



Dr. David Brownstein's
NATURAL WAY TO HEALTH[®]
 Achieving & Maintaining Your Optimal Health

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6 Steps to Prevent Deadly Prostate Cancer

One of the most devastating things a man can hear from his doctor is that he has prostate cancer. Unfortunately, it happens all too often in our modern society.

Make no mistake, prostate cancer is serious business. The American Cancer Society estimates that there were 220,800 new cases of prostate cancer in 2014, and 27,540 deaths caused by the disease,¹ making it the second most lethal cancer for men, behind lung cancer.

For men over 75, prostate cancer is the most common cause of death. In fact, more than 70 percent of men 80 and older have prostate cancer.^{2,3} Needless to say, men should do everything they can to prevent developing prostate cancer.

In this month's issue of Natural Way to Health, I will tell you why traditional prostate cancer screening isn't working, and give you six important steps you can take to keep from getting this disease.

You Don't Need a PSA Test

Conventional medicine treats all cancers virtually the same way: surgery, chemotherapy, and radiation. Prostate cancer is no exception.

The way that doctors check for the presence of prostate cancer is with what's called a prostate specific antigen (PSA) test. But the PSA test was not actually designed as a screening test. It was designed to help monitor prostate cancer that had already developed.

As PSA levels increase, it is assumed that prostate cancer is growing. However, PSA levels can be elevated without the existence of cancer. For instance,

elevated PSA can also indicate an inflamed or infected prostate.

In medical school, I was taught that it is important to diagnose cancer early so you can start treatment before it spreads to other parts of the body. The medical-industrial healthcare establishment parrots this strategy regularly.

But do you really need a PSA test?

You would think that early cancer diagnosis is better than later diagnosis. But an early diagnosis is beneficial only if there is a treatment that can prolong lifespan.

In England, PSA screening is not routinely done, as it is in the United States. Not surprisingly, the screening results in more cases of prostate cancer being diagnosed in the U.S.

However, the mortality rates for prostate cancer are the same in the two countries.⁴ The unchanged

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Most Common Prostate Conditions

The prostate gland is part of the male reproductive system, and is located just in front of the rectum. Its job is to produce and store seminal fluid.

The prostate surrounds the urethra, the tube that runs from the bladder to the genitals to expel urine. If the prostate is swollen, it can impede the flow of urine.

The most common conditions that cause swelling of the prostate gland are benign prostatic hypertrophy and prostatitis. Benign prostatic hypertrophy, or BPH, is an age-related condition in which the prostate becomes enlarged. Prostatitis is infection or inflammation of the gland.

Both can be extremely painful and uncomfortable. A healthy prostate will not suffer any of these conditions including prostate cancer.

mortality indicates that the screening test is not effective for altering the course of the illness.

We Need a Better Way

The idea that the PSA test is a poor screening tool was illustrated once again in a 2014 article in the *Journal of the American Medical Association (JAMA)*.⁵ Researchers compared two groups of subjects on prostate cancer mortality: one group screened with PSA testing, the other group was not screened.

They found that the PSA screening group had a 12 percent greater incidence of cancer than the nonscreened group. But the screened subjects had no cancer-specific mortality benefit after 13 years of follow-up.

A second trial that the same authors reported on found that PSA screening resulted in a 63 percent increase of prostate cancer diagnoses. This same trial

showed a mild decrease in the risk of prostate cancer death due to screening.

But this trial found that 37 men needed to receive a diagnosis through screening for just one fewer prostate cancer death after 11 years. And many of the men who were not saved by screening would have been subjected to therapies with adverse effects, such as biopsies, surgeries, and chemotherapy.

The authors should have concluded that mandatory PSA screening is not effective. We need a better way.

But first, we need to figure out why so many men are getting prostate cancer in the first place. I believe that this epidemic is being caused by nutritional deficiencies, toxicities, and hormonal imbalances.

Men do not have to get prostate cancer just because they are aging. A healthy glandular system can prevent this disease.

How can you ensure that you have a healthy prostate? The six steps below will provide your body with the correct nutrients to prevent developing prostate problems. And if you already have a prostate issue, these steps will help heal it.

1. No Dairy or Soy

Since my first book 17 years ago, I've been writing about the importance of eating a healthy diet. It's the first step to improving and/or maintaining your health.

Yet talking with patients about their diets is one of the most frustrating things I do, because many simply do not want to change what they eat.

Americans generally do not eat good diets. In fact, our diets are full of processed foods that are packed with refined sugars, salts, oils, and flour.

Refined food lacks the basic vitamins, minerals, and enzymes that are essential for good health.

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Eating devitalized food (refined foods) leads to a devitalized body — including prostate problems.

Eating a diet full of refined food promotes inflammation, which is responsible for triggering all kinds of prostate problems, from benign prostatic hypertrophy (see “Most Common Prostate Conditions, page 2) to cancer.

On the other hand, a healthy diet can give the body the essential nutrients needed to promote healing and optimize the immune system. It doesn't take a medical degree to understand that eating good food will help all parts of your body — prostate included — heal and function.

My partners and I have been testing patients for food allergies and sensitivities for more than 20 years. In that time, we have found dairy allergies in more than 80 percent of patients.

There is no question that pasteurized dairy products are pro-inflammatory and can both cause and worsen prostate problems.

Compared to men with the lowest intake of dairy, a meta-analysis found that men with the highest dairy intake had an 11 percent higher risk of developing prostate cancer. Furthermore, men with the highest calcium intake faced a 39 percent higher risk of developing prostate cancer.

Cow's milk is great for raising baby cows. Humans, on the other hand, do not need to ingest cow's milk to be healthy — regardless of what the dairy industry claims.

More information about getting dairy out of your diet can be found in my book, *The Guide to a Dairy Free Diet*.

Another pro-inflammatory food that can damage the prostate gland is soy. I have seen many men improve their prostate problems simply by eliminating soy from their diets.

More information about soy can be found in my book, *The Soy Deception*.

2. Drink Lots of Water

Water is vital for every part of the body, including the prostate. After all, the human body is made up of 70 percent water; the brain is 80 percent water.

If you can do just one thing to improve your health, that thing should be drinking an adequate amount of water.

Unfortunately, chronic dehydration is a common

problem, and it sets the stage for many adverse conditions, including heart disease, arthritis, fatigue, and prostate issues.

Water is one of the best anti-inflammatory substances you can find. And it is impossible to detoxify your prostate if you are dehydrated.

How much water should you drink? Take your weight in pounds, and divide by two. The resulting number is the amount of water you should drink, in ounces, per day.

Remember: Other beverages don't count as water intake. In fact, coffee, soda, and juices contain substances such as caffeine and sugar which actually worsen dehydration.

I have seen many men with swollen prostates (prostatitis) that improve their conditions simply by getting adequate hydration.

It's one of the basics for good health.

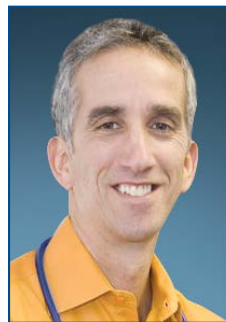
3. Ensure Adequate Iodine

Iodine is essential for prostate health. Unfortunately, iodine levels have fallen more than 50 percent in the U.S. over the last 40 years.⁷

During this time period, we have also seen a sharp increase on the number of men diagnosed with prostate problems.

Iodine is required by all of the body's endocrine glands — breasts, ovaries, uterus, thyroid, pancreas, and prostate — that secrete hormones. In fact, iodine

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David Brownstein, M.D., is a board-certified family physician and one of the foremost practitioners of holistic medicine. Dr. Brownstein has lectured internationally to physicians and others about his success with nutritional therapies in his practice. His books include *Drugs That Don't Work and Natural Therapies That Do!*; *Iodine: Why You Need It, Why You Can't Live*

Without It; *Salt Your Way To Health*; *The Miracle of Natural Hormones*; *Overcoming Arthritis*; *Overcoming Thyroid Disorders*; *The Guide to a Gluten-Free Diet*; *B12 For Health*; *The Guide to a Dairy-Free Diet*; and *The Soy Deception*. He is the medical director of the Center for Holistic Medicine in West Bloomfield, Mich., where he lives with his wife, Allison, and their two daughters, Hailey and Jessica. For more information about Dr. Brownstein, please go to www.drbrownstein.com.

Crohn's Patient Changes Her Diet and Her Life

In each issue, I will share with you the story of one of my patients and how sometimes simple alternative approaches can solve major health problems. Names and some details have been changed for privacy's sake, but the problems and their resolutions are real.

— Dr. David Brownstein

Carol, a 43-year-old mother of two, had been diagnosed with Crohn's disease when she was 17. Over the next 26 years, she underwent multiple colonoscopies and took many different medications to treat her condition.

"The medications help a little bit, but if the smallest amount of stress hits me, I feel it in my gut," she told me. "I get bloated and have pain in my abdomen most days. And I'm tired all the time."

Crohn's disease is an inflammatory illness that can affect any part of the gastrointestinal tract, causing pain, bloating, bleeding, diarrhea, and weight loss. Inflammation of the eyes, anemia, arthritis, and fatigue are also associated with the disease.

Some think Crohn's disease is an autoimmune illness wherein antibodies attack various tissues of the body. Others feel that Crohn's may in fact arise from a suboptimal immune system.

Either way, Crohn's disease is fairly common, affecting approximately 400,000 to 600,000 people in North America. It can start anytime in life, but in most cases begin during the teen years or between ages 50 and 70.

Crohn's Meds Come With Bad Side Effects

The mainstay for conventional treatment of Crohn's disease is corticosteroids such as prednisone. However, due to the side effects of extended use, steroids are not recommended for long-term treatment.

Another medication used to treat Crohn's is called methotrexate, which works by inhibiting the metabolism of folic acid.

Methotrexate is commonly used as a chemotherapy agent for cancer of the head, neck, lymph nodes, lungs, and bladder.

Low doses of can be well-tolerated, but it should only be used after other therapies have failed.

Imuran — an immunosuppressive often used for autoimmune illnesses such as rheumatoid arthritis — is another drug widely used to treat Crohn's disease.

But the adverse effects, including anemia and cancer, are severe. In fact, Imuran is classified as a carcinogen. Lymphoma, squamous cell carcinoma, and liver and other cancers are associated with its use.

Needless to say, Imuran should only be used as a last resort for any condition, Crohn's disease included.

'Who Would Have Thought?'

I asked Carol if she'd tried changing her diet.

"My doctors said that diet doesn't matter with Crohn's," she answered.

That's ridiculous. Diet plays a huge role in Crohn's disease. Identifying and either treating or removing food sensitivities or allergies can be a very successful therapy for many conditions.

More than 90 percent of Crohn's patients suffer from dairy sensitivity. Because of that fact, anyone with Crohn's disease should try avoiding all sources of dairy for at least two months. It takes six to eight weeks to clear antigens out of the body.

For 15 years, my partners and I have been checking nearly every patient for antibodies to casein, the main protein found in dairy products. Almost all patients with Crohn's disease and other inflammatory bowel diseases show high levels of casein antibodies, indicating sensitivity to cow's milk.

More importantly, the vast majority of these patients improve when dairy is eliminated from their diets. In fact, it is rare not to see an inflammatory bowel disease improve when dairy is removed from the diet.

I drew Carol's blood to test for casein antibodies. While waiting for the results, I told Carol to avoid all sources of dairy. I also advised that she eat a diet free of refined food and avoid all sources of white sugar, flour, salt, and refined oils.

When I saw Carol a few weeks later, she was feeling much better.

"It took about a week, but now the pain in my stomach is 50 percent better and I have a lot less bloating," she said. "Who would have thought that just changing my diet could do so much?"

Today, it has been two years since I last saw Carol in my office. She is now both gluten and dairy free, and is not taking any prescription medications.

More information can be found in my book, *The Guide to A Dairy Free Diet*. □



The Secret to Digestive Health?

Next time you're at the grocery store, take a few seconds to appreciate the heft of a one-pound package of butter . . .

Because some researchers now believe you have an entire organ weighing two or three times that amount in your gut — an organ composed entirely of bacteria!

This structure, which scientists refer to as the “microbial organ,” contains about 100 trillion bacteria. Under optimal circumstances, most of these are considered “friendly” or probiotic bacteria, performing functions benefiting your digestive and immune health.

Unfortunately, and particularly with increasing age or even the use of certain drugs such as antibiotics, non-beneficial bacteria may begin to take over — and crowd out the friendly species. This causes an imbalance that can lead to common digestive concerns such as constipation or diarrhea, gas, bloating, and abdominal discomfort.

Finally, Put the Brakes on Bathroom Bothers

Fortunately, renowned holistic doctor **David Brownstein, M.D.**, counsels you don't have to live with backed-up or bothersome bowels — or other uncomfortable digestive concerns.

Dr. Brownstein recommends an all-natural solution to irregular bowel movements and other digestive issues: replenishing your supply of these beneficial gut helpers by supplementing

with proven strains of powerful probiotic bacteria.

This will actually help normalize the transit time of waste material in your colon — so you can have more regular and less uncomfortable bowel movements. And with a balanced digestive system, you experience less embarrassing gas and bloating, too.

Replenish ‘Friendly’ Bowel Bacteria for Gut & Immune Health

In his *Doctor's Guide to Probiotics and Your Health*, Dr. Brownstein reveals why yogurt and cheap probiotic supplements are just a waste of your hard-earned money. Plus, you'll see why high-quality probiotics can also be an invaluable asset to your properly-functioning immune system. And this Special Report, a \$20 value, is your gift from Dr. Brownstein.

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chosen specifically to help improve and maintain your normal digestive system and immune function. In fact, **Bactipro** specifically targets both your small and large intestine simultaneously, with proven Bifidobacteria and Lactobacillus strains.

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— *David Brownstein, M.D.*

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concentrates in the glandular tissue, where it helps maintain the architecture of these vital tissues.

When there is adequate iodine, the glandular tissue appears normal.

But in early cases of iodine deficiency, glands begin to develop fluid-filled sacs called cysts. If iodine deficiency continues, the cysts become nodular, meaning that the fluid in the sac has solidified.

Eventually, the glands go through a process called hyperplasia (a change in cell structure), which is a precursor to cancer. The final stage of iodine deficiency is cancer.

All of these stages of iodine deficiency can be halted, and sometimes reversed, with increased iodine intake.

While I have seen iodine get rid of cysts and nodules in all types of glandular tissue — the prostate included — the most dramatic effects occur in the thyroid and the breasts.

In the prostate, iodine therapy is more likely to stop further progression rather than reverse it.

Adequate iodine is vitally important to ensuring good prostate health.

4. Balance Your Hormones

Like all glands in the body, the prostate secretes fluid. In this case, it is seminal fluid, which enables spermatozoa to have a chance of fertilizing an egg, or ovum.

Also like other glands, the prostate is very sensitive to hormonal status. For instance, low testosterone affects the prostate.

Unfortunately, conventional medicine gives testosterone a bad rap when prostate issues are discussed. But there's no science to back up claims that testosterone is bad for the prostate gland. After

all, if that were the case, then young men — who have the highest testosterone levels — would be the ones suffering prostate issues, including cancer.

On the contrary, it is old men who suffer from prostate cancer.

I have been checking patients' hormone levels for more than 20 years, and my research has clearly shown that men with low testosterone levels suffer from a wide range of health issues, including fatigue, low libido, irritability, and prostate problems.

If testosterone were the cause of prostate problems, you would expect prostate diseases to be epidemic among young males. That is clearly not the case.

I can assure you that the men with the lowest testosterone levels have much more prostate illness than men with higher testosterone levels.

This does not prove that low testosterone causes prostate problems, but it does give credence to the argument.

Recent research has also dispelled the myth that testosterone therapy causes prostate cancer.

In fact, it is imbalance between testosterone and estrogen that sets the stage for prostate problems.

When men are young, they produce copious amounts of testosterone. But as they age, the enzyme aromatase — which turns testosterone into estrogen — becomes more active. This imbalance between too much estrogen and too little testosterone is what causes or worsens prostate problems.

Of course, men need estrogen too. They just need to keep it balanced with adequate testosterone levels.

How can you fix this imbalance?

You should avoid eating animal food products tainted with synthetic hormones that have estrogenic activity. Instead, eat organic animal products that come from animals not treated with hormones.

Balancing testosterone can be very gratifying for men who are suffering with fatigue, low libido, irritability, poor brain function, and prostate problems. The first patient I treated for low testosterone was my father. Some 20 years later, I can assure you that men age more gracefully and feel much better if they have adequate testosterone.

But it's not just testosterone therapy that helps with prostate function. Other natural hormones such as DHEA, pregnenolone, and particularly

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In the News: Reading Between the Medical Headlines

Artificial Sweeteners Increase Diabetes Risk

Noncaloric artificial sweeteners are among the most widely used food additives in the world. In the October 2014 issue of the journal *Nature*, scientists reported on how artificial sweeteners change gut bacteria composition and function, and the effects of those changes on glucose metabolism.

The researchers added commercial formulations of saccharin, sucralose, or aspartame to the drinking water of lean 10-week old mice. Mice that drank water only or water supplemented with either glucose or sucrose were used as a control group.

At week 11, the mouse groups that consumed water, glucose, and sucrose showed no signs of glucose intolerance. Meanwhile, all three mice groups drinking artificial sweeteners had glucose intolerance. The saccharin-fed group had the most pronounced intolerance.

The authors noted that the mice fed artificial sweeteners developed glucose intolerance because of the alteration of their gut microflora. They linked these findings to humans who ingest artificial sweeteners. Their findings “[called] for a reassessment of massive noncaloric artificial sweetener use.”

Artificial sweeteners have no place in a healthy diet. This was the first study to show the microflora is altered by consuming artificial sweeteners. I always encourage patients to avoid products containing artificial sweeteners.

Pesticides Cause Cancer

In March 2015, 17 experts from 11 countries met at the International Agency for Research on Cancer in Lyon, France. According to a report in the March 20, 2015 issue of *Lancet Oncology*, they were there to assess the carcinogenic potential of pesticides such as malathion and glyphosate.

Malathion, a widely used insecticide, was classified as “probably carcinogenic” to humans. Studies have found it to be associated with non-Hodgkin’s lymphoma and prostate cancer.

Glyphosate (Roundup) is the most commonly used herbicide in the world. Its use has increased with the development of genetically modified crops designed to be resistant to it. In fact, glyphosate is so widely used it has been detected in water and food supplies.

The experts found case-control studies of occupational exposure to glyphosate to be associated with increased risks for non-Hodgkin’s lymphoma. In addition, glyphosate formulations induced DNA and chromosomal damage in mammals, as well in human and animal cells in vitro. The scientists classified glyphosate as “probably carcinogenic” to humans.

This is an important announcement. Glyphosate has become ubiquitous in our society. Crops sprayed with this pesticide produce foods we buy and consume.

The maker of glyphosate has

claimed that it is safe. However, recent studies question its safety.

We certainly need more research on this. For now, my advice is to avoid using any herbicide containing glyphosate and avoid ingesting any food that has been treated with glyphosate. That includes more than 90 percent of the soy grown in the U.S.

It is best to eat organic food that is free of pesticides and insecticides.

Fluoride Linked to Hypothyroidism

Since the 1950s, the United States has endorsed water fluoridation policies to prevent dental cavities. The Centers for Disease Control and Prevention recommends that the optimal level of fluoride in our water supply should be between 0.7 and 1.2 mg/L.

In England, researchers recently assessed the relationship between water fluoridation and the incidence of hypothyroidism. They found that higher levels of fluoride in drinking water were directly related to the incidence of hypothyroidism.

It is well-known that fluoride can interfere with iodine in the body. Fluoride is a neurotoxin, and one of the most oxidative substances found in the body. There is no good data indicating that water fluoridation improves cavity rates. Only two countries currently fluoridate their water supply: the U.S. and New Zealand. The rest of the world has realized that water fluoridation does not provide a dental benefit and is associated with risks such as hypothyroidism, lower IQ, and cancer.

There are no benefits of fluoridating our water supply. It should be stopped immediately. □

‘The authors noted that mice fed artificial sweetener became glucose intolerant.’

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progesterone can also help improve prostate function.

A health care practitioner skilled in the use of bioidentical natural hormones can tell you what you need to know.

More information about bioidentical hormone therapies can be found in my book, *The Miracle of Natural Hormones*.

5. Take the Right Supplements

Inflammation causes tissues to become swollen and irritated. A swollen prostate causes difficulty urinating and problems with intercourse; it also interrupts sleep and can make a man feel more or less miserable. I don't have to tell men when their prostate gland is swollen — they know it.

Taking the right supplements can not only help decrease the size of the prostate, it can also improve the functioning of the gland and relieve symptoms.

Men suffering from swollen, irritated prostates can improve their conditions with the use of targeted supplements.

Saw palmetto (also known as *Serenoa repens*) is an old-fashioned therapy for promoting prostate health. It has been studied and found to be effective for treating BPH by modifying testosterone metabolism in the prostate gland.

Pomegranate juice contains phytochemicals that have anti-inflammatory and antioxidant effects. When a prostate is inflamed, increasing antioxidant capabilities in the gland can ease the inflammation.

Plant sterols have been shown to positively modify testosterone metabolism in the prostate. Pygeum Africanum bark has been used for many years as an anti-inflammatory agent, and it has been shown to treat BPH.

In addition, *Boswellia*, stinging nettle root, lycopene, flower pollen, hydrangea root, and pumpkin seed powder all contain phytochemicals that have strong antioxidant and anti-inflammatory capabilities.

Vitamins D3 and E have been shown to positively influence PSA levels and help maintain optimal prostate function.

Finally, the prostate gland is very sensitive to low levels of copper, selenium, and zinc.

I have treated many men's prostate issues with

nutritional supplements. I can assure you that a swollen, irritated prostate gland improves with proper supplementation.

Men who had to get up numerous times each night to urinate can sleep longer, and libido and sexual function improve as the prostate becomes healthier.

6. Detoxify Your Body

The prostate is very sensitive to toxic agents, including heavy metals such as mercury and lead. Synthetic hormones fed to animals that become our food can also cause havoc with the glands.

The liver helps the body metabolize hormones, heavy metals, and other toxic substances. It's like an oil filter — its job is to keep the blood pure.

In order to have a healthy prostate, it is important to ensure that your liver can detoxify your body properly.

In men, when the liver is overtaxed estrogen levels become high. A proper liver cleanse — which helps to accelerate production of the liver's detoxification enzymes — can lower estrogen levels.

I have created a detoxification powder called TLC (total liver care) which has proven effective at detoxifying the liver. Taken with 300 mg of alpha lipoic acid twice per day, this combination has been very effective at restoring estrogen and testosterone to healthy levels.

You don't have to suffer with prostate problems. There are many options for improving prostate health. Following the six steps outlined here will help you achieve optimal health for your prostate. □

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Dear Readers,

I will try to answer as many questions as I can. However, because of the volume of questions, I cannot answer each letter personally. Please include your full name, city, and state when submitting. If you have a question for me, please email it to: askdrdavid@newsmax.com.

Is Shingles Vaccine Worth It?

Should a 77-year-old male get a shingles vaccination?
— Donna K., Rogersville, Mo.

Shingles is a terrible illness characterized by painful skin rash. Shingles can become activated when the body is under stress or there is a problem with the immune system. The Centers for Diseases Control and Prevention (CDC) recommends the shingles vaccine for people 60 and older. They cite a study indicating the vaccine reduces the risk of shingles by 51 percent.

Certainly, any vaccine that works to prevent shingles would be a good thing. However, in the study the CDC is referring to, the actual numbers are much lower. The CDC is using a relative risk analysis. This is a useless number when deciding whether to be vaccinated for shingles.

The more accurate absolute risk showed that the shingles vaccine reduced the risk of getting shingles by 1 percent. The vaccine failed 99 percent who took it.

Forget about the shingles vaccine; it fails too many.

Is This Antibacterial Safe?

Could you tell me about the antifungal and antibacterial agent, triclosan? It seems to be everywhere.

— Jessica H., Amarillo, Texas

Triclosan is used as an antibacterial and antifungal agent in soaps — especially liquid soaps, shampoos, and detergents. It is also found in toothpastes,

deodorants, and cleaning supplies.

You would think that it must be a very good antibiotic substance because it is found in so many consumer items. Well, you would think wrong.

Studies found no difference between antibacterial products that contain triclosan versus those that do not. The studies that have found a difference only report a slight positive effect with triclosan. That would be okay if triclosan were safe. But it's not.

When heated, triclosan can react with tap water chlorine to form dioxin-like products. Dioxins are classified as persistent organic pollutants.

I suggest avoiding all consumer products that contain triclosan.

Could Statins Cause Alzheimer's?

A female friend of mine has taken statins for more than 10 years. Now she has early stage Alzheimer's. Is it possible that there is a link between the two?

— Willem R., Auckland, New Zealand

The answer to your question is: maybe. The brain has the highest concentration of cholesterol in the body. Poisoning the enzyme that makes cholesterol can be predicted to cause memory and brain problems. That's what statins do.

These drugs fail nearly 99 percent of people who take them. They are also associated with a host of severe adverse effects including neurological and memory issues.

As I write in my newest book, *The Statin Disaster*, this class of drugs should be pulled from the market. They cost too much, have too many adverse effects, and fail most who take them.

To your good health,



David Brownstein, M.D.

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