

March/2013 . . . Eileen Fauster, Holistic Health Practitioner

Subject "the role Nutrients play on Prostate Cancer treatment."

In May last year Eileen gave an overall presentation on nutritions in general and how important they are for our overall health. In the past March meeting she focussed on the role specific nutrients play on prostate cancer and their impact on our prostate health. She also talked at length about Acupuncture and the roll it can play in treating the different symptoms and ailments that come from our prostate cancer journey. Here is what she had to say.

Let's get some more water into your diet, let's get some lemon water in, have a Greek salad a few times a week. It's a little easier to start that way and then get in more good stuff and slowly start to process out the bad. Another area that I am trained in is as a cancer therapist. I work with cancer inflicted individuals, helping them with



their nutrition, with their lifestyle and giving them the emotional support they need. When you get the cancer diagnosis, of course it is really overwhelming and is a tidal wave of feelings: shame, panic, what does this mean for my longevity, to my quality of life? Working with people is a great source of fulfillment, to see people feeling better every morning when they wake up. People are mostly waking up feeling stronger, no longer feeling panic, no longer worrying about what today's test results are going to bring. Some people come two weeks after they are diagnosed, some people come five years later wondering what they can do to avoid this from happening again. The other area that I'll be talking about today is my degree as an acupuncturist. It's a modality I love. One thing acupuncture is good for is helping men with their sexual function, as well as many other issues. Mostly what I will be talking about today is nutrition and acupuncture.

What are the foods that play a part in prostate health? I'm not only talking about foods that help sustain a healthy prostate but also the foods and nutrients that are effective in treating prostate cancer or support recovery from prostate cancer. The fruits and nutrients I'll be looking at are: lycopene, citric pectin, pomegranate, green tea, zinc and cruciferous vegetables. What I found interesting as I was doing my research is it's extremely difficult to find research done on normal foods. The obvious reason being that the research is being done on drugs because that's where the money is made. Foods that you can get at the grocery, no-one can make money on that and because of that, not much investigation is made.

Research is few and far between but I did my best to find a variety of sources for each of these fruits mentioned and to give you a fairly strong picture of what is good and what can help you in whatever stage you are in currently. I'll be discussing what acupuncture is, how it works, what ailments it is good for, how it can help erectile dysfunction as well as help urinary incontinence and finally, how to pick an

acupuncturist, which will be easier now as the industry has just become regulated in Ontario. Unless you are part of the College of Traditional Chinese Medicine Practitioners and Acupuncturists, you cannot legally practice in Ontario.

Talking about the first nutrient I mentioned, **Lycopene**. Lycopene is a phyto-nutrient. Phyto is a prefix meaning plant, so it's natural, coming from a plant source. Lycopene is red pigmentation to fruits and vegetables, so it's most commonly found in tomatoes, tomato paste, tomato products, as well as in watermelons, papayas, pink grapefruits. What makes lycopene so good is, it's not only good in reducing the risk of developing prostate cancer but also, once prostate cancer has been diagnosed, it can be effective in reducing the cancer growth. A couple of things about lycopene before I get into the studies. The first is the bio-availability of lycopene is higher when it has been cooked and processed. Bio-availability is your body's ability to absorb nutrients. A food that has a higher bio-availability means your body can absorb it easier, can use the nutrient assets from that food at a higher and more efficient rate. What they're saying is instead of raw tomatoes, you're better off having it cooked, as tomato paste or puree.

Another very important item: dietary fat is very necessary for absorbing nutrients. If you are juicing anything, it's very important, whether it's a fruit juice or a vegetable based juice, to put in a couple of drops of oil when you drink it. The presence of the oil makes it easier for your body to absorb the nutrients. Likewise, here with lycopene, the presence of dietary fats, as a suggestion - olive oil, pumpkin seed oil - is very good for improving and enhancing the absorption of the nutrients. The reason I mention pumpkin seed oil, I know it's not a very common oil, pumpkin seed, you'll find out later on, is very high in zinc and zinc is very good for prostate health.

Now I'd like to get into a few of the studies regarding lycopene. 2007, Food and Drug Administration of the U.S. had a study showing that processed tomato consumption has been associated with reduced risk of various cancers, including prostate cancer. As mentioned before, you will see a difference in what helps prevent cancers and what helps when you have cancer. Lycopene is good on both sides, prevention as well as recovery from. Another study a few years later, showed that consuming lycopene did not make a difference. You have to realize that this is based on statistics and a certain bar must be reached. Lycopene did not reach that bar in this study. Two studies, one said "Yes" and the other said it was in the grey area and could not conclusively say so. Another study focussed on some people who may have had ra-

diation to recover from prostate cancer. This particular study refers to patients who had been scheduled for surgery, in the three weeks prior to surgery, every day having tomato sauce meals, pasta related. So they had the patients on the tomato sauce and a control group not having any tomato sauce in their meals and what they found was, before surgery at the end of three weeks, those who had consumed the tomato sauce had a lower rate of the prostate cancer cells. These studies, when they focus on a particular nutrient or particular food, are talking about excessive levels of consumption, certainly more than what we consider normal. Not many people, unless otherwise requested, would have tomato sauce every single day for three weeks. When you're part of a clinical study, it's great for three weeks but it's not something you would do naturally. In some cases it's easier to go with supplementation than it is to go with the actual food. Because, in the food form, it's such a high volume, it's not practical. I know your prostate health is on the line but, at the same time, you've got to live. Lycopene supplements showed they had a greater response in terms of lowering tumour growth, as opposed to the control group that did not have the supplementation. Keep in mind that some of these studies are done in-vitro, in a test tube, not in human form. Having read many human studies, I can say that the results are not as obvious as in animal or in-vitro trials.

The next group is **Citrus Pectin**. As you know, pectin is used in jam, it's found in apples and is a digestive aid. You find it in the pulp and peel of citrus fruits. When I say peel, I'm referring to the pith, I'm not saying to actually eat the orange peel. They have found that citrus pectin can be effective in recovering from various types of cancer, including prostate cancer.

The next thing is **Pomegranates**. Various studies show that prostate cancer cell growth is inhibited by pomegranates. Punicic acid, the primary constituent of pomegranate seeds being the strongest inducer of cancer cell death. The juice is in the seeds, which taste great — a little tart — and they are great sprinkled on top of a salad. I can eat a whole pomegranate for breakfast, they're delicious. This is a food that's good once you've been diagnosed with prostate cancer. Bonus! A California study showed that consuming pomegranate juice on a regular basis can improve mild to moderate erectile dysfunction. As a nutritionist, I recommend eating the fresh pomegranate. The juice has been pasteurized and the nutrients have been killed in that process.

Green Tea: This, as you may know, is full of anti-oxidants, which kill free radicals. Free radicals are something that are made every second of every minute of every day in your body and they are a natural by-product of metabolism. Antioxidants are vitamins and minerals that reduce that number and keep you healthy. Green tea has many health compounds, one of them is something that goes by the initials EGCG. This compound is considered very good in reducing prostate cancer cell growth. In one study, human prostate cancer cells were treated with EGCG and then with radiation

and what's interesting here is that it helped maintain the health of the healthy cells. After radiation, as you know, a lot of the good cells have been killed and the EGCG had protected them. However even drinking large amounts of green tea is still relatively ineffective. What you need is supplementation. Another reason green tea is consumed so much in Asia is because it's very good at digesting fat, not only for the purpose of staying slim but just for digestion alone, you don't feel ill at the end of a meal or the next morning. If you are interested in supplementing your diet with green tea, I highly recommend that you get a Chinese friend to take you to Chinatown and guide you on getting the best tea you can find here.

Zinc: This is a huge requirement for men. Just as iron is very important for women. Women lose iron in their cycle every month in their blood and likewise, men lose zinc every time they have an ejaculation. Both sexes need a lot of iron and both sexes need a lot of zinc. For men, zinc is in your semen, which is not just a liquid for the purpose of transporting sperm. Semen is the nutrients that feed the sperm on their big journey. Zinc and vitamin C and glucose is in semen, so every time there's an ejaculation, they get lost. Zinc is also needed for both sexes for immune support. If a man is not nourishing himself properly over the years, zinc becomes depleted. This becomes a huge problem because they need it every minute of every day for their immune support, as well as for prostate function. Not surprisingly, zinc deficiency is implicated in prostate enlargement. Where can you find zinc? Oysters, pumpkin seeds, sunflower seeds, lentils and molasses. I strongly prefer the seeds and lentils over the oysters, simply because the bio-availability of zinc is higher in plant proteins. The prostate contains the highest concentration of zinc of all the soft tissues. Concentrations decrease significantly during prostate cancer. 2009 studies have shown mixed results but the experimental data strongly suggest a protective role of zinc in the prostate. A Linus Pauling Institute 2005 study showed that zinc is especially important in the prostate and may protect it from early damage that could lead to cancer. Zinc supplementation is less useful than the food sources mentioned above. Zinc may not prevent already cancerous prostate cells from growing.

Cruciferous Vegetables: Those are broccoli, kale, Brussels sprouts, cabbage, radishes, turnips. Various studies from the Netherlands, U.S., other parts of Europe, over a ten year span all, agree cruciferous vegetables are very good for preventing cancer, however, there is no statistical evidence to show that they are good at preventing prostate cancer.

Acupuncture: I want to talk about one of my favourite topics. Nutrition is one and Acupuncture is another. Acupuncture is the penetration of the skin with needles and, contrary to a lot of misconceptions, there is no fluid, there is nothing in the needle. It is nothing but a surgically very fine wire that is going into an acupuncture point. Acupuncture points are connected by meridians which run throughout the body. I guess the best way to think of it is to imagine a lot of high-

ways on your body, basically going up and down. For the sake of argument, they go straight up and straight down your arms, the torso, your legs, up into the head. Now imagine that one of those highways is a three lane highway and one of the lanes is blocked. The same amount of energy wants to pass through there but there's a blockage and things aren't flowing very well. A blockage may be in one place but you feel the pain in another place. So the acupuncturist may put a needle where the blockage is and the presence of a needle unblocks that pathway, energy can flow at 100% and this pain, this discomfort, this immobility disappears. Sometimes it takes a few treatments, sometimes it's immediate, depending on the nature of the ailment and the person. I do admit that, like any course, acupuncture is no different in that there's always going to be a small percentage of the population for which it has no effect. However, if you are in the majority as most people are, you will be amazed at what acupuncture can do. As an acupuncturist, I can tell you that most clients are extremely sceptical of its efficacy and are extremely wary to have someone put something that can be painful into them and usually only agree out of desperation and mild curiosity. I'd say 90% of people who come to me for acupuncture are getting it for the first time from me. Some of them are already nutrition clients, so there is some level of trust already there. Some of them were new when I started learning acupuncture and said, "You'll never get a needle into me." I convinced them otherwise down the road. Again, desperation makes for strange bedfellows.

How do you determine how effective acupuncture is? How do you arrange a placebo group? Well, suppose you are treating for erectile dysfunction with one group, the placebo group would still get needles but for headache, not erectile functioning and they don't know otherwise. I have used acupuncture to treat many different symptoms and ailments and many case histories to demonstrate the results. Acupuncture is also very effective for animals. I've given it to quite a few dogs, larger dogs and one of my favourite stories is of an older Alaskan Husky, 13 years old, who had a lot of arthritis in the hips, couldn't walk very well, and because of that he was very quiet, didn't move very much. I gave him acupuncture in the hips and spine for a week and the owner was so happy to report back to me that her dog was running around at the cottage like he was a little puppy again. A lot of people think acupuncture is Hocus Pocus but it's been around for thousands of years, it has been endorsed by the World Health Organization, the Canadian Ministries of Health for B.C., Alberta, Ontario, Quebec and the United States National Institute of Health and the U.K.'s National Health Institute.

What is acupuncture good for? Yes, it is good for infertility, all reproductive issues, as well as for urinary incontinence. Any urinary problem, whether it's urinary retention, urinary frequency/urgency issues. I have many stories of people who have been helped with headaches, shoulder or neck pain. One lady who accompanied one of my patients, commented while waiting that she had hurt her shoulder re-

cently, spent time in the Emergency Dept. but still had very little range of movement in her arm, couldn't lift it above her waist. I talked her into trying acupuncture and placed six needles in her neck and arm. After the treatment she broke down in tears, she was able to raise her arm to shoulder height with no pain and a few days later, after another treatment, had full range of movement. Acupuncture also works for mobility and back problems, walking, improved joint functions and range of motion. Repetitive sprains, insomnia and sleep disturbances, all these things can be helped.

Acupuncture is also effective for High or Low Blood Pressure; Asthma, breathing problems. One of my clients, a hockey player, had told me I would never get a needle in him, was having trouble breathing during hockey games. I persuaded him to take some acupuncture needles, two days later he played hockey with no breathing problems. He said he felt like a hundred bucks, like someone flicked a light switch. The same client, as a goalie, took a puck in the neck, it was completely black. I gave him three treatments over the next 10 days and it was completely gone, just a yellow dot. Acupuncture helps with diarrhea, constipation, symptoms related to chemotherapy and radiation treatment (nausea, fatigue, depression, lack of appetite) and increases the white blood cell count. One of the definitions of cancer is that the white blood cell count is low. In fact, if you're fighting some kind of infection or disease, your white blood cell count should be high. In a cancer person it's excessively low so that you can't even put up a fight. A needle that can help increase that is very important. Two studies showed where acupuncture can be helpful for erectile dysfunction. In the first is the case study, a gentleman who was 62 years old, had a radical prostatectomy. He did have some nerves left on one side. He had three acupuncture treatments, once a week for three weeks and after that erectile function was back, as well as his self-esteem and self-confidence. None of these needle points are in the groin region. Another study, same idea, they had 21 participants. Half were controlled and half were the erectile dysfunction group. In the erectile dysfunction group over 68% noticed an improvement from acupuncture and it was so fantastic that they brought the control group over into the active group and they were also helped. In a study on Urinary Incontinence in the U.K. in 2011, various participants, male and female, all different ages, all reported improvement after 3 - 5 weekly sessions, some with electro stimulation between two needle points.

How to find a qualified acupuncturist. Every acupuncturist must be a member of the College of Traditional Chinese Medicine Practitioners & Acupuncturists of Ontario. (website: CTCMPAO.on.ca) First thing, you want to make sure they are a member of the college. Second, what are their experiences as an acupuncturist? Do they have experience in helping people with your affliction or whatever your ailment is. I can tell you that 99% of my business is word of mouth. If you know one of your friends has had acupuncture, ask them if they like their acupuncturist, if they're happy with them, if

they've had success with this person. I find this the best because you can't go on line and type in "acupuncture" and then "Newmarket", you won't find the right person. Next, make sure they have a high score in cleanliness because the needles have to be single use only. Make sure all the counters are clean, etc. Finally, you need to feel confidence and trust in this person. Your chemistry has to mesh with theirs. I have

given all my study sources for your newsletter so, if you are interested in reading up all the research that I have sited here, you can go on the internet and read it at leisure. It's pages and pages of very technical stuff - I've watered it down and translated it into layman's terms. I've found a few nuggets of interest and tried to encapsulate it into my presentation. (These internet sites are listed below and on the back page.)

In response to several requests, Eileen Fauster left us the following sources of studies she presented at our march meeting.

1. Lycopene http://www.cancer.gov/cancertopics/pdq/cam/prostatesupplements/healthprofessional/Page3#Section_16 Brown MJ, Ferruzzi MG, Nguyen ML, et al.: Carotenoid bioavailability is higher from salads ingested with full-fat than with fat-reduced salad dressings as measured with electrochemical detection. *Am J Clin Nutr* 80 (2): 396-403, 2004. <http://www.ncbi.nlm.nih.gov/pubmed/15277161?dopt=Abstract>
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9. Gasmi J, Sanderson JT: Growth Inhibitory, Antiandrogenic, and Pro-apoptotic Effects of Punicic Acid in LNCaP Human Prostate Cancer Cells. *J Agric Food Chem* : , 2010. <http://www.ncbi.nlm.nih.gov/pubmed/21067181?dopt=Abstract>
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11. Lansky EP, Jiang W, Mo H, et al.: Possible synergistic prostate cancer suppression by anatomically discrete pomegranate fractions. *Invest New Drugs* 23 (1): 11-20, 2005. <http://www.ncbi.nlm.nih.gov/pubmed/15528976?dopt=Abstract>

12. Wang L, Alcon A, Yuan H, et al.: Cellular and molecular mechanisms of pomegranate juice-induced anti-metastatic effect on prostate cancer cells. *Integr Biol (Camb)* 3 (7): 742-54, 2011. <http://www.ncbi.nlm.nih.gov/pubmed/21594291?dopt=Abstract>
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18. Zinc supplements/healthprofessional/page1" <http://www.cancer.gov/cancertopics/pdq/cam/prostatesupplements/healthprofessional/page1>
19. <http://www.ncbi.nlm.nih.gov/pubmed/19684515>
20. <http://lpi.oregonstate.edu/ss05/zinc.html>
21. Cruciferous vegetables <http://www.cancer.gov/cancertopics/factsheet/diet/cruciferous-vegetables>
22. Acupuncture ED http://acupunctureformenshealth.com/uploads/Prostatectomy_Erectile_Dysfunction_Final.pdf
23. <http://www.ncbi.nlm.nih.gov/pubmed/14562135>
24. Acupuncture Incontinence http://www.thevillageclinic.co.uk/Press_Publications_files/Treatment%20of%20Urinary%20Incontinence.pdf