

# Prostate Specific Paleo / Keto Diet



BY

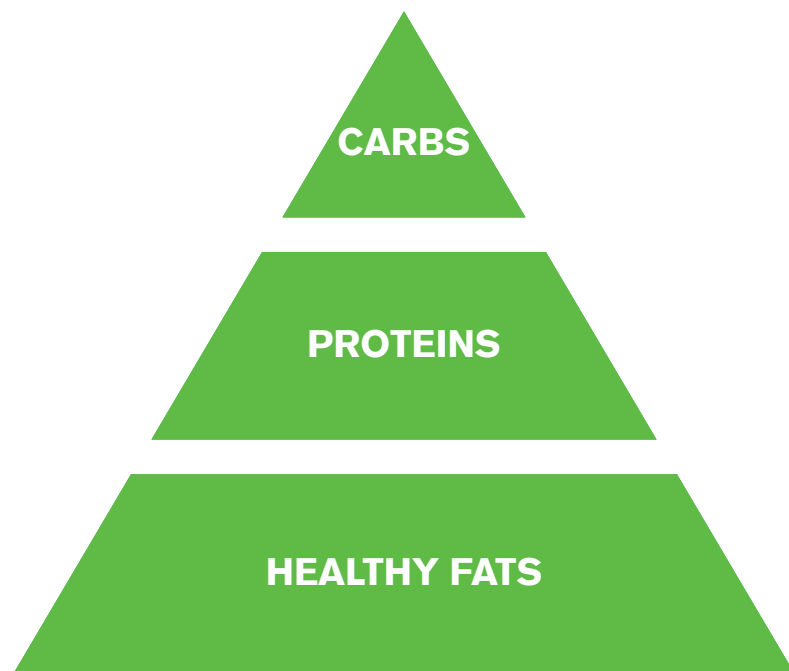
Ben Ong

# Why the Prostate-Specific Paleo / Keto Diet is Crucial To Your Good Health?

Very few people could be persuaded to sprinkle Arsenic or Cyanide on their breakfast cereal. Most people know that it would be something they could only do once. However, every day, people sprinkle sugar on their cereal and pour milk over it, little knowing that these are both long term poisons that damage their health. Research has shown that there is a direct correlation between eating dairy products and the incidence of both heart disease and cancer. In Asia, China and Thailand where no dairy foods are eaten there is a far lower incidence of both heart disease and cancer. And eating sugar is not much less toxic than dairy products in the long term, often precipitating type 2 Diabetes which in turn increases your risk of heart disease by 250%.

Our bodies have a great capacity to deal with foods and pollutants that we are intolerant to. That means we can eat things that the body cannot make really good use of and we can do so for decades without noticeable harm. But there is harm under the surface and eventually a saturation point is reached. As we age the consequence of eating the wrong foods and indeed not eating the right ones, eventually results in chronic diseases such as arthritis, arteriosclerosis, prostate enlargement or cancer, diabetes, heart disease, strokes, the list goes on and on.

To a large extent, and over a considerable period of time, these diseases can be reversed by avoiding the wrong food and ensuring the presence in the diet of all the nutrients the body needs. In our experience the healthiest diet, certainly for older people and for people who have cancer or diabetes, is the ketogenic one. It requires a change of eating habits and more work to prepare but you will rapidly notice an improvement in how you feel and look, indeed if you are overweight, you will lose weight without trying and you will never feel hungry.



# Why you are what you eat?

Everyone has heard the phrase “You are what you eat” but most people just do not really understand what that means. So here is the general explanation of that phrase.

Your body is made up of trillions of cells. This is however not a static situation. Your body is a bio-chemical factory in constant and full production mode. Each day millions of cells die and are replaced with new ones. Each second of your life there are billions of bio-chemical processes taking place in order to keep you alive, enable you to grow, think, function, walk, talk, digest food, have sex, produce babies, repel infection and repair damage. In fact that cellular renewal is so extensive that over every seven year period, virtually all the cells in your body are completely replaced. So every seven years you become a totally new person. So where does the factory we call our body get its material and fuel to provide the energy and feedstock to recreate itself? Well part of that is the very air we breathe and the sunlight. But the greatest part is the food we eat.

**Let me provide an analogy here that might be helpful. The body is a constructor that has a specification of the ideal materials it needs to build a strong efficient structure. That specification has come from the evolved knowledge of the materials it has used for millennia for those purposes. The body is very clever and adaptable. It will cope with receiving far less well specified materials by using them in place of the ideal materials it wishes to receive. Each substitution with low grade materials however will reduce the efficiency, resiliency and make the effectiveness of that structure sub-optimal. When the substitution is too extensive then the structure is so weakened that it begins to fail. That is called disease. Eventually it fails. That is called death. What you eat becomes the cellular structure which is your body.**

Over the last 100 years a substantial change has occurred in our food supply. We do not go out locally to hunt, forage for or grow our food. We go to the supermarket. Food arrives from all over the world packaged for easy consumption. Our food growers have used fertilisers, insecticides and fungicides to maximise the use of their land and their production of food. They have bred food to arrive at the supermarket to look good and not to rot quickly before you the customer has paid for them. Now the scientists have come up with genetic manipulation to further change our food products. Not one of these changes have been done in order to improve the nutritional value of the foods. Its purpose is to improve distribution and storage and to make the food “look” good. The prime objective is simply to make a larger profit. But in the process of doing that, food has been further removed from what our bodies see as an ideal specification for its fuel and feedstock.

# Why you are what you eat?

## Continued

And then there is convenience food. Convenience food can look, smell and taste great - especially to someone who no longer knows what real food, well cooked from fresh should taste like. Convenience food tempts the buyer with its promise to make food preparation a breeze. But what is the underlying reality. Once again the guiding motivation is better profits not to provide better nutrition. The average customer – it is rightly assumed – knows and cares little about nutrition. So the manufacturer takes food that has already been denatured by industrialised production and denatures it further, The food is processed with heat and synthetic chemicals to make the final product palatable and have a good shelf life. They use the cheapest materials that can make the food desirable and bulk it up with fats, salt and sugar. They add chemicals to provide the desired consistency, colours, and taste. They use what are known as exito-toxins like Mono Sodium Glutamate (MSG) to make their product addictive, so you eat and want more of their product. Finally they add preservatives to keep the food from rotting. The end result is a chemical concoction that has little or no nutritional value - but it makes you think and feel that you have eaten. Worst of all, it provides the lowest grade materials for your body to build with and adds toxins that your body struggles to rid itself of.

A further point should be made. Not only are you what you eat, but you are also what you do not eat. If you fill yourself with junky convenience food, that also prevents you from eating properly nutritious food. There is very little question that despite the United States still being the richest country in the world, that does not prevent the US from being malnourished. In fact, many people in the United States are more malnourished than populations in Third World countries.

It's not a question of what people can afford, it is a question of what people choose to eat. And in the United States what people choose to eat is greatly influenced by the food industry. What you eat can look like food, smell like food, even taste like food, but it can have close to zero nutritional value, thanks to the ingenuity of the food scientists working in the food industry.

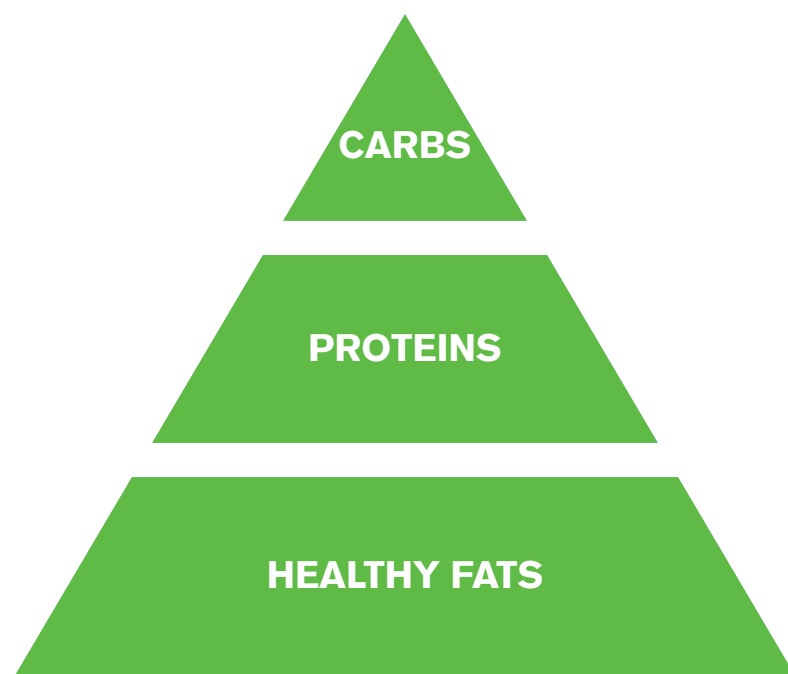
It's a very strong argument for going back to basics. Use the power of your wallet to influence change. Only buy real food. Nothing processed, canned wrapped frozen or packaged. Insist on organic produce. Try and buy from farmers markets. Get as close to the real producer as you can.

# The ketogenic diet Breakdown

In the following section about diet, you will hear a great deal about the ketogenic diet. This is a diet which is growing in popularity and that means that inevitably there will be many distortions as all sorts of companies try to jump on that bandwagon. There is a certain romanticism, which suggests that our Paleolithic ancestors were stronger and healthier than we are today. And it is suggested that the reason for that is that they lived on the meat that they killed, the fish that they fished, and the wild berries that they picked. This was a time before agriculture, so they did not eat grain. Our Paleolithic ancestors did not spend hours in front of TV or PC screens. When they were not relaxing or playing, they were active hunting or building shelter. The fact is that although we can speculate as much as we wish, there is no proof that our ancestors were stronger and healthier. It's a great theory.

But what is obviously true is that we have become more sedentary, our activities tend to be more mental than physical. And above all, there is a great deal more stress in our fast-paced lives. It has also been scientifically established by many studies that we eat too many refined carbohydrates and that these undoubtedly damage our health and shorten our lives. Returning to a diet that consists of eating protein, fat, and only those carbohydrates which come from green leafy vegetables changes the way we metabolise food. And that change is undoubtedly best for our health.

There are great similarities between the Paleolithic diet and the ketogenic one. But, it is the ketogenic one which is particularly beneficial to people with any metabolic disease. That includes so many of the diseases that kill us in the 21st-century: cancer, heart disease, obesity, diabetes and prostate disease. But in my research, even though ketogenic was ideal, there were some minor modifications needed in order to make it most effective for men suffering from prostate issues. So the diet I am explaining is the Prostate Specific Paleo/Keto diet.



# How much to compromise when changing your diet?

What follows is a detailed description of which foods you should and shouldn't eat. However, you may feel that some of these changes would be a change too far for you. The ideal diet for your prostate health and indeed your general health is ketogenic with a great deal of green leafy vegetables including as many as possible being eaten in their raw state. That is indeed a major change from a typical United States diet. Many would describe such a diet as a radical diet. To me having your prostate cut out is radical. Changing your diet to avoid all industrially produced animal protein and even processed food is not really radical by comparison.

Ketogenic is the diet that you should seriously consider if you do have diagnosed prostate cancer or are suffering extreme pain and discomfort from prostatitis. In my view in those circumstances you do not have much room to compromise unless in the former case you are not too bothered if you die, or in the latter case you are not too bothered if you continue to suffer.

Why is it that the ketogenic diet is so important for any man who is concerned about diseases such as diabetes or cancer and also why it is so important, simply once you get to a certain age? The answer lies in the pancreas that generates the production of insulin in response to any food that converts to sugar in the blood rapidly. That includes all carbohydrates, but in particular refined carbohydrates such as sugar, alcohol and all food based on white flour. Insulin, of course, is clearly a problem for any man who has the beginnings of diabetes, insulin resistance, metabolic syndrome, prediabetes. And clearly it is a problem for a man who already has diagnosed diabetes. But insulin also has an important role in cancer and it is equally important to cut back on the production of insulin.

Making a change to eating organic foods, avoiding all processed foods, including many more vegetables and avoiding all grain and sugar and dairy foods from cows, and only eating red meat if it is grass fed really does require a whole new way of thinking about your food.

If you just have an enlarged prostate and are getting up two or three times in the night then you do have room for compromise. If you just give up as much animal protein as you possibly can, especially dairy and red meat. And if you eat more vegetables, some raw and certainly have one green salad every day, you will make progress with your prostate disease. But it is essential not to compromise with giving up all dairy.

# More about diet In General

In highly developed societies such as the US and the UK, food production has shifted dramatically towards processed foods and the large corporations that form the food industry dominate decisions about how food is to be reared, grown, stored and supplied. Their decisions are not based upon which foods are healthy. Their decisions are based purely upon the health of their profit margins. And that is not good for your health.

It is understandable why people should wish to buy ready packaged food. It's simple and it's convenient. But do you pay a price for that? Undoubtedly, in financial terms, you pay a premium both to pay for the preparation, packaging and distribution of that food. But that is the least that you pay.

It is the nature of convenience foods that ensures that they are superficially attractive but seriously lacking in any nutritional value. The economics and the overwhelming concern for profit will ensure that the lowest quality foods are used in the production of convenience foods. Additionally, the realities of marketing and distribution means that such foods are stuffed with synthetic additives to colour, make palatable, and keep the resulting meal from spoiling. Everything, including the economics conspires to denature the food that you will eat. An enormous price in reduced health as a consequence is paid for convenience.

As I have explained earlier on, food and the nutrients contained in food are the building blocks of your body. If you were building a house, you would not want to use substandard materials. You would wish to have a strong building. Similarly, you are building your body. It only makes sense to build with good materials.

If you want to ensure that, you need to return to basics. You will also benefit from a more intimate relationship with your food and nutrition. I recommend that you reduce your purchases from supermarkets and spend your money more wisely at farmer's markets. There, small-scale production makes it more likely that you will get genuinely organic and fresh food.

Eating carbohydrates does not give you any body building materials. Bodybuilding materials only come from protein. Complex carbohydrates can provide vitamins and minerals which are important and they also provide the fibre that ensures a healthy digestive process.

# More about diet

## Continued

Carbohydrates do also provide a source of energy as they are converted to glycogen, which the body uses as a source of energy. However, the body does not necessarily need to use glycogen for energy. The ketogenic diet is one where you eat more protein and fat and less carbohydrates. When you consume less than 20 g of carbohydrates in a day for a period of about two weeks, the body responds by becoming ketogenic. Maintenance of Ketosis is at 35 - 40 g of net carbohydrates, although some can maintain ketosis at 50 g of net carbs having already entered ketosis. Also addition of plenty of salt and electrolytes (i.e., chicken or beef broth) is necessary as well as copious amounts of fats. Ketosis means it switches from glycogen as its primary fuel to fat as its primary fuel.

Why is it that the switch from glycogen to fat as a primary source of fuel so beneficial? The first answer is obvious because by burning fat and not storing glycogen, the proportion of your body, which consists of fat will reduce. That in itself is healthier and the visible effect will be that you will lose any excess weight and you will appear more muscular.

But there are other reasons. The amount of glycogen that you can store in your body is very limited compared to the amount of fat that you can store even without being overweight. As a result, switching your primary source of fuel to fat gives you far more stamina and strength.

Probably the most important benefit is the reduction in the production of insulin, which will give your pancreas a well-deserved rest. The present Western diet, which consists largely of carbohydrates with the bulk of those being refined is the main cause in the vast increase of obesity and diabetes. Overproduction of insulin gradually causes insulin receptors in the body to close down. You become insulin resistant and that causes your pancreas to try and produce even more insulin.

Once you reach the age of 50, the body will have a tendency to literally shrivel and dry up. Unless you exercise regularly, your muscles will diminish in size and in tone. If you do not get enough protein and if you do not exercise, that process of reducing your muscular strength and capacity will accelerate.

As you age, especially past the age of 70, you are far more likely to fall over. The elderly are far more likely to crack or break bones as a result of such falls. However, if you have muscles surrounding your bones, and if your bones still have sufficient density, this is protective. You should be aware that the majority of elderly people who break a hip bone will die of other causes within six months of such a breakage. Yet, you can forestall all of this by eating more protein 1.5 – 2.0 g per kg of body weight, or 0.7 – 0.9 g per lb of body weight. and building your muscles with exercise.



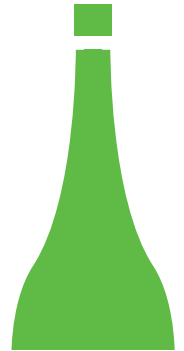
# Alcohol, Beverages, Milk & Milk Substitutes

## ALCOHOL

Try to avoid overindulging, have no more than a glass of dry red wine with your lunch or dinner. When you consume alcohol it moves directly into the bloodstream and the liver takes around 2 hours to metabolize it. If you drink alcohol faster than your liver can metabolize it, the excess alcohol is carried by the bloodstream to the brain and other areas of the body. For those taking insulin this can lead to low blood sugar because the liver is busy removing alcohol from the bloodstream rather than regulating blood sugar levels.

Your initial consumption of alcohol actually increases insulin secretion, causing low blood sugar (hypoglycaemia). However over time, excessive alcohol consumption actually decreases your insulin's effectiveness, resulting in high blood sugar levels. One study showed that 45% to 70% of people with alcoholic liver disease had either glucose intolerance or diabetes.

Alcohol is essentially a poison, and can also impair the hormonal response that would normally rectify the low blood sugar. Alcohol can as well impact the effectiveness of hypoglycaemic medications.



WINE



## MILK & MILK SUBSTITUTES

The worst thing for your prostate is industrialised produced milk and dairy products from milk. Even raw unpasteurised milk still has certain biochemicals in it. They are bad for your prostate. There are some good substitutes in the supermarkets these days. For milk there is Rice milk, Almond milk, even Quinoa milk. If you have a juicer you could even buy hemp seeds and create hempseed milk. You are unlikely to find hempseed milk readymade in a store. The advantage with hempseed milk is that it has the exact combination of amino acids to provide you with high quality protein. In the end however it is just a matter of taste as to which you prefer.

You can also drink goats milk without any harm. Goats milk has an entirely different composition to cows milk. Especially, if you can get raw unpasteurised goat milk and goat products such as butter, yoghurt and cheese, these are very acceptable high-protein and high fat foods

A word of caution here, the most common milk substitute is soya milk. That is not a healthy option. Soya mimics oestrogen which as you will see further on, contributes to the development of prostate cancer. Although soya has been consumed in the Eastern world for thousands of years, they only use it when it has been fermented, and even then only as a condiment in relatively small quantities. Soya, as it is manufactured in the Western world, is very indigestible and causes all kinds of problems.



# Coffee, Chocolate & Butter

## COFFEE

Try to avoid drinking coffee to boost your energy levels. It is much healthier to get sufficient exercise, sleep and nutrition. However coffee can be enjoyed in moderation even with goats cream and my natural sweetener.



## CHOCOLATE

Dark chocolate with high cocoa content and low sugar content is all right as an occasional indulgence



## BUTTER

Do not substitute butter with vegetable spreads. None of them are healthy despite the enthusiastic advertising. They are all produced by pumping hydrogen through oil at a high temperature. That causes trans-fats to be formed which increase the risk of heart attacks and block the absorption of good amino acids. You can buy a small bottle of cold-pressed, [preferably organic, preferably Italian (less strong flavour) olive oil]. Alternatively use butter derived from grass fed cows. Or you can use butter made from goat's milk because goats milk has an entirely different constitution to cows milk.

Do not eat the soya substitutes for butter, cheese and yoghurt. Soya mimics the female hormone oestrogen and that will cause testosterone in your bloodstream to convert to DHT, which is a great irritant to your prostate that can cause enlargement, inflammation, and cancer.



# Eggs, Fast Foods, Herbs & Spices

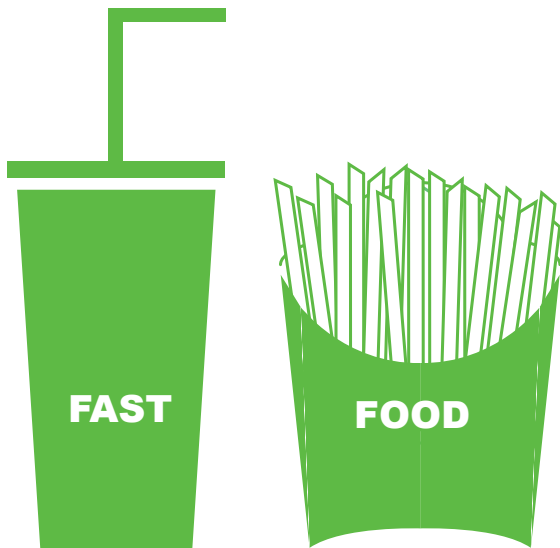
## EGGS

Always use organic free range eggs, for well-balanced nutrition include yolks. Industrially produced eggs from chickens fed on grain, hormones, pesticides and antibiotics should be avoided. A three or four egg vegetable omelette or scrambled eggs with vegetables on the side are a great way to start the day on a ketogenic diet.



## FAST FOODS

If it's fast, it's probably not food in the sense of having any useful nutrition. Fast food nominally is supposed to be a convenience, and it is a convenience for the food manufacturers who charge you a great deal of money for food that isn't food. Avoid chemically treated, deep-fried, insulin stimulating food that has very little nutritional value: French fries, onion rings, burgers, hot dogs, and all the rest.



If your food comes in a box or in a wrapper, you probably want to avoid it. At the very least take a careful and sceptical look at the ingredients. If it contains ingredients that you don't recognise, don't even consider it.

## HERBS & SPICES

These are all fine. Herbs and spices are high in antioxidants, anti-inflammatory, immune supporting, and flavour enhancing.



# Sugar & Indulgences

## SUGAR

Avoid both sugar and sugar substitutes. Apart from sugar being fattening and potentially leading to type 2 Diabetes, most people do not realise that sugar reduces the efficacy of your immune system. Sugar also creates AGES (advanced glycation endproducts ) which line the inside of the arteries and cause them to lose their flexibility. This is not only ageing but may help to cause arteriosclerosis.

Eating sugar in any quantity predisposes you to disease. The most common sugar substitutes are no solution either, in fact in many ways, they are even worse than sugar as they are often carcinogenic. Honey and maple syrup or other forms of natural sweetener all cause problems as well.

If you wish to sweeten food or you have a hankering for something sweet, eat fruit in moderation or you can use my natural sweetener which does not cause any insulin spike. You can read about my natural sweetener in my online shop.

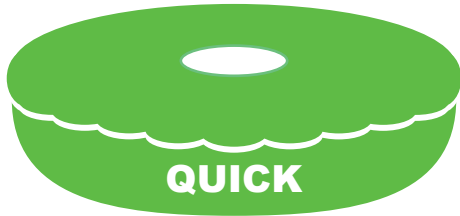
**One special note: if you have cancer the most important thing you can do to slow the development of that cancer is cut all sugar out of your diet. Sugar feeds obesity, consequent diabetes and increased insulin in the blood can stimulate cancer.**

## INDULGENCES

Avoid high-carbohydrate (sugar or flour-based) heavily processed treats: biscuits, cakes, pies, brownies, sweets, ice cream, doughnuts, ice lollies and other frozen deserts.



# Quick Snacks & Sweetened Sodas



If you need to eat between meals or just want to eat a quick snack rather than a full meal, try something like celery with goat cheese or almond butter, canned tuna or sardines, berries, hard-boiled eggs, nuts, seeds, olives, trail mix, and other high-fat and or high-protein, low carbohydrate foods. Avoid sugar heavy sweets and commercially produced energy bars, granola bars, pretzels, crisps, puffed snacks and all other grain-based snacks



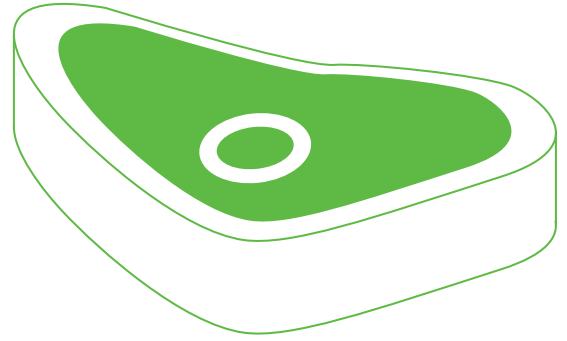
## **SWEETENED SODAS**

These are all addictive, and the less you consume of this, the less you'll want. You want to leave behind the high-low insulin stress response cycle to regulate your energy and improve your health with the ketogenic diet. All sweetened sodas are absolutely out of bounds.

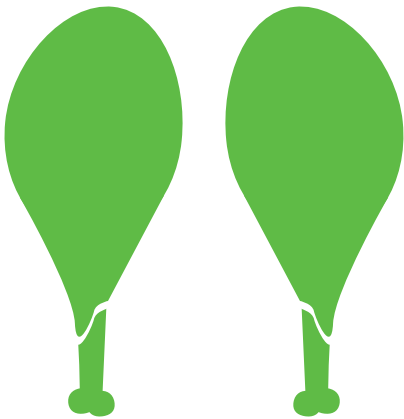
# Red Meat, Poultry & Fish

## RED MEAT

You can eat red meat in moderation but only if you can get grass fed, organically reared beef. The problem with most red meat today is that the animals have been fed on grain which makes their meat have the wrong kind of balance of fats. Grain is an unnatural food for cattle so they get sick, so they are pumped full of antibiotics. They are also pumped full of hormones to make them grow faster. But your body does not like antibiotics or hormones. Also avoid char-grilled red meat, or well done steaks, since burning meat generates carcinogens.



If you must eat conventional industrially produced meat, choose the leanest possible cuts and trim excess fat to minimise toxin exposure. Limit or avoid smoked, cured or nitrate treated meats (hotdogs, salami, et cetera)



## POULTRY

Chicken, Ducks, and Geese are fine once or at most twice a week. You can eat organic and free range chickens more frequently. Battery chickens are force bred with growth hormones. That increases the fat content of the meat and leaves residues of the hormones which in the long term, can be very harmful. Eggs can be a good balanced source of protein but do not eat too many and try and get them organic and free range.

## FISH

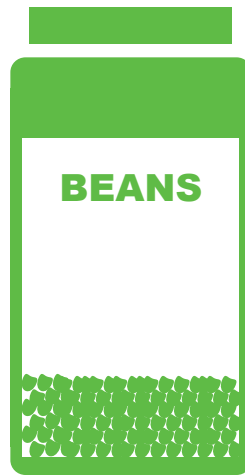
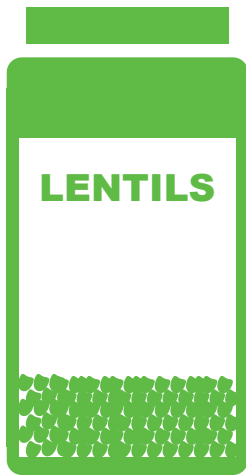
Fish is excellent, most of your animal protein should come from fish or seafood. However now you have to avoid large carnivorous fish such as tuna, salmon and cod since they accumulate the mercury which now pollutes our seas. Avoid too much farmed fish since they generally contain pollutants and their flesh is in any event less tasty and has a mushy texture. Small fish like anchovies, sardines, mackerel, trout and herring are still harmless and good for you.



# Vegetable Protein & Legumes

## VEGETABLE PROTEIN

If you are doing the ketogenic diet because you have cancer, diabetes, or need to lose weight, then you will want to avoid beans and lentils entirely since they contain starch. Starch converts to sugar in the blood rapidly. Beans and lentils are strictly speaking not part of the ketogenic diet. However, if you are vegetarian and do not suffer cancer or diabetes, you may compromise and eat beans and lentils which are a good source of protein. While Beans are not normally part of the Western diet, they are versatile, inexpensive and very tasty if you know how to cook them. Best to take inspiration from India and Asia where beans are a staple and a big part of their diet.



## LEGUMES

Limit or avoid alfalfa, beans, peanuts, peas, lentils and soybeans due to high insulin response and lectin content.

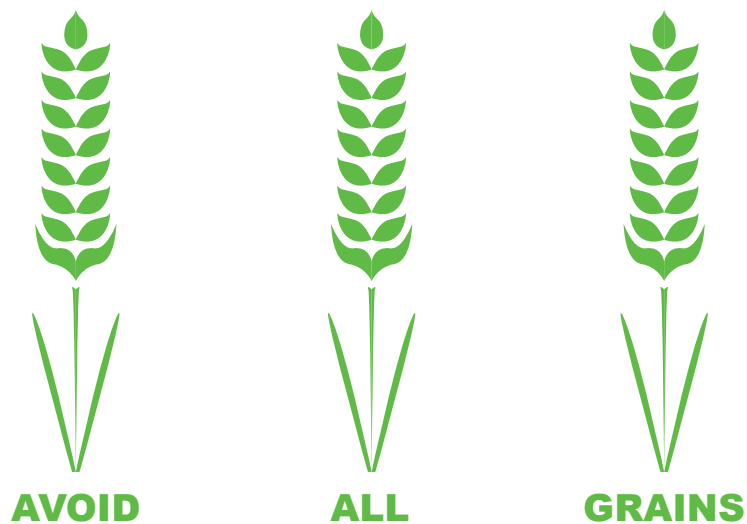


# Grain

## GRAIN

For many years, I was persuaded that grain, particularly wholegrain should be a staple part of a healthy diet. In fact, I was also influenced by studies that showed how a vegan diet would improve prostate health. This was a diet which many of my customers adopted to successfully improve their health and to lose weight.

On a personal note, however, eating wholegrain did not work for me as no matter how hard I tried with that diet, I continued to put on weight and I eventually became officially diabetic. I now understand how those two were connected and that it was insulin resistance that caused my weight to climb continuously and eventually become diabetes.



As a result of my association with my cancer clinic in Germany, they explained to me and gave me studies that made it clear how a high carbohydrate diet, increased insulin production and eventually could cause insulin resistance. Many of those studies also showed how cancer patients could thrive by changing to a ketogenic diet. After three months of being on a ketogenic diet, I have lost 15lbs , but more importantly, I have lost 6 inches around my waist. It was a ketogenic diet that finally allowed me to reduce my belly fat. And since I have always exercised every day, in particular swimming many fast lengths every day, I have noticed how both my strength and stamina have increased dramatically with the ketogenic diet.

So now I recommend my customers to go ketogenic. And that means avoid eating all grains, including all bread and baked goods.

Avoid wheat, rice, corn, oats, cereals, breads, pasta, muffins, roles, waterfalls, pancakes, baguettes, crackers, doughnuts, swirls, danish's, tortillas, pizza, other grains: barley, millet, rye, quinoa, amaranth and other baked or processed high-carbohydrate foods. Even avoid whole grains. Everyone is allergic to grains at some level.



# Potatoes, Rice, Vegetables, Greens & The Benefits of Raw Food

## POTATOES & RICE

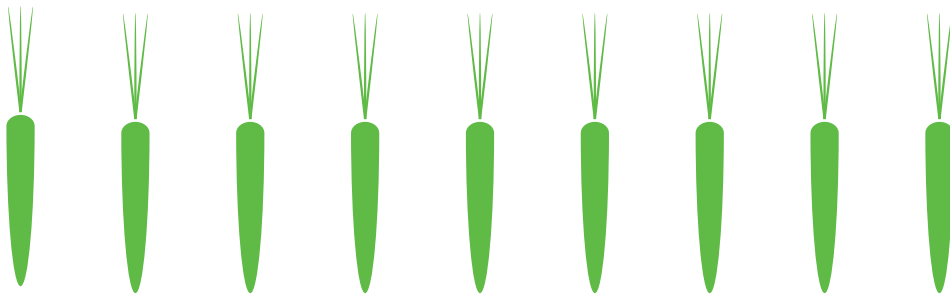
You should not ever eat potatoes because they are almost pure starch, which is converted into glucose within minutes of you eating it. The same is true with rice. However, you can eat wild rice since that is actually a grass not a rice, enjoy in moderation only, substitute for white or brown rice.

## VEGETABLES & GREENS

It is most important to eat a good quantity and range of vegetables. Vegetables are generally the healthiest food you can eat, with no downside. Try wherever it is possible to eat organic where you can get them. Additives, pesticides etc. tend to concentrate in the prostate and that is not a good idea. Steam vegetables, roast or stir fry them. Those methods of cooking preserves more of the flavour and the nutrients. Vegetables are thought of as an accompaniment in Western cuisine. Try to make them the main event with perhaps some protein as an accompaniment. In other words, change the balance. It is important on a ketogenic diet to also eat sufficient fat. I find that roasting or stir frying fresh vegetables in butter (produced only from grass fed cows) makes those vegetables both utterly delicious and nutritious.

Go easy on starchy tuber vegetables. Enjoy yams and sweet potatoes (instead of potatoes), but eat in moderation unless you are an athlete needing extra carbohydrates.

Ideally as much as possible. Your vegetables should be locally grown, organic and in season. Always go strictly organic for large surface area leafy greens and soft edible skins such as peppers. Avoid GMO. Wash thoroughly



## THE BENEFITS OF RAW FOOD

Eat as many vegetables and salad greens as you can raw. Raw vegetables preserve all the nutrients and enzymes. Try and juice some as well, if you want concentrated nutrients without the filling fibre. As a general rule, it will improve your health considerably if at least half your dietary intake is raw food.

# Nuts, Seeds & Sprouts.

## Whole Fruit VS Fruit Juice

### NUTS, SEEDS & SPROUTS

Another category of raw food that is excellent for health are nuts, seeds and sprouts. In particular walnuts and almonds are great nuts. Almonds should be left overnight in filtered or mineral water so that they begin to germinate. This produces enzymes that make them easier to digest.

Note that new California legislation allows almonds to be sold as natural even if they have been irradiated or pasteurised by other means. This kills them stone dead so they do not germinate. Do not eat California almonds. Try and get imported Italian almonds.

Also try sprouts of various kinds which you can get from a good health food store. These are various seeds that have started to germinate as sprouts. Natural seeds (not roasted) of all kinds can be beneficial, especially pumpkin, sesame and sunflower. Nuts, seeds and their derivative butters are high in omega 3, nutritious, filling snack. Refrigerate unused butters quickly. They should be ideally cold processed and organic, if available. Please note that peanut is a legume and not a nut and should therefore be avoided



**NUTS**



### FRUIT

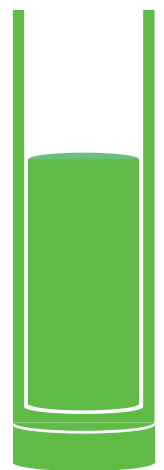
Fruit has always been given a higher rating in the west for health than it deserves. Contrary to popular belief fruit contains relatively few and only small quantities of vitamins and minerals. The largest component in fruit is water followed by some fibre, and rather too much sugar as growers have bred fruit to have more and more sweetness (that is what the customer wants). Fruit in moderation is not unhealthy unless you have insulin resistance or diabetes. But it is not on a par with the health benefit of vegetables. Fruit is good as a part of a balanced diet. Ideally, you should choose locally grown, organic or wild. In season preferred. All bright coloured berries are the best choice. Go strictly organic with fruit that has soft edible skins. Only moderate intake of dried fruit, or those with higher glycaemic or lower antioxidant values. Always wash thoroughly

### FRUIT & VEGETABLE JUICE

Only if freshly squeezed (not in a box, bottle or carton) and only in moderation, always use organic produce.



**FRUIT**



**FRUIT JUICE**

# Vegetable Oils & Other Fats

Once upon a time, before the advent of vegetable oils, people ate huge amounts of saturated fats, but far less sugar than today. They typically used a great deal of lard and dripping, butter and cream in their cooking. And at that time, nobody had heart disease. In fact, a heart attack was so rare an event that a general practice doctor could spend his entire career without ever having a patient having a heart attack.

Then along came oils produced from corn and rape seed and sunflower, to name but a few. The manufacturers of those oils thought of a wonderful way to promote their new products. Scare tactics are always a good way to get people to change their habits. So, cholesterol was nominated to become the new villain and saturated fats his accomplice. The scenario was that cholesterol causes heart disease and heart attacks. Studies were duly distorted, lying statistics rolled out and promoted to persuade everyone that vegetable oils were healthy because they did not contain any cholesterol.

A whole industry was built around low-fat foods, which generally contained far more salt and far more sugar in order to provide a palatable low-fat food. Spreads were created from hydrogenated vegetable oil and promoted as heart healthy with the imprimatur of heart charities because it could be demonstrated that these spreads helped to reduce cholesterol. But cholesterol is not causal in heart attacks. Only a certain form of cholesterol can exacerbate heart disease, where cholesterol is used by the body to defend against inflammation and damage to the arterial wall. Indeed, most cholesterol is produced by the body, not by eating it. And it is generally stress that causes an excess of cholesterol not diet.

But who cares about the truth as long as it helps increase the bottom line.

The result is that heart attacks over a period of 70 years went from being the rarest of diseases to becoming the single greatest killer of ageing men.

So, the only oils you should use are (genuinely) extra-virgin olive oil, and extra-virgin coconut oil. The reason I emphasise genuinely is because in the United States. Very lax labelling requirements means that very few bottles labelled extra-virgin olive oil are in fact extra-virgin or cold-pressed and many do not even contain olive oil but are made with other vegetable oils and colouring. If extra-virgin olive oil is not expensive and not imported, the chances are that it is not genuine. The test for quality coconut oil is simply that it should smell deliciously of fresh coconut. If it doesn't, it isn't. Avoid all transfats and partially or fully hydrogenated fats, canola, cottonseed, corn, soy-bean, all other high polyunsaturated safflower, sunflower, oils, margarine, vegetable shortening and deep-fried foods. Instead, use cold pressed extra virgin olive oil. For cooking, use saturated fats such as butter sourced from grass fed cows, first press extra-virgin coconut oil, and animal fats, chicken, duck, goose, lard, tallow.

Apart from that, feel free to use butter from goats with your cooking and you can use animal fats and lard, providing again that it comes from grass fed animals.

# Frying Foods, Fats & Why Alkaline?

Generally, it is not a good idea to eat a lot of fried foods. You certainly should not fry anything in breadcrumbs. The process of frying any carbohydrate such as batter, breadcrumbs



or potatoes creates acrylamides which are known carcinogens. Moreover heating most fats to the high temperatures needed for frying causes them to lose all their enzymes and nutrients and worse still break down into trans fats. Trans fats interfere with the ability of the body to absorb nutrients. So if you eat trans fats you do not benefit from whatever else you are eating. Trans Fats also cause blockages in the arteries so increasing your chances of getting a stroke or heart attack.

There are some good fats provided you are not suffering from cancer. Fatty acids are an essential part of a balanced diet. Especially good fats are Omega 3 such as found in fish and flax oil. Omega 6 in evening primrose oil is also good for you. These should be supplemented. Extra Virgin olive oil when it is not cooked is an excellent source of enzymes, nutrients and omega 6. Use it for salad dressing.

If you have to fry food on occasion use saturated fats such as Coconut oil, or Goose fat plus butter, lard, tallow, bacon drippings, palm oil and avocado oil. All of these have high smoking points and do not break down into trans fats when heated to high temperatures. Contrary to long held views by the medical establishment in the west that saturated fats cause heart disease, there is actually no clinical data (despite a great deal of research) to support that contention. In fact, according to recent research, the opposite is true.

## WHY ALKALINE?

Some foods are more alkaline producing and others are acid producing. Coca Cola for example contains phosphoric acid and is the most acidifying food. In general certain fruits and almost all vegetables are alkaline while all animal protein is acidic. Why is that important? Acidity encourages inflammation and that in turn generates a whole host of inflammatory diseases such as prostate enlargement, arthritis, gout, arteriosclerosis etc. You want to maintain an alkaline body because your cells can only absorb oxygen when they are alkaline. Cancer cannot grow in the presence of oxygen. Therefore an alkaline body resists cancer and an acid one invites it. That is the reason why men who eat large quantities of red meat (and often no green vegetables) are at a higher risk of getting cancer. I am not saying eat no animal protein ever. I am saying balance that with a sufficiency of vegetables and preferably some of those raw. I am also saying that in the west we consume too much animal protein and increasing the ratio of vegetables with your protein is a good idea.

# Losing Weight & Natural Dietary Supplements

## LOSING WEIGHT



Being overweight does increase your chance of getting prostate cancer, other cancers, diabetes, heart disease and in fact many other diseases. Obesity is the largest single cause of disease in the Western world. That is why these diseases are called metabolic diseases.

Obesity used to be thought of as a disease of plenty. That is to say, instead of our having to work hard to grow and collect or hunt for our food, we just needed to go down to the nearest supermarket and as a society we were so rich that it was possible to eat and overeat because we could afford to do so.

However, that theory is simply wrong. When I go down to the supermarket today, I am depressed that 80% of what I see is not real food. I am saddened that if I choose to eat from that vast array of processed and packaged food, I know that I shall get fatter.

In other words, it isn't the quantity or availability that can make me fat, it is the type of food that most people now eat in the United States that causes the problem. Such food is overwhelmingly based upon refined carbohydrates and combined with all kinds of additives and hormones which are simply not food. It is refined carbohydrates that causes obesity. Some people who are slightly overweight will also lose weight simply by changing to the macrobiotic or Mediterranean style of eating, i.e. more vegetables and whole grain, less animal protein. There are many individuals who can prosper on that sort of the diet.

Some people however are more resistant to losing weight, even though they may be very active and do exercise regularly. This can be because they have a low metabolism as a consequence of eating too many carbohydrates or they may have "Metabolic Syndrome" (formerly called Syndrome X) where the liver is suffused with fat. With syndrome X it is very difficult to lose weight. Other nutrients can also help. But the best and most dramatically effective way to deal with insulin resistance and an inability to lose weight, is the ketogenic diet.

## NATURAL DIETARY SUPPLEMENTS

Wisely chosen multivitamins, multimineral, protein powders, antioxidants, Antartican raw and wild krill oil, probiotics and prebiotic's can all help with combating your disease and improving your health. They are compatible with a ketogenic diet. Choose premium quality supplements to supplement a healthy diet. Avoid the low-cost, low quality supermarket variety of supplements with excess fillers, binders, lubricants, extruding agents and other synthetic chemicals. Generally speaking, buy only the best quality supplements.

# Where to From Here?

This report should get you well on your way to changing your diet to Prostate Specific Paleo/Keto. But here is where you can get a great deal more information and assistance. I'm writing a much longer book on the diet and I hope that will be available in about three months time. In the meantime, you can subscribe to my Friday newsletter, which specifically deals with PS Paleo/Keto. There you will find meal plans suggestions and answers to my readers questions about diet. My Friday newsletter is part of my advanced support subscription. That gives you many benefits in addition to the Friday newsletter. If you wish to subscribe or know more about it, all you need to do is click on the link that is shown at the bottom of every one of my newsletters.

Which supplements help with the PS Paleo/Keto? All my supplements may be taken together with the ketogenic diet, but the ones that specifically facilitate the diet are things like my protein powder which helps to make quick and easy smoothies. Also my natural syrup that can help you sweeten your food without compromising the diet. To help with digestion, the three supplements that are beneficial are my super enzymes, my probiotic defence and my liver detox. And finally, if you are overweight or somewhere on the diabetic spectrum, I can recommend my sugar block, by Glycobalance, and my D-Tonic (Breakfast, lunch and Dinner versions).

You can see all of those in my diet and diabetes section of my Online store.

<http://www.bensprostate.com/shop/weight-loss-diabetes-and-cholesterol.html>

