

## **'Erecting' Prostate Cancer**

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Do you find it curious that women who cherish male erections focus on all the hoop-la surrounding breast cancer and all these Avon walks and Susan Komen that absolutely have done nothing to help women? All the while neglecting your men's issues with prostate cancer. Susan Komen pays out 80% of their donations to administrative costs and CEO and does nothing to help you women. Most of that money never gets to where it belongs, helping women. However, you keep walking with your Pink T-shirts, shoes, socks, underwear, bracelets, headbands etc etc etc, that have failed in making any inroads into effective breast cancer prevention and/or treatment. Let's get real shall we and please read the following very closely.....

**Breast Cancer = Serious Money. Wait, wait, let me re-phrase that... ALL CANCER = VERY SERIOUS MONEY. Do you really think they want that to go away?** Onward and Upward to another big money maker for Oncology, The Prostate.

Almost 50% of all PSA triggered Prostate biopsy results come back with nonlethal, low-risk prostate cancers that are not likely to shorten a man's lifespan. Many men just want the cancer gone, so they opt for surgery or radiation for these low-risk tumors, but such procedures have a high risk of side effects like incontinence and the loss of erections, for life, for those of you that never played with an 'Erector set' as a child. You see, a surgeon is trained to cut and that is all they know and that is how they make their living. I will leave it to you to figure out the rest. They do not know how to restore your health and reverse a dis-ease process. They are cutters, pure and simple. No cut-ee = no money. No money = no Mercedes for hon-ee. Ah, too much reality for you? After 30 years of practice and countless patients, I am done pulling punches on the atrocities committed by Allopathic Oncology and the entire Allopathic community. Hospitals are bastions of illness that create more illness and death. Your life is at stake here and you keep trusting in the Church of Allopathic Medicine. Consider the following, from one of their own:

**"Allopathic Medicine (MD's) is neither science nor art. It is a religious cult that takes faith, on your part, to believe in what they do"-**

Robert Medehlson, MD

May I suggest researching Dr. Medehlson's literary works, so you know what you are stepping into when you step into the Allopaths office? Dr. Medehlson, like many Allopathic physicians with courage, was one of MD's that had the testicular fortitude to speak out against his own profession, in the 1960's and 1970's, when it was not the popular thing to do, like it is now. Dr. Medehlson has called his own profession quackery. I am grateful I had the privilege of hearing him speak, in person.

The PSA is not perfect test and an elevation does not indicate prostate cancer or a need for a biopsy or surgery. Many Allopathic physicians are recommending prostate biopsies simply off an elevated PSA without performing a DRE or Digital Rectal Examination. As soon as they see even the slightest elevation in PSA, they begin the fear and urgency play, telling you, you might have cancer and are in need of an immediate biopsy without performing a DRE to feel the prostate. And whatever happened to prostate massages? That was a standard treatment for prostate issues 40-50 years ago. Nurses would actually perform prostate massages and miraculously prostate issues would resolve along with sitz baths and the like. The lack of ejaculation will also cause prostate issues, which highlights the importance of ejaculation. Which highlights the curious notion of celibacy to include with yourself. There is no money in prostate massages, but there is substantial money in removing prostates, just like removing healthy breasts and denying you nipple sensitivity. There is money, however, in ejaculation. Depends on where, when and with whom, doesn't it? I once had a childhood doctor friend that bragged about how he never paid for sex. Four divorces later and having to move in with his mommy at 50 years old, I asked him if he still believed that. Speechless is often Priceless.

Speaking of ejaculation. Did you know that male ejaculate has one of the highest concentrations of Amino Acids and that there have been past and current research projects using male ejaculate as an anti-depressant? Semen has a very complicated profile, containing over 50 different compounds including hormones, neurotransmitters, endorphins and immunosuppressant's, each with a special function and occurring in different concentrations within the normal seminal plasma. Perhaps the most striking of these compounds is the bundle of mood enhancing chemicals in semen. These Anxiolytic chemicals include, but are not limited to , melatonin and serotonin, perhaps the most well-known antidepressant neurotransmitter resulting in the feeling of joy.

Male Ejaculate has been used as a cure for Morning Sickness in a paper presented by Gordon Gallup, PhD at the 2012 Northeastern Evolutionary Psychology Society Conference. Male Ejaculate also contains an anti-oxidant called spermine that diminishes wrinkles, smooths the skin and helps with acne. Looking to take advantage of these much sought after attributes, a Norwegian company called Bioforskning has commercially synthesized the ejaculate compound to create a unique facial cream. So, there is the research if you did not believe it. Then again, the quality of ejaculate depends on what the male consumes, doesn't it? Poor quality nutrition=poor quality ejaculate.

You see, Amino Acids assist in neurotransmitter production and stability along with other cool stuff like probiotics. So, more Serotonin = less depression or none at all. Just a few tidbits of information for speaking points during a lull in conversation around the dinner table. You see, the Celestial Design Committee really did give us everything we needed to include the natural anti-depressant in male ejaculate. I keep telling you the Almighty works in mischievous perfection.

So, men, to not cause a false reading, in the 48 hours prior to your PSA blood test, make sure you Do Not do the following:

- Ride a bike, motorcycle or anything that puts pressure on the prostate region
- Participate in vigorous exercise like heavy squats or resistance training
- Get a prostate massage
- Have a DRE. Schedule your Digital Rectal Examination AFTER your PSA blood test
- Ejaculate or participate in any sexual activity that involves ejaculation

Other things that can affect your PSA test result include:

- Chemotherapy (what a shock!)
- Medications for benign prostatic hyperplasia (BPH), such as Flomax or Proscar
- Certain supplements that can cause testosterone to increase
- Prostatitis
- Enlarged Prostate or BPH

And what if your biopsy was positive for cancer? Most prostate cancers are reversible if you understand that you created it due to your lifestyle. You rarely will die from Prostate cancer. You will, however, die from the treatment of Prostate Cancer via surgery, radiation and chemotherapy. And that is when it spreads if that is what you are concerned about. Read the "Chemotherapy revisited" essay. And if you do not die, then you can say adios to any semblance of a full and old fashioned down home "erector set", again.

We now have an additional test via the Mi-Prostate Score (MPIS) from the University of Michigan that measures minute fragments of RNA. Research has shown that the urine MPIS urine test is more effective than the PSA test alone, or PSA testing that is incorporated into the Prostate Risk Calculator, which is commonly used to predict prostate cancer.

Most of the time, there is no reason to have your prostate removed. And most of the time, just because the biopsy said you have cancer, you never really know if you do as they cannot tell, absolutely, if you do..... consider the following:

From Larry Norton, MD

Medical Director of the Evelyn Lauder Breast Center

Memorial Sloan Kettering Cancer Institute:

**"We don't have very accurate ways of looking at tissue and tumors under the microscope and knowing with great certainty what it is"**

Is there anything else, needed to be said, regarding how accurate those biopsies are to include your breasts? And you just had them cut off and they really did not know.

**Which set me to thinkin that if the Allopathic fraternity is always touting how they are the queens of "precise empirical evidenced based science", and everyone else is less than, wouldn't it be a reasonable**

**request that they bring the ‘precise’ part of the “science” to the surgery room and know ‘precisely’ what they are doing prior to cutting into your body and removing healthy body parts? Just a thought.**

Cancer is big business in the United States and they like it that way. And they will remove healthy body parts at your expense without really having definitive objective findings. There is serious money on the table and do not think, for one moment, that the very best at UCLA, Cedars, Cancer Treatment Centers, etc do not want a piece of that money pie. Those big buildings come at a price and out of the back pockets of the good ole boys that make the Chemotherapy. Once you start down the road of Allopathic Oncology cut, poison and burn, there is no turning back. And will usually render you “less than”.

Prevention is always your best play. And prevention is not going to your yearly “physical examination”. That is called detection. Prevention is called discipline, to include proper nutrition and body movement and stress and systemic inflammation reduction on a daily basis. ON A DAILY BASIS. If you don’t make time to prevent disease you will be forced into making time to deal with the disease or illness.

Now, go eat a quality high fat diet and watch what happens. Good ole fashion fats. Grass fed beef, Lamb, Whole Fat Raw Milk, Whole Fat Raw Cream, Whole Fat Raw Cheese, Avocado, Cashews, Pasture fed free range eggs, whole eggs, Coconut Oil, Coconut Butter, Unsalted Raw Butter, Olive Oil, Hemp Oil, etc etc etc. And that don’t mean twinkies and Ho Ho’s or ice cream. And no, your cholesterol level will not go up and don’t waste your time with your HMO primary care physician in discussing this with them. They know about as much physiology relative to what and how and what cholesterol does or is as they do about the inner workings of jet propulsion in the spacecraft Voyager. Refer to my cholesterol myth essay for your academic review.

**Here is some good advice....the best time to have that acid flashback and check out from reality is when your HMO primary care MD starts advising you on functional nutrition and disease prevention. What you are going to hear is pretty hallucinogenic so you might as well be trippin while they are trippin.**

**Low fat diets are what have made you sick and this nonsense of “you need lots of fiber from grains, to include whole grains”.**

Stop that insanity and stop listening to your HMO primary care MD that would not know a carbohydrate from a carburetor. I just had a patient, today, that said her 5 year old daughter had low iron and her Allopathic Pediatrician told her to feed her daughter more bread for the iron. The child is now complaining of bloating and constipation and the Allopathic pediatrician put her on Prilosec. Real stories folks, cuz I just cannot make that level of incompetency up.

Grains, all grains except for sprouted have caused much illness in this country. Cut them out completely, including whole grains. Carbohydrates are good and you need them and your source should only be from Organic Veggies and Fruits and Sprouted Grains.

YOU NEED FATS, CARBOHYDRATES AND PROTIENS IN BALANCE. You are wired to eat good fat, good sweet and good salt. The problem is you have chosen the wrong fats, sugars and salts and you can blame your Allopathic MD's for providing you with wrong information for the last fifty years with these low fat and high grain fiber diets which have made you fatter and sicker. And your government that subsidizes the commercial "making" of the foods that are making our society sick instead of subsidizing the wholesome food "grown" from Organic farmers and Ranchers.

Start getting prostate massages, stop drinking so much alcohol, and stop smoking and start exercising and sweating. If you want to destroy your prostate, among other things, and create erectile dysfunction, smoke and drink alcohol. Eat foods high in zinc and magnesium or supplement with EnergyQuixotica Mineral Synergy. Drink fresh pressed vegetable juice everyday. Keep it simple, parsley, carrot, celery and a nickel size slice of ginger. Prostate massages are one of the absolute best things you can do. Teach your significant other how to and have fun or do it yourself.

By the way, the prostate or what is commonly called the P-spot is akin to the G-spot in females. In other words it is a source of pleasure. Now, doesn't that sound far better than having your prostate removed, radiating your testicles, your 'unit' and internal organs and poisoning your body with Chemotherapy and never getting to play with an "erector set" again?

**"Irresponsible ignorance is not an excuse"**

VAYA CON DIOS