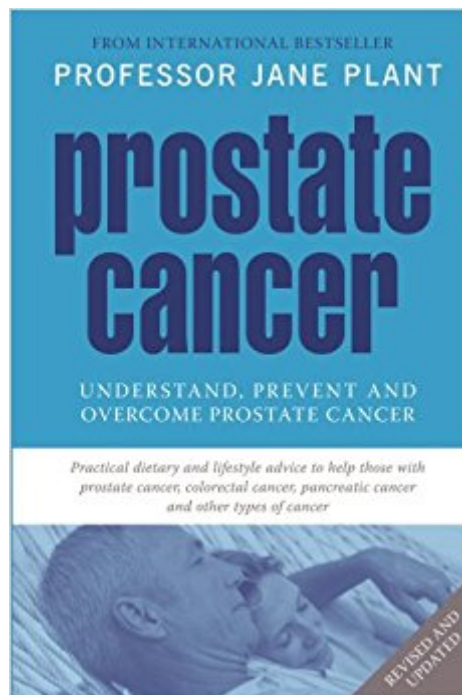




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Prostate Cancer: Understand, Prevent And Overcome Prostrate Cancer



Synopsis

Prostate cancer is the second most common cancer (after lung cancer) among men. Professor Jane Plant's international bestseller *Your Life in Your Hands*, advocated, from personal experience, a way of life and non-dairy diet that helped her beat her breast cancer. Now, she brings her knowledge to bear on prostate cancer, including the science behind the disease, the reasons why her programme works, and case studies of men following her programme. --This text refers to an out of print or unavailable edition of this title.

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Customer Reviews

Professor Jane Plant CBE is one of Britain's pre-eminent scientists sitting on many influential government and international committees, and Chief Scientist of the British Geological Survey. She was the 1999 recipient of the UK's most prestigious science honour, the Lord Lloyd of Kilgerran prize. She is author of *Your Life in Your Hands* and co-author of *The Plant Programme* and *Understanding, Preventing and Overcoming Osteoporosis*. --This text refers to an out of print or unavailable edition of this title.

All men who are milk drinkers should read this book.

This is the kindle version of the 2nd (2007) edition. The author of this book is a distinguished geochemist, whose research has elucidated how regional variations in soil composition can contribute to local health problems. Her own breast cancer induced her to think carefully about the dietary influences on cancer. This was not at all her field of expertise, but having worked in China

she was well placed to draw clues from the fact that the incidence of hormone-dependent cancers (breast cancer and prostate cancer) is much lower in people on a Chinese diet than on a Western diet. The book's focus is the author's recommendations for preventing prostate cancer or contributing to its cure by changes in diet and lifestyle, but it also contains an introduction to the biology of cancer, and some information about medical terminology and treatment options. Her recommendations on diet and lifestyle are based on published data (up to 2007). The ones concerning diet are in eight different classes:

1. Avoid dairy (milk, cheese, butter). This is the most famous and controversial of the author's recommendations. Since she first proposed it in 2000, there have been numerous studies on whether dairy intake promotes prostate cancer, and they have been rather contradictory. Some have supported her view, but most have indicated that the association between dairy intake and prostate cancer is weak or nonexistent. Jane Plant's view is that hormones and growth factors in cow's milk get into our bloodstream without being digested, but this view seems to be rejected by most or all specialists.
2. Eat plenty of vegetables and fruit. This is a standard view. She emphasizes the anti-cancer effects of greens, but also tomatoes, red peppers and flaxseed.
3. Proteins. Include only moderate amounts of protein, and minimize especially animal proteins. This too is fairly standard.
4. Oils and fats. Avoid saturated fats, but eat polyunsaturated and monounsaturated fats. This again is fairly standard.
5. Flavouring and additives. Some may be carcinogenic but others have anti-cancer effects.
6. Cereals, snacks and treats. She recommends whole-grain cereals and dairy-free chocolate.
7. Sweeteners. She recommends avoiding refined sugar and artificial sweeteners such as aspartame.
8. Drink. She recommends freshly prepared vegetable and fruit juices from organic produce. Before drinking tap water she filters it and then boils it.

Having been diagnosed with a metastatic and aggressive prostate cancer a few months ago, I read this book in the hope of getting advice for my personal situation. It is indeed packed with advice, but probably of unequal validity. A further problem is that since the book's publication in 2007 a vast amount of further information, often contradictory, has been published. A recent study from Harvard said that eating eggs (rich in choline) promotes cancer, but others have found little influence of eggs. One found that 5 grams per day of fish oil (which Jane Plant recommends for its omega-3 fatty acids) is protective against prostate cancer, but another found that the fish oil does exactly the opposite, promoting cancer. So my question is, how radical should I be in following the author's advice? There is such an abundance of it that it would be difficult to follow it all. I suspect that the filtering and boiling of tap water may be moderately useful in the East End of London and very useful in many parts of the third world, but useless in

Lausanne, Switzerland (where I live). Is it really necessary to avoid all dairy products, when most studies over the last six years are ambivalent about their link to prostate cancer? Is it really necessary to eat organic and only organic vegetables? Is microwaved food really carcinogenic? I shall follow much of the author's advice, but not all of it. I am glad I bought the book, but wish the author would produce a new version summarizing the findings since 2007.

I was diagnosed with Prostate Cancer in April 2005. My prognosis was very bleak, an inoperable T4 tumour, and I was expected to have only a few years of life left. However, within a week of that shocking news I discovered the work of Prof. Jane Plant while researching this illness. I am convinced that doing so saved my life. On hearing of her own successful fight against breast cancer I ordered her book, "Your Life In Your Hands" from . Her thorough research and deep scientific knowledge shone out at me like a beacon and I immediately changed my diet and began following her recommendations to fight cancer. The next week I bought "Prostate Cancer: Understand, Prevent, Overcome", and that book became my 'bible'. I strictly adhered to the principles of Jane's strategy for battling prostate cancer, and my whole diet became based on the information and recipes I found in her other excellent book "The Plant Programme". I have waited 3 years to feel confident enough to write this review, because now, after combining my oncologist's conventional medical treatment plan of hormone therapy and radiotherapy alongside my living by The Jane Plant diet, I have had a truly remarkable outcome. On Tuesday 13th May 2008 my oncologist told me my latest test results. He was both amazed and delighted that having agreed I could stop all treatment 6 months ahead of schedule, my PSA was at a normal, low level (1.1 ng/ml), my testosterone was that of any healthy male, and all this after 36 weeks of no anti-cancer drugs whatsoever. His words to me were: "Whatever you are doing... Don't change a single thing!". I have no doubt at all that finding Jane's work really did save my life. Thank you Jane, and to anyone out there who has just been diagnosed with PCa may I wish you a similar happy outcome, and I would urge you to take a look at these books. I thank my lucky stars that I did. George Hardy (England) 25th May 2008

Excellent book... info not put together like this in any other place I have seen ... learn how diet affect risk GREATLY

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