

The Role of Nutrition and Lifestyle in Addressing Prostate Cancer

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Eisenhower Health

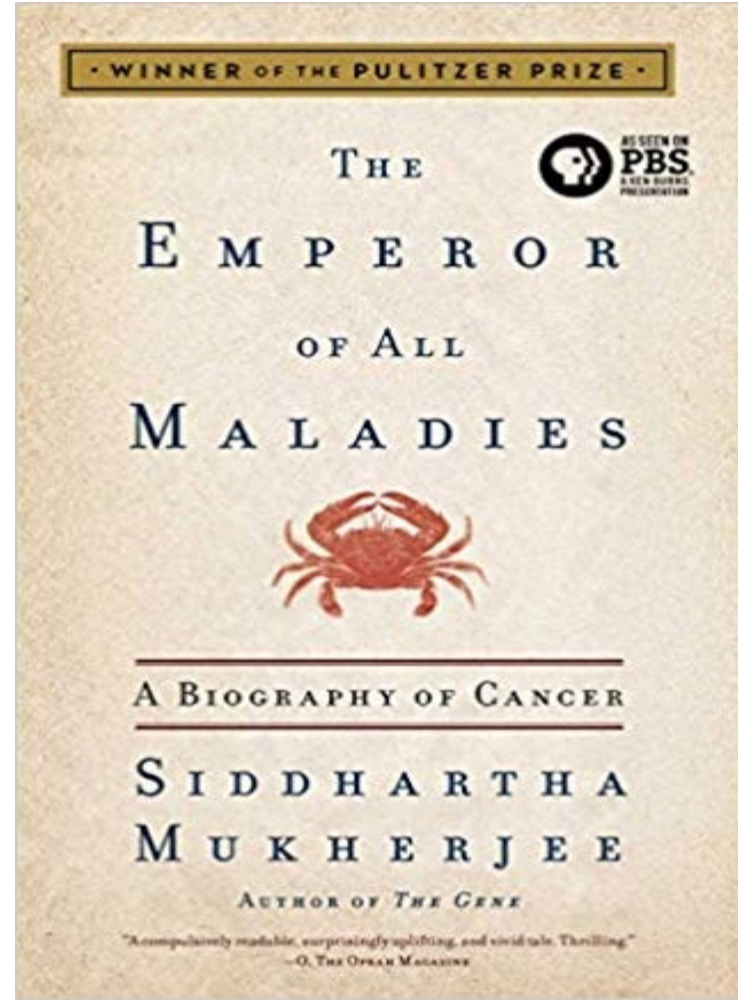
Rancho Mirage, CA

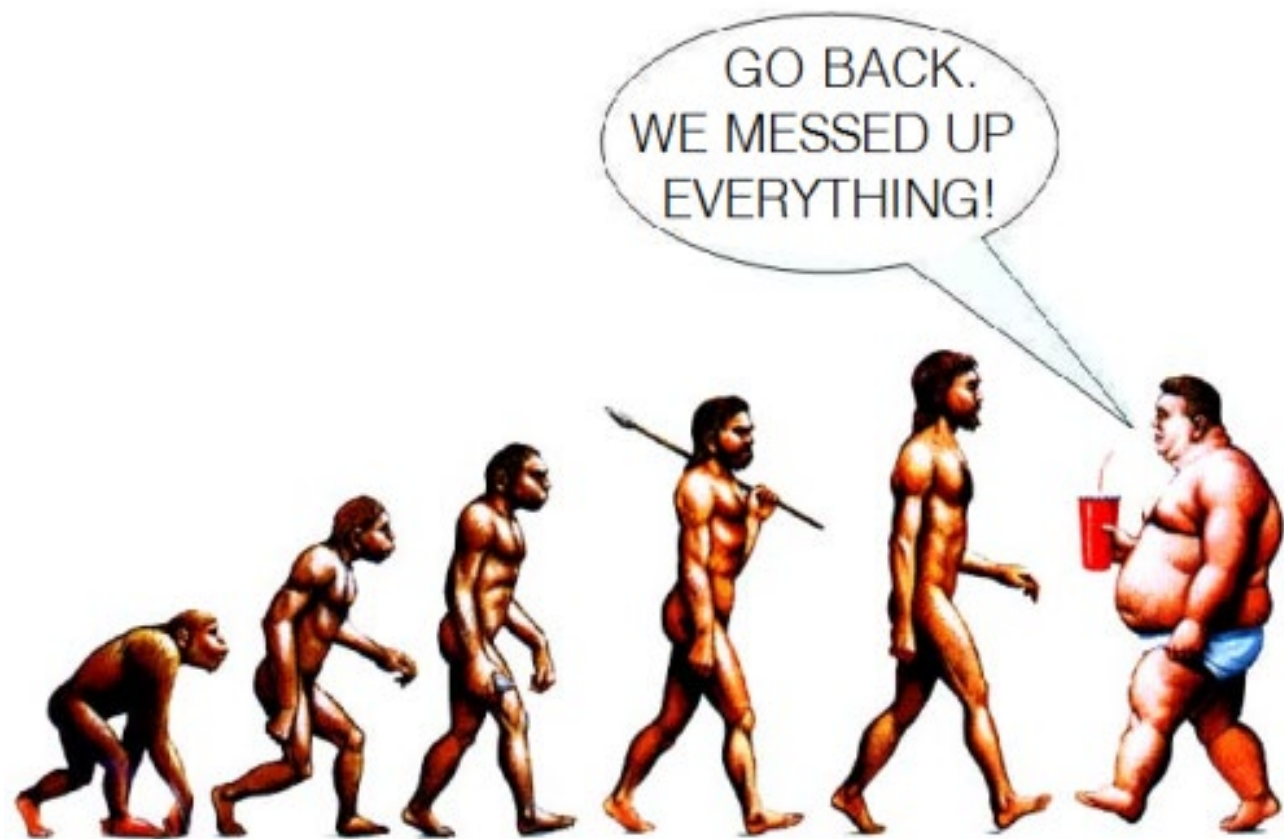
The Body Restores Health if We Create the Right Environment

The Body Heals Itself!

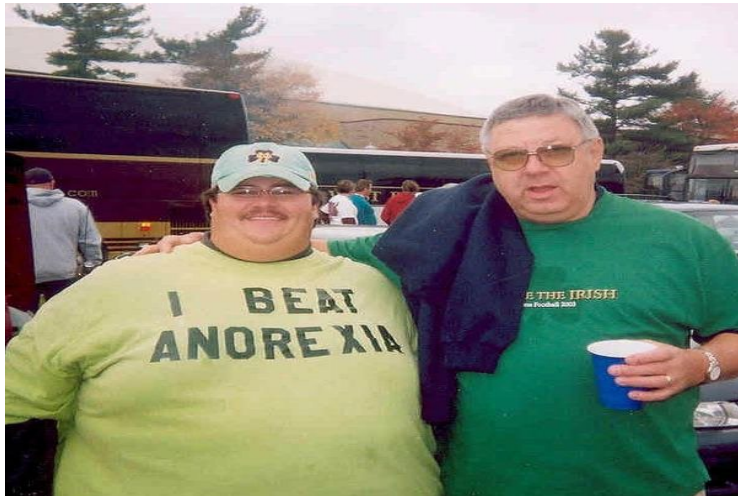
**Most Chronic Disease, Including Prostate Cancer, is a
Result of an Unhealthy Nutrition and Lifestyle**

**Use Nutrition and a Healthy Lifestyle to Treat
Your Prostate Cancer**





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.

<https://www.healthline.com/health/prostate-cancer/prostate-cancer-and-diet>

Top Cancer Fighting Foods

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

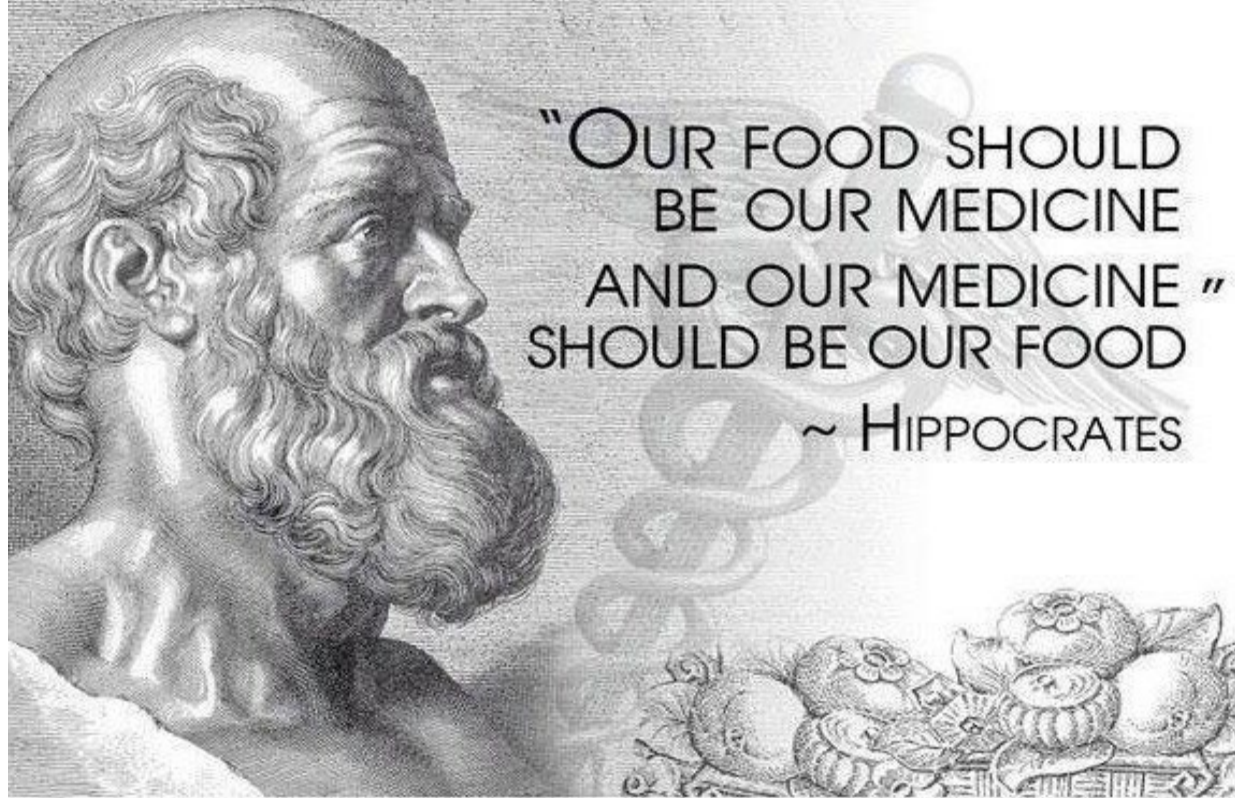
Top cancer fighting foods from Joel Fuhrman and the Blue Zones project: *Greens, Beans, Onions, Mushrooms, Berries, and Seeds.* <https://www.drfuhrman.com/library/eat-to-live-blog/62/the-healthiest-anti-cancer-foods-g-bombs>

Avoid Sugar “Bombs” and Processed Foods, Especially Fats

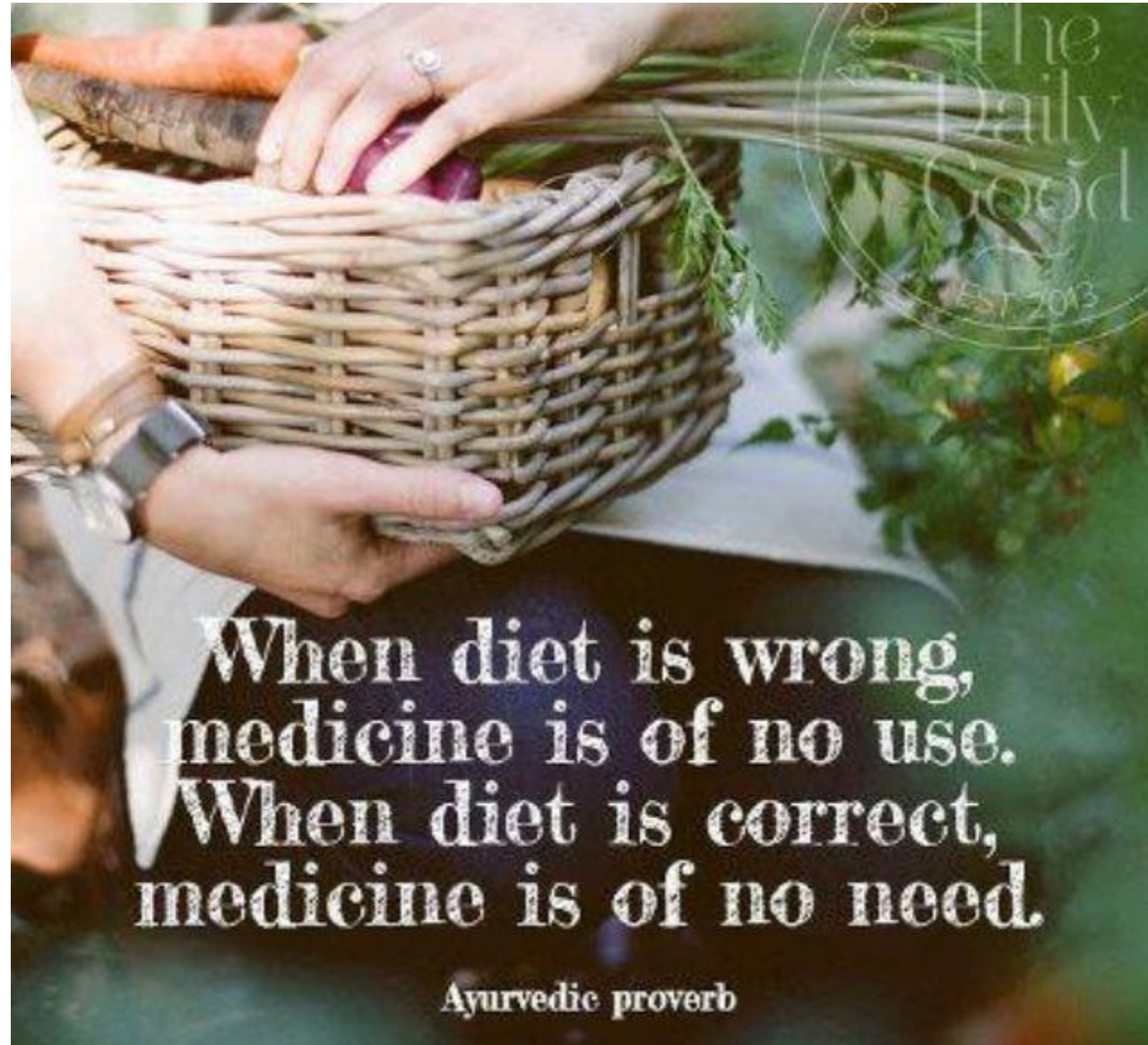
**Cow’s Milk May Be a Problem (The China Study,
Colin Campbell) and Use Olive Oil Instead of
Processed Vegetable Oils such as in Salad Dressings**

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**



PARACELSUS: STORMY PETREL OF MEDICINE

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



Leanandfitlife.com

