

# THE PROSGENIA<sup>®</sup> 5 STEP PROGRAM TO CREATE SUPERIOR PROSTATE HEALTH

*Lifestyle, dietary and  
supplement  
recommendations  
for a complementary program to  
improve men's health and  
longevity*

*"By combining the 5 step lifestyle changes, with PROSGENIA A & B, a very powerful and natural prostate health program can be developed."*

*- Gary Furniss ND*

## INTRODUCTION

This booklet is a compilation of extracts from many sources originally compiled by Gary Furniss ND. The purpose of this booklet is to introduce some ideas which are known to make a difference to prostate health. They are easily implemented, so you can move to your optimal state of health and enjoyment of life. It is always advisable to refer to your doctor when making choices which could challenge you physically, or taking foods or supplements which may be contra-indicated to your current medicines. However as a general rule, most natural based dietary supplements are safe and complementary to prescribed medicines.



Leanne James  
Naturopath

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### Disclaimer

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## 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 oils, 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 an adequate amount of water every day.

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 areas. These are covered in the following pages.

## FACTORS CAUSING HEALTH DEGRADATION

### **1) Unnatural nutrition:**

From food refining a lack of living food or 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, etc.

### **3) Lack of exercise:**

Lack of sufficient physical activity.

### **4) Stress:**

From daily and longer term concerns.

### **5) Smoking:**

Shown to increase risk of prostate cancer due to increased carcinogen exposure. Many of these chemicals also affect the levels of circulating androsterone and testosterone, which may contribute to prostate cancer.

### **6) Alcohol:**

NZ Ministry of Health recommends no more than 3 standard drinks a day and no more than 15 standard drinks a week for men. Increased alcohol

consumption is linked to prostate cancer through the production of free radicals, which promote DNA damage, reduced absorption of nutrients, and increasing estrogens levels.

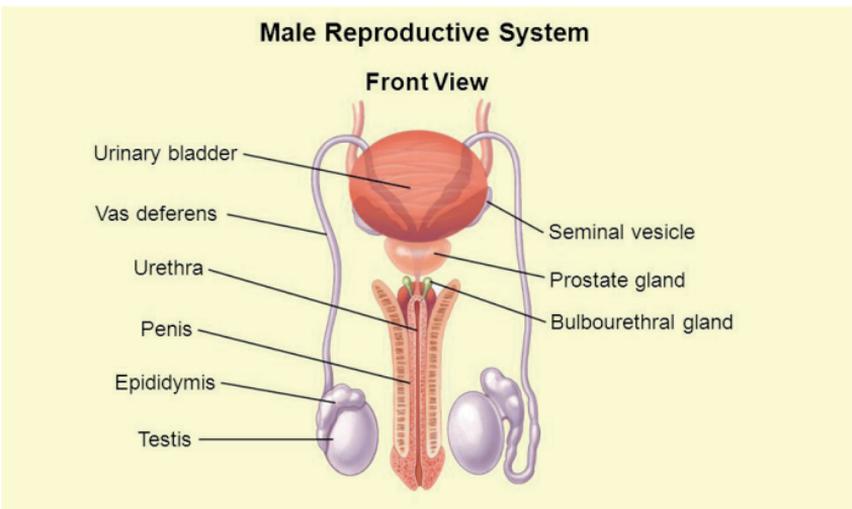
### 7) Inherited genetic problems:

Many factors play a role in the onset of prostate cancer, with family history being a factor in around 60% of cases. A prevention program is vitally important for these men.

### 8) Increased estrogen levels:

When estrogen levels increase, this hormone binds to testosterone receptors in the brain, literally tricking the brain into thinking testosterone levels are high already. When this happens, a man will not make or absorb testosterone efficiently. Estrogen levels may increase if you eat chicken and eggs that are not organic (or at least a good quality free range chicken), or if you use plastic containers in the microwave and plastic wrap. Avoid plastic drink bottles and getting these warm.

## THE MALE REPRODUCTIVE SYSTEM



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**
- **BPH, 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**

## KEY TASKS TO SUPPORT PROSTATE HEALTH

There are five key tasks you can apply to support prostate health. These are:

1. Balance hormone levels. You need normal levels of free testosterone, low levels of estrogen (estradiol), and low levels of DHT (dihydrotestosterone). Good levels of progesterone, DHEA (a natural steroid hormone), and pregnenolone are also required.  
These hormone levels can be tested with the Aquarian Multiple Hormone Test.
2. Take antioxidants.
3. Use immune system boosters.
4. Use angiogenesis inhibitors.
5. Reduce pathogens.

## SOME NATURAL SUPPLEMENTS TO COMPLETE EACH TASK

1. **TO BALANCE YOUR HORMONE LEVELS:**
  - Zinc
  - Nettle root
  - Saw palmetto
  - DIM (diindolylmethane)
  - Chasteberry
  - Willow herb
2. **ANTIOXIDANTS:**
  - Selenium
  - Zinc
  - Vitamin C
  - Vitamin E
  - 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
5. **PATHOGEN REDUCTION:** (Follow with probiotics)
  - Garlic
  - Olive leaf extract
  - Grapefruit seed extract
  - Worm wood, clove, black walnut hulls

## KEY NUTRIENTS

### **DIM (DIINDOLYLMETHANE)**

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

### **WILLOW HERB (EPILOBIUM PARVIFLORUM)**

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 catalyze 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 lycopen content.

### **RESVERATROL**

Resveratrol is an antioxidant obtained from Japanese or Giant Knotweed (*polygonum 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 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 an 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 apoptosis and necrosis of prostate cancer cells.

### **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 and is a vital addition to all prostate programs.

### **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).

### **UVA URSI (ARCTOSTAPHYLOS UVA-URSI)**

Uva Ursi, also known as Bearberry, is a urinary antiseptic. It has antibacterial, astringent and anti-inflammatory effects in the genitourinary tract. It is a valuable addition to Prosgenia B, as it can help with inflammation and also in urinary infections such as prostatitis. As well as this, a naturally occurring substance in Uva Ursi, Arbutin, is converted to hydroquinone in the kidney tubules. Hydroquinone very effectively inhibits the growth of a number of infective organisms such as E.coli and Staphylococcus.

### **ZINC**

Zinc is a vital nutrient for prostate health. In fact, it has been revealed in a study which evaluated the Zinc Status of patients with prostate cancer and prostate enlargement, that BPH or prostate carcinoma may be associated with a reduction in the levels of tissue zinc, plasma zinc, and an increase in urine zinc levels. In prostate carcinoma, tissue zinc levels decreased by 83%, as compared to normal tissue and in BPH, there was a 61% decrease in mean tissue zinc, as compared to normal tissues. Both these values were statistically significant. The plasma zinc in prostate cancer patients showed a 27% decrease ( $P < 0.01$ ) as compared to controls and an 18% decrease ( $P < 0.01$ ) as compared to BPH. The urine zinc/creatinine (ratio) was significantly increased to 53% in prostate cancer patients, and a 20% significant increase was observed in BPH as compared to normal subjects.

## **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, promotion and progression of prostate cancer cell activity by disrupting a necessary cell signaling pathway. (FASEB journal). They may also stimulate production of immune-strengthening enzymes.

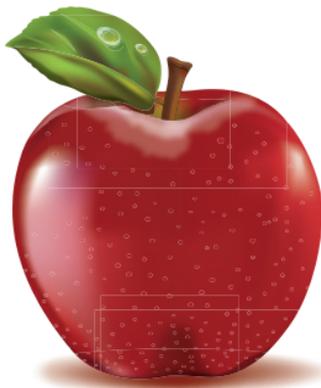
## **VITAMIN D3**

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.

## **HOW FASTING AND CLEANSING MAY 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.
- Can reduce 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 infections, allergies and skin disorders.
- A 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. 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 of a lemon topped up with warm water.

8am	Exercise. Skin brushing, shower.
10am	Juice – fruit (apple & water)
12 noon	Juice – vegetable
2pm	Juice – fruit (grape, orange or watermelon)
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 urine and stools a reddy brown. Don't be alarmed by thinking it to be blood.

## FASTING AND CLEANSING

Fasting is a period of restricted food intake, where Cleansing is the removal of waste from the body. Cleansing can be the result of fasting, but also from the ingestion of detoxifying agents, such as herbs and extracts that target the liver and kidneys. These include dandelion, milk thistle & DIM, sulforaphane from cruciferous vegetables such as broccoli, and the amino acids methionine, cysteine and glutathione.

We never recommend any more than "1 day a week fasts", where by comparison, detoxifying agents can be taken on a longer term basis (a minimum of 3 months to really produce any therapeutic action). The day after following a fast, eat lightly and chew your food well. Drink plenty of water.

An Epsom salts bath promotes relaxation, calmness and aids detoxification. In the beginning, add 1/2 cup of Epsom salts to each bath full of water and with each subsequent bath increase the amount; until you are adding four cups of Epsom salts per tub of clean water. Saunas are an effective tool for releasing toxins from the cells. Drink plenty of water during the sauna as well as afterwards, to keep the kidneys flushing out the toxins. Rest afterwards.

**End your fast by eating lightly - chew the food well. This enhances the digestive process.**

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

## **HERE ARE SOME HEALTHY RECIPE IDEAS**

### **WARM VEGETABLE BROTH**

Combination Vegetable Juice

3 x stalks of celery

2 x red potatoes, unpeeled

3 x medium beetroot with tops

4 x carrots

1 x onion

1 x clove garlic

Cover and simmer for 45 minutes. Remove from heat 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 leaves with stem cut out and cut into pieces.

1 x handful of cabbage cut up

2 x celery sticks cut into pieces

1 x 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 & sliced, incl. rind)

1 x 100 mls of water

### **BETROOT 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 x 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 empty stomach)

200mls organic apple juice

2 - 3 freshly squeezed lemons

200 mls filtered water (warm or hot)

1 x clove of fresh garlic

1 x tablespoon of extra virgin olive oil

1 x 1cm fresh ginger root

## **CABBAGE JUICE TONIC**

Makes 2 litres

Organic green cabbage

1 tablespoon sea salt

1 cup of 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 tightly and leave at room temperature for 2 days before transferring to refrigerator.

## **SMOOTHIE**

250mls of rice or almond milk

1 x medium to large banana

2 x serves of berries

2 x tablespoon ground almonds

1 x teaspoon spirulina

1 x tablespoon of protein powder

Provides approx. 110g of carbohydrates

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

## **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 treatments, 3) the 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 and race.
- Eating certain foods and nutrients may decrease your chances of developing prostate cancer, reduce the likelihood of having

a prostate cancer recommence 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 may help 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, may help 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) may increase the risk of developing advanced prostate cancer.
- Eating fish high in EPA and DHA may decrease this risk.

## DIGESTION

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

1. Breakfast is just that – Breaking your fast. When you get up, have a big glass of clean water to flush your eliminative organs and within half an hour, have breakfast. Each main meal should consist of 3 handfuls of vegetables, 1 palm size portion of protein & 1 serve of healthy oil (1/2 an avocado or 1 tbls oil)
2. Never eat when you are stressed, as the tension created by this can affect the way your digestive organs work. This can lead to a decrease in the amount of enzymes released to break foods down properly, poor nutrient absorption and hence, nutrient deficiencies.
3. Aim to include around 3 handfuls of low carbohydrate, low GI raw vegetables at each main meal. Ideally eat these at the start of your meal. Chew each mouthful well to break up the cellulose fibre, to release the enzymes and trapped nutrients.
4. If you do not feel energized after your healthy meal, you may need help in the form of a digestive enzyme, to top up what your body is not producing. 1 tablespoon of Organic Apple cider vinegar mixed in 100ml of tepid water, sipped at a main meal, will help with a better breakdown of protein (meat, fish, eggs and dairy).
5. Do not drink large quantities of liquids with main meals, as this dilutes digestive enzymes, leading to poor nutrient absorption ability. If you find you are thirsty at a meal, this usually relates to general dehydration, so needs to be addressed. When following a program such as The Prosgenia 5 Step Program to Create Superior Prostate Health it is absolutely Vital you drink no less than 2 litres of clean water every day. Sip on this consistently throughout the day, rather than all at once. This will help you to absorb the water better.

## HEALTHY BEVERAGES

Different parts (leaves, berries, flowers, seeds, root and bark), from a wide variety of plants, can be steeped in boiled water to release their natural ingredients. This can not only offer a welcome change from plain water, but is a great way to take advantage of the beneficial properties nature has provided the plant with.

Choices include (but are not limited to) Chamomile flowers, Peppermint leaves, Ginger root and Lemon verbena which can all help to soothe the digestive system, Rosehips are rich in Vitamin C, as is Nettle leaf and Rooibos (Red Bush Bark) which is rich in minerals but low in tannin. The list is endless and the properties vast. I like to add half a lemon or lime, a few slices of fresh ginger root and a piece of cinnamon quill to a tea pot of boiled water and drink from this, topping it back up when it starts to get low.

Your local health shop will likely have a wide selection.

## ACID AND ALKALINE FORMING FOODS

It is important to try and balance your diet better, so that you are consuming more alkaline forming foods. Ideally this ratio should be 80% of your diet as Alkaline forming and only 20% as Acid forming foods. For most of us, this is the opposite, far more acid forming foods than alkaline forming.

It is important to “eyeball” every meal and try and get your proportions better. Choose good quality protein, such as fish and sea food. This portion should fit in the palm of your hand, as well as a minimum of 2 cupped handfuls of low carbohydrate vegetables and a serving of fat (half an avocado or 1 tablespoon of oil).



## ALKALINE FORMING FOODS (80% DAILY INTAKE)

Alfalfa Sprouts	Figs	Peaches
Almonds	Garlic	Pears
Apples	Gelatine (Veg)	Peas (Fresh)
Apricots	Goats' Milk	Peppers
Artichokes	Grapes	Persimmons
Avocados	Honey	Pineapple
Banana (Ripe)	Juice (Ripe Fruit)	Plums
Beans (String)	Juice (Veg)	Kumara
Beetroot	Kelp	Potato
Blackberries	Leeks	Prunes
Brazil Nuts	Lemon	Pumpkin
Broccoli	Lecithin	Radish
Broth (Veg)	Lettuce	Raisins
Buckwheat	Limes	Raspberries
Cabbage	Meat Substitutes	Rhubarb
Carrots	Mushrooms	Rock Melon
Celery	Olives	Safflower Oil
Cherries	Olive Oil	Soya Beans
Cauliflower	Onions	Spinach
Coconut	Oranges	Silverbeet
Cucumber	Parsley	Sprouts
Currants	Pawpaw	Tomatoes
Dates	Parsnips	Watercress
Eggplant	Kiwifruit	Watermelon
Cottage Cheese	Strawberries	Yoghurt

## ACID FORMING FOODS (20% DAILY INTAKE)

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	*Macarone Cheese	*Sugar
Chicken	*Milk	*Syrup
*Chocolate	Oatmeal	Tabioca
*Coffee	Duck	Turkey
Citrus (Picked Unripe)	Oysters	*Veal
*Cocoa	Pasta	*Vinegar
Crab	*Peanuts	Tomato Sauce
	*Peanut Butter	

\* starred items - eat less of; preferably none at all.  
 Absolutely no pork products - no bacon, sausages, ham, luncheon etc.  
 Nothing fried. Nothing processed. Nothing from a supermarket packet.

## FUNCTIONAL BIOACTIVE FOODS AND WHAT THEY PROVIDE

### **1) 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, brussels 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, oysters, turkey.

### **3) Foods high In Lycopene:**

Tomato paste, tomato juice, V-8 juice, fresh tomatoes, watermelon, pink grapefruit, guavas.

### **4) Foods and supplements that reduce inflammation:**

Fish, fish oil supplements, green tea, 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, Bergamet™, oat bran.

### **6) Food rich In Polyphenols:**

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

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

Reishi and Maitake mushrooms and maitake extract supplements, shiitake mushrooms, fish oil, olive oil, astragalus (chinese herb).

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

Green leafy vegetables (spinach, bok-choi, Chinese broccoli, chard, kale, seaweed), almonds, sesame seed paste.

### **9) Sources of Lutein:**

Chard (silver beet), 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.

### **11) 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, brussels sprouts, etc.), the class of prescription drugs known as SERMs (tamoxifen, arzoxifene).

### **13) Foods rich in Sulforathane; Glucosinolates, and Isothiocyanates (Crucifers):**

Cabbage, broccoli, brussels sprouts, cauliflower, radishes, kale, chard (silverbeet), watercress, collard greens, horseradish, mustard greens.

### **14) Foods rich in Beta-carotene:**

Mangos, apricots, pumpkins, carrots, melon, paw paw

### **15) Foods rich in Anthocyanins:**

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

### **16) Foods rich in Citrus Bioflavonoids and Limonene:**

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

### **17) Nutrients and Lifestyles Changes that lower IGF-1 and/or raise IGFBP-3 Blood Levels:**

Artichokes, silymarin supplements or silibinin supplements, Resveratrol, lycopene, Vitamin D from sunlight, calorie reduction, increased exercise.

### **18) Foods rich In Zinc:**

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

## **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

## **EXERCISE GENERAL RECOMMENDATIONS**

1. Practice aerobic or cardio exercise every other day. Aim for 20 minutes continuous or more. Better to exercise aerobically longer as opposed to harder.
2. Resistance training should be practised every other day. Alternate with aerobic training.
3. Stretching should be done every day. It's invaluable as part of your aerobic and resistance training sessions to prevent injuries. Pilates and Tai Chi are excellent choices.

## BIOACTIVE EXERCISES

Men who exercise live longer. Beside 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.

### **KEGEL EXERCISE:**

These are 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'd 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 25 times, three times a day. This "work-out" is perfectly silent and still and can be done in the midst of a days work without notice or undue exertion.

### **SEXERCISE:**

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 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, bush or mountain

## STRESS REDUCTION - MASSAGE

Therapeutic massage can move metabolic wastes through the body to promote a rapid recovery from illness or disease, and promote deep relaxation.

## STRESS REDUCTION - RELAXATION EXERCISE

Letting go of problems and mistakes, seeing them as temporary obscurations, not as an intrinsic part of our nature, is an important part of the healing process.

### **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 in a few deep breaths and mentally say, 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.

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 aware 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 of air per minute, more than 7 million breaths during one year. By age 80 around 600 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 BENEFITS 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 bodies 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 a headache.

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 breathe 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 the 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. Don't force the inhalations and don't hold your breath by conscious effort. Just allow a flow to be established.

Complete two sessions daily, one upon awakening and one just before sleeping. Gradually increase the time for each session to about 15 minutes.

## 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.
- Sleep profoundly effects 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

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. Don't become overstimulated; computers and televisions emit full spectrum lighting and electromagnetic fields that can cause wakefulness and/or agitation. Make sure these are removed from the room you are sleeping in.
2. **Eat for sleep.** Starchy foods like bread, pasta, potato and dairy products help promote sleep. They promote your brain to generate the sleep inducing neurochemical serotonin. Alternatively, 5-HTP can be taken in supplement form, a precursor to serotonin production. You cannot take 5-HTP if you already take anti depressants.
3. **Herbs help.** For some people, a modest dose orally ingested of valerian root, kava kava, chamomile, or a few drops of lavender oil inhaled, speeds the trip to dreamland.
4. **Avoid certain medications.** 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 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.
7. **Other considerations for a better nights sleep include:**  
Take a high quality, correctly combined Magnesium supplement such as Xcel Health Superior Magnesium. This will provide a boost of the soothing mineral magnesium, as well as the co factors needed to absorb this properly. Most people need around 400mg of magnesium a day.

\*Reference Brain Fitness ([New York]: Doubleday Publishing, 1999), by Dr Bob Goldman

## PROSTATE HEALTH GUIDELINES

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

- Never go more than 2-3 hours without eating a balanced meal or snack
- A snack will tide you over for 2 hours
- Have plenty of low fat protein sources available
- Avoid animal fat
- Include sprouts
- Get rid of white refined 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
- Drink 2.5-3 litres of water daily
- Energy balancing
- Drink several cups of Madura green tea daily (low caffeine)
- Minimise alcohol, dairy, red meat, poultry, sugar, coffee, cigarettes, preservatives and chemical additives
- Take your dietary supplements every day (i.e. Prosgenia)
- Monitor blood reports (PSA, Vit. D, selenium etc. Take physicians advice)
- Develop regular sleeping patterns going to bed and arising at set times
- Reduce stress (funny videos, emotional freedom training - 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. Take a probiotic if they don't move daily
- Re-find your in-depth mind-body connections through yoga, meditation, light/sound or CDs
- Explore laughter, good books, music, visualisation
- Visit nature daily
- Consider hypnotherapy, 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 feelings of thankfulness
- Lugols iodine solution daily
- Avoid negative people. Think positively.
- Consider "Guided Imagery" to help stay positive and help boost white blood cells.

## SAMPLE DAILY ROUTINE

(Objective:- PSA = 0 - 0.4 plus maximum spiritual & physical wellbeing)

### **ON ARISING:**

A full glass of water, with the juice of half a lemon or lime. Also, perhaps a small piece of fruit and 3 or 4 walnut halves. Take 1 capsule of Prosgenia A. Within half an hour, have breakfast. This should consist of around 15 grams of actual protein (or 1 palm size portion), 60 grams of Low GI Carbohydrate (3 palm size portions) and a serve of healthy fat (1 tbs healthy oil or half an avocado). You can have a smoothy if preferred, but the portions of protein, carb and fat should still be the same.

### **MID MORNING:**

Fresh Vege & Berry juice. This can be made by juicing a carrot, fresh herbs like parsley, rocket, a small handful of spinach or any other green vegetables, 1 whole apple & 1/4 cup of frozen or fresh berries. Barley grass powder or a Reds Powder can be added to boost the antioxidant content even more. Dilute with a 1/3 clean water and enjoy.

Going for a walk or completing some light exercise would be good to do now, before lunch. You may want to join an exercise class or do pilates, yoga or Tai Chi. Do not eat lunch for 1 hour after exercise.

### **LUNCH:**

If possible, make lunch your biggest meal of the day. This should consist of around 15 grams of actual protein (or 1 palm size portion), 60 grams of low GI carbohydrate vegetables, permissible grains & cereals (gluten free and no corn) &/or legumes. (3 palm size portions) and a serve of healthy fat (1 tbs healthy oil or half an avocado). You can always add more salad vegetables to a meal, if desired. Make a salad dressing if wanted, with organic apple cider vinegar and 1 tablespoon of Flax seed oil.

### **MID AFTERNOON:**

Fresh Vege & Berry Juice and/or Madura Green Tea. A bowl of coconut yoghurt, with berries, LSA, Bee Pollen & any other goodies you want to add to this. Coconut yoghurt is made by adding 500ml of Kara Coconut Cream to a yoghurt maker. Stir in 1 capsule of Inner Health Plus probiotic. Leave in a warm place for a minimum of 24 hours, then refrigerate for 24 hours before eating.

### **EVENING MEAL:**

When you start to prepare your evening meal, take 1 capsule of Prosgenia B.

Dinner should consist of around 15 grams of actual protein (or 1 palm size portion), 2 cups of low GI carbohydrate vegetables, lightly steamed, as well as 2 cups of salad vegetables and a serve of healthy fat (1 tbs healthy oil or half an avocado). You can always add more salad vegetables to a meal if desired. Make a salad dressing if wanted,

with organic apple cider vinegar and 1 tablespoon of Flax seed oil. Any other evening supplement can be taken now, such as Superior Magnesium or Omega 3.

2 hours after your evening meal, if desired, you can have a light supper. This could be more coconut yoghurt with berries etc. or coconut yoghurt with a serve of protein powder stirred into it. This should help to tie you through until morning.

You can have a relaxing herbal tea if you want.

Stimulants of every kind should be avoided before bed. This includes checking emails. It is a good idea to read for half an hour before sleep, to help your body with its unwinding process. 10pm is the perfect time to go to sleep, so your body has time to rejuvenate and cleanse itself, ready for the following day.

**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 day

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

60% raw food with meals

Chew food well and do not overeat

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

Do not eat when stressed

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

**COMMON FOOD ALLERGIES:**

Wheat and corn

Cows milk

Hens eggs

Added sugar

Alternatives:

use other grains

try goat, rice, coconut

try duck eggs

avoid



## RECOMENDED READING

**'From Cancer to Wellness. The Forgotten Secrets.'**

By Kristine Matheson

**'The Liver Cleansing Diet. Love your liver and live longer.'**

By Dr Sandra Cabot

**'Eat Your Way To Better Health. A prostate forum nutrition guide.'**

By Dr CE Myers

**'The Clinicians Handbook of Natural Medicine'**

By Joseph Pizzorno

**'Prostate Health in 90 days Without Drugs or Surgery.'**

By Larry Clapp

## RECOMENDED WEBSITES

**Academy for Guided Imagery. Teaches you all about Guided Imagery and how to do it**

<http://www.academyforguidedimagery.com/index.html>

**Tai Chi Tuition Online. A website that offers free Tai Chi lessons**

<http://www.taichi-tuition.com/taichi/course/view.php?id=3>

**Sean Vigue's Pilates for men. Sean's Youtube demonstrational pilates video for men**

<https://www.youtube.com/watch?v=jCeqfUxrE9U>

**Salvesterols. A blog post by Leanne James on Salvesterols**

<http://blog.healthy.co.nz/salvestrols/>

**For all your Natural Health supplement requirements**

<http://www.healthy.co.nz>

**Download The Prosgenia 5 Step Program to create superior prostate health**

<http://www.prostatehealth.co.nz>

## RECOMENDED HEALTH PRODUCTS

To buy any of the products discussed in this booklet we suggest contacting your local health store, naturopath or pharmacist.

You can get more information on the products and stocklists in your area by visiting <http://www.xcelhealth.co.nz> or phone 09 4432584.

## NOTES





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**Prosgenia A Provides Extracts Equivalent to Dry:**

DIM (Diindolylmethane)	100mg
Willow Herb (Epilobium parviflorum)	1000mg
Tomato fruit (Lycopersicon esculentum)	2000mg
Japanese Knotweed (Polygonum cuspidatum) providing Resveratrol 5mg	2800mg
Red Clover (Trifolium pretense)	1000mg
Chaste Tree (Vitex agnus castus)	1000mg

**Prosgenia B Provides Extracts Equivalent to Dry:**

Green Tea (Camellia Sinensis)	800mg
Saw Palmetto (Serenoa Repens)	960mg
Nettle Root (Urtica Dioica)	1000mg
Uva Ursi Leaf (Arctostaphylos Uva-ursi)	220mg
Selenium (Selenomethionine)	150mcg
Zinc (Gluconate)	15mg
Vitamin D3 (Cholecalciferol)	600IU



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For stockists and additional information

[www.xcelhealth.co.nz](http://www.xcelhealth.co.nz)