The Role of Nutrition and Lifestyle in Addressing Prostate Cancer

Joseph E. Scherger, MD, MPH
Eisenhower Health
Rancho Mirage, CA
The Body Restores Health if We Create the Right Environment

The Body Heals Itself!
Most Chronic Disease, Including Prostate Cancer, is a Result of an Unhealthy Nutrition and Lifestyle

Use Nutrition and a Healthy Lifestyle to Treat Your Prostate Cancer
The Emperor of All Maladies

A Biography of Cancer

Siddhartha Mukherjee

Author of The Gene

"Accompanied by marvellous, surprisingly uplifting, and vivid tale. Terrific." —Q, The Oprah Magazine
GO BACK. WE MESSED UP EVERYTHING!
Nutrition and Cancer

• 12 cancer are associated with obesity, 6 of them have lower risk with weight loss
• Eating more red meat, especially processed meats, are associated with cancer, especially colon cancer
• Sugar feeds cancer
• Fasting starves cancer
• Vegetables and Whole Fruit Prevents Cancer

https://www.nutrition.gov/subject/nutrition-and-health-issues/cancer
Excess Body Fat in the Gut Raises Risk for Both Prostate and Breast Cancer
A diet low in red meat and animal products, and high in plant-based foods such as vegetables and fruits, may help to slow down the progression of prostate cancer and reduce tumor growth. Good nutrition may also help reduce the recurrence of the disease.

Top Cancer Fighting Foods

Whole Food Plant Based Diet reduces cancer risk and promotes remission. Wild caught salmon does the same.

Avoid Sugar “Bombs” and Processed Foods, Especially Fats

Cow’s Milk May Be a Problem (The China Study, Colin Campbell) and Use Olive Oil Instead of Processed Vegetable Oils such as in Salad Dressings
The Food Industry Puts Profits over Health

Big Pharma Wants Us to Use Drugs When Nutrition and Lifestyle Will Heal
“Our food should be our medicine and our medicine should be our food”
~ Hippocrates
When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.

Ayurvedic proverb
Paracelsus – All things are poisons, for there is nothing without poisonous qualities. It is only the dose which makes a thing poison
Elements of a Healthy Lifestyle

• Nutrition – clearly the most important
• Physical Activity – movement and strength
• Stress Management
• Restorative Sleep
• Family and Social Life
• Meaning and Purpose in Life
Men Have Fun in Prostate Cancer Trial
Medscape Medical News 10/11/2019