

PROSTATE CANCER Advice

Ensure your practitioner tests all your toiletries and cosmetics for tolerance.

Eat organic, whole and fresh food wherever possible..

DIET

Low animal protein especially low red meat unless organic. Favour fish and eggs, poultry

Plenty of fresh organic juices both vegetable and fruit (especially apple, carrot and celery)

Plenty of raw organic fruit and vegetables

Plenty of tomatoes, red grapefruit, watermelon, strawberries

High soluble (vegetables) and insoluble fibre (oat bran)

Avoid cow's milk. Use soy, rice or oat milk

Avoid salt (use kelp) and sugar

Avoid too much animal fats, trans fats and rancid (oxidised) fats and oils

Avoid BBQ grilled foods

Avoid fish oil including Cod liver oil, Omega 3 fish oil and Krill oil

Avoid all plastics and styrene containers and food wrapping

Avoid or limit alcohol

SUPPLEMENTS TO CONSIDER

Minerals	Copper
	Iodine
	Magnesium
	Selenium
	Zinc
Vitamins	
	Vitamin A

Vitamin C

Vitamin D3

Vitamin E

Oils

Flax seed

Pumpkin seed

Walnut

Probiotics

Lactobacillus Casei

DETOXIFICATION

Herbs

Coriander

Spices

WATER

Drink 1-2 litres of mineral water energised in Miron glass.

HYDROTHERAPY

Do contrast bathing daily when finishing a shower

HYPERTHERMIA

Take regular saunas or steam baths to aid detoxification

EMOTIONS

Touch the two points indicated to you and say your affirmation 20x three times a day.

“ I truly am