

Might you have some prostate cancer?

The proportion of men who get prostate cancer has been increasing steadily, largely under the influence of the standard American diet combined with a sedentary lifestyle. One man in two will now expect to get prostate cancer during his lifetime. Six out of seven of those men who get prostate cancer will not have a life-threatening cancer. But it is important to find out whether you are the unlucky seventh.

If you make the diet and lifestyle changes that I recommend together with taking total health for the prostate, you should experience a reduction in your PSA level as a result of your prostate becoming healthier.

However, you may have already had the beginnings of some prostate cancer even before you started taking total health. In that case, total health will help to slow down the development of any prostate cancer.

But, if your PSA continues to rise in a trend even when you are following my protocol, that may be an indication that there is an underlying prostate cancer. It is only prudent for you to try and check whether there really is prostate cancer present and how virulent it is. It does not do any good to simply ignore it. But there is a problem. The standard medical way to determine whether or not you have prostate cancer and how virulent

it is, is by way of a prostate biopsy. In fact, medical insurance companies will not cover the cost of any treatment, nor will the medical establishment

even treat you for prostate cancer unless you have a confirmed diagnosis by prostate biopsy.

The problem is that prostate biopsy though it may be a great money spinner for doctors and hospitals, is potentially very harmful to the patient. A biopsy is invasive and of course irritates the prostate. A prostate biopsy introduces harmful bacteria. Bacteria inevitably cause infections that require strong antibiotics which in turn reduces the effectiveness

of your immune system. In some cases, it can lead to blood poisoning which can even be life-threatening. And a biopsy can cause your prostate to become more sensitive which can lead to prostatitis. Many men have told me that they date a reduction in their libido to the time they had their first prostate biopsy.

But the greatest harm done is done when prostate cancer is detected since the needles are cutting into the prostate to cut away a sample section. A process known as needle tracking means that a needle which is contaminated with cancer cells and then re-injected into the prostate, will spread the prostate cancer within the prostate. Normally, the seeding of a prostate cancer will take 18 months before it becomes detectable. But this process can turn what would otherwise be a relatively

benign prostate cancer into one that becomes life-threatening. Medical doctors will often not admit that needle tracking can occur. But there are studies that prove it does.

Nonetheless, doctors are not overly concerned about needle tracking because standard medical treatment normally means that the prostate is destroyed or excised, so as doctors see it, the cancer will be

gone anyway. So, from their point of view, a spreading of the prostate cancer within the prostate is not something to worry about. However, a spreading of the prostate cancer does make it more likely that you will have to endure invasive treatment. And, given the inevitable side effects, these will significantly reduce the quality of your life.

So what a prostate biopsy can do is to limit your options so that you are not able to even consider non-invasive treatment for your prostate cancer. In my next video, I will discuss non-invasive ways of checking whether you have prostate cancer.