

Thrive – Don't Survive!

Prostate Cancer (CaP)

{ UsToo, New York

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Disclosure and Affiliations

∅ NYU Integrative Urology

∅ XYwellness.com - Medical Director and Co-
Founder

CaP Overview

Prostate Cancer Screening







PSA





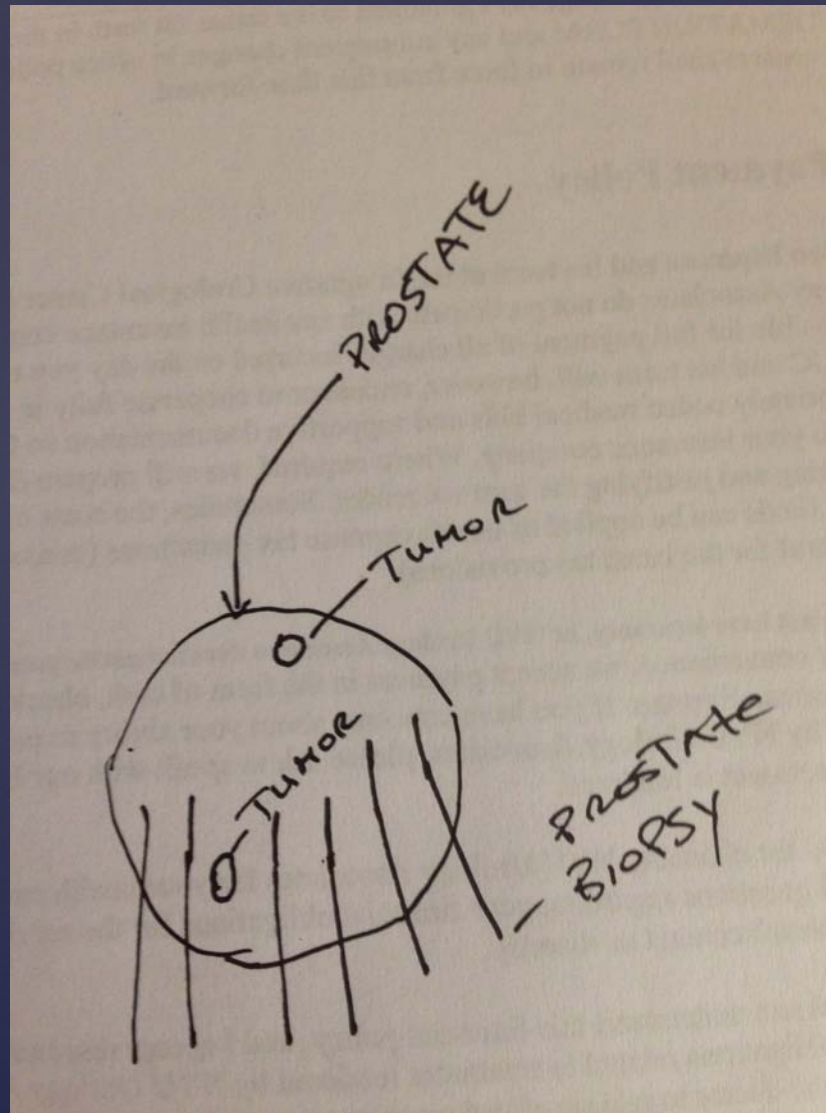
PCA3: Genetic Urine Test For CaP

& Requires vigorous prostate massage

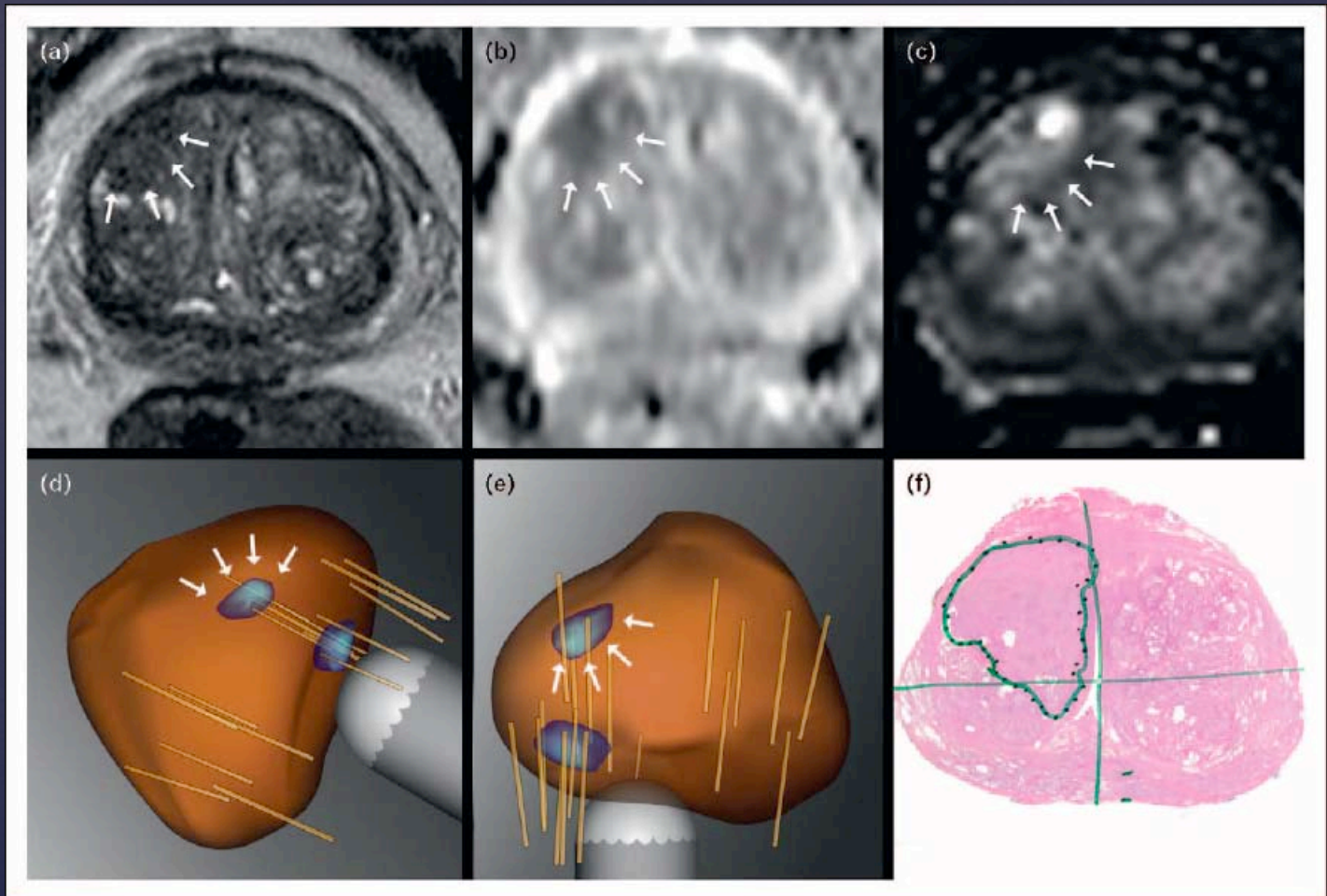
& Sensitivity 67%,
specificity 89%



Blind, typical prostate biopsy



Targeted – MR/US Fusion Prostate Biopsy



Diagnoses **30% more** high risk cancer. - Siddiqui et al. , JAMA, 2015

CaP Staging – Gleason Score



CaPLESS Method

It's time to treat you! The Host

CaP – Carcinoma of the Prostate

L – Lifestyle

E – Exercise (Eating)

SS – Selected Supplements



CaPLESS Method- The “Soil” Blood Work

CBC, Blood chem panel, 25-OH Vitamin D,
HsCRP, HgA1c, Lipid Panel, homocystiene,
TSH, free T3, T4, rT3, copper, zinc, selenium,
galectin-3, Testosterone, Free T
Estradiol, PSA

CaPLESS Method

- CaP Thriver **NOT** Survivor
- **Turn off** Cancer genes
- Science Implementation
- Treat the Host **NOT** the tumor
- **Un**comfortable with Comfort
- Lowest Therapeutic Dose (LTD)



CaPLESS Method

Multi-Targeted Approach

1. Reduces **Inflammation**
2. Discourages **Abnormal Insulin**
3. Strengthens **Immunity**
4. Improves **Detoxification**
5. Decreases **Oxidative Stress**



The CaPLESS Method

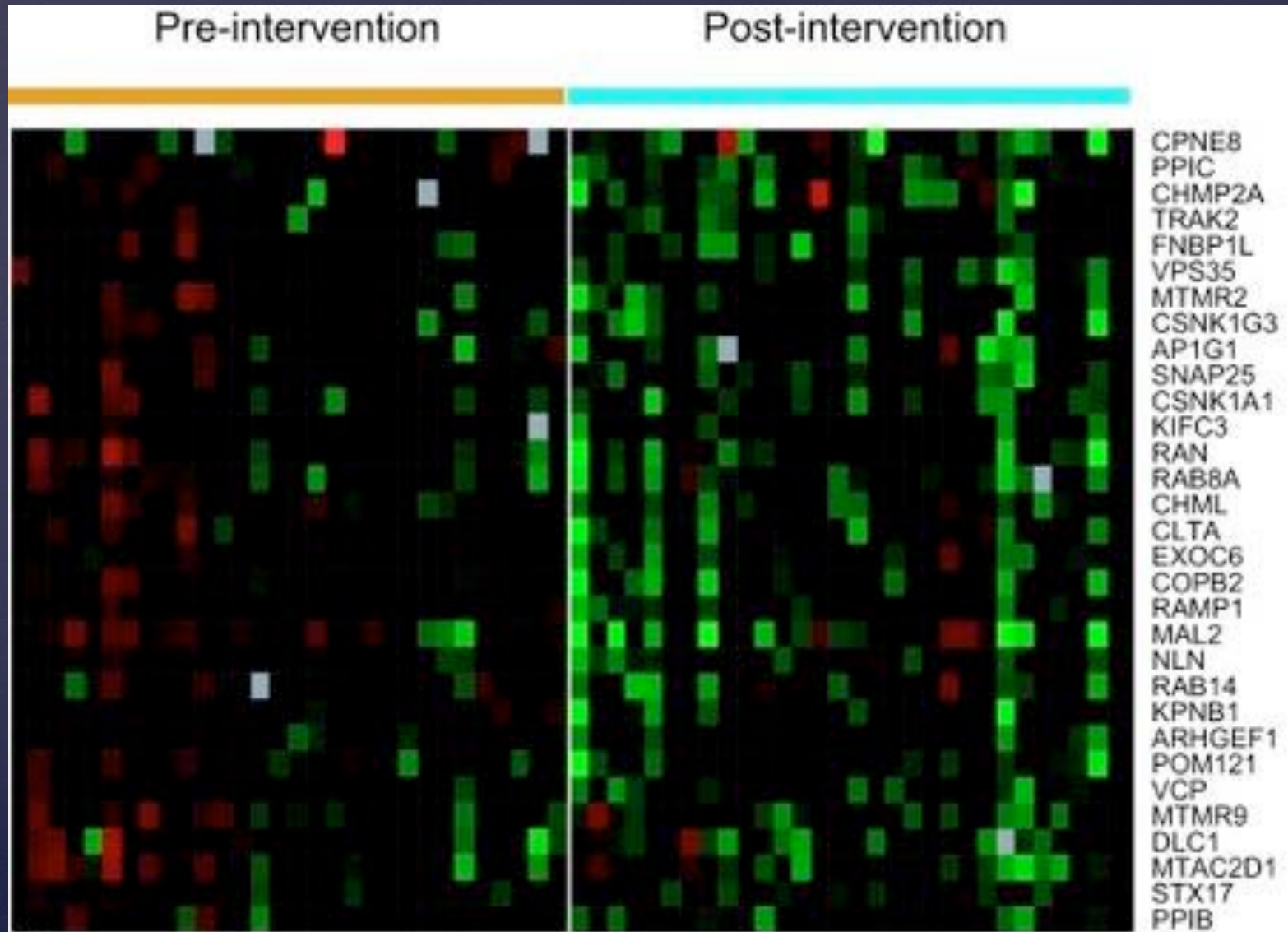
Science Implementation!

Ornish, PCLT Study

30% of the treated control patients **0%** of the treated experimental patients

Significant decreases in total cholesterol and LDL

Works at a Genetic Level



CaPLESS Lifestyle - Calmness



The CaPLESS Method

What's the LTD? Movement

Goals:

- Manage Insulin Sensitivity
- Promote Detoxification
- Low Body fat
- Decrease IGF-1
- Increase IGFBP-1 (protective)

**Men 65yo 70% reduction in dx of advanced prostate cancer –
3 hours vigorous activity a week.**

- Kenfield et al., J Clin Oncol 2011

**Dose: >3 hours a week of moderate intensity
Add weight resistance 3 times a week if on ADT**

- Cormie et al. BJU Int. 2014

CaPLESS Retreat







SPARTAN
2377

SPARTAN



The CaPLESS Method

Eating

Food Rating System (FRS)

The rating system spreads from , 5 –the high level foods (foods offering the most protection)

to

1 – the low level foods

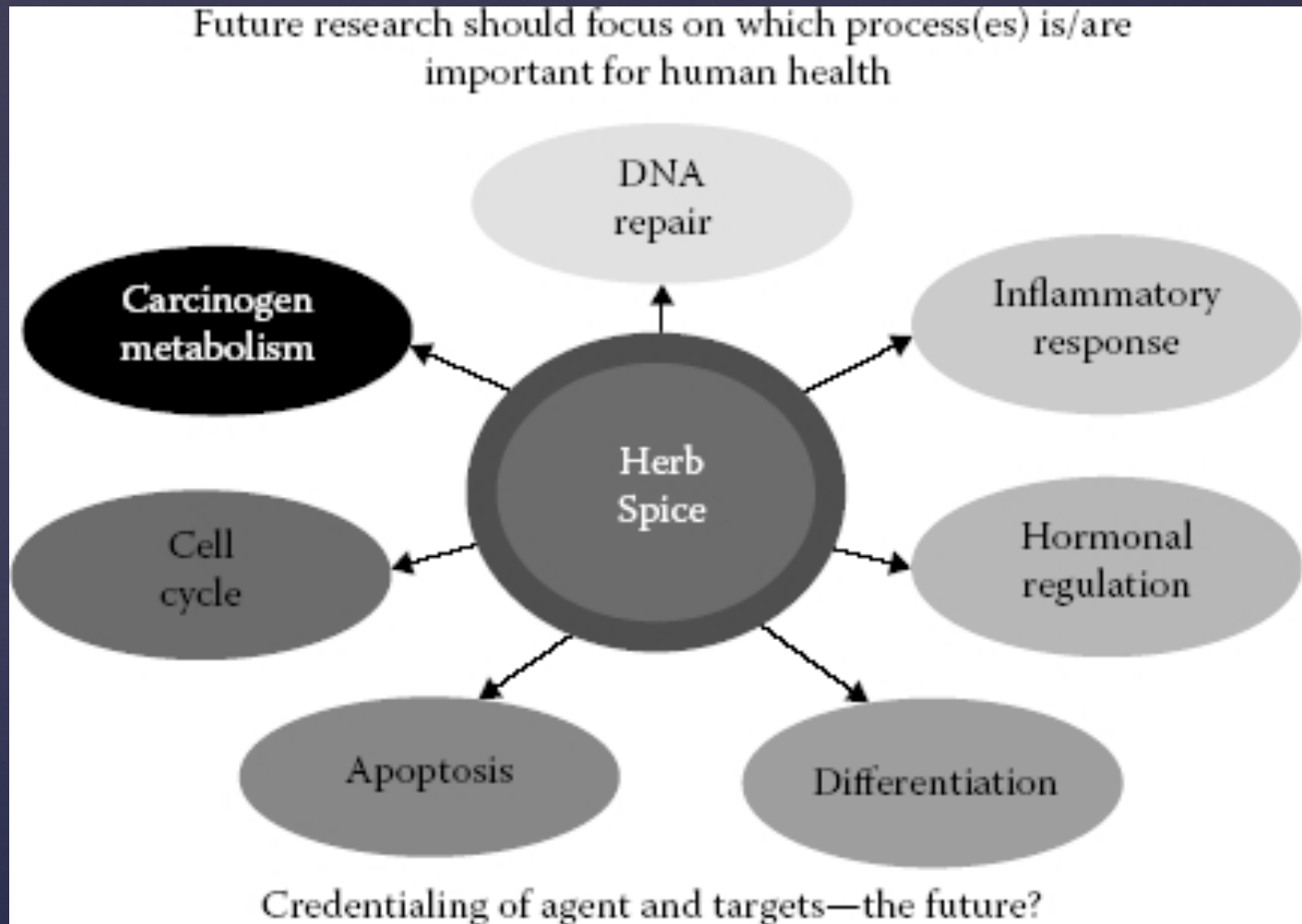
(Foods that contribute to cancer development and disease)

To get the list: www.DrGeo.com

CaPLESS Retreat



CaPLESS –Herbs & Spices



Green Tea (*Camelia sinensis*)

- Protects against radiation and chemotherapy
 - Tobi et al. 2002

RCT, 67 subjects consuming 6 cups of green tea / d: dec NFkB, PSA, dec oxidative stress on DNA

- Henning. 11th Annual AACR International Conference Anaheim, Calif., Oct. 16-19, 2012.

600mg a day Prevent CaP in men with HGPIN

- Bettuzi et al. 2006



**CAN
BROCCOLI
FIGHT**

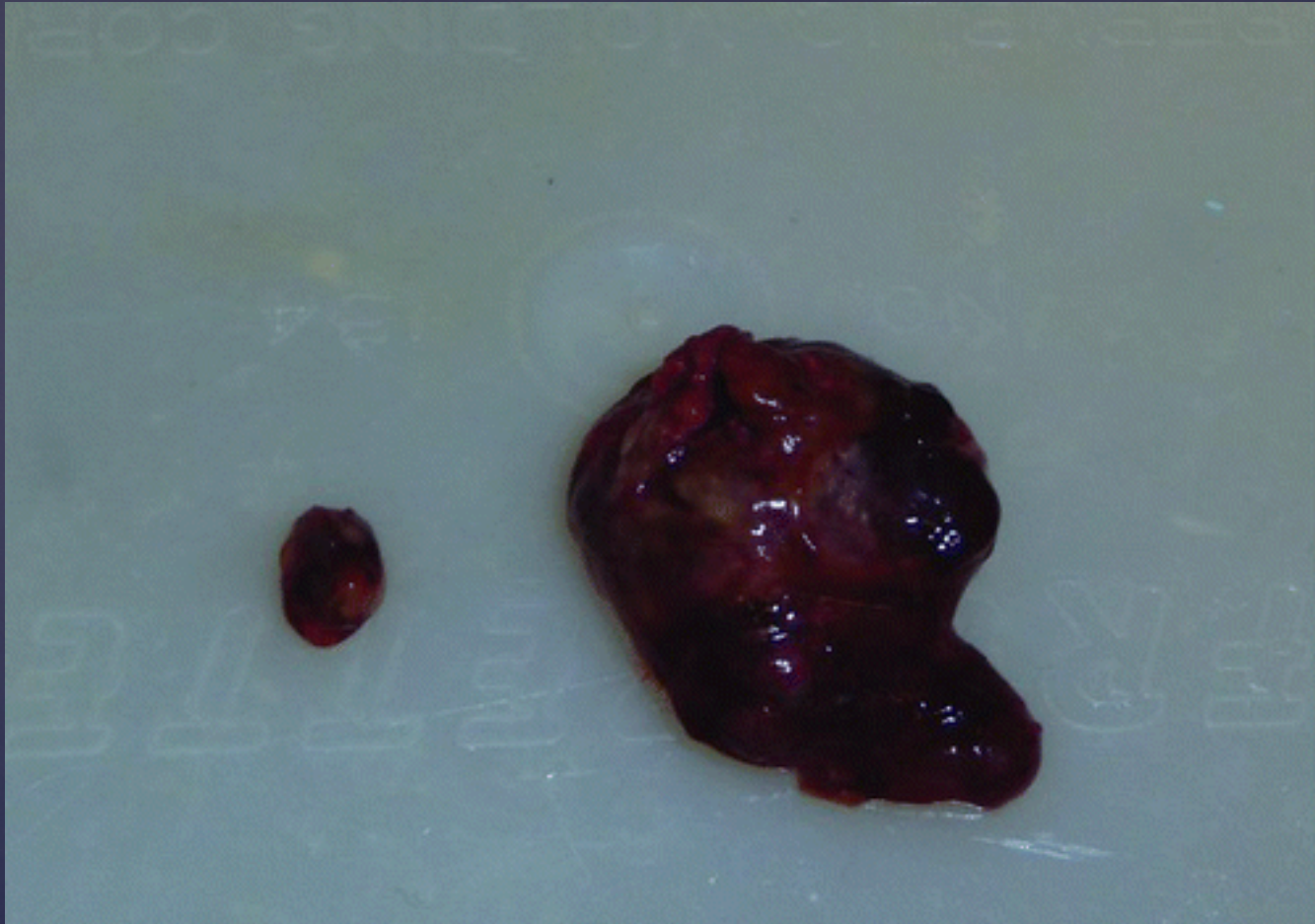
CANCER?







Walnuts effect on Prostate Cancer



CaPLESS Eating

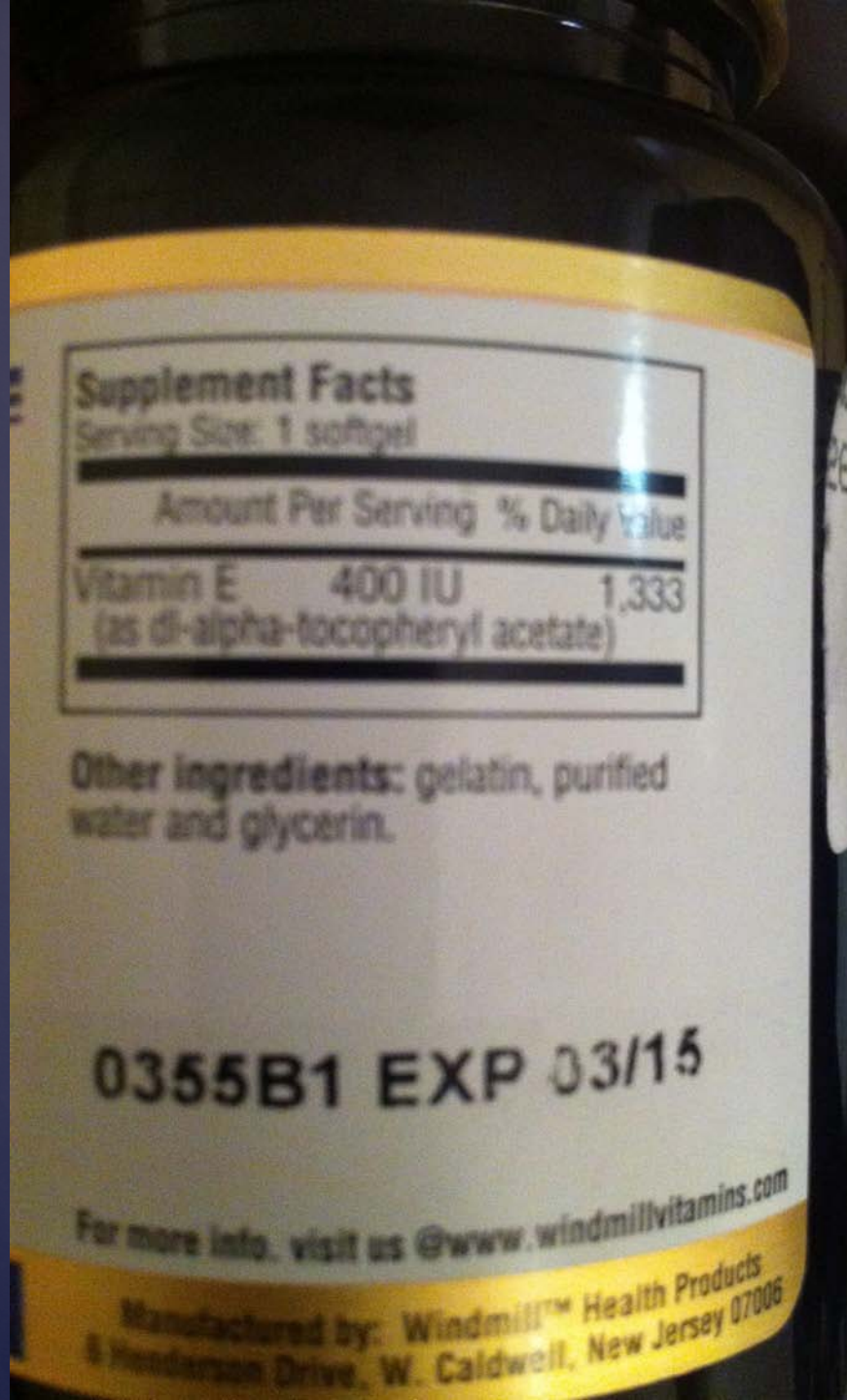


CaPLESS – Selected Supplements

Some are **Good**.



Some are **NOT**.



Supplement Facts

Serving Size: 1 softgel

	Amount Per Serving	% Daily Value
Vitamin E	400 IU	1,333
(as dl-alpha-tocopheryl acetate)		

Other ingredients: gelatin, purified water and glycerin.

0355B1 EXP 03/15

For more info, visit us @ www.windmillvitamins.com

Manufactured by: Windmill™ Health Products
8 Henderson Drive, W. Caldwell, New Jersey 07006

Not Good!

dl-alpha-Tocopherol

(Synthetic Vitamin E)

Vitamin E (gamma-tocopherol)

In a 10,456 men those who had the highest blood levels of **gamma-tocopherol** were five times less likely to get prostate cancer . selenium and alpha-tocopherol also reduced prostate cancer incidence, but only when gamma-tocopherol levels are high.

- Helzlsouer et al.JNCI. 2000



Vitamin D & CaP



Ahn et al; Carcinogenesis;
2009

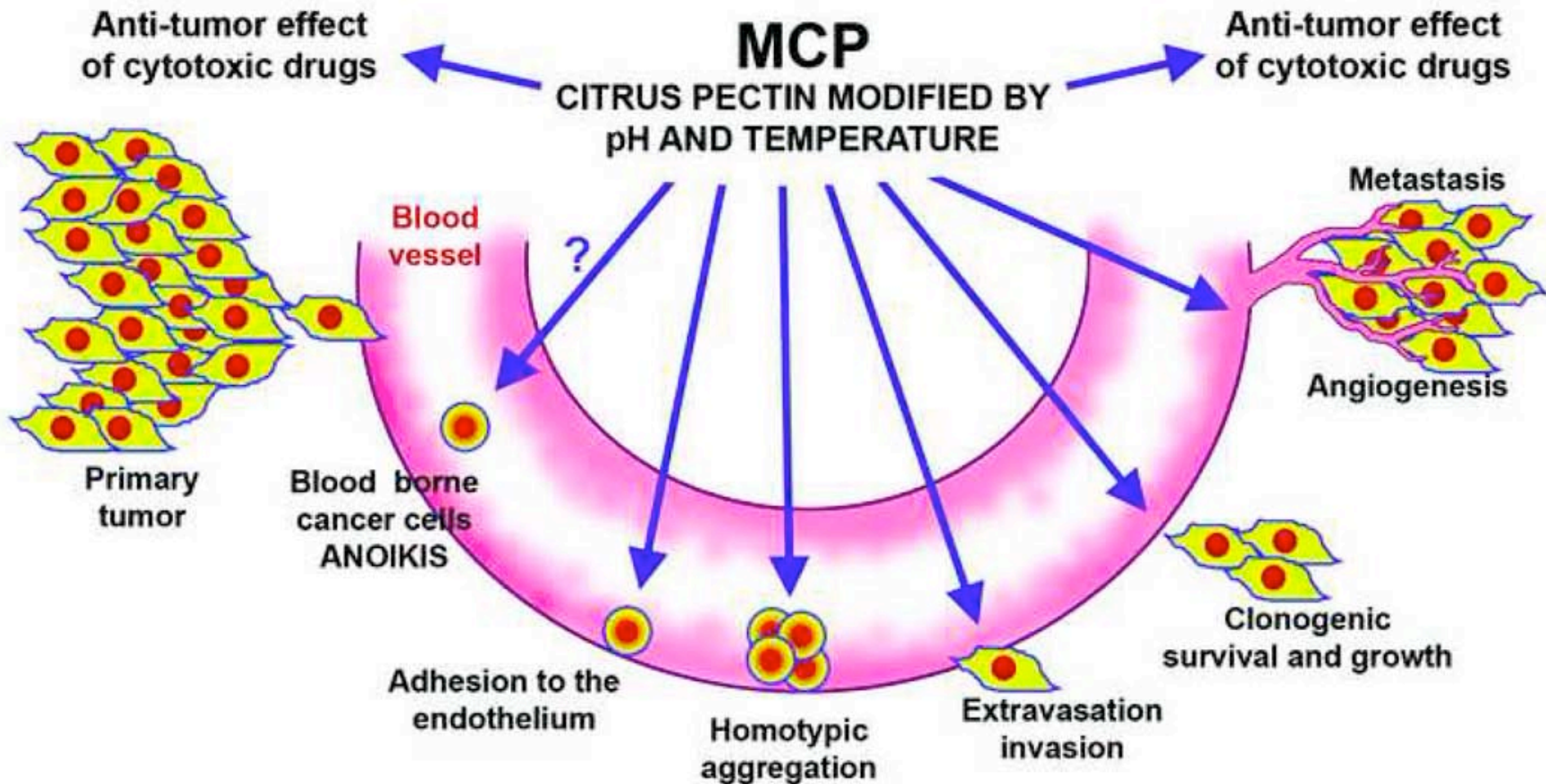
Grape Seed Extract Protects

VITAL Study – 35,000 subjects – GSE was associated with **41% CaP reduction**

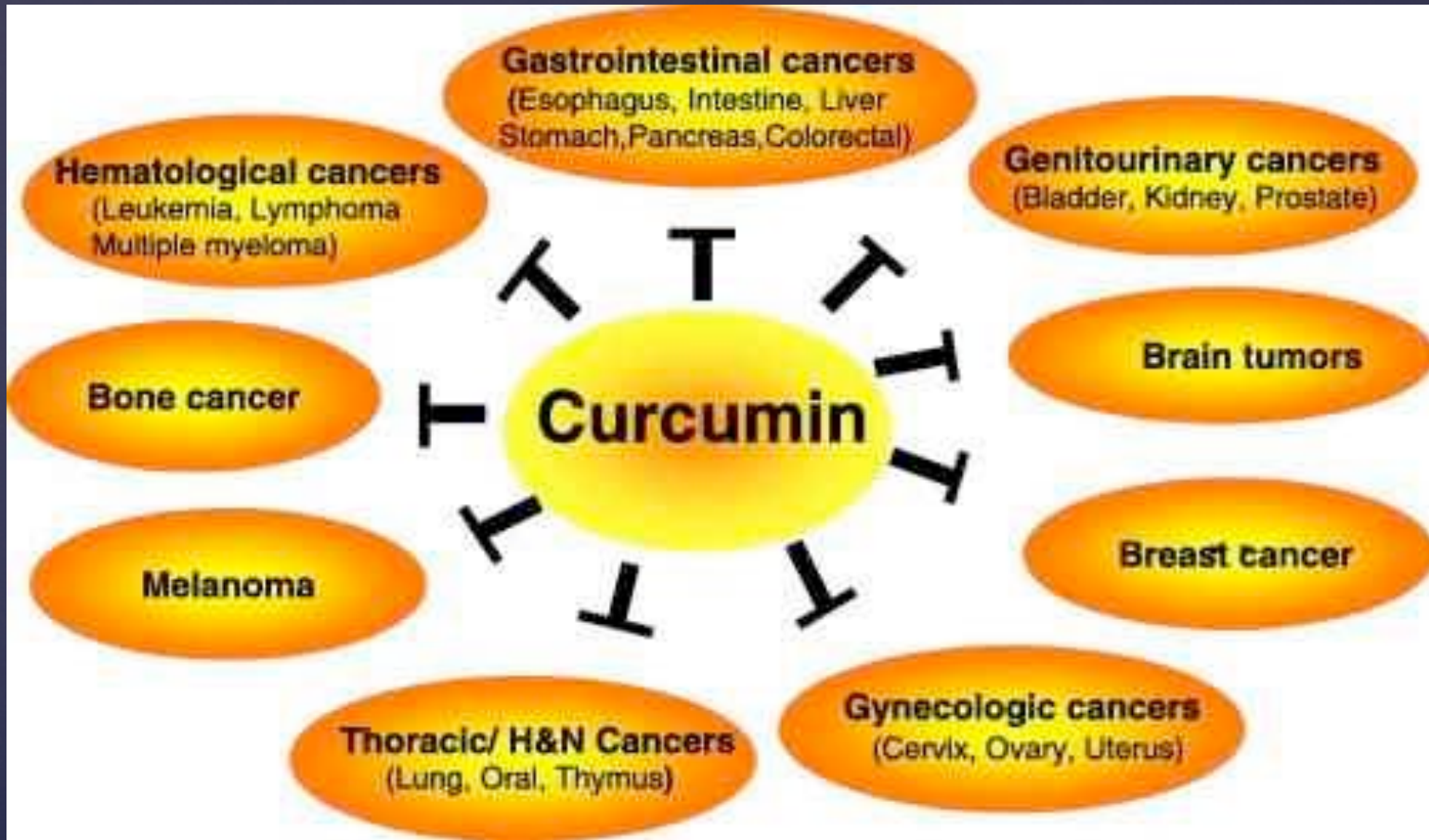
- Brasky et al. 2011



MCP – anti-metastatic properties



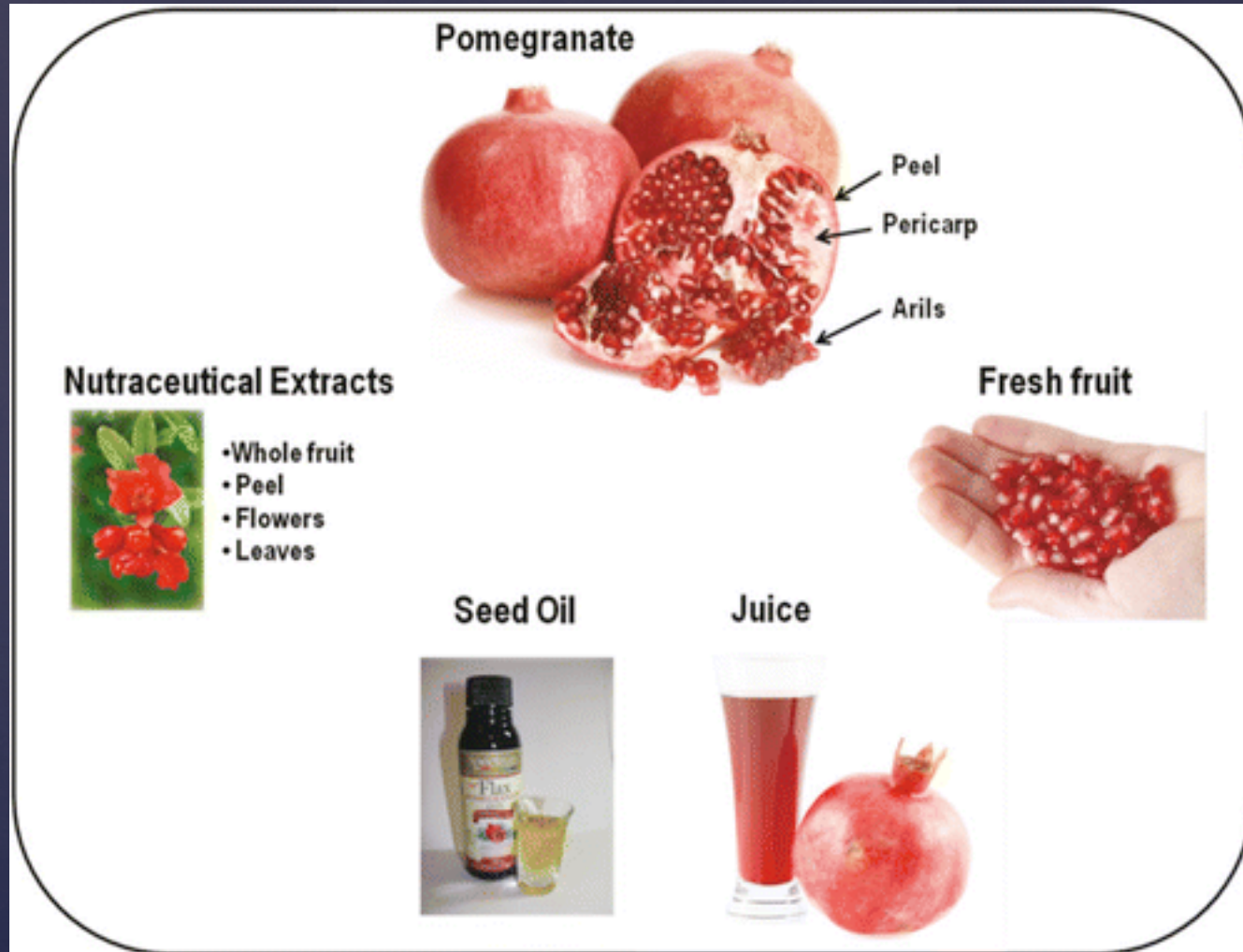
Various Cancers and Curcumin



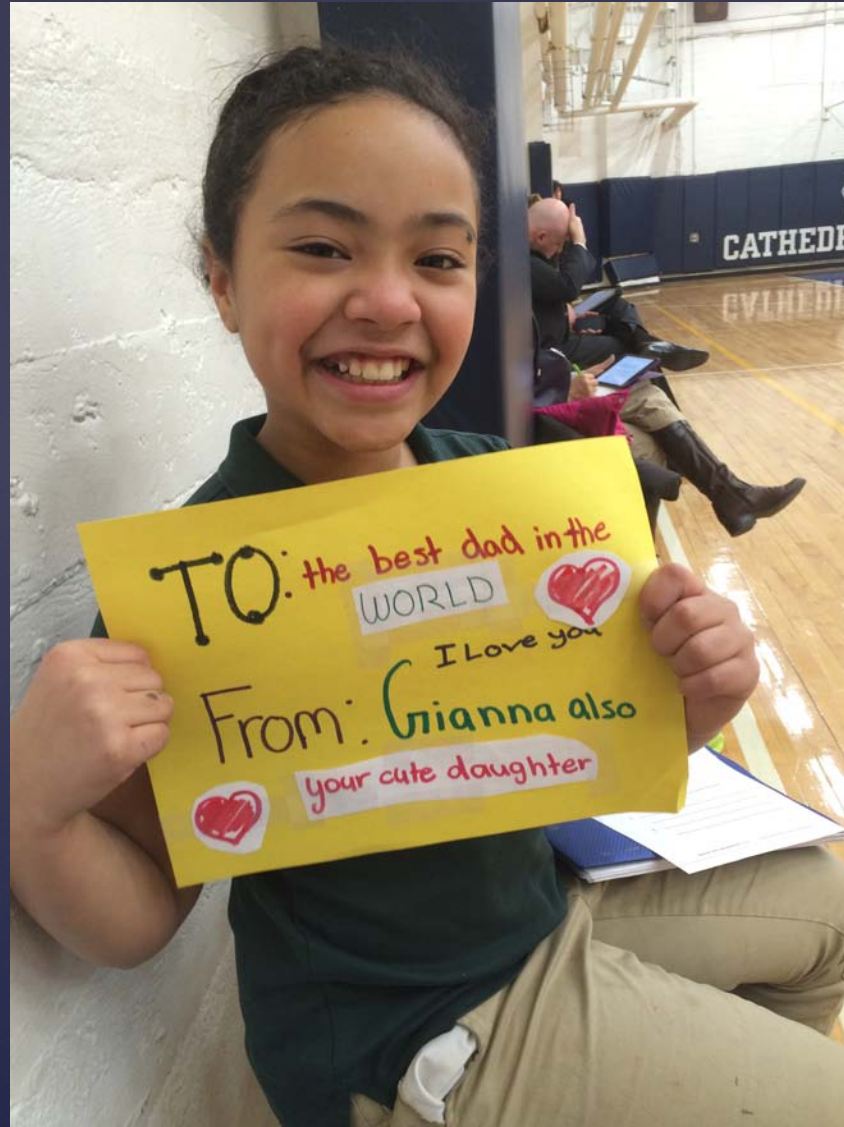
ImmunoPCTN



Pomegranate Protects



One of my Why's



CaPLESS Method is NOT
A la Carte

It all Counts!

Are You Awake ? LOL



Stay in Touch!

DRGEO

Insights on Holistic Urology and Men's Health



www.DrGeo.com