Multi-dimensional Prostate Anti-Cancer Diet Supplement

**Soya Beans** contain genestein, a phytoestrogen isoflavonoid which is a tumor suppressor able to both prevent and regress prostate and other forms of cancer.

**Tomato sauce** and **juice** contains lycopene a vitamin A related molecule which is an anti-oxidant, reducing prostate cancer rates by around 30%.

**Green tea** contains epigallocatechin-3-gallate a bioflavonoid antioxidant which also inhibits angiogenesis - blood vessels supplying tumors, reducing cancer rates by 40% and killing prostate cancer cells.

**Red wine** and **grape juice** contains resveratrol a phytoestrogen which is metabolized to molecules toxic to cancers but not healthy cells. Daily red wine cuts prostate cancer risk by 50%.

**Pumpkin seeds.** Supposed to contain sufficient **zinc** to activate zinc-enzymes involved in stress. Contains vitamins A, B and E, omegas 3 and 6, zinc, selenium, and cholesterol-like molecules called **phytosterols.** They treat prostatic hyperplasia - benign enlargement - and its urinary complications. They also contain chemicals that may prevent some transformation of testosterone into dihydrotestosterone (DHT). High levels of DHT are associated with enlarged prostate.

**Brazil Nuts.** Contain thousands of times more **selenium** (antioxidant) than any other nut. One Brazil nut carries our daily requirement. NZ is deficient in Selenium.

**Asprin or acetyl-salicylic acid** is an antiinflammatory prostaglandin inhibitor - a NSAID or non-steriodal anti-inflammatory drug derived from willow, which both reduces benign enlargement and cancer. Organic food contains 50 times the salicylates of food cultivated using insecticides because it is a natural plant defence against insect infestation, so a quarter of a disprin a day substitutes for nature.

**Vitamin D or calciferol** has anti-cancer properties reducing a variety of cancers by 50% and in association with NSAIDs slows growth of prostate cancer cells.

**Pomegranate juice** is believed to be a wonder substance preventing and retarding recurrence of prostate tumors to twice the time interval due to polyphenolic flavonoids.

**Dark chocolate** contains anti-oxidant **flavonoids** which reduce overall death rate in middle aged men by 50%.

**Bitter almonds** contain cyanide-glycosides which may inhibit cancer.

**Daily exercise** may slow prostate cancer growth sufficiently so men die with it rather than of it a 70% reduction in risk of advanced and fatal cases of the disease.