



The
Informed Prostate Cancer Support Group, Inc.

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NEWSLETTER

June 2007

Next meeting:

Saturday, June 16, 2007 10:00AM to 12:00PM
at the Ascension Lutheran Church,
5106 Zion Avenue, San Diego, California
(2 Blocks West of Waring Road - Ample Parking)

Our Group is a Source of Information for a High Quality of Life. We urge you to call one of our group leaders BEFORE making any treatment decisions. We frequently learn that men who are newly diagnosed with PC are overwhelmed by the frightening magnitude of their condition. They opt for immediate resolution of their disease, which usually ends up with surgery, radiation, or other invasive treatment. Our experience tells us that PC is a slow growing disease, which can be controlled by other means. Hence, we advocate getting a second opinion, preferably from an Oncologist who specializes in PC. This is why we recommend asking us for more information before deciding on a method of treatment.

Program for June

Our program for June 16 will be a round table discussion of our therapies. Join us.

May Meeting Report

Coryn Lyle spoke on the importance of the digestive system, the value of herbs, and on various ways to heal the body. Coryn has worked or studied at over 20 health centers in the world. Her healing ideas are in between Gerson and Hippocrates but offers a simpler way of practicing the healing practice. She pointed out that our gastro-intestinal tract is most susceptible to allowing cancer to develop in our bodies. Improper foods require too many of our stomach enzymes, which are also needed to fight cancer cells.

The following is a good supplement to the talk by Ms. Lyle, and explains more than your editor was able to jot down. It was sent to us by the Fullerton Support Group and is entered below in its entirety.

CANCER UPDATE FROM JOHNS HOPKINS

- 1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.**
- 2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.**
- 3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.**
- 4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.**
- 5. To overcome! the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.**
- 6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly- growing healthy cells in the bone marrow, gastro-intestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.**
- 7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.**
- 8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.**
- 9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.**
- 10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.**
- 11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.**

CANCER CELLS FEED ON:

- a. Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses but only in very small amounts. Table salt has a chemical added to make it white in color. Better alternative is Bragg's aminos or sea salt.**
 - b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk cancer cells are being starved.**
 - c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.**
 - d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try to drink fresh vegetable juice (most vegetables, including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).**
 - e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water - best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.**
- 12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines become putrefied and leads to more toxic buildup.**
 - 13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.**

14. Some supplements build up the immune system (IP6, Flor-ssence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the body's own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, unforgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

Special Announcements

We are encouraging our members to visit Dr. Mark Sholz or Dr. Richard Lam for a color Doppler scan of your Prostate. This scan will provide a more accurate analysis of your disease and can lead to proper treatment. Both Doctors are located at Healing Touch Oncology, 4676 Admiralty Way, #101. Marina del Rey, CA 90292 and can be reached at 310-827-7707 or by Email: mark@prost8cancer.com. (Use Lyle LaRosh as your reference.)

We also recommend that you get monthly PSA exams (making sure that you have not had any activities that would give a false positive). Also, get a second opinion on your biopsy slides. We recommend that you send them to Dr. Richard Safrin, Alvarado Medical Center, 6655 Alvarado Road, San Diego CA 92120, at 619-287-3270, using Lyle LaRosh as your reference.

Dr. Leibowitz' research on Testosterone Replacement can be helpful to those who have been on Hormone Blockade. For more information contact Dr. Leibowitz's website at www.compassionateoncology.org.

More information about Testosterone and Prostate Cancer:

"Back in 2003 Dr. John Lee published his booklet, "[Hormone Balance for Men](#)." The basic premise was Dr. Lee's seemingly revolutionary stance that it's not testosterone that causes prostate cancer, it's estrogen dominance. Yes, men can also be estrogen dominant. Of course this stance was greeted with scorn by his colleagues because it's been commonly accepted in conventional medicine that testosterone causes prostate cancer. Of course the tide is now turning and this review from Harvard of the "testosterone causes prostate cancer" literature is the first wave.

"According to an article in the Harvard University Gazette, the author of the study, Abraham Morgentaler, a urologist at Beth Israel Deaconess Medical Center and associate clinical professor at Harvard Medical School said, "We reviewed decades of research and found no compelling evidence that testosterone replacement therapy increases the incidence of prostate cancer or cardiovascular disease."

"In the review, Morgentaler reports that, 'Multiple subsequent reports revealed no pCA [prostate cancer growth] progression with T [testosterone] administration, and some men even experienced subjective improvement, such as resolution of bone pain. More recent data have shown no apparent increase in pCA rates in clinical trials of T supplementation in normal men or men at increased risk for pCA, no relationship of pCA risk with serum T levels in multiple longitudinal studies, and no reduced risk of pCA in men with low T. The apparent paradox in which castration causes pCA to regress yet higher T fails to cause pCA to grow is resolved by a saturation model, in which maximal stimulation of pCA is reached at relatively low levels of T.'

"Morgentaler concludes, 'This historical perspective reveals that there is not now—nor has there ever been—a scientific basis for the belief that T causes pCA to grow. Discarding this modern myth will allow exploration of alternative hypotheses regarding the relationship of T and pCA that may be clinically and scientifically rewarding.'"

SOURCE = Virginia Hopkins Health Watch <http://www.virginiahopkinstestkits.com/vol3issue4.html>

Dr. Mark Sholz is the new Executive Director of PCRI. For more information call 800-641-PCRI or contact their Website at www.prostate-cancer.org.

You can get up-to-date info about PC from the Prostate Cancer Foundation at its website www.prostatecancerfoundation.org/site/.

We will be supporting the Cancer Survivorship Celebration of Life on June 10 2007 at the Bloch Cancer Survivors' Park, 4100 North Harbor Drive, San Diego. Save the date and join us. Call 858-278-9825 or 619-892-3888 for more information.

Please note: In October, 2007, we will be moving our meetings to the John Moore's Cancer Center Auditorium, 3855 Health Sciences Drive, La Jolla, CA 92093. They are offering their facilities as community outreach, thanks to Kevin T. Murphy, MD, Chief, Stereotactic Radiosurgery Service. (We are not becoming a part of the Cancer Center.) We will have a better meeting place with more amenities. More great news coming up.

Finances

We want to thank those of you who have made special donations to IPCSG. We again are reminding our members and friends to consider giving a large financial contribution to the IPCSG. This can include estate giving as well as giving in memory of a loved one. We need your support. We will, in turn, make contributions from our group to Prostate Cancer researchers and other groups as appropriate to further their efforts. Remember that your gifts are tax deductible because we are a 501(c)(3) non-profit organization. Our group ID number is 54-2141691. Corporate donors welcome!

Announcements

You are invited to visit our web-site at www.ipcsg.org. You will be able to link to the latest studies in all aspects of Prostate Cancer. We also have developed a brochure which provides the group philosophy and explains important treatment considerations and health habits. Copies may be obtained at our meetings.

Member Gene Van Vleet is working on a research grant on the effectiveness of the various Prostate Cancer treatments used by our members. He has also placed ads about our group in the local newspaper. Watch for them.

Members or persons may call our president, Lyle La Rosh, at 619-892-3888 with questions about Prostate Cancer. Members with newsletter material may call the Editor, Carlos Richardson, at 858-278-9825.

Please notify Bill Geideck, at 619-475-3433 if you have an e-mail address or a change to your e-mail address. We are spending over \$200 each month on US Postal Service mailings, so let us know if we can switch you to e-mail. If you receive the Newsletter by Postal Service we need to know if you change your mailing address (we have to pay for mail returned because of a wrong address), .

The Prostate Cancer Communication, published by PAACT, the Patient Advocate for Advanced Cancer Treatments, provides up-to-date information on treatment for Prostate Cancer. You can subscribe by calling them at 616-453-1477 or by e-mail at paact@paactusa.org for an application. A recent issue contains a column by Dr. Bruce West of Health Alert, in which he declares that PC is a Systemic Disease, and that "any local treatment, alone, is inadequate".

Dr. Mark Scholz recommends that prostate cancer patients all get quantitative bone density tests. You need a prescription and a note from your physician to get a QCT bone density test. "Open Air MRI" has seven (7) locations in San Diego County. Their telephone number is 858-622-6464.

After our Saturday meeting we gather at the SOUPLANTATION, at 6171 Mission Gorge Road, to continue our discussions over a healthy luncheon, all are invited to join with us.

Our Steering Committee meets for lunch at Baci's restaurant (preferred) at noon on the first Tuesday of each month. All members are welcome! Please call Lyle La Rosh at 619-892-3888, to make reservations and to verify location.

More PC info: The Prostate Cancer Research Foundation (PC-Ref) meets on the 2nd Saturday of each month at Alvarado Hospital, 6655 Alvarado Rd. They start at 10:00 AM for newcomers and at 11: AM for every one. Check website www.pcref.org.

OUR MISSION

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The original and most valuable activity of the INFORMED PROSTATE CANCER SUPPORT GROUP is “networking” with fellow patients. We share our experiences, information, and attitudes, and we offer our support to men recently diagnosed---as well as survivors at any stage. Networking is sharing oneself with others for the good of us all. All aspects of prostate cancer are “controversial”. But by sharing our knowledge and experiences we learn the best and latest treatments for survival of this disease. So bring your significant other, and your input, and join us.

If you no longer wish to receive this newsletter, please write to: IPCSG, P.O. Box 7033, San Diego, CA, 92167, or call Tim Glinatsis at 619-398-5445. E-mail subscribers can click on the [unsubscribe](#) link at the bottom of the email cover to this Newsletter. Please include your reason for removal, for our records.