



HELPFUL DIETARY STEPS with Prostate Cancer

Fibre — At least 18 grams per day soluble and a further 17 grams insoluble (see Fibre Info Sheets).

- Shown to lower PSA by 10% and helps blood sugar balance.
- Nuts-almonds highest + zero AA fats (see fats below), quinoa, buckwheat, okra and Brussels sprouts.

Use lower Glycaemic Foods (see GI list) with fibre and protein to balance blood sugar in every meal and avoids blood sugar upsetting (i.e. caffeinated beverages) as raised insulin levels are associated with raised levels of Insulin Like Growth Factor (IGF-1) which in turn associated with development of Prostate Cancer (Arnott, 2000 and Plant, 2000).

Beta-sitosterol Rich Foods — Shown to reduce prostate cancer cell growth. Barley (see barley sheet), buckwheat, sorghum (African grain related to millet in multi grain corn thins by Real Food Co.), oats (see sheet), citrus peel*, okra, peas, broad beans, rice bran (at health shops — also high in mixed tocotrienols + tocopherols to and Vitamin E), soya, root ginger.

Soya and Phytoestrogen Rich Foods, BUT ensure good gut flora from probiotics in conjunction (see Phytoestrogen info Sheet for foods + info). Action due to cholesterol lowering capabilities of beta-sitosterol as well as due to reducing 5 alpha reductase enzyme activity which produces DHT involved in prostate hyperplasia. Increase levels of SHBG (sex hormone binding globulin, produced by liver). Anti-cell proliferation, anti-angiogenic + cell redifferentiator.

High ORAC¹ Value Veg + Fruit: Kale, Garlic, alfalfa, Cabbage family — Brussels sprouts and broccoli, plums, berries and cherries (blueberries, bilberries, blackberries, raspberries or strawberries), oranges, red grapes (NB Organic as these are especially high in pesticide residues — see MAFF-WHICH report), all Onion family etc.

Herbs + Spices** — Rosemary (super anti-oxidant value as very fat oxidation protective, carnosic acid which inhibits initiation + spread in animal trials, upregulates phase II enzymes, see sulforophrane below-Clayton, 2001), Thyme, Oreganum, Garlic, Turmeric (curcumin), Saffron, Tamarind.**

Lycopene — A carotenoid pigment shown to reduce PSA by 15%. Harvard research recommends 6.5mg per day as prostate preventative (21% decreased risk) measure.

¹ ORAC = Oxygen Radical Absorbance Capacity, is the measure of the vegetables or fruits anti-oxidant capacity (i.e. its ability to quench damaging free radicals).



Shown to reduced tumour size and spread in human trials (Arnott, 2000 and Dr. Kucuk, Karamanos Cancer Inst., Detroit in Moss, 2000).

→ Tomatoes + tomato juice (make own rather than high salt varieties especially if bone density is an issue); pink grapefruit; guava; water melon; cantaloupe.

ALL Carotenoids — Sweet potatoes, winter squashes especially butternut, carrots, watercress, oriental leaves (pak choy, mizuna etc) apricot, mango, Sharon fruit. Study reported by Moss (2000), men with prostate cancer had lower blood carotenoid levels.

Limonoids (limonene + its metabolite perillyl alcohol) — Action in trials: causes cancer cell re-differentiation, enhances phase II detoxification of carcinogens, apoptosis, inactivates oncogene of prostate cancer. Citrus peel, celery, dill, caraway, coriander, bergamot (used to flavour in Earl Grey tea), mint, lemon grass.**

Sulforophrane Rich Foods (see Arnott , B., 2000 and Useful Cancer References) — Hormone balancing; enhances phase II detox. enzyme absent in prostate cancer cells. All cabbage (also called crucifers because of the plants have 4 leaves like a cross) family foods including: horseradish, mustard seed, cress, broccoli (especially sprouting), Brussels sprouts, cauliflower, cabbage, pak choi, kohlrabi, turnip (**AVOID wilted or frozen** with absent or low amounts).

Coumarin Rich Foods — Immune stimulants and anti-oxidants e.g. carrots, celery, citrus fruits, fennel etc.

Low Animal Protein Diet — minimum Red Meat and Cheese (less than 1%). Use vegetable source protein from beans, nuts (walnuts + pecans), soya + quinoa.

Reduce Fat — 6-8% of diet only. Avoid foods high in arachidonic acid and bioactive fats — all red meats + cheese, flax oil, corn oil, peanut oil (as in butter), walnuts, pecan nuts. Dairy consumption at 2.5 portions a day, associated with 50% increased risk in prostate cancer (Murray, 2001). N-3 fish fat EPA associated with reduced prostate cancer risk. Antimet. (inhibits collagenase), encourages cancer cell redifferentiation, inhibits cachexic weight loss, anti-inflammatory.

Zinc Rich Foods — Reduces 5 alpha reductase enzyme activity responsible for producing DHT hormone involved in prostate hyperplasia. It inhibits the action of prolactin involved in dev. of some prostate hyperplasia. It binds heavy metals in particular cadmium (especially from smoking) linked to prostate disease. High concentrations in healthy prostate tissue — pumpkin seeds or pumpkin seed butter (Code HINOPB 344/568 — £12.25/£14.90), egg yolk, fish, crustaceans (especially oysters), oats, rye, peas, ginger, thyme, black pepper. Organic where possible to avoid NPK fertiliser which antagonises zinc.



Vitamin E and Selenium Rich Foods — Reduced death rate by 40 % and risk of disease by 30% in one study using 50ius only per day. Vitamin E (tocopherols — D alpha is standard form) in nuts, seed, grains, green leafy vegetables, avocado. Selenium = Seeds, some nuts + Crustaceans. Vitamin E (Tocotrienols — more mobile + 40-60 times more re-usable than tocopherol form of Vitamin E) in rice, oat and barley bran.

Immune Stimulating Polysaccharides — Pear Skins + Shiitake.

Green Tea — 4 cups per day unless cachexic or low weight then best to take as isolated anti-oxidants called catechins as supplement to prevent thermogenic and weight loss effect. Green Tea reduces 5 alpha reductase enzyme activity producing DHT involved prostate hyperplasia.

Nettle Tea — Reduces 5 alpha reductase enzyme activity producing DHT involved in prostate hyperplasia. Powerful anti-inflammatory + Decongestant.

Variety** is the Spice of Life — e.g. elements of Asian + especially Thai Cuisine² seem favoured in their preventative value in studies.

Eat Organic and Avoid Packaging in order to avoid Xenoestrogens (oestrogen mimics) in the environment and food packaging — bisphenols, pthalates, alkylphenols and hormone disrupting pesticides (e.g. lindane, atrazine, endosulfan, DDT), packaging, plastics which accumulates in fat cells, respectively.

AVOID Stress!

GET Sunlight — Good levels of Vitamin D associated with lower disease risk although high calcium consumption can block bodies ability to synthesise Vitamin D and carry increased prostate disease risk. However in advanced disease cases at high risk of osteoporosis, the intake of calcium via diet + supplements should be considered by the oncologist and advised upon. Good sources of Vitamin D in the diet include eggs, most oily fish especially sardines.

USEFUL RECIPES

****Quick + Easy** (book) by Troth Wells Oxford: NI Publishing Ltd., 2001. Brings World Recipes to Western Kitchen in, as it the title says, a quick + easy format. So lots of recipes for those healthful common ingredients: chickpeas, lentils, rice, nuts, the c spices (coriander, cumin etc.), coconut milk, tomato plus more unusual ingredients like: plantain, okra, galanga-related to ginger + turmeric), tamarind. Well indexed by ingredient. Fits in

2.) Citrus peel rich in anticancer phytonutrients especially bioflavanoids such as quercetin, hesperidin, rutin etc.

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well with the NEW Spice Co. range of exotic spices + herbs launched by Seasoned Pioneer www.seasonedpioneers.co.uk or call 0800 0682348 or available end of aisle Sainsbury's. Wide range of Asian spices listed by country and region includes Thailand, Indonesia, Vietnam etc.

Braised red cabbage-peel, Spanish cabbage soup, cabbage + garlic, Sousboontjies, Soup- tamarind. Cauliflower + chickpea, stew-saffron, minted quinoa + crunchy pine nuts-peel, kale and chickpeas, pasta-kale, Thai pesto (Thai basil), coconut soups, buckwheat bake (buckwheat), Irish colcannon (kale), quinoa + okra stew (pectin), broad bean pate (handmix with tofu + lemon juice).

In addition see Jane Sen's Cookbooks in Useful Cancer Refs Sheet.

Sen, Jane (1998) *The Healing Foods Cookbook: Vegan Ways to Wellness*, London, Thorsons (1st Ed.)

Sen, Jane (2001) *More Healing Foods ... Cook at BCHC*, London, Thorsons (1st Ed.)