosis remains dismal despite many treatment options. Overall, the cure rate among patients who undergo resection is not very high and for those patients who are not eligible for surgery or percutaneous procedures, only chemoembolization appears to improve survival… Sorafenib, the only drug approved by the United States Food and Drug Administration for the treatment of advanced HCC, increases the median survival time by less than 3 mo[21]. However, this drug does not defer the symptomatic progression of the disease, costs about $5400 per month for treatment[22], and exhibits severe adverse effects, including a significant risk of bleeding[23]. These drawbacks necessitate the search for novel preventive and therapeutic approaches for this disease.

After a review of what terpenoids are and how they are used, the article looks at plants and plant compounds with anticancer effects. “Terpenoids have been found to be useful in the prevention and therapy of several diseases, including cancer, and also to have antimicrobial, antifungal, antiparasitic, antiviral, anti-allergenic, antispasmodic, antihyperglycemic, antiinflammatory, and immunomodulatory properties.”
In terms of anticancer properties the article points out that a large number of triterpenoids suppress the growth of many types of cancer cells “without exerting any toxicity in normal cells,” and that preclinical studies show triterpenoids have chemopreventive and therapeutic effects against colon, breast, prostate and skin cancer.

This is the first review we have found that focuses exclusively on liver cancer. Of the compounds under current study, these appear to be the most promising:

**In vitro**
The only **monoterpene** studied was geraniol, which inhibits the growth of liver cancer cells by inhibiting HMG-CoA.

The **diterpene** andrographolide from *Andrographis paniculata* inhibited growth by apoptosis (inducing “programmed cell death” in the tumor cells) and two other mechanisms. Two other diterpenes are discussed.

The largest number of compounds studied are the **triterpenes**, with many active compounds, including those from Black Cohosh (*Actaea racemosa*), astragalus, Gotu Kola (*Centella asiatica*), *Trichosanthes kirilowii*, *Aesculus* (horse chestnut), Reishi mushroom (*Ganoderma lucidum*), Ginseng, *Gynostemma*, *Bosewellia serrata*, Aralia, Gentian and others.

The **tetraterpenes** are known as carotenoids and include the most common form of vitamin A (beta carotene) and astaxanthin, the compound that makes shrimp and salmon pink. Fukoxanthin, from seaweed, and lycopene from tomatoes also showed significant activity.

**Sesquiterpenes** with anticancer activity in liver cells include bisabolol from chamomile and zerumbone from wild ginger.

**In vivo**
Animal studies for activity against liver cancer are much less common, despite promising results from *in vitro* studies. Of these, geraniol again showed the ability to suppress liver carcinogenesis and limonene showed efficacy against HCC. *Andrographis* had “potent antitumor activity” by oral administration. Bacoside A, from *Bacopa monniera* delayed development and growth of tumors, and cucurbitacin B reduced tumor volume and tumor growth. Escin (from horse chestnut) and ginseng reduced tumor growth, as did glycyrrhizin from licorice.
Move over Artemisia (well, maybe). There are two new antimalarial plants in the news this year.

From Brazil, Caesalpinia pluviosa (stem bark) ethanol extract was effective against the two main strains of the malaria parasite.

It’s important that we continue to find new antimalarials because the parasite becomes resistant. The current main therapy is ACT (artemisinin-based combination treatment), introduced when the parasite became resistant to chloroquine, a quinine derivative. Now artemisinin resistance is becoming increasingly common and no new class of antimalarial has been introduced since 1996. The authors warn “the discovery of new potential anti-malarial compounds is urgently needed.”

Caesalpinia is a legume with numerous local medicinal uses, many of which have a rational basis. The plant is antiviral, antimicrobial, anti-inflammatory and antioxidant. Apparently, it is also anti-malarial. In previous research, the crude extract proved inactive. The current research started in vitro testing various extracts against Plasmodium in glassware. Finding activity, research moved to in vivo research in infected mice. Chemical analysis showed that a new molecule, at first thought to be quercitin, appears to be the most active compound against malaria.

In the in vitro test, two fractions were significantly effective. The crude extract was not. In mice, the crude extract was somewhat effective, though not as effective against chloroquine resistant malaria. The ethanol extract was effective against both. What’s more, it was synergistic with the artemisinin based drug artesunate, so the two together are more effective than the combined effect of both. The plant extract alone was around 50% effective, artesunate around 60% and the combination around 80%.

The full article is HERE.

Halfway around the world, in Senegal, an ethnopharmacological survey pointed to the local medicinal plant Icacina senegalensis a native plant long used in Senegal to treat malaria. Crude extract and various fractions proved anti-plasmodial (Plasmodium is the malaria parasite) with no toxicity.
Astonishingly, this is the first time the plant has been tested, despite being the traditional remedy in perhaps the most mosquito infested and malaria afflicted part of West Africa. "This is the first scientific demonstration of the anti-plasmodial activity of *I. senegalensis* leaf extracts in a standard *in vitro* assay based on pLDH detection."

The crude methanol extract and fractions were tested for both effectiveness and toxicity (haemolytic effect). None of the extract fractions exhibited cytotoxicity to the limit of detection. By far the most effective fraction was the nonpolar (not water soluble) fraction of the methanol extract, with the polar fraction being the least effective.

It would be interesting to see how ethanol extracts fare, since methanol is toxic.

### Herbal Remedies for Common Ailments

*By Michael Castleman*

*October/November 2010*

Medicinal herbs can provide natural, safer remedies to dozens of common ailments. This chart shows you more than 75 herbal remedies that do just that. For more information about herbal remedies, check out [75 Safe and Effective Herbal Remedies](#).

As with any health issue, always be sure to talk to your doctor before trying a new medicine — including herbal medicines — or other remedy. In conjunction with a discussion with your primary healthcare provider, you can find more safety and usage information on the herbs below in Micheal Castleman's *The New Healing Herbs* and in Dr. James A. Duke's book, *Dr. Duke's Essential Herbs*.

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<td>Allergy</td>
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<td>Anxiety and stress</td>
<td>Hops, kava, passionflower, valerian, chamomile, lavender</td>
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<td>Arteriosclerosis</td>
<td>Garlic</td>
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<td>Arthritis</td>
<td>Capsicum, ginger, turmeric, willow, cat’s claw, devil’s claw</td>
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<td>Asthma</td>
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<td>Athlete’s foot</td>
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<td>Attention-deficit disorder</td>
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<td>Boils</td>
<td>Tea tree oil, topical garlic, echinacea, eleutherooccus, ginseng, rhodiola</td>
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<td>Bronchitis</td>
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<td>Burns</td>
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<td>Cancer</td>
<td>Bilberry, blackberry, cocoa (dark chocolate), green tea, garlic, ginseng, maitake mushroom, pomegranate, raspberry, reishi mushroom</td>
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<td>Cancers</td>
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<td>Cough</td>
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<td>Garlic, beans (navy, pinto, black, etc.), cinnamon, eleutherooccus, flaxseed, green tea</td>
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<td>Diabetic ulcers</td>
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<td>Condition</td>
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<td>Diverticulitis</td>
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<td>Dizziness</td>
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<td>Earache</td>
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<td>Eczema</td>
<td>Chamomile, topical borage seed oil, evening primrose oil</td>
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<td>Fatigue</td>
<td>Cocoa (dark chocolate), coffee, eleutheroococcus, ginseng, rhodiola, tea</td>
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<td>Flu</td>
<td>Echinacea, elderberry syrup (also see “Colds”)</td>
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<tr>
<td>Gas</td>
<td>Fennel, dill</td>
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<tr>
<td>Giardia</td>
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<td>Gingivitis</td>
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<td>Hay fever</td>
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<td>Herpes</td>
<td>Topical lemon balm, topical comfrey, echinacea, garlic, ginseng</td>
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<tr>
<td>High blood pressure</td>
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<td>Apple, cinnamon, cocoa (dark chocolate), evening primrose oil, flaxseed, soy foods, green tea</td>
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<td>Hot flashes</td>
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<td>Impotence</td>
<td>Yohimbe</td>
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<td>Indigestion</td>
<td>Chamomile, ginger, peppermint</td>
</tr>
<tr>
<td>Infection</td>
<td>Topical tea tree oil, astragalus, echinacea, eleutherococcus, garlic, ginseng, rhodiola</td>
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<tr>
<td>Insomnia</td>
<td>Kava, evening primrose, hops, lemon balm, valerian</td>
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<tr>
<td>Irregular heartbeat</td>
<td>Hawthorn</td>
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<tr>
<td>Condition</td>
<td>Treatment</td>
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<tr>
<td>Irregularity</td>
<td>Senna, psyllium seed</td>
</tr>
<tr>
<td>Irritable bowel syndrome</td>
<td>Chamomile, peppermint</td>
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<td>Lower back pain</td>
<td>Thymol, carvacrol, white willow bark</td>
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<td>Menstrual cramps</td>
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<td>Migraine</td>
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<td>Morning sickness</td>
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<td>Nausea</td>
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<td>Premenstrual syndrome</td>
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<td>Seasonal affective disorder</td>
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<td>Tonsillitis</td>
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<td>Toothache</td>
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<tr>
<td>Ulcers</td>
<td>Aloe, licorice</td>
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<tr>
<td>Varicosities</td>
<td>Bilberry, horse chestnut</td>
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<tr>
<td>Yeast infection</td>
<td>Garlic, goldenseal, Pau D’arco</td>
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</tbody>
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Abstract:

This study demonstrates the safety and effective qualities of the SCIO device used in a large scale study. A large scale study of over 100,000 patients with over 300,000 patient visits reported their diseases. 344 of them reported this disease. And the results of their therapy is reported in this study.
Introduction:

Over View:

This large scale research was designed to produce an extensive study of people with a wide variety of diseases to see who gets or feels better while using the SCIO for stress reduction and patient monitoring. The SCIO is an evoked potential Universal ElectroPhysiological Medical apparatus that gauges how an individual reacts to miscellaneous homeopathic substances. The device is registered in Europe, America, Canada, S. Africa, Australia, S. America, Mexico and elsewhere. The traditional software is fully registered. Some additional functions determined by the manufacturer to be worthy of evaluation. Thus a study was necessary to determine safety and efficacy. (As a result of these studies these additional functions are now registered within the EC)

An European ethics committee was officially registered and governmental permission attained to do the insignificant risk study. Qualified registered and or licensed Biofeedback therapists where enlisted to perform the study. Therapists were enrolled from all over the world including N. America, Europe, Africa, Australia, Asia, and S. America. They were trained in the aspects of the study and how to attain informed consent and transmit the results to the ethics committee or IRB (Institutional Review Board).

2,569 therapists enlisted in the study. There were 98,760 patients. 69% had more than one visit. 43% had over two visits. There were over 300,000 patient visits recorded. The therapists were trained and supervised by medical staff. They were to perform the SCIO therapy and analysis. They were to report any medical suspected or confirmed diagnosis. Therapists personnel are not to diagnose outside of the realm of their scope of practice. Then the therapist is to inquire on any reported changes during the meeting and on follow-ups any measured variations. It must be pointed out that the Therapists were free to do any additional therapies they wish such as homeopathy, nutrition, exercise, etc. Therapists were told to not recommend synthetic drugs. Thus the evaluation was not reduced to just the device but to the total effect of seeing a SCIO therapist.

Part 1. The emphasis was on substantiating safety followed by efficacy of the SCIO.

Part 2. Proving the efficacy of the SCIO on diseases (emphasis on degenerative disease)
Part 3. Proving the efficacy of the SCIO on the avant garde therapies of Complementary Med

Part 4. QQC standardization

Methods and Materials:

SCIO Device:

The SCIO is an evoked potential Universal Electro-Physiological Medical device that measures how a person reacts to items. It is designed to measure reactions for allergy, homeopathy, nutrition, sarcodes, nosodes, vitamins, minerals, enzymes and many more items. Biofeedback is used for pre-diagnostic work and or therapy.

The QXCI software will allow the unconscious of the patient to guide to repair electrical and vibrational aberrations in your body. For complete functional details and pictures, see appendix.

Subspace Software:

The QXCI software is designed for electro-physiological connection to the patient to allow reactivity testing and rectification of subtle abnormalities of the body electric. If a patient is not available a subspace or distance healing link has been designed for subspace therapeutics. Many reports of the success of the subspace have been reported and thus the effectiveness and the safety of the subspace link is part of this test. Many companies have tried to copy the subspace of Prof. Nelson and their counterfeit attempts have ended in failure.

SOC Index:

The SCIO interview opens with a behavioral medicine interview. This is called the SOC Index. Named after the work of Samuel Hahneman the father of homeopathy, he said that the body heals itself with it's innate knowledge. But the patient can suppress or obstruct the healing process with some behavior. Hahneman said that the worst way to interfere with the healing natural process was allopathy or synthetic drugs. Theses upset the natural healing process by unnatural intervention and regulation disturbance. Other ways to Suppress or Obstruct the Cure are smoking, mercury amalgams, stress, lack of water, exercise and many others. This behavioral survey then gives an index of SOC.
The scores relate to the risk of Suppression and Obstruction to the natural Cure. The higher the scores the more the Suppression and or Obstruction. The scores of 100 or lower are ideal. A copy of the SOC index questions appear in the appendix.

**Study Technicians:**

The study technicians were educated and supervised by medical officers. The study technicians were to execute the SCIO therapy and analysis. All were trained to the standards of the International Medical University of Natural Education. Therapists from all over the world including N. America, Europe, Africa, Australia, Asia, S. America and elsewhere were enlisted to perform the study according to the Helsinki study ethics regulations.

They were to chronicle any medical suspected or confirmed diagnosis. Therapists personnel are not to diagnose outside of the realm of their scope of practice. Then the study technician is to inquire on any disclosed observations during the test and on follow-ups report any measured changes.

To test the device as subspace against the placebo effect, two of the 2,500+ therapists were given placebo SCIO devices that were totally outwardly the same but were not functional. These two blind therapists were then assigned 35 patients each (only 63 showed). This was to assess the double blind factor of the placebo effect as compared to the device. Thus the studied groups were

A. placebo group,  B. subspace group,  and  C. attached harness group.

Cross placebo group manipulation was used to further evaluate the effect.

**Important Questions:** these are the key questions of the study

1. *Define Diseases or Patient Concerns*
2. *Percentage of Improvement in Symptoms*
3. *Percentage of Improvement in Feeling Better*
4. *Percentage of Improvement Measured*
5. *Percentage of Improvement in Stress Reduction*
6. *Percentage of Improvement in SOC Behavior*
7. *What Measured+How (relevant measures to the patient's health situation)*
8. *If Patient worsened please describe in detail involving SOC_*
After the patient visit is was complete the data was e-mailed to the Ethics Committee or IRB for storage and then analysis. This maneuver minimized the risk of data loss or tampering. Case studies were reported separately in the disease analysis.

**MEDICAL DETAILS**


- **Acute:** Discomfort and pain in perineal area. Frequent urination; later, retention of urine. If severe, marked malaise, rise of temperature, night sweats, constipation, chills and vomiting. moderate sexual dysfunction
- **Chronic:** Dull, aching pain in perineal region. Discharge from the penis. blockage of urination. severe sexual dysfunction

**Results:**

Before we review the direct disease improvement profiles, we need to review the overall results. The first most basic of question in the results is the basic feedback of the generic patient conditions.

1. **Percentage of Improvement in Symptoms**
2. **Percentage of Improvement in Feeling Better**
3. **Percentage of Improvement Measured**
4. **Percentage of Improvement in Stress Reduction**
5. **Percentage of Improvement in SOC Behavior**

The SOC index gives us great insight to this study. Each disease has a different cut off where the ability of the SCIO to help was compromised. As a general index scores of 200 + where much less successful.
PROSTATITIS _ 
PROSTATIC HYPERTROPHY

This groups significant SOC cut off was 150.

The Large scale study had over 98,000 patients and 275,000 patient visits we have direct evidence of the safety and efficacy. A placebo group was used for the large scale test to help validate the results.

This disease group total number of patients was 344

Subspace Treatment 143 patients, 201 SCIO Harness Patients

OVERALL ASSESSMENT

A. Subspace Treatment 266 patient visits

There were ---- cases of patients who reported a negative Improvement.

None of these cases reported any major difficulty.

There were

0 cases reporting no improvement of Symptoms, 0% of Subgroup
0 cases reporting no improvement in feeling better, 0% of Subgroup
0 cases reporting no improvement in stress reduction 0% of Subgroup

21%---- Percentage of Improvement in Symptoms
21%---- Percentage of Improvement in Feeling Better
13%----Percentage of Improvement Measured
66%-- Percentage of Improvement in Stress Reduction
19%----Percentage of Improvement in SOC Behavior

B. SCIO Harness Treatment 455 patient visits

There were 0 cases of patients who reported a negative Improvement.
None of these cases reported any major difficulty.

There were

2 cases reporting no improvement of Symptoms, .004 % of Subgroup
0 cases reporting no improvement in feeling better, 0% of Subgroup
0 cases reporting no improvement in stress reduction 0% of Subgroup

77%--- Percentage of Improvement in Symptoms
67%--- Percentage of Improvement in Feeling Better
69%---.Percentage of Improvement Measured
77%-- Percentage of Improvement in Stress Reduction
10%----Percentage of Improvement in SOC Behavior

USUAL or CUSTOMARY TREATMENT PLAN for Prostatitis

Kidney/Prostate/Adrenal; Liver/Gallbladder; Liver Liquescence;
Herbal Liquid Bee Pollen; Prostate; H.E.P.A.
Onion__put three drops of essence of onion into a spoonful of
gourd or pumpkin oil and take daily upon awakening.

Herbs                          Chinese
Persica and Rhubarb: With enlarged or hypertriphic prostate.
Rhubarb and Moutan Combination: For prostatitis and constipation
with tendency to bleed.

Western
Saw Palmetto Berries (Serenoa serrulata or Sabal serrulata): Excellent tonics for
gonads. A decoction tea of a half teaspoon fo berries three or four times daily.
Echinacea: The condition also calls for an anti_inflammatory herb like this.
Hydrangea, horsetail, echinea, couchgrass: A mixture two to three times daily is good
for prostatomegaly.
SCIO TREATMENT SUGGESTED

Color - red, green, purple

Magnetic Method - 10, 14

Electromagnetic Frequency - 5k, 10k Mora once a week

Color - set patient's favorite if desired, or choose color by chackra that is deficient

Cosmic: set 1 for physical body, 2 for astral, 3 for etheric, 4 for mental, 5 for cosmic, 6+ for other

Magnetic Method - 1+10 is universal, 7 for detox, 8 for regrowth of new tissue, 3 for injury, 2 for metabolic correction, 5 for inflammation, 6 for infection, 9 for psych stress, 2 for energy stimulation, 4 for immune stimulation

Frequency - 1k-2k

Use resonance check to determine freq treatment

See the Autofocus therapy the device selects for 10 min once a month in early stages once a week in later stage

Discussion:

The results show significant improvement in symptoms and feeling better. The Collective results show a dramatic benefit to the SCIO therapist visit.

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Title:

HOMEOPATHIC TREATMENT OF PROSTATITIS

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HOMEOPATHIC TREATMENT OF PROSTATITIS

Abstract:
In this paper a review of prostatitis is undertaken. A case review of patients having prostatitis who took a complex homeopathic is also reviewed. This shows that the complex homeopathic indeed offers a potential solution to prostate problems.

Key Words:
Prostate, prostatitis, Prostate homeopathic, Herbal Liquid Bee Pollen, Kidney, Prostate, Adrenal; male disturbances

Introduction:
Prostate cancer is indeed a primary problem in America, as it is a primary killer of men over forty. Most of these cancers start with prostatitis. The prostate is a major part of health problems, in that three of every ten men will have prostatitis in their later years (between the ages of forty and fifty). Five of every ten men between fifty and sixty will have prostatitis, and eight of ten men between sixty and seventy will display some type of prostate symptoms.

The prostate is a doughnut-shaped gland that produces a male sex hormone among other things. It surrounds the urethra tube which carries urine from the bladder through the penis. If the prostate becomes swollen, it can interfere with the flow of urination. Thus many prostate problem symptoms include inability to urinate (in extreme cases), restricted flow of urine (in moderate cases), and inability to hold much urine (normal voids should be approximately slightly less than a cup). If the patient describes urinating with much less volume than usual, that is another symptom of prostate problems.

Men will remember their twenties, when they were able to urinate and squirt a stream a long distance. If they do not have that ability any more, and it is extremely noticeable, this is also a symptom of prostate problems. Dribbling, or an inability to hold urine, is another symptom. In extreme cases pain will occur behind the penis and inward.

Yearly palpation of the prostate is recommended for men over forty-five. A medical doctor, by inserting a finger anally, can palpate the prostate to determine whether it is swollen, hard, or possibly cancerous.

Prostate disturbances can be demonstrated in an over-development of bad testosterone, which can result in premature balding. This is sometimes an associated symptom. It is known that balding can result from a build-up of testosterone, or badly-manufactured testosterone (the testosterone may squeeze the follicle and produce balding).

This type of testosterone is counteracted by fatty acids. Many people do not get enough fatty acids in their diets because of over-cooking and over-processing of foods. This results in an imbalance, and a build-up of testosterone. If there is excess testosterone, this may not only cause balding, but the liver has to detoxify the excess testosterone.

Bringing a balance of fatty acids into the diet is very important in the process of treating a prostate case. Giving patients ten drops of Fatty Acid Liquescence every day will bring the free fatty acid level of the body to normal, and will help to treat the basic metabolism.

For premature balding, one key fatty acid that fights testosterone is found in a natural herb. This herb was known by Plinley as the "food of the eunuch". He found that people who imbibed too much of this food would lower their male tendencies. Little did he know that this was tied to a testosterone molecule. This food was lettuce. If taken in juice form or at too high a quantity, lettuce can have lowering effects on the male hormone. If just the right amount is taken, it can relieve balding factors and has some effect on prostatitis. We do not recommend lettuce juice for internal use unless there are extremely large amounts of testosterone. But by massaging lettuce juice into the scalp vigorously on a daily basis, some hair loss can be stopped. The lettuce juice works directly on the follicle, and does not get into the body to affect testosterone elsewhere.

Thus the fatty acid (ten drops, three times a day) and vigorous massage of the scalp with lettuce juice can help prevent premature male balding.

In the treatment of any prostate disturbance, a healthy blend of sarcodal tissue (Kidney, Prostate, Adrenal formula) should be used. This formula also can help to detox and promote rebuilding of tissue in those areas.
Methods:
In our study twenty-two men between the ages of forty-two and sixty-five had presented with prostate involvement. These men were given Prostate homeopathic and Herbal Liquid Bee Pollen. It has long been known that bee pollen is excellent in preventing prostate problems. There is a high amount of zinc and other nutrients in bee pollen. Our Herbal Liquid Bee Pollen, as we show in the study on "Sports Performance", can accelerate the amount of absorption because of its liquid form.
Of these cases using the Prostate formula and Herbal Liquid Bee Pollen, all except two reported that they were able to keep their prostate conditions under control by using these products. They were indeed happy at the success they had by using the products.
Two of the men found that taking the products was very difficult to work into their lifestyles, and thus they resorted to other processes and medical doctors. They were not heard from again. It may be speculated that perhaps the program did not work for them, or perhaps taking the products was difficult for their lifestyles.
In the case of prostate cancer, as with other cases of prostate, the liver must be treated. Liver Liquescence is an excellent formula to clean out, detoxify, and promote rebuilding of liver tissue. In the case of prostate cancer, the swelling of tissues actually can be irritated by testosterone. Here we must use lots of lettuce juice, Fatty Acid Liquescence and, of course, Liver Liquescence. Also, the Oriental Herb Prostate is an excellent formula to deal with those cases. Degex homeopathic also helps to fight degenerative disease, as we’ve shown in our study on "Degenerative Disease".
In any case of prostate cancer extreme stress reduction is a must. Testosterone is also made in the adrenal gland. The adrenal gland can manufacture any known hormone. For every ten molecules of adrenaline made, one molecule of testosterone is made by adrenal glands. Thus in a state of overaccelerated stress, where lots of adrenaline is made, excess male hormone can be manufactured, as well. A homeopathic of luteinizing release hormone (LRH) can be very helpful too, as it interferes with the natural development of testosterone. LRH is a pituitary hormone.
Total stress reduction is a must. There have been seven known medical cases of people who have beat prostate cancer; in each case the theme was total stress reduction. A judge in Boston, upon finding out he had prostate cancer, quit his job. He went into an RV unit, and totally relaxed. He was able to beat the cancer and live a long and productive life. Others have been able to do the same, but only with stress reduction.

Results and Discussion:
We can see from our review of the case notes that complex homeopathy indeed offers help for some of the disturbances related to prostate conditions. Good homeopathic sarcodes and herbal formulas can be blended to produce reasonable treatment for these disturbances.
By having a formula that is easy to use and symptomatologically directed, the practicing naturopath or homeopath can get better results with his patients more quickly and easily.
How do you know you got a problem

A HANDY GUIDE

1. Measure from crease at bottom of finger to tip
2. Men with longer index fingers than ring fingers significantly less likely to get prostate cancer

3300
The number of men who die from prostate cancer each year in Australia

20,000
The new cases diagnosed in Australia every year

Source: Daily Mail
Natural Cures For Prostate Cancer And Prostatitis

Zinc is at the top of the list of natural cures for prostate cancer and prostatitis. Here's why it's vital you receive plenty of this mineral everyday to prevent and treat prostate problems...

If you had to name the most important and crucial nutrient for prostate health it would have to be zinc!

And the reason is simple.

The prostate gland contains more zinc than any other nutrient, and in highly concentrated amounts. It’s as important to the prostate as pollen is to bees! The problem is as men age less zinc gets stored in the prostate gland. And because our food no longer has enough of the nutrients we need (especially minerals), if men don’t bother to supplement with extra zinc, the consequences can be disastrous!

New Research Proves Zinc Can Prevent, Treat And Cure Prostate Cancer...

Numerous studies have now confirmed that zinc will not only prevent prostate cancers from occurring, it will actually kill rogue prostate cancer cells. This is thought to occur because of zinc’s powerful anti-inflammatory effect. But how it occurs doesn’t really matter.

The proven fact is it works!

If we go back to the remarkable Swedish study on omega-3’s and prostate cancer (this study was revealed in our number 4 "natural cures for prostate
cancer" article), researchers also discovered that the men with the highest amount of zinc intake (15.7 mg or more a day) reduced their risk of death from the disease by a whopping 74% compared to the males with low zinc levels (12.8 mg a day or less). Remember, these men already had prostate cancer so this really was an extraordinary result!

Further independent studies have also been able to validate that long-term zinc supplementation substantially reduces the risk of men developing advanced forms of prostate cancer. One such study (albeit a very in-depth and highly "scientific" study) is listed here... Zinc for Prostate Cancer

Natural Cures for Prostate Cancer... Zinc is a Potent Natural Treatment For Prostatitis...

As a natural cure for prostatitis, zinc also weaves its powerful magic!

Prostatitis is an infection of the prostate gland that causes problems such as painful urination, frequent urination, difficulty urinating and painful ejaculation. According to research, patients with prostatitis have zinc levels only one-tenth that of healthy males (Fair and Heston, 1977; Pfeiffer, 1978).

And after studying over 5000 patients, Dr. Irving Bush of Chicago Medical School and researchers from Cook County Hospital have also been able to confirm that zinc can prevent and even treat prostate enlargement and inflammation.

...So guys, this is one nutrient you definitely want to make sure you’re getting enough of. Liquid colloidal zinc or chelated zinc supplements are the best. Also, eat plenty of pumpkin seeds as they contain generous amounts of zinc.
When men look for an enlarged prostate cure, natural options can provide the perfect solution.

If there is a need to find an enlarged prostate cure, men will find a variety of natural alternatives available to them. Although prescription medications and surgery are sometimes necessary, the natural route works for many. There are a number of different paths men can take to discover an enlarged prostate cure that works for them. One of the best combinations, however, in the eyes of many is to blend the right diet with exercise and the use of herbal supplements designed for prostate health. Men should remember, though, that some prostate enlargement is considered quite normal with ageing. If the condition gets in the way of life, it’s not normal.

When it comes to exercise and diet, prostate experts typically recommend a well-balanced, healthy diet that can help keep prostate enlargement under wraps. Foods that contain antioxidants, such as lycopene, hops and more can help control prostate enlargement and even prevent it. Exercise itself is considered beneficial because it simply increases the level of overall health. When the body and its systems are kept in good working order, a person tends to fare better physically.
Although it is not always possible to find an enlarged prostate cure that completely rids a man of problems, there are some natural remedies that have shown a great deal of promise. Common natural remedies include such things as selenium, hops, goldenseal, clover and soy. While not every supplement is backed up by studies, most have scores of men who report improvements in their conditions after using them. Other commonly used natural supplements for prostate enlargement problems include St. John’s wort, pygeum and saw palmetto. Many men find that natural prostate enlargement cure options work for them and beat pharmaceutical and surgical options hands down. Going down this path does require a little caution, however. Even natural supplements can have side effects. Most are considered very safe and quite effective.
Zinc can be beneficial for reducing prostate swelling.

Men and medical researchers alike have discovered that natural supplements can be very useful to use in lessening the prostate enlargement associated with conditions like benign prostatic hyperplasia, or BPH. One particular supplement that has proven itself very useful in reducing prostate swelling is Zinc.

Although the complete picture of zinc’s impact on the prostate is not quite fully understood, medical research has shown that the mineral does help maintain health. Zinc is known to reduce swelling in the prostate and it is often recommended to reduce symptoms of conditions like BPH. It is also believed to help in preventative efforts.

Zinc itself is beneficial for prostate health, but it can be even better when it’s combined with other supplements known to assist in reducing prostate swelling. Pumpkin seeds, for example, can assist in the reduction of swelling. They are, of course, high in zinc in addition to offering other nutrients.

Zinc rich foods such as Oysters, lima beans, oatmeal, crab, turkey and pumpkin seeds can all be included in the diet.

Men that want to include zinc in their lifestyles will find they have two main options. This agent can be ingested through diet or via supplements. Both methods for obtaining zinc have proven helpful in reducing prostate swelling.

If foods rich in zinc are desired, men will find they have a number of options at their disposal. Oysters, lima beans, oatmeal, crab, turkey and pumpkin seeds can all be included in diet. The reality is some of the highest concentrations of zinc are found in foods that should likely be included in diet anyway.

Some men find that even when they incorporate dietary changes, they still do not have enough zinc included in their routine. If this is a concern, it is possible to purchase zinc supplements. There are even formulations of supplements that are designed for prostate health that include zinc along with other substances such as flaxseed, selenium and saw palmetto.

When reducing prostate swelling is needed, zinc can help. Taken in food for supplemental forms, this particular mineral has proven itself very useful in treating symptoms of enlarged prostate.
A number of nutritional supplements can assist with enlarged prostate reduction.

The symptoms associated with conditions like benign prostatic hyperplasia prompt many men to seek out enlarged prostate reduction assistance. Supplements can work well without surgery or invasive procedures coinciding with treatment. If BPH does present itself, some men discover its symptoms can sideline their lives. This non-cancerous form of prostate enlargement can cause such symptoms as painful urination, incontinence, frequent urination and more. It is sometimes possible to prevent the condition by taking the right measures. If a natural means for enlarged prostate reduction is desired, there are a number of substances that can help.

Some of the most commonly used supplements for enlarged prostate reduction include saw palmetto, selenium, zinc and flaxseed. They have all proven very useful in helping men tackle the symptoms of enlarged prostate.

Some of the most commonly used supplements for enlarged prostate reduction include saw palmetto, selenium, zinc and flaxseed.

Found naturally in pumpkin seeds, zinc is one mineral that has shown a lot of promise in treating enlarged prostate symptoms. Research has proven this mineral can reduce swelling and prevent serious conditions.

Saw palmetto has been a popular remedy with men all over the world for many years. It might not work for every man who tries, but for those it helps, the reports are very encouraging.

Another substance that works quite well in maintaining proper prostate health is selenium. Nutritional supplements that have this ingredient are quite popular with men who need to reduce symptoms or want a preventative aid.

Like saw palmetto, flaxseed is a very common agent to use in helping maintain prostate health. This natural supplement is well received by men and is believed to be a strong preventative as well as a treatment for swelling. Although it’s true that not every man will find relief in supplements, the research is strong in support of using natural treatments. If enlarged prostate reduction help is needed, the right natural supplements can help.

Nutritional health can have an impact on preventing prostate cancer.
When preventing prostate cancer is a plan of action, a number of factors will come into play. One big consideration involves nothing more than diet. Proper nutritional intake can reduce the chances that this disease will form.

Factors that can increase the chances of prostate cancer incidence include such things as genetics, race and age. This form of cancer is most typically found in men over the age of 50 and it does seem to strike men of African descent more frequently than others. Family history can play a strong role in its development, as well.

While it’s true that prevention is not always possible thanks to some of the risk factors, efforts can prove successful. When a proper diet is in place, the risk factor does go down.

The lycopene in tomatoes can help reduce other health conditions related to prostate cancer. Medical research has shown that a low-fat diet can have a big effect on the development of prostate cancer. It can, of course, also reduce the risks of other health conditions arising.

A number of specific dietary supplements have shown themselves helpful in reducing risks, as well. The prime ingredients to look for on this front include zinc, lycopene and selenium. These nutritional agents can be obtained from diet alone, but many men find it is simply easier to take them in supplement form. The reasons why this route is desired include:

- Convenience. It is faster and more reliable to take a supplement than try to obtain the right amount of nutrients in a daily diet.
- Correct dosing. When the proper daily amount of substances like zinc matters, supplements can take the guessing away.
- Security. Supplements cannot 100 per cent guarantee that cancer will not strike, but they can offer men assurances that they’ve done something toward prevention.

Preventing prostate cancer is not always possible, but men who enjoy healthy diets can increase their odds of avoiding this disease. Including the right substances in routine is simplified when supplements are taken.

**Prostate inspection is only one of four steps to better prostate health.**

Prostate, Prostate Checkup No Comments »

Prostate health is important issue for all men as they reach middle age. Many men fear the onset of prostate enlargement as they grow older and with good reason, since the condition occurs naturally in men as they age.
Some may never feel the effects while others may suffer from painful symptoms. The best way to combat the occurrence of those symptoms is to follow an easy four step plan to better prostate health. These four steps seem basic at the beginning but they can also feel challenging and difficult for those that are trying to make positive changes. The most important thing for men who want to improve their prostate health to remember is that they are in the process of changing bad habits into good ones and this certainly takes time.

Improving the Daily Diet
Two of the steps take place every day. These include following a low-fat healthy diet and adding dietary supplements to the diet.

Converting to a low-fat diet can be very difficult in the beginning for many. Remember, flavour never has to be sacrificed for better health! Those that manage to make the switch to a better diet not only report feeling better, but they are also helping to improve their prostate health and other conditions as well.

Even light exercise such as a brisk walk several times a week can be helpful.

There are a number of beneficial vitamins and minerals that are beneficial for fighting prostate enlargement but are difficult to include in the diet. This is where dietary supplements can be helpful. Taking supplements that include elements such as pumpkin seeds, zinc, flaxseed or lycopene every day have been clinically proven to have a positive impact on prostate health.

Get the Body Moving
Exercise may not seem like an obvious step in improving prostate health, but it is in fact an important part of prevention for a number of different conditions. Not only will it help improve the health overall, but it may even help prevent certain cancers from developing. Even light exercise such as a brisk walk several times a week can be helpful.

Annual Checkups
The men are few and far between that can say they look forward to their annual prostate inspection, but this fourth step is a very important part of improving prostate health. Those that do not have an annual exam done are doing themselves a great disservice and may even be putting themselves in danger. Men should expect to have a prostate inspection performed every year after the age of forty.

Prostate enlargement is not the end of the world but there are many things that can be done to help prevent it. Following these four steps will help many men get on the right track to improving their prostate health.
The Health Benefits of Soy

Over the years, soy has been claimed to be healthful or harmful by different researchers and different interest groups. GMO soy is to be avoided.
Often, these claims are made regarding the same disease linked to soy consumption or the same soy phytochemicals. For example, while some studies suggest that soy may reduce the risk of developing breast cancer, other studies have reached quite the opposite conclusion.

One of the most popular therapeutic benefits of soy is the reduction of LDL (low density lipoprotein or “bad” cholesterol) levels.

Different studies have confirmed this effect and it is estimated that soy can reduce LDL levels by 5 – 10%.

In addition, soy can reduce total cholesterol and triglyceride levels. However, it does not significantly increase the level of HDL (high density lipoprotein or “good cholesterol”). Still, researchers agree that these effects are enough to reduce the risk of congestive heart disease.

Even the FDA (Food and Drug Administration) has officially approved the marketing of soy foods for its cholesterol-lowering property and health benefits for the heart.

The wide adoption of soy and soy products in the US was largely driven by this FDA approval.

Another popular health benefit of soy is its anti-cancer properties. Different studies have established that soy can indeed reduce the risks of cancers affecting organs in the endocrine system. Therefore, soy can prevent breast, uterine and prostate cancers.

However, most studies show that Asians benefit more from the anti-cancer effects of soy than Westerners. This is because Asians eat diets with high soy content for most of their lives while Americans are just adopting the protein source.

Other medical disorders that soy may help treat include osteoporosis during menopause and other menopausal signs such as hot flashes.

However, the results of studies investigating the benefits of soy for these disorders have been mixed.

**Side Effects, Contraindications and Health Risks of Soy**

Soy allergy is the most common adverse reaction to soy products. It occurs within minutes of eating soy and its symptoms include itching and hives. In rare cases, a full anaphylactic reaction may develop after soy ingestion. GMO soy is to be avoided.

In addition, food intolerance has been associated with soy products. In these cases, vomiting and diarrhea results even when skin allergy tests fail to detect soy allergy.

Soy products should also be avoided by women who have or have had breast and uterine cancers. Even though soy is known to reduce the risks of these cancers, they can stimulate the growth of cancerous cells if they are already present.
Furthermore, the isoflavones in soy can reduce iodine levels in the body. This affects the production of thyroid hormones and can cause hypothyroidism.

Soy can also affect the efficacies of certain drugs such as tamoxifen and raloxifene. Zinc and iron, on the other hand, can reduce the absorption and level of soy in the body.

Non-steroidal anti-inflammatory drugs such as aspirin and blood thinners such as warfarin should not be used with soy as the phytochemicals in soy can increase the risk of bleeding.

Lastly, MAOI (monoamine oxidase inhibitor) antidepressants are to be avoided when taking soy.

**How Soy Affects the Prostate**

The most solid evidence that soy can reduce prostate size is from population studies that establish that Asian men have lower risk (and lower incidence) of prostate cancer than men living in Western countries. Furthermore, this protection was lost in the second generation of Asian men whose parents moved to Europe and the US and then abandoned soy-rich diets.

Prostate cancer is the second most common cancer affecting men but soy products such as soy milk, tofu and tempeh can reduce the risk of this cancer by as much as 70%. How does soy achieve this?

The exact mechanisms by which soy protects the prostate is not well understood but researchers are certain that the isoflavones in soy are involved.

Men who regularly eat soy-rich foods are known to have higher levels of isoflavones than those who do not. In addition, the isoflavones obtained from soy products are mostly found in the fluids filling the prostate.

Once absorbed, isoflavones preferentially accumulate in the prostate rather than in the blood.

This means that this group of soy phytochemicals can help promote prostate health more than increase the risks of all the health conditions associated with them.

Isoflavones are also phytoestrogens. This means that although they are obtained from plants, they have estrogenic properties. Therefore, they may cause hormonal imbalance although their ability to do this is rather limited.

Even then, isoflavones definitely work by influencing hormonal balance. They are known to be good for reducing the risks of hormone-dependent cancers such as breast, uterine and prostate cancers.

The 3 most important isoflavones in soy are daidzein, glycitien and genistein (the most bioactive).
Studies on Soy and Prostate Health
It is Effective

Having established that genistein, the most active isoflavones in soy, can inhibit the growth of prostate cancer cells, a group of researchers investigated the clinical effects of soy isoflavones in the treatment of prostate cancer.

In a study published in the journal, Nutrition and Cancer, in 2003, 41 patients were recruited, and divided into 3 groups:

| Group 1 – newly diagnosed and untreated prostate cancer cases with rising PSA levels (4 patients) |
| Group 2 – treated cases but with the PSA levels still increasing even after basic therapy (18 patients) |
| Group 3 – treated cases but with the PSA levels still increasing even after hormone therapy (19 patients) |

All of the participants were given 100 mg of Novasoy (an oral soy isoflavones supplement) twice daily for 3 – 6 months.

While the soy product did not reduce PSA levels in the participants, it stopped its increase and even stabilized its levels in 83% of the patients in group 2 and 35% of the patients in group 3. As expected, soy did not reduce the levels of testosterone.

These results show that soy isoflavones may provide some benefits for some prostate cancer patients even when standard treatments fail.

A 2011 study published in Southern Medical Journal, however, confirmed that soy can indeed reduce PSA levels. In that study, the researchers treated 10 men with rising levels of PSA even after prostatectomy and radiotherapy.
The men were given commercially available soy products for an average of 24 months. During this period, the PSA levels were reduced in half the participants.

**Combination with Other Natural Products**

In a Phase II clinical trial published in 2007 in the journal, *Nutrition and Cancer*, a group of researchers determined whether the combination of soy isoflavones and lycopene was better than lycopene alone in bringing down the size of enlarged prostates.

For this study, 71 patients with high PSA levels were recruited and randomly assigned either 15 mg lycopene or 40 mg soy isoflavones plus 15 mg lycopene twice daily for a maximal duration of 6 months.

The results showed that 95% of the patients in the lycopene group experienced stabilization of PSA levels while 67% of patients in the drug combination group enjoyed the same benefits.

This study showed that even though soy isoflavones and lycopene were effective for reducing the size of enlarged prostate and reducing the risk of prostate cancer, their combination was less effective than lycopene alone.

In a 2010 study published in the same journal, researchers investigated the benefits of soy isoflavones for prostate cancer patients receiving radiotherapy. It is believed that soy can reduce the side effects of radiation therapy by its antioxidant and anti-inflammatory properties. In addition, the benefits of soy for prostate health can also contribute to the positive outcome of the combination therapy.

For the study, the researchers gave each of the 42 prostate cancer patients receiving radiotherapy 200 mg of soy isoflavone or placebo for 6 months.

The results showed that soy isoflavone reduced urinary, gastrointestinal and sexual side effects of radiation therapy. Therefore, the patients in the soy group saw fewer of these side effects than those in the placebo group.

This study shows that even when treating prostate cancer with drastic measures such as radiotherapy, supplementation with soy can still provide additional benefits.

A 2011 study published in the Journal of Nutritional Biochemistry determined whether the combination of soy and green tea can help reduce prostate size in prostate cancer cases.

Chronic inflammation and nuclear factor-kappa B have been linked to prostate cancer and since Asian men have lower risk of prostate cancer than men in Western countries, many believe that the difference in the traditional diets of the two cultures is responsible.

The major food sources of anti-inflammatory agents in Asian diets are soy and green tea.
In this study, the researchers induced prostate hyperplasia in a group of male rats and then divided them into 4 groups according to the test drugs given them. One group received soy alone; another group got green extract alone; the third group were given a combination of the soy and green tea; and the last group received placebo.

The results showed that the best response was obtained from the group that received soy and green tea.

In this group, the combination reduced the levels of inflammatory factors in the prostate gland, and also prevented prostate cancer by reducing the excessive proliferation of prostate cells (prostate hyperplasia).

While it is necessary to see if the same effects can be replicated in humans, the study suggests that the combination of soy products and green tea can significantly reduce the size of enlarged prostate and even lower the risk of prostate cancer.

**Meta-Analyses**

In a meta-analysis of 5 cohort studies and 8 case-controlled studies published in 2009 in the journal, *Nutrition and Cancer*, a team of Korean researchers weighed the benefits of soy food consumption against the risk of prostate cancer.

From the studies selected, these researchers concluded that the soy isoflavones, genistein and daidzein, were linked with a lowered risk of prostate cancer. They also agreed that soy food consumption can reduce the risk of prostate cancer although the consumption of natto, miso or soybean milk did not seem to help.

In the same year, a second meta-analyses was published on the same subject in *The American Journal of Clinical Nutrition*. Here, the researchers analyzed a total of 24 epidemiological studies on the link between prostate cancer risk and soy/isoflavone consumption.

They concluded that soy food consumption can indeed lower the risk of prostate cancer but the degree of protection offered depended on the type and quantity of soy food products consumed.

**Sources**

http://www.umm.edu/altmed/articles/soy-000326.htm


PROSTATITIS

1. The prostate is a gland that produces secretion necessary for sexual activity in the body. The prostate lies directly below the bladder. Urine that is stored in the bladder must pass through the prostate and out of the penis during urination. This passes through a tube known as the urethra.

2. The urethra tube then goes through the middle of the prostate gland. This is very similar to a tube running through an apple. The apple being the prostate and the tube being the urethra. There are very tightly packed cells all through the prostate. When there is an abnormal growth or swelling of these cells this causes some disorders of the prostate.

3. If the cells involved are in a near state of inflammation, we have prostatic hypertrophy or prostatitis. If the cells start to go cancerous and swell because of neoplasia we have prostate cancer. Prostatitis is one of the most disturbing diseases of men over 40 and prostate cancer is one of the leading causes of male deaths past 50. Stress and over adrenal use contribute to the disease as well as liver clogging or dysfunction.

4. The prostate cells are particularly sensitive to female hormones which are made in the adrenal glands in the body. Female hormones should be metabolized by the male liver. When the liver is clogged due to improper nutrition or addiction abuse, and too much stress, we have a situation which could develop into prostatitis. If not controlled, it could develop into prostate cancer.

5. The early symptoms of prostatitis are usually a restriction in the amount of urine flow. When the patient was young he might remember being able to squat a solid stream across the room. With age this stream becomes a dribble because of prostatitis. Early signs include dribbling after urination, excessive trips to the bathroom for urination, and a split stream of urination.

6. Liver liquefication is very helpful in treating the underlying liver disease behind a prostatic condition. Reducing stress is very important as an adjunctive type therapy for any type of prostatic involvement. Good nutrition and most importantly good fatty acids from vegetables is extremely important.

7. Liver liquefication works through homeopathic action to help the cells to reduce inflammation and to encourage proper growth of cells. This formula has been shown clinically effective (ref. prostatitis study).

8. The treatment of prostatic involvement needs to involve stress reduction, good nutrition, removal of alcohol and drugs, fatty foods and other burdens on the liver, good liver therapy as well as the *PROSTATE* formula.
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“Honestly, if there was a virtual prostate exam, don’t you think I’d want to be the first to know?”

Prostate Cancer: GET THE FACTS

Other than skin cancer, prostate cancer is the most common cancer in American men.

1 in 6 men will be diagnosed with prostate cancer during his lifetime.

Prostate cancer can be a serious disease, but most men diagnosed with prostate cancer do not die from it. In fact, more than 2.5 million men in the United States who have been diagnosed with prostate cancer at some point are still alive today.
YOU MUST REDUCE STRESS

Stop Stressing, Start Living.

YOU NEED TO STOP STRESSING ME

Give Me a Break Please!

MELT THE STRESS, NOURISH THE SPIRIT & ENERGIZE THE BODY
When small minds attack
Natural Medicine IMUNE stands
Firm on the Bridge and Says
"You will NOT Pass"