The Three Most Important Nutrients for Treating and Preventing Prostate Cancer

Up to 30,000 men in the USA will die from prostate cancer every year. If you’re concerned about prostate cancer, there are three nutrients you must include in your daily supplement regimen.

The first nutrient I told you about a couple months ago is DIM. It’s so powerful in preventing and treating prostate problems, including cancer, that it’s now on my list of must-take nutrients.

Dr. Michael Zelig says, “The use of this supplement has resulted in the disappearance of abnormal prostate cells on repeat biopsy....” DIM actually enhances the death rate of prostate cancer cells.

The second nutrient you need to fight prostate cancer is vitamin D. This one is becoming so well accepted that even conventional medicine is using it. A synthetic form of vitamin D (DN-101) has been found to increase the survival in men with prostate cancer by two years. Medical pundits are raving about this “big step forward” in that two years is the “highest ever seen in a randomized study.” The drug was administered simultaneously with a chemotherapy drug, docetaxel.

However, you don’t need an imitation vitamin D to fight prostate cancer. Take the real thing — and lots of it. If you were in the tropics undressed, your body would use the sun to manufacture up to 10,000 units of vitamin D in one day. So the current RDA of 400 IU is ridiculously inadequate. If you can’t get out in the sun enough, consider cod liver oil. Next to the

(Continued on page 2)
sun, it’s the best source of the vitamin. I recommend you take 4,000-5,000 IU per day of vitamin D in supplemental form. I know of no risk to this amount of vitamin D. As an aside, your bones and arteries will love you for it as well. Vitamin D can protect against hypertension and bone loss.

And, finally, the last nutrient you must take is green tea. In a recent study, 62 volunteers aged 45-75 were divided into two groups. The experimental group received 200 mg three times daily of green tea catechins (GTC). These are the incredible antioxidants in green tea. The other group received a placebo.

The men had prostate biopsies at six months and again at one year. The GTC group had one case of prostate cancer. Nine cases were found in the untreated group—a rate of 30%. That’s consistent with what would be expected. The green tea extract group had a 90% reduced risk in this small study. There were no significant side effects or adverse reactions with the use of green tea.

The amount of green tea extract (600 mg) in this study was between one and two times the amounts regularly consumed in China. There, the population averages 10-20 cups daily of the complete tea rather than encapsulated extracts.

A fourth nutrient to consider is selenium, repeatedly reported here as a strong preventer of prostate cancer.

(Continued on page 3)
cy for that tissue (from 100 years back) is simultaneously applied with the frequency for inflammation. Just how effective can this be?

When Dr. Kondrot was instructed on, and began using frequencies specifically targeting eye tissues (such as arteries, nerves, etc.), his results took a quantum leap. My dad has macular degeneration. Right in front of me, last February, he was able to read three additional lines on the reading chart in just minutes.

To give you another example of how incredible this technology is, let’s look at a study done in 2003 at Australia’s University of Sydney. In the study, Vivian Reeve and her colleagues tested FSM in lab animals. The researchers painted a natural proinflammatory chemical called arachidonic acid on the ears of rats. The ears quickly became engorged and inflamed.

The rats were then divided into three separate groups. One group was fed NSAID drugs, including the most powerful NSAID — indomethacin. Another group was treated with the specific frequency for inflammation. And the final group was treated with sham frequencies, not the precise three-digit frequency specific for inflammation.

None of the rats in the latter group had any response. All in the group treated with the specific inflammation frequencies showed a physically measured reduction in swelling of 62% in just 4 minutes. This was so unbelievable that the researchers repeated it double blind. They got the same results! Wrong frequency — no response. The correct specific frequency — inflammation melted away — in minutes!

The NSAID drugs at best showed only a slow improvement of 45%. And we know of the severe side effects these drugs can cause. Whereas the frequencies caused no side effects whatsoever!

Now, for some unknown reason, publication of this awesome data has been stifled. A powerful low-risk tool that can help you is being kept in the closet. Can you guess why this might have happened? Other animal studies showed that FSM protects against the inflammation of sunburn and prevents immune-system suppression by a chemical agent, such as chemotherapy.

While these studies are very impressive, I personally witnessed miracles while visiting Dr. McMakin. Her assistant, Rundi, has been suffering from a severe reflex sympathetic dystrophy in her right lower leg. Her skin was...
with challenged knees are heavy. I’ve repeatedly told my patients that their knees take the trauma of obesity worse than any other joint. Seems the cartilage just cannot withstand the trauma.

Your articular cartilage (the cartilage that lines the bones within your joints) doesn’t have a blood supply. All the nutrients must passively diffuse from the joint capsule. God made you with enough reserve to keep your joints healthy. But obesity stresses your cartilage more than the protection of that God-given reserve.

When your cartilage breaks down or thins, no conventional therapy can help. Conventional medicine does not repair. It only hides the condition (painkillers, which can further thin your cartilage).

**Action to Take**

(1) A pound of prevention could be worth a layer of your knee cartilage. I stress positive conditioning when trying to tame a bad habit. In the case of toxic eating, think of what you will be giving your knees by leaving that toxic “food” alone, rather than bemoaning what you have denied yourself. Make what you have given yourself (healthier arteries, stronger joints, etc.) of greater value than satisfying your taste buds. That is my secret in my own weight and habit control.

(2) If your knees are just now starting to be damaged, lose weight and take a joint formula designed to rebuild cartilage. I recommend Healthy Resolve’s Advanced Joint Formula (800-728-2288).

(3) If your joints are already severely damaged, the strongest cartilage builders

(Continued on page 5)
average amount of pain each patient felt was reduced from 7.3 to 1.3 with the very first treatment!

Of the 31 who recovered completely, the recovery time averaged 4.5 months. But you can experience even more dramatic results if you’re lucky enough to get treated within four hours of an injury, as did Terrell Owens. When this happens, the whole inflammatory process (which creates scarring) can be aborted, dramatically shortening healing time.

Dr. McMakin also told me she has a 100% success rate in eliminating chronic pain from shingles, a terribly debilitating condition for many seniors. And she has a 100% success rate in correcting hyperthyroidism, pain from kidney stones, and carpal tunnel syndrome if they’re caught early.

But, believe it or not, this story gets even better. What really shocked me was that those “ancient” physicians of yesteryear had discovered frequencies for an incredible number of “conditions.” These conditions include congestion, infection (various types), mineral deposits (such as calcium), scarring and sclerosis, spasm, toxins, allergy, and even emotion. Yes, it’s been known for thousands of years (in Chinese medicine) that your emotions can settle in an organ and cause dysfunction.

Dr. McMakin has had cases that resolved after the frequency for emotion was applied together with the specific organ or structure affected. The sky’s the limit for FSM. The only thing holding it back is discovering the real problem with each patient. Sometimes it’s difficult to discover that emotions are the cause of a dysfunctional organ. This is where the training of the practitioner is so crucial. Headaches, breathing problems, inflammation, your adult diabetes and sugar intolerance, vascular and neurological complications could be easily swept away!

The reason this treatment can impact so many different illnesses is because there are frequencies for virtually every tissue, organ, and organ substructure (such as the gallbladder and bile ducts) in the body. That’s how FSM can effectively treat an organ dysfunction, such as inflammatory bowel disease, liver inflammation, heart and circulatory disease, endocrine gland dysfunction, and many others.

Obviously, the FSM machine poses a huge threat to the pharmaceutical industry. So you’d think it would be outlawed just like it was a hundred years ago. But FSM is completely legal and even approved by the FDA. FSM around are ozone and growth hormone. Both of these have to be instilled directly into the diseased knees. But I’ve seen dramatic results using this method. Ask your integrative physician to administer this treatment.


Aspirin More Dangerous for Those Over 70

If you’re over 70 years old, routine use of aspirin is even more dangerous than for younger people.

A study reported in the prestigious British Medical Journal shows why. The study focused on the routine use of aspirin in a large population of 20,000 people aged 70-74 with no vascular disease. The research suggests that if there are any benefits to the use of low-dose aspirin, they are offset by increased cases of serious bleeding, which I’ve warned you about repeatedly. The authors say the balance could tip either way, but suggest doctors should resist the temptation to implement low-dose aspirin in the elderly to prevent heart disease.

I agree. If aspirin does work, it does so via the same protection given by omega-3 oils on an enzyme called cox. You’ve heard lots about the dangers of the cox inhibitors Vioxx and Celebrex. Aspirin is in this same group. While omega-3 oils inhibit the cox enzyme, they do so without any side effects. So get your “aspirin” from fish or flax made by God, not from a chemical derived from coal tar. Conventional doctors won’t listen to me. Perhaps the British Medical Journal can help change their minds.


Reduce Damage Caused by Stroke by 50-75%

There’s now evidence that my favorite preventive treatment of all can actually reduce the damage caused by stroke by a
If you want to prevent neurological damage from stroke, the most effective and safest way is with your diet, not chemical drugs! A study just published online in *Experimental Neurology* (5-05) found that rat’s fed diets enriched with blueberries, spinach, or spirulina (nutritive algae) significantly reduced the damage caused by stroke.

We’ve already seen in previous research that “normal” age-related declines in memory of rats could be slowed with these foods. But get this! When the rats had a stroke experimentally induced, the size of the stroke was reduced by a whopping 50-75% when their diets were rich in these foods. Lead researcher, Paula Bickford, PhD expressed amazement at the degree of protection.

In the study, four groups of rats were fed equal amounts of food for one month. Group 1 was supplemented with blueberries, group 2 with spinach, and group 3 with spirulina. The fourth group only got regular chow.

Four weeks later, the researchers induced an ischemic stroke (cutting off blood supply like a thrombosis). Shortly after, blood flow was restored (reperfusion).

There are also home units available by prescription (only from trained physicians) that are programmed to deliver the most important frequencies for conditions such as fibromyalgia, whiplash, sports injuries, and more. The units are relatively expensive. But compared to a lifetime of pain, suffering, doctor visits, drugs, and physical limitation, $1,300-$3,550 for such a unit is a bargain.

Treatments with a practitioner typically last 60 minutes and will cost about $100-$150. I don’t think that’s much when you consider that dramatic results are usually attained the very first session and lasting results with just a few more sessions.

If your health practitioner is interested in learning more about FSM, Dr. McMakin is hosting teaching seminars in November and December. Please, take this report to open-minded physicians and encourage them to attend, by calling 877-695-7500. FSM is a service Terri and I offer.


### Is Mammography Causing Breast Cancer?

There’s a trend in medicine that’s irrefutable – the breast cancer rate has gone up at the exact same time that mammography use has increased. The big question is, what is the correlation? After you read this article, you’ll see that not only is there a strong correlation, but there’s growing evidence that mammography both causes and fuels breast cancer in many ways.

Well, mammography is radiation. And doctors now recommended it for just about every woman over the age of 30. Breast tissue is highly sensitive to radiation, which is measured in rads. Each rad of radiation increases your
cancer risk by 1%. When your mammographer takes four films of each breast, he or she exposes each to one rad of radiation. With 10 years of annual screening, you’ll have a cumulative 10% increased risk in each breast.

But that’s not the worst of it. If you’re one of the 1-2% of women silently carrying the A-T gene (ataxia-telangiectasia), your risks may increase 400% from the radiation. This gene makes you highly sensitive to the carcinogenic effects of radiation, with no way to know beforehand. Some estimate this radiation exposure accounts for up to 20% of all breast cancers annually in the United States. If it is, mammography would be a major contributing factor to the exploding rate of breast cancer in our country.

And there’s even evidence that mammography is useless in extending your life. Of eight recent trials, only two were adequately randomized to allow statistically valid conclusions. The reviewers of these two trials (which were based on 66,000 postmenopausal women) concluded that there’s no reliable evidence that screening decreases breast cancer mortality — not even a tendency toward an effect.

**Action to take:** Conventional detection of cancer is worthless. By the time an invasive tumor is diagnosed, it may be too late. It’s far better to practice prevention! The preventive supplements I recommend include iodine, selenium, vitamins E and D, omega-3 fatty acids, green tea, Russian Choice Immune (a.k.a. Delta Immune), and DIM. Eat right (mostly vegetables) and exercise regularly. Avoid smoking and chemicals (as much as possible). As for screening, consider thermography, which Terri and I offer. It uses no compression, no radiation, and gives you many years advance warning of possible trouble. That’s time you can fully devote to prevention. You can get more detail on all of these preventive measures by searching the Archives section of my website.

**Looking for an integrative physician near you? These organizations can help:**

- International Oxidative Medicine Association — For a free list, please call my publisher at 800-728-2288.
- International College of Integrative Medicine — 866-464-5226 or www.icimed.com
- American College for Advancement in Medicine — 888-439-6891 or www.acam.org

**HEALTH NOTES ... continued**

Typically, strokes cause significant free radical and inflammatory activity, which lead to severe cellular injury.

The size of the stroke lesions in the spinach and blueberry groups was 50% less. The spirulina group had a 75% reduction in stroke size. Additionally, the supplemented animals had greater return of movement than the control group.

Dr. Bickford, one of the researchers, noted that the supplemented foods are rich in “antioxidants,” otherwise known as free-radical scavengers. These chemicals were believed to be the source of the protection. I can’t tell you how pleased I was to read Dr. Bickford’s further comments. She said it is unlikely that you can bottle these chemicals. Whole foods contain multiple nutrients. It’s a package deal.

**Action to take:** Your best medicine is your food. You don’t have to go as far as I do with the Living Foods Diet to get benefits, however. Simply increasing your consumption of colorful living foods will bring you benefit. Colored plant pigments are the richest in the beneficial chemicals. Make fruits and vegetables containing them the primary staples of your diet! Not only will this type of diet lessen the damage done by stroke, but it will greatly reduce the likelihood of ever having one in the first place.


**Coming Next Month...**

- You have to cook your fruits and veggies to get the most lycopene, right? Well, not always. New research shows one fruit provides more lycopene when it’s eaten raw!
- The at-home therapy that can stop migraines, improve your memory, and reverse erectile disfunction. Takes just 45 minutes per week.
Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It’s simply impossible for me to answer letters personally. Plus, I obviously can’t make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you’d like answered, send it (typed only) to:

Second Opinion Letters
PO. Box 467939, Atlanta, GA 31146

Thank you,

If you’re interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

Q: Is the TOA-free cat’s claw (samento) safe to give to pets in much smaller doses to get rid of Lyme disease? From what I understand, the animals can easily re-infect people. Is this true? — John T., via e-mail

A: Yes, Lyme is as likely to attack your animals, as it is to attack you. Some animals are highly resistant to the bug, but I don’t know if house pets are. You can contract Lyme disease from animals (ticks, mosquitoes, etc.), so it’s likely you can catch it from a pet (or human) through their saliva or contact with their blood. I know of no counter-indication to samento in animals. You might want to check with your vet, first for confirmation, since animal metabolism of plant products can be different than ours. The vets associated with the American Holistic Veterinary Medical Association (410-569-0795 or www.ahvma.org) should be able to help.

Q: Does oxygen therapy and ultraviolet blood irradiation get rid of cytomegalovirus (CMV)? — John T., via e-mail

A: Oxidation therapies are exceptionally suited for chronic virus problems, especially CMV and other herpes-type viruses. It’s the place I would begin. Conventional medicine has little to offer for chronic viral disease except some very harsh chemicals. Any of the doctors in the International Oxidative Medical Association (IOMA) should be able to help you. (See page 7 for contact information.)

Q: I want to go on a raw-food diet. I have some health problems and feel they could be corrected by this diet. But what does a vegetarian eat for breakfast? I usually eat two eggs, but what else is available that’s safe to eat for breakfast? — Carol G., via e-mail

A: Let me start by saying I’m happy for you for making a very difficult decision. I’m sure you’ll begin to see results very soon. I’ve seen many patients reverse their health problems simply by eating the Living Foods Diet.

I’d also like to say that I think eggs are a very good food. It’s very difficult to eat only raw foods. And if eggs are one of the cooked foods you decide to eat, that’s fine. Soft-boiled is the healthiest method of cooking. The only caveat would be if you were allergic or sensitive to eggs. If you eat raw foods for a while and don’t notice much improvement, it could be due to an egg allergy or food sensitivity. At that point, you would need to avoid the eggs.

As for other foods you can eat for breakfast, I like to make a smoothie in the morning. You can find my recipe on my website (you’ll find it in the January 2004 issue under Archives). This smoothie includes soaked almonds, bananas, apples, and/or other fruit. It’s absolutely delicious, nutritious, and will carry you through the morning.

There are several books you can order with recipes for a raw foods diet. And you can also find many recipes on the web. Just do a search for “raw foods breakfast.”

Q: Can you help me understand the difference – if any – between essential phospholipids (EPL), as described in your newsletter, and phosphatidyl choline, which can be purchased at a fraction of the price? It seems from the various websites that EPL is made from phosphatidyl choline. — Linda M., via e-mail

A: Essential phospholipids are an amazing new cholesterol treatment that I think are far better than just about anything on the market at reducing LDL cholesterol. But it’s possible they do more than just lower your cholesterol. It appears that they also help strengthen your heart and clear your arteries, making your body better able to handle stress and exercise.

A choice brand of EPL is Lipoflow (800-896-1484). The major difference between this EPL and phosphatidyl choline is the processing of the materials. Yes, EPL is made from phosphatidyl choline. However, its costly process breaks it up into tiny micelles, which are so small that they can easily pass through your gut for absorption. Regular phospholipids (lecithin) need to be digested by the pancreatic enzyme phospholipase and then go through complicated steps for assimilation. This causes them to be less effective. I’ve been more pleased with the results of this EPL than lecithin. You can read more about EPL in the January 2004 issue, which is available on my website in the Archives section.