

## **Prostate Carcinoma Nutritional Support Protocol (Item #7339)**

*To **L**ive with this challenge*

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**This Protocol will last 6 months, given the seriousness of this challenge,  
we suggest doing this regimen for at least 12 months**

***There are five basic types of Cancer. These include Sarcoma, Carcinoma, Melanoma, Lymphoma, and Leukemia***

The protocol that follows is nutritional support designed for people diagnosed with Melanoma. If you are undergoing chemotherapy, surgery, radiation, or have elected not to seek the conventional medical treatment it is our intention to support your choice with nutrition support developed by Ralf Ostertag a Bio-Nutritionist/Herbalist who has thirty-five years experience in the Healthcare field. Understand that this does NOT replace conventional medical treatment. Sound nutrition should be part of any treatment program medical or otherwise, especially cancer patients. By supporting your nutritional needs thereby supplying your cells with the minerals, vitamins, enzymes, trace minerals, and elements you increase your chances of survival while easing the side effects of chemotherapy, radiation, drug therapy, and/or surgery.

### ***What is Carcinoma?***

Carcinoma is a cancer that is derived from the lining cells or epithelium of an organ. There are four major types of epithelium in the body (glandular, squamous, transitional, and pseudo stratified). Some types are only found in a few select organs. For instance, pseudo stratified is found in the lungs, while transitional is only found in the urinary bladder. Carcinomas can arise from any of these epithelial types. For example, breast carcinoma is most commonly derived from the lining cells of the milk producing glands. Carcinoma with a glandular growth pattern is an adenocarcinoma. Common adenoid squamous lining cells are termed a squamous cell carcinoma. Common squamous cell carcinomas are found in the esophagus and skin. Any of these organs may have either type of carcinoma arising from it, although these latter diagnoses are exceedingly rare.

As these tumors progress they can cause severe pain. Pain management should be discussed with your doctor or qualified health practitioner. We suggest that you consider a consultation with a bio-nutrition practitioner. Although the protocol that follows can be of great benefit, there are often circumstances associated with carcinomas that are unique to the individual. The stage of cancer progression, the type of carcinoma (internal organs affected) and medical treatment being implemented may require fine-tuning your nutrition support. Carcinoma of the kidney may require a change in approach somewhat different from carcinoma of the pancreas or liver. It is for this reason that we highly recommend you consider a consultation and guidance by a bio-nutritionist/herbalist in addition to using this protocol. You will experience considerable benefits by following the basic carcinoma protocol listed below should you choose to not to consult with someone.

Never urinate standing up with this kind of cancer. Standing places excessive stress on the muscles surrounding the prostate gland. The stress on can cause faster metastasis of the cancer cells to other organs.

## **Food Guidance for Prostate Carcinoma**

Carcinomas can multiply and metastasize rapidly. Eating meat of any kind should be strictly avoided, especially with prostate carcinoma. Meat will cause an increase in the undesirable forms of testosterone that causes prostate cancer. It is important to limit the amount of protein because protein is the main food for cell division. Proteins should be limited to plant sources only. All meat and dairy sources of protein must be eliminated. This is important for all types of cancer. Meat most often contains hormones (injected and naturally occurring) that speed undesired cell division.

All forms of concentrated (simple) sugars must be eliminated. All simple sugars such as white sugar, sucrose, dextrose, evaporated cane juice, corn syrup, and high fructose corn syrup **MUST** be avoided. Simple sugars severely acidify the body fluids and will choke healthy aerobic cells while feeding unhealthy anaerobic cancer cells. Use of a small amount of honey, molasses, brown rice syrup, or natural maple syrup is allowable.

Starches that are void of nutrients must be eliminated. These include but are not limited to white flour products, potato chips, pizza, baked goods, and white spaghetti. Stimulants such as coffee, black teas, soda of any kind including sugar free must be avoided.

**REMEMBER!** You are eating foods to save your life NOT for entertainment.

Alcohol (due to its glucose conversion) must be dispensed with immediately. Alcohol is a cancer causing substance. Get rid of it if you choose to get well. If you smoke cigarettes, chew tobacco, smoke cigars, tobacco pipe, or marijuana **CEASE IMMEDIATELY**; if you seriously want to get well.

## **Healing Foods**

Fresh fruits and vegetables, cooked vegetables, brown rice, barley, oats, adzuki beans, black beans, pinto beans are all healing foods. Use olive oil in salads instead of dressing. Use pumpkin seed oil on salads it has healing properties for the cells of the prostate gland. You can find it at most health food stores. Try to stick with the foods from the staple and side dish columns of from the dietary suggestions chart.

Juicing vegetables and fruits made fresh from a juicer is vital for those suffering from cancer. These juices supply vital enzymes and other nutrients benefiting your health on a cellular level. The success of this protocol depends a great deal on adding the following juices daily to your diet. It is our suggestion that you purchase (available on E-bay) an ACME 6001 model stainless steel juicer.

**Juice #1** Six carrots, three stalks of celery, half a head of romaine lettuce. Drink this juice daily. Twelve ounces first thing in the morning is ideal

**Juice #2** One apple, four stalks of celery, four carrots, a thumb size piece of fresh ginger root, and a few handful's of fresh spinach. Drink this in the afternoon on Mondays, Wednesdays, and Fridays.

**Juice #3** Half a head romaine lettuce, half a bag of fresh spinach, one stalk of broccoli, and two carrots. Drink this on Tuesdays, Thursdays, and Saturdays.

**Juice#4** Half a head of blue or green cabbage, one apple, half a head of romaine lettuce. Drink this in the afternoon on Sundays.

You can switch these juices around at your discretion. Use juice #4 on M-W-F and switch juice#2 to Sunday as an example.

**NOTE:** DO NOT store juices. Drink them fresh from the juicer. Seventy-five percent of all nutrients will oxidize within ten to twenty minutes. Drink your juice immediately after juicing it.

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### ***Exercise***

Carcinomas require good circulation, especially in the internal organs. Do deep breathing and jogging on a mini tramp if possible. This will insure rapid delivery of nutrients into the cells.

### ***Mind Set***

Your mental and emotional attitude has a lot to do with how your body responds to treatment. Using visualization techniques seeing the tumors dissolving from your efforts will increase your chances of success. Find a quiet place that you can do this for at least twenty minutes a day. Healing meditation telling the tumors to dissolve away and replacing them with healthy vibrant cells.

### ***Water***

Drink only Reverse Osmosis or Distilled water. Four glasses of eight ounces each daily should be sufficient as long as you follow the dietary recommendations.



## **Dosage Recommendations:**

### **With each Meal (based on 3 meals per day):**

- EB-Digestive: *Take 1 capsule with meals.*
- Quint Essence: *Take 2 capsules with meals.*
- Innergy: *Take 3 capsules with meals.*

### **With Breakfast:**

- Vitamin E 400IU: *Take 1 gel-capsule with breakfast.*
- Tracite Fulvic Trace Minerals: *Take 5 Drops at breakfast in water with a wedge of lemon squeezed in before adding the Tracite.*

### **With Lunch:**

- Vitamin C with bioflavonoids: *Take 2 tablets at lunch*

### **With Dinner:**

- Vitamin E 400IU: *Take 1 gel-capsule with dinner.*
- Tracite Fulvic Trace Minerals: *Take 5 Drops at dinner in water with a wedge of lemon squeezed in before adding the Tracite.*

### **After Each Meal:**

- Essiac: *Take 4 capsules one hour after each meal.*
- Saw Palmetto Berries: *Take four capsules after meals.*

### **Before Bed:**

- Vitamin C with bioflavonoids: *Take 2 tablets before bed.*

**Please DO NOT modify levels of any prescribed medication  
without first consulting your physician.**

## **Ordering Information: Prostate Carcinoma Nutritional Health Support Protocol (Item #7339)**

Conveniently Order On-line at: <http://UniversalFormulas.com>

**NOTE:** Thank you to Bionutritionist and Herbalist, Ralf Ostertag for his input into the authorship of this factoid and formula. Ralf was a founding member of Universal Formulas and remains active on the Advisory Board to Universal Formulas.

### **Required FDA Statement:**

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment.

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## Prostate Carcinoma Nutritional Health Support Protocol (Item # 7332)

### Ingredients Explained

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**EB-Digestive:** Taking high potency plant derived enzymes into the blood stream helps digest the protein and fat coatings surrounding most cancer cells. This process allows entry of nutrients and oxygen into the diseased cells. When oxygen and nutrition is supplied the cell increases its ability to remove toxins from deep within its structure. **Take one capsule with meals.**

**Quint Essence:** This formula insures that the body is supplied with ample amounts of macro minerals, vitamins, enzymes, and trace minerals. Patients taking chemotherapy or radiation will benefit from supplying a wide variety of nutrients to the cells. **Take two capsules with meals.**

**Innergy:** Nutrition support of the immune system or immune response is vital for recovery from most any disease condition. Cancer is no different. For those taking medical treatments that destroy or severely limit the functioning of the immune system it is crucial to support the immune response. The herbs contained in this formulation have been shown in clinical trials to protect and boost the immune system. **Take three capsules with meals.**

**Essiac:** Herbs in this formulation aid in the detoxification of all cells and body fluids. It also increases the movement of toxins out of the internal organs. **Take four capsules one hour after each meal.**

**Vitamin C with bioflavonoids:** Vitamin C is essential to cells for maintaining proper function and restoring their integrity. **Take two 500 mg tablets at lunch and bedtime.**

**Vitamin E:** Vitamin E is essential for repairing tissue damage and creating healthy hormones. Sarcomas require extra vitamin E due to their damaging effects on soft tissue and bone. **Take 400 IU or one capsule with breakfast and dinner.**

**Tracite Fulvic Trace Minerals:** Fulvic acids are known for their ability to carry sixty times their own weight in nutrients into the cells. These organic trace elements increase the electrical potential of the cells. They increase cell permeability allowing for greater absorption of oxygen and trace minerals into the cell structure. **Take five Drops at breakfast and dinner in water with a wedge of lemon squeezed in before adding the Tracite.**

**Saw Palmetto Herb:** This herb is well known for its prostate healing properties. It aids in balancing testosterone production controlling the formation of cancer producing hormones. **Take four capsules after meals.**