



# DR ELSTEIN'S WEEKLY HIGHLIGHTS

*from the world of health and nutrition*

## **The Prostate - Can It Be Harnessed?**

If you had to rate annoying glands that do more harm than good, the prostate would probably be up there. Aside from lubricating sperm and housing the G-spot, all the prostate does is obstruct urine flow, which intensifies with ageing, and grow cancer cells. There is an old adage stating that most men die with their prostate cancer rather than because of it. However some prostate cancers can be more lethal and aggressive than others, which is why identifying them early on would be advantageous. Until now the blood test performed on men after the age of fifty, and in some where suspicions are high from forty, called the PSA, hasn't been a very satisfactory beacon for the presence of prostate cancer. A new test called the pro-PSA is now available and is more specific and accurate than the standard PSA assessment. Ideally what you'd like to do is stop cancer cells from developing at all.

Research suggests that taking grapeseed extract goes some way to preventing prostate cancer. In those men with a normal PSA an eight year study has shown that a combination of selenium 100 mcg, vitamin C 120 mg, vitamin E (alpha-tocopherol) 30 mg, beta-carotene 6 mg, and zinc 20 mg significantly reduced prostate cancer risk. Saw palmetto the herb which helps with the passage of urine does not diminish cancer risk. My e-Book, *You Have The Power*, has an excellent segment on prostate cancer prevention. You can get your copy by clicking on this link [http://www.eternalhealth.org/e\\_books?b=1](http://www.eternalhealth.org/e_books?b=1)