

Cancer Is Not the Enemy

By Nelson Berman

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Preface

There are hundreds of books published every year regarding cancer. So the question why is this one different and why should you read it. First you should know that I am not selling anything, not this book, not lectures, not supplements – nothing. I only want to relate what I have learned as a result of choosing to heal my body of cancer without surgery or radiation.

In this age of transparency I would like to disclose that I am neither a physician nor a dietician just a person who has learned much as a result of my diagnosis. You should know that while I feel passionate about people improving their lifestyle; I would not suggest this method for treating all types of cancer especially aggressive ones. My hope is that you might think differently about your health, your diet and how you look at things as a result of reading my book.

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself."

Rumi

**Discovery consists of seeing what everyone has seen,
and thinking what no one has thought.**

Albert Szent-Gyorgi

Dedication

I would like to dedicate my story to Shelly Berman, my partner in everything for the last forty-three years. Shelly is my best friend, lover, confidant, advisor, partner, and companion. When I told her that I decided to change virtually every aspect of my life, Shelly joined me in this total transformation. For this and for everything else, I dedicate this to my wife.

I would also like to thank my editors.

Jordan Berman

Stacey Rose

Dr. Leonard Berman

My story

First day of my new life

Everyone who has cancer knows exactly what happened the day they were diagnosed. My story, in that respect, is not unique. What is important is what I decided to do about it, and how it has transformed my life. I am putting this to pen so that others might consider an alternative course of action.

I was home recovering from a week in intensive care. This came about as a result of a prostate biopsy gone badly. I was never informed that 1% of prostate biopsies result in sepsis with 4% being admitted to the hospital. Sepsis is blood poisoning, which if untreated immediately, can result in the major organs shutting down resulting in death. Normally you would hear the results of your biopsy in the doctor's office. As a result of my near death experience, the urologist granted my request to hear the results as soon as he received them. My hands became sweaty when he declared calmly that the test was positive. Funny how "positive" is normally a good word but not when it describes biopsies.

He told me we would discuss my options at our scheduled appointment ten days later. For the doctor, ten days was a reasonable amount of time, but not to a person who has just been told they had cancer. I fought back the feeling of being overwhelmed and of self-pity. I couldn't wait ten days, and I began thinking what I had to do on my own. There is a little

maxim in my tradition that teaches “Pray as if everything depends on G-d, and act as if everything depends on you.” I resolved to consider all conventional as well as alternative treatments.

In researching treatment my options I found myself drawn to holistic approaches for treating prostate cancer. By the time of my appointment I had already made up my mind to change my lifestyle as my course of action. My wife, Shelly, and I are now sitting with the urologist on the initial cancer assessment appointment. This is where the doctor tells you what you should do. I let him make his presentation even though I had already made up my mind regarding my course of action. He concluded, “Given your relatively young age of sixty, you should have your prostate removed”. When I responded that I have done my research and have decided on active surveillance with a strong emphasis on dramatic lifestyle changes, he became very defensive as well as agitated. He then produced what he thought was his one page closing argument: A sheet that showed a better ten-year survival rate for people who had surgery than ones who did nothing. When I told him my strategy was far from taking no action, he reluctantly wished me good luck and suggested strict monitoring of my PSA. The Prostate-Specific Antigen (PSA) test measures an enzyme produced almost exclusively by the glandular cells of the prostate. An increase in the PSA is an indication of a worsening situation. It has now been just shy of five years and I do not regret my course of action, because my life has changed for the better in every aspect.

Physicians

I do not blame doctors with regard to their evaluations since they are only following medical guidelines and thus reducing the likelihood of being sued for malpractice. In their defense, if you were not taught about alternatives to surgery and radiation in medical school, it is highly unlikely one would be recommending them to a patient. In this age of transparency, doctors should be required to disclose that their goal is to treat your symptoms so that your issue will not result in death in the near term. Their recommendations invariably call for surgery or radiation with no regard to causation. To treat the whole body as opposed to the symptom is the holistic approach. The blinder approach of just treating the symptom, the tumor, often leads to a later reoccurrence. Now having seen four different urologists and having spoken to many more, I have come to the conclusion that physicians tend to recommend invasive procedures, and that the “recommended” procedure is the one in which they specialize.

Front pages of the NY Times and the Philadelphia Inquirer report “...it has been shown that urologists have conspired to scare patients into getting expensive risky procedures while at the same time covering up the great successes patients have had in making lifestyle changes while avoiding dangerous procedures”. My hope is with recent changes in medical panel recommendations that overtime they will become less likely to recommend procedures especially as more peer reviewed

studies show no advantage in treatments over active surveillance.

Options offered by physicians

There are many procedures and if you are willing to go abroad, there are even more. Most procedures will be initially successful. The problem is they are using a sledgehammer to kill an ant, while doing nothing to have another ant reappear somewhere close by. See if this is helpful. Let's say you have a small wound on your arm. There are several techniques that could be utilized to remedy your problem: washing, A&D ointment, a Band-Aid, etc. or even doing nothing. On the other hand, if it is a rather deep long nasty gash, it may require much more serious attention, i.e. stitches, surgery or even amputation. The problem with prostate cancer treatment is most everyone is being offered the most radical of solutions, surgery or radiation regardless how small or slow-growing their cancer might be. Also, please note the cancer surgeon will always hedge when speaking to the patient after a successful procedure. You are likely to hear "I believe we got it all". What B.S.!!! They might have gotten the entire tumor but there are billions of cancer cells not attached to the tumor.

Early detection and over diagnosis

The cancer industry, meaning those who derive an economic benefit from treating cancer, have a vested interest in early detection. Curing cancer is defined by having survived five years after being diagnosed. Promoting early detection will skew the numbers with a higher percentage of low-grade cancers, and therefore increase the likelihood of a successful outcome regardless the procedure. A pathologist at Wayne State University, Dr. Wayne Sakr, performed careful sectioning of prostate glands removed from over five hundred men dying from unrelated events. He found that spots of cancer were present in 8% of men in their 20s, 31% of men in their 30s, and a further increase with each decade up to 80% of men in their 70s. “Over detection” is the detection and treatment of cancer, which would have never been detected during the patient’s lifetime. Dr. Peter Scardino of Sloan-Kettering is a courageous physician who now lectures on the benefits of active surveillance over current protocol, for less aggressive cases. In a lecture before a group of his contemporaries he admitted that after studying the research, he now regrets many of the procedures he has done in the past on people with low grade prostate cancer.

Back to my story

People usually have an astonished look when I tell them G-d has blessed me with prostate cancer. At first I said it because, considering all the cancers you could get, prostate seems to be the least likely to die from if some action is taken. I often hear the expression “you are more likely to die *with* prostate cancer rather than *from* prostate cancer”. What scares many into a procedure is the amount of deaths from prostate cancer. While the number of deaths from prostate cancer is high, it is extremely low as a percentage of men who have prostate cancer. My biopsy showed 5% cancer in one probe out of twelve. A biopsy is a crapshoot. I firmly believe that the majority of men who are told that their biopsy was negative really do have cancer. The cells may not have reached the critical mass for the tumor to be detected or the probes could have missed hitting the tumor. Picture putting twelve tiny needles into something the size of a golf ball, depending on the size of the tumor, it could be the proverbial needle in a haystack.

Lifestyle

Most people will tell you they eat somewhat healthfully, fit in exercise when they can, and do a decent job of managing the stresses of life. Perhaps they feel they are doing well by comparing themselves to their

contemporaries. Unfortunately, we are using a poor measure. You would think, living in a country with an abundance of clean water, access to healthful food, a high standard of living, allowing for plenty of time for exercise, that you would think people would be thin, fit, healthy and relatively free from cancer and heart disease. In reality, the American lifestyle is a perfect breeding ground for chronic disease.

The fast pace of life often puts us in situations where we are dining out or consuming processed foods. The food is loaded with salt, sugar and very often devoid of nutrients. Our consumer driven economy puts great pressure on us to earn more and acquire more. Squeezing out time for exercise, while ramping up stress and worrying how to pay for more new things, makes the American lifestyle dangerous to your health. These risk factors attack the immune system that would normally keep our body in balance.

With this in mind, I began to change every aspect of my life that had to do with my immune system. If it strengthened my immunity I welcome it, and if not I avoided it. I wanted to attract positive energy while avoiding negative energy. I now choose the following: spiritual food and drink, yoga and tai chi and people with positive energy and spirituality.

The more I study, the more I conclude that we all have cancer cells. They are nothing more than defective cells. In a healthy body with good immunity, the healthy cells overwhelm the defective ones and cancer never becomes an issue. The problem arises when over time, with the cumulative assaults on the immune system; our bodies are not strong enough to kill off the invading cells. This is all happening unbeknownst to us until the tumor becomes detectable. I counsel people to live your life as if you have cancer because you most likely do. Doctors will not tell you that you should dramatically change your lifestyle to build your immune system and thus rid your body of cancer cells.

I don't expect many to believe or follow my way of thinking for two main reasons: Number One -- The A.M.A and the American Cancer Society, along with medical schools, have invested fortunes in promoting their procedures referred to as "standard protocol." Please note that protocol has a way of changing over time. Seventy years ago castration was standard protocol for treating prostate cancer. Of course we all look back and laugh at bloodletting, but remember that was highly respected at the time. Perhaps fifty years from now, we will think it absurd that people put poison in their bodies to kill cancer. Massive investments have been made to promote present protocol, while ridiculing alternative treatments. Some brave doctors espouse the wisdom of

not radiating or removing the prostate. The system is slowly adjusting to the notion that active surveillance might be more beneficial, without all the unintended harmful side effects of following traditional protocols. Number Two -- Most men will not be willing to transform their lifestyle to eliminate the cancer cells from their bodies and improve their immune systems. Habits reinforced over decades are not easily altered.

Psychologically, it is devastating for most people to think of cancer growing in them without treating or attempting to rid the body of cancer. A prominent person in my town had written a four-part series in a local newspaper on his ordeal with prostate cancer. The line that stood out in my mind and still does “I was glad to be finished with the radiation treatments so I could get on with my life”. Right or wrong, I interpreted that as let me get rid of the cancer so I can continue with the same lifestyle that produced it in the first place. This provided the impetus for my journey to find another way.

Why one organ and not another

Most cancers are found in the abdomen area, whether it is stomach, prostate, uterine, ovarian, testicular, bladder, colon, etc. My research led me to the following theory. The American diet cannot be easily processed through the digestive system. Food that is not easily digested leads to

the production of toxins. Eventually these toxins help create cancer cells. The patient then has a procedure that does not deal with the root cause and remains vulnerable to another form of cancer in the future. Since I became a vegan, I have found that I produce bowel movements at least three times per day. Most people believe it is normal to go once daily. Sixty million Americans are treated regularly for constipation. Vegans and vegetarians tell a much different story.

The Changing face of Cancer in our Country

In 1900, very few people died of cancer. Most medical books did not even discuss it. The cynics and defenders of the cancer industry will tell you that people did not live long enough to develop cancer. The truth is child mortality and women dying during childbirth skewed life expectancy. In reality a fifty-year-old had the same chance of reaching age seventy back then as they would today. Deaths from cancer or heart complications were low on the list of leading causes of death. Scientists tell us the ancient humans died from wear, famine or accident and not from chronic disease.

If you charted the incidence of cancer and heart disease vs. changes in the American diet away from plant based to animal based over the last one hundred years, you would see a strong correlation. As the standard of living

improved, meat, sugar and animal fat consumption expanded. We have added additional issues of pesticides, hormones, antibiotics, chemicals and genetic modification to our foods. To make a bad situation even worse, we eat outside the home more than ever with restaurants offering unhealthful portions loaded with excessive salt and sugar to appeal to our taste buds. The further we move from simple natural foods guarantees greater health issues going forward. Sorry for the digression and back to my story.

The game plan: diet

Like most people, I used to think of food in terms of taste. I now think of food as fuel for my body to burn. I evaluate every food offering in terms of – will this improve my health or not. A fairly good percentage of my food is eaten raw. If cooked, I try to apply the least amount of heat for the shortest period of time attempting to maintain the highest amount of nutritional value. Heating food above a certain temperature kills the beneficial enzymes. I try to eat all fresh food, unrefined food and avoid canned food, which I call dead food. My foods consist of vegetables, legumes, grains, nuts, seeds and some fruits. When I tell people of my regimen I am often questioned about my limited options. I will admit that in the beginning I did miss meat and cheese. Once I fully accepted and understood the harm these foods cause, I

never missed them. In actuality, sometimes I think it vile just seeing meat. Regarding limitations, it is like most things in life. You can dwell on what you don't have or be amazed at what you do have. This way of living has introduced me to dozens of foods that I have previously ignored. I find that most restaurants are happy to accommodate my requests for eliminating sugar, salt and butter in the preparation.

Juicing - I will typically start each day with raw vegetables that I put through my Vita Mix. I prefer a Vita Mix to a juicer because I am then drinking the entire vegetable as opposed to extracting only the juice.

Spices - I only use garlic, ginger root, cumin, oregano, pepper and turmeric. I never use sugar or salt. Some caution me about the absence of salt. Since sodium is essential, they fear I could be endangering myself. I test my blood every three months and my sodium level is normal. It appears that a good diet offers adequate sodium without adding more.

Bread - there is only one to be considered as a mainstay. That is the Ezekiel brand. It is made from sprouted organic grains with no flour.

Do not be afraid of carbohydrates and fats, your body need them both. The key is to have complex

carbohydrates, good fats and protein. Do not wait to be real hungry to eat. This causes the body to enter starvation mode which produces overeating. Rather try to eat five or six smaller meals per day. Drink tons of water or decaffeinated green tea just prior to but not during the meal. Please know that it is not how much you eat but rather what you eat that causes weight gain. I eat large quantities of food but my weight remains the same. When I began my new life I was 227. In the 1st six months I lost over fifty pounds. I have maintained that weight since then.

Sugar - it should be classified as a narcotic. Once you stop eating sugar you will find that you have to go through withdrawal for a week or more. Sugar substitutes might eliminate the calories but do nothing to lessen the craving. It has recently revealed that sugar substitutes have been manufactured in such a way to heighten your desire for sugar. Please note that virtually all processed food is manufactured with sugar and salt knowing your body will desire additional fixes and thus creating a loyal *user*.

Cooked foods-I try to reduce the percentage of cooked foods I consume each month. Temperature helps to destroy the natural enzymes & nutrients. Many experts believe 80% raw-20% cooked is an ideal mix.

Beans - I buy them raw and soak them overnight. Recently I learned about how much more beneficial the sprouted form of the seeds and beans we eat. Sprouting only takes a few days and requires only an inexpensive hemp bag. This food is alive. It is still growing until the time we consume it.

Nuts – I only eat raw almonds and walnuts. Make sure to soak them before consuming. They along with avocado are my main sources of fat.

Grains – I eat grains every day, either quinoa, barley, oats or brown rice. They are cooked quickly in a pressure cooker.

Vegetables – Always fresh, a wide variety and organic if possible.

Fruits – I realize we always hear about “fruits and vegetables”. I would not classify them as nutritional equals. Fruit is very overrated in terms of nutritional value with large quantities of sugar albeit natural. Therefore, I try to limit fruit consumption. Make sure to consume fruit at the beginning of the meal because of the digestive properties of fruit. Please note that the seeds of grapes as well as the leaves from strawberries are extremely beneficial in fighting prostate cancer. Berries appear to be the most beneficial.

Milk – This product should come with a warning label. Because of all the problems with milk consumption, it should only be given to young children. There are other excellent sources for calcium. Milk produces mucus, which is an energy source for cancer. Daily consumption in general has been found to have a direct correlation to breast and prostate cancer. We are the only species that drinks another animal's milk. An excellent substitute for milk is almond or rice milk. I make my own almond milk in my Vita-Mix simply by blending almonds with water.

Protein – When veganism comes up in a conversation, invariably the 1st question is how do you get protein. I complement the F.D.A and the meat and dairy lobbies for a job well done. While all the science shows that we only require 2 ½ to 5 % of our calories to come from protein, they have everyone worried about getting 15% or more. Funny how Americans having one of the worst diets in the world are worried vegans lack of protein. Most would be surprised to know that spinach has more protein than steak. Would you rather buy “wholesale” or “retail”. The animals get their protein from eating plants. Buy your protein directly from the source. Beans are my main source of protein.

Desserts – I limit mine to almond butter and occasionally fruit.

Exercise - I would consider exercise a very close 2nd to food in the quest for optimum health. We know our body will produce endorphins, dopamine, oxygenates our blood, and helps prevent loss of muscle and bone density when we satisfy its thirst for exhilarating exercise. To assure myself the best chance of beating cancer, I have made exercise a higher priority than work. Make and keep exercise appointments as if they were doctor's appointments. If you prioritize the exercise, you won't need the doctor's appointment!!

My exercise focuses on walking, stretching, dance, Pilates, yoga and Tai chi. They are all extremely beneficial without any negative side effects.

Walking – a great way to get your body parts moving without any strain. I find it to be very helpful for blood circulation and personal reflection.

Yoga – this is my favorite. When I began five years ago, I was always the worst in the class. Yoga is the type of exercise that intimidates you in the beginning, because you can't do certain poses. This issue prompted me to discover my theory on exercise. All exercise is incremental. It does not matter at what level you began or what you can do. As long as you improve (even a very little) each time, you have time on your side. Yoga

attracts positive energy and is therefore essential in fighting cancer.

Tai Chi – I was advised to do tai chi shortly after being diagnosed. In the beginning I did not like it. In time I found the movements took me to an extremely peaceful place. For thousands of years it has been helping to provide optimum health and in 2009 Harvard Health did an article on Tai Chi that stated, “There is growing evidence that this mind-body practice...has value in treating or preventing many health problems”.

Supplements – I take several each day. Their purpose is either to help kill cancer cells and to build the immune system. I believe vitamin D3 is the most beneficial. Blood tests show that most people are significantly deficient in vitamin D. I take the following not listed in any particular order.

375mg of Beta Sitosterol

600mg of NAC (N-Acetyl-Cysteine)

150mg of Alpha Lipoic Acid

300mg of a multi-spectrum raw Vitamin c

500mg of Quercetin

1,000 IU Vitamin D3

250mcg of Sodium Selenite

100mg of CoQ10

250mg of Beta Glucan

500mg of L-Carnosine

Apple Cider Vinegar
3mg of Boron

G-d has blessed me

When I tell people “I have cancer” followed by “G-d has blessed me”, I am greeted with dumbfounded looks. I believe I have been blessed because G-d gave me a type of cancer that is curable. He also gave me the impetus to change my life in virtually every way. Lastly, he gave me a mission. I believe he gave me cancer, so that I might help others. I am always trying to give helpful suggestions to all that are willing to listen. My proudest accomplishment was to change the food offerings at our Synagogue in Florida. Four hundred people have a buffet meal after the Shabbos morning service. The food, for the most part, was extremely unhealthful. There was tons of mayonnaise, globs of unhealthful oils, sugary soda, potato chips and mounds of cookies on the children’s table. I met with the catering committee, and after some initial opposition, the meeting ended with the caterer being asked to follow my recommendations.

I am proud to tell you that water, club soda have replaced Coke and Sprite. Instead of chips and pretzels on the children’s table, there are now carrots and slices of

apples. Tabouleh salad and chickpeas have replaced potato salad.

Cancer is a scary word

Live your life as if you have cancer because most likely you do!! Cancer is a scary word. Like most scary things, there are misconceptions, misunderstanding, anxiety and overall fear fueled by the beneficiaries of the cancer industry. First you must reduce this scourge to its most basic component. It is nothing more than a defective cell. We all have them. Cells are constantly being produced and constantly dying. Like all cells, they have a very short life span. For most, the problem only gets our attention once it is diagnosed. The discovery comes from lab work generated as a result of symptoms, sometimes from the lab results alone. The diagnosis usually comes after one billion or more cells have joined to form a tumor. So if you assume we all have cancer cells and they are only diagnosed once they reach critical mass, why not live our lives in such a way that causes cancer cells die without presenting a problem as they do in people whom are not diagnosed with cancer. This is why I advocate live your life as if you have cancer. Not in fear, but rather in an enlightened way, knowing what promotes your defective cells and what kills them.

People who have food allergies know certain foods cause them to break out in hives and they may have trouble breathing. They are on guard because of the obvious cause and effect. This is how we must live our lives when it is not so obvious because the harmful impact is not seen until years later. If hives were known to be a precursor of cancer, and we developed hives when we weakened our immune system, then surely cancer would be less prevalent.

Attitude

Attitude is everything. This is a frequently used expression and this could not be more accurate than when it applies to cancer. “Every cell in your body is eavesdropping on your thoughts” according to Deepak Chopra. Study after study show if you perceive that you are ridding yourself of cancer, you are well on your way to becoming cancer-free. Someone once said “If you think you can do something you are right, and if you think you can’t you are also right”. Wayne Dyer says not to fear or hate your cancer. I have found it very helpful to envision the cancer cells leaving my body.

Act your age

If someone says “act your age”, I say, “G-d forbid”. At sixty, you want to be doing things people do at age thirty.

At eighty, you want to be doing the things people do at sixty. This is the way you live to one hundred and beyond. You ask most people and they will tell you they would be happy to make it to eighty, if they were healthy. Why? Because they see so many unhealthy people at age eighty and thus become victim of their own negative perspective. Remember - you are your thoughts!! Scientists tell us there is nothing stopping us from living healthy lives to one hundred and beyond. I ride my bike to work every day and at age sixty-five, my wife and I walked from Cherry Hill NJ to Longport NJ, a total distance of 52 miles. The prior year we biked the same distance.

Back to the Doctors

If you are younger than seventy and have prostate cancer, doctors are going to suggest a procedure. This is a given. It is based on many factors. I will give them the benefit of the doubt, and say they truly believe it is in your best interest. My other explanations are much more cynical. They have been brainwashed in medical school that recommended protocols are the only acceptable options. A doctor will never be sued for doing a currently acceptable procedure done properly. However, he could be found liable if he was to tell his patient to continue to monitor the situation and the patient subsequently dies. Surgeons are paid to perform surgery!! If you do not do

your homework, turning down a doctor's recommendation is difficult. After all they are the respected professionals who urge you not to delay in remedying the situation for fear of a more tragic outcome. Given these factors, most people acquiesce. One interesting observation, doctors are much less likely to have any surgery performed on them than the general public. In a recent survey completed by oncologists, nearly 75% said that if they were diagnosed with cancer, they would never submit to chemotherapy - nor let any of their family members do the same. Why? According to the same study, it is because the drugs that make up the treatment are “ineffective” and “unacceptably toxic.” My main objection to present protocol for treating prostate cancer is the same as my criticism of medical treatment in general. The practitioner seems to be treating the symptoms and never the root cause. Someone who is diagnosed with cancer has an 80% likelihood of having a future bout with cancer. This is what happens when you do not deal with the root cause.

My suggestion is to be well informed prior to discussing treatment options. In the end, you might still choose to proceed since many might not do well psychologically knowing they have cancer “growing” inside them or other risk factors.

Three near death experiences

Three different times in my life I have been close to death as a result of medical mistakes. Perhaps this might explain my reluctance to go the conventional route. At age fifty, I had pancreatitis. This came about by having gallstones that were undetected by doctors over the previous three years. The next experience was with sepsis, caused by having the prostate biopsy I mentioned earlier. The expression “one thing can lead to another” is exactly what happened here. As soon as I was released from the hospital, my body produced two pulmonary embolisms. A pulmonary embolism is caused by a blood clot that has dislodged and traveled to the lung or heart. Immediate medical intervention is necessary to prevent death. Doctors explained to me that the pulmonary embolism was caused by laying stationary in the hospital from the sepsis! I should point out that no one in the hospital ever warned me about that possibility. (By the way, I was very lucky that I told a friend who happens to be an emergency room physician about some chest pain I was experiencing. He was the one who suspected that it was an embolism and told me to go immediately to the emergency room, where it was indeed confirmed.)

As a result of having sepsis, I have been able to warn others of what to look out for. Since then, two of my friends have gotten sepsis. One later told me I saved his

life because he immediately went to the hospital after his initial symptom.

Biopsies

There are one million prostate biopsies done every year. This number should continue to increase based on the medical industry's strong emphasis on early detection. Bloomberg News reports four percent end up going to the hospital as a result of the biopsy. This percentage has doubled in the last ten years. As a result of coming within one hour of death in my severe case, I am strongly encouraging men to consider a non-invasive PCA3 urine test or a power color Doppler sonogram vs. a highly invasive potentially lethal biopsy. While taking the PCA3 might require a biopsy if the score exceeds a certain number, it will save thousands the torture I endured.

PSA

In 2011 a taskforce on psa testing came to the conclusion that on balance the recommendation for psa testing is not beneficial. They concluded that the amount of people helped does not justify the number of people negatively impacted via sepsis, impotence, incontinence and other problems resulting from invasive procedures.

Times are “A CHANGIN”

More and more there are cracks appearing in which some doctors and respected medical centers are questioning the merit of performing procedures on low-grade prostate cancer patients. Clinical trials are often times showing that the active surveillance group does as well as or better than those having a procedure. “Active surveillance” is the name given to those not having a procedure. Everyone is thrown into that same basket, the person who makes no lifestyle changes and the person who changes his entire life. I would strongly encourage all patients who choose not to have procedure to be proactive. There should be a name for people who choose lifestyle changes and alternative medicine from the start. Perhaps they could be called counter intuitive. Unfortunately, the medical community dismisses the successes of the counter intuitive as anecdotal and therefore non-scientific.

Angiogenesis

A brilliant radiation oncologist, Dr. William Li speaks about Angiogenesis – the body’s ability to build blood vessels. His contention is cancerous tumors release proteins that stimulate blood vessels to grow into the tumor providing it with oxygen and nutrients. Excessive

angiogenesis occurs when diseased cells produce abnormal amounts of antigenic growth factors, overwhelming the effects of natural angiogenesis inhibitors.

Antiangiogenic therapies are used to starve the tumor of its blood supply. His research had shown that certain foods and supplements could prevent angiogenesis naturally by reducing the blood vessels that are feeding the cancer. Pharma and the American Cancer Society are championing drugs that inhibit angiogenesis while ignoring natural foods and supplements that accomplish the same goal. Dr. Li shows that some of natural solutions are even more effective.

The correlation between food and cancer

Cancer cells have a coating that makes them *invisible* to the immune system. Normally, the pancreas produces enzymes that dissolve the coating. However, the digestion of animal protein requires significant enzymes causing a shortage of pancreatic enzymes. This is not the case with plant-based food. It should be obvious to everyone that the incidence of cancer and heart disease compared to other countries can only be explained by the differences in diet.

Rationalization and pragmatism

How many times have you heard “as we age we tend to get....”, or “who wants to live that long anyway”, or it’s inevitable that you are going to get cancer or heart disease in your seventies and the one I love best “you got to die of something”. These are the misconceptions of doctors and their patients. “The goal in life is to die young –as late as possible”. Do not buy into conventional wisdom. What if you changed your mindset to think in terms of living to age 100 but genetically being age 50? All that it takes is living a lifestyle that is conducive to obtaining that goal. In our “copycat” society all it takes is seeing some role models. Perhaps you can be the role model in your peer group.

Certainty

Many have written about the importance of ones need for certainty. As I begin my sixth year of my new life I had a chance to reflect on this issue. It appears to me that physicians try to provide certainty while at the same time question your certainty about contrary beliefs to theirs. I have seen four urologists each suggesting a procedure to create certainty in my mind about my health. That is their job to make you feel confident in your decision. My problem is how they consciously or unconsciously tried to

make me feel uncertain about my decision to change my lifestyle as my course of action.

Only now is it apparent their way of undermining my certainty was by using words like risky, dangerous, unproven and unscientific along with dismissing studies showing positive results of certain foods and supplements. Even after seeing nine consecutive reductions in my PSA, doctors spoke to me about men with a high PSA who did not have cancer while others with a low PSA who did have cancer.

I just had an ultrasound because I was curious about the status of my tumor. Prior to the test the physician made it clear that even if the test shows everything to be normal; he would not be able to say with 100% certainty that there was no tumor. Perhaps in the past, having much less clarity than now, his statement would have bothered me. I now realize there is no such thing as 100% certainty. It is only a state of mind. By the way the test showed no evidence of a tumor.

I do not want to be critical of physicians since I believe they are saying what they believe. I do believe in their own need for certainty and therefore they cannot question the present protocol for fear of becoming conflicted about the necessity to radiate and perform surgery.

My hope is that as the evidence continues to mount questioning the efficacy of performing procedures on men with low-grade prostate cancer those physicians will be encouraged to recommend non-active treatments along with monitoring. Until then become well informed and stay true to your own beliefs.

Crawl before you walk

It has been suggested to me that it is unrealistic to expect people to change their lives upside down especially if they have not yet been diagnosed with cancer. Especially considering that your dietary habits have been in place for fifty or more years and are constantly nurtured and reinforced by our culture and the media. With regards to diet I would like to offer some small changes one can make that may be deemed less onerous and hopefully built upon over time.

Substitute Veganise for mayonnaise. You will not notice a difference but you avoid some harmful ingredients.

Substitute club soda mixed with grape or orange juice for Coke or Sprite.

Substitute seitan for meat. I defy you to taste any difference.

Substitute Bragg's Liquid Aminos for salad dressing.

Substitute coconut oil for butter or margarine.

These small changes will have a great impact on your health and hopefully motivate you to do more.

Being cured of cancer

If you are diagnosed with cancer the best you can do is manage it; I do not believe in the concept of "a cure for cancer". It might be harmful to believe that you are cured as a result of successful surgery and/or radiation. These procedures "when they are successful" suggest that the immediate assault on your body have been thwarted. They say nothing of the underlying causes for the uncontrolled growth of cancer cells in your body. Instead of thinking cure, beating or eradicating; think in terms of managing and coexisting. Is there anything wrong with having cancer if you are not in pain, have no side effects and do not die from it? Cancer that has been surgically removed or radiated produces many side effects, limitations and often returns with a vengeance if lifestyle changes do not accompany the procedure.

Not always a bowl of cherries

I do not want to give the reader a false impression. There are times when I have questioned my decision as to whether I am doing right. Whenever I had something wrong with me physically, I would ask myself “is it related to the cancer”. Twice, after long walks, I had significant blood in my urine. The spreading of the cancer was ruled out after I had an ultrasound. Once my PSA rose and again I questioned myself. This also turned out to be a non-issue. Whenever I would hear about a young man dying from prostate cancer it used to unnerve me. Thankfully those occurrences and thoughts are less infrequent. My guess is because I feel so good everyday it reassures me that I am in a good place. I once met a well-respected cardiologist who is known for devising a very healthful diet. I told her I had an interest in knowing more about her diet because I was treating myself for prostate cancer. When she asked whether I had radiation or a prostatectomy, I told her neither, and that I was treating myself holistically. At that point she became furious and called me a fool. Things like that can test your resolve but I have concluded that I am taking the right approach for my wellbeing.

Some other techniques I am utilizing:

Fasting – Fifteen years ago I almost died from undiagnosed gallstones that resulted in pancreatitis. This caused my liver enzymes to increase tenfold. I was told this would be permanent. My son, Adam, advised me to do a four-day fast only consuming water. It took me two years to finally heed his advice. Shortly after my first fast my liver functions were all normal. Since then, we fast three times each year for several years. Fasting greatly helps the body release harmful toxins. I have given up fasting mainly because I believe what I am consuming is at such a pure level that my body is free of toxins.

Far infrared sauna – I had known from my research that hyperthermia performed primarily in Germany was extremely successful at curing cancer. It appears that excessive heat focused on the tumor is able to kill the cancer cells without harming the good cells. While I do not believe going into my far infrared sauna is equivalent to hyperthermia, I believe it has many beneficial qualities.

Massage – They tell me it helps release toxins. I just know it feels great.

Prayer - I have never asked G_d to help me beat cancer. Often I pray to him asking only for good judgment on taking the best course of action.

People to thank

While many people are very private about their cancer, I feel it has helped me to speak about it freely with others. It helps to have their support and their prayers. I would like to single out some people who have made this journey possible.

My family has been very supportive. Perhaps not 100% at first, but once they began seeing the positive results, they quickly got on board.

Friends have been caring and for the most part supportive of my approach. Some have expressed cynicism and thought that I was being naïve about my healing process. I fully understand where they are coming from, based on their full acceptance of western medicine.

Brenda Cobb has survived breast and cervical cancer as a result of changing to a diet consisting of mainly raw food. She is now helping others with her wisdom at her The Living Foods Institute, in Atlanta.

Her book *The Living Foods Lifestyle* has been a godsend.

Roger Mason is the author of *The Natural Prostate Cure*. This book can be downloaded from his web site,

www.youngagain.org. Roger is a very decent unselfish person who has helped me immeasurably.

Dr. Scott Greenberg is an alternative MD who has always given me good council.

The late Dr. Edward Wagner is a nutritionist who has aided me through the confusing world of supplements.

Special thanks to all of my yoga and tai chi teachers: Pam, Nancy, Joanne, Marlen, Hernan, Joanna, Ann Marie, Katie and Morris. They all offer the gifts of calmness and inner peace.

Dr. Israel Barken is a retired urologist who founded the Prostate Cancer Research and Education Foundation. He is a strong proponent of the utilization of various non-invasive techniques in the cure of prostate cancer. He also hosts a weekly radio show in which callers from throughout the country call in to ask their prostate questions.

Suzanne Somers wrote the book *Knockout*, in which she interviews courageous physicians who have challenged conventional treatments for cancer. I would strongly recommend this book whether or not you have cancer.

Wayne Dyer and Deepak Chopra both have inspired me. Anything you read from these men will only help you in every aspect of your life.

Mike Anderson the author of *Healing Cancer From Inside Out*. After reading the book or watching the companion DVD, you will never think the same way about your health or your health practitioners.

Lastly and most importantly: my wife of 43 years Shelly. It is difficult to change every aspect of your life at age sixty, and virtually impossible if your spouse is not on board. Shelly not only has changed her diet to that of mine, but also supplies me with an abundance of healthful soups. She also scrutinizes what I eat outside the home. For all of this and countless more, I am forever in her debt.

Closing thoughts

I guess it is safe to say that our personal perspectives are shaped by a lifetime of experiences. Perhaps, if I did not almost die three times as a result of medical procedures, I might have reached a different decision on how to treat myself. I believe there is something to be said for the obvious physical and psychological benefits of a procedure that goes right. I also believe that we must be aware of the chances for medical mistakes, the negative

byproducts, as well as the long-term consequences. In the end, everyone has to make the decision that is right for them. I only ask that you are knowledgeable regarding all aspects of the issue.

As for myself, I am extremely happy with my decision. I continue to monitor the situation. If for some unforeseen reason my situation changes, I will gladly choose a conventional treatment. Yoga teachers emphasize that it is so important to “be in the present”. I feel better than I did twenty years ago, and hope to continue to do so. Since the start of my new life, my PSA went from 4.7 to 2.1, my PCA3 went from 65.7 to 15.4 and more recently under 9(35 and above shows a strong indication of cancer), my weight went from 227 to 180 and my cholesterol went from 190 to 108. Please remember preventing cancer is easier than reversing it. Thank you for your time and I hope there was something you read that will be beneficial.

Nelson Berman