

Understanding Cancer & Its Treatment

Prostate Cancer (Part 3)

Ref #75

Website: [Healthy Christian Living - Living by the Blueprint](#)

"We have come to a time when EVERY MEMBER of the church should take hold of medical missionary work..." (7T 62.1)

"GATHER UP ALL THE KNOWLEDGE possible that will help to combat disease..." {MM 320.2-.3}

HOW?

"...Study our health literature and become intelligent on this important subject." {MM 320.3}
1911

"It is the duty of every person to BECOME INTELLIGENT IN REGARD TO DISEASE AND ITS CAUSES..." {HL 19.5}

"...Have a practical knowledge of the causes of disease, and...understand how to give simple treatments, that...may relieve the suffering ones..." {ChS 134.2}

"It is essential both to understand the principles involved in the treatment of the sick and to have a practical training ..." (MH 127.2)

"As religious aggression subverts the liberties of OUR NATION, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, THEY SHOULD, while they have opportunity, become intelligent in regard to disease, its causes, prevention, and cure..."
(CH 506.1)

WHAT IS THE DEFINITION OF DISEASE?

"...Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health." (MH 127.1)

BIBLE:

3 John 2 – "Beloved, I wish above all things that thou mayest prosper and BE IN HEALTH, even as thy soul prospereth."

Jeremiah 30:17 – "For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD..."

Psalms 103:3 – "Who forgiveth all thine iniquities; who healeth all thy diseases;

Genesis 18:14 – "Is anything too hard for the Lord...?"

- **God wants to heal us of ALL OUR DISEASES, INCLUDING CANCER.** And today, some doctors will tell you that this disease can in fact now be reversed/cured.

WE WILL BE TEACHING FROM 3 SOURCES:

- The Bible
- The SOP

- **Good Scientific Material – Giving you the most advanced teaching, the most aggressive teaching in terms of health, healing and restoration.**

MEDICAL SCIENCE:

- The prostate is a compound exocrine gland of the male reproductive system.

A healthy human prostate is normally said to be a little larger than a walnut. The weight of a normal prostate in an adult male is about 11 grams, averaging between 7 and 16 grams. It surrounds the urethra right below the bladder and can be felt during a rectal exam.

OTHER THINGS TO KNOW ABOUT THE PROSTATE:

- In older men with prostate problems it may swell from the size of a walnut to that of a plum
- If the prostate grows too big, urine flow may become weaker.

THINGS THAT HARM THE PROSTATE:

1. Poisonous tobacco
2. Improper breathing
3. Tight clothing that compresses -- For men, this would be the wearing of a belt
4. Confined to indoor work
5. Lack of pure air
6. Self-abuse / masturbation
7. The eating of flesh foods
8. The eating of blood – Meat eaten rare, medium rare, etc. -- This is one of the main causes
9. The eating of dairy products, including any cheese
10. Drug medication/recreational drugs
11. Eating and drinking improperly
12. Overheated air
13. Foul air
14. Inactivity/lack of exercise
15. Poor ventilation/not keeping the windows open
16. Drinking apple cider causes problems
17. Eating oil & vinegar combinations - like the common Italian salad dressing on the market or Veganaise
18. Stimulants
19. Drinking with meals
20. Eating anything with vinegar in it, such as: ketchup, mustard, BBQ-sauce, pickles, etc. not referring to homemade kind that doesn't use vinegar (**vinegar is the highest form of fermentation**)
21. Animal fat has an effect
22. Drinking any type of alcohol, not one sip should be taken beer, wine, cider, liquor, etc.
23. Drinking coffee, soda, or diet soda
24. Eating any spicy food such as jalapenos, tobacco sauce, hot sauce, chili peppers, black pepper, etc.
25. Eating fried food - divine prescription & science of health & healing
26. Lack of sunshine

THINGS THAT BENEFIT THE PROSTATE:

1. Bathing
2. Walking (ML 136.5-.6)
3. Health reform
4. Not eating meat

5. Proper breathing
6. Exercise (nothing takes the place of walking – CH 200.2)
7. Sunshine
8. Drinking plenty of water
9. Proper rest
10. Proper dress

“Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is repaired from our food. Each organ of the body requires its share of nutrition...” {MH 295.1}

FOODS GOOD FOR THE PROSTATE:

1. Pumpkin Seeds - a closed fist full every day
2. Pumpkin/Cassava
3. Sesame seeds (1 Tablespoon every day + one other seed, changing this second seed each day)
4. Avocado
5. Wheat Germ (1-2 Tablespoons per day maximum)
6. Garlic – 2 raw cloves 2-3 times a day eating with food to prevent burning sensation in chest or stomach.
7. Onion
8. Whole Grains – Brown Rice excellent
9. Blackstrap Molasses – 1-2 T. daily
10. Tomatoes
11. Nuts
12. Soybeans (non-GMO)
13. Fruit – (remember to include at least 1 citrus and 1 type of berry in your 3 fruits for the day)
14. Dark Green Vegetables (cooked) – At least 1 daily of asparagus, broccoli, Brussels sprouts
15. High Fiber Foods – no white products

HERBS GOOD FOR THE PROSTATE:

1. Saw Palmetto – The best
2. Buchu
3. Echinacea
4. Bearberry
5. Stinging Nettle
6. Licorice
7. Parsley
8. Cornsilk
9. Horsetail

“It is no denial of faith to use rational remedies judiciously.” (2SM 346.2)

SIGNS(S/Sx) OF PROBLEMS WITH THE PROSTATE:

- Pain on Urination
- Frequent Urination
- Urine Retention
- Often a Fever
- May be some discharge
- Getting up at night more than one time to use the restroom

NOTE:

- A special test called the PSA test (prostate specific antigen test, done by a blood test) is used to determine if there is any Enlargement of the Prostate
- The “normal” PSA serum concentration ranges between 1.0 and 4.0 ng/mL.

THINGS THAT HELP FOR PROSTATE/CANCER:

- Follow the **Two Month Program** – send an email to rrbushor93@verizon.net and request it
- **Obey all the Laws of Health** - Read Counsels on Diet & Foods
- Get 1 hr. of **walking** in the morning every day within reason
Start with what you can do and then add 1 minute each day
- Get a minimum of 1-2 hrs. of **sunshine** before 2:00 pm every day
- Try to eat five daily of (3) brightly colored **fruit** and (2) vegetables
- Take 1-2 Tbsp. **ground flaxseed** every day x 1 month
- Include foods that are high in selenium (such as garlic), a trace mineral, that helps lower the risk of prostate cancer by combatting cell damage. Selenium may also be found in **broccoli, Brazil nuts, asparagus, brown rice and onions.**
- Included plenty of fresh or cooked **tomatoes** into the diet. Tomatoes contain a bright red pigment called lycopene, a powerful carotenoid antioxidant, which helps to repair damaged cells.
According to an American study of 47,000 men over sixty years, those who had at least 10 servings a week Of tomato-based foods were up to 45 per cent less likely to develop prostate cancer.
DON'T eat your tomatoes with vegetables.
You may eat with other like fruit such as avocado, cucumber, bell pepper, etc.
- Eat a handful of pumpkin seeds (raw/unsalted) every day
- Eat foods high in zinc (sesame seeds is the top one)(1 Tbsp. per day)
- Take 1 T. Wheat Germ every day x 30 days
- Barley Life (3 Tbsp./3-4 x day)
- Eat Raw Garlic, 2 cloves a day, 2-3 x day. Be sure to eat with food so it doesn't burn

AMERICAN CANCER SOCIETY'S ESTIMATES FOR PROSTATE CANCER IN THE UNITED STATES FOR 2014 ARE:

- About 233,000 new cases of prostate cancer
- About 29,480 deaths from prostate cancer
- Prostate cancer is the most common type of cancer found in American men, other than skin cancer
Prostate cancer is the second leading cause of cancer death in men, behind only lung cancer.
One man in 7 will get prostate cancer during his lifetime. And one man in 36 will die of this disease.

Prostate cancer can be a serious disease, but most men found to have prostate cancer do not die from it.

- Prostate cancer usually affects men over 50 and approximately half of this age group also show signs of prostate enlargement.
- Read more: <http://www.netdoctor.co.uk/healthyliving/mens-health/prostate-facts.htm>

MORE INFO REGARDING THE PROSTATE:

- Natural Remedies Encyclopedia, 7th Edition (pages 668-670)
- Back to Eden by: Jethro Kloss (pages 413-415, 257)
- Encyclopedia of Foods and Their Healing Power, Volume 2, page 262
- Encyclopedia of Medicinal Plants, Volume 2 (page 603)

NOTE: Be sure to **COMBINE ALL CANCER TREATMENTS WITH THE 'Simple Two Month Healing Program'**

NOTE: Be sure take a warm bath x 20-30 minutes, 4 x week

NOTE: Be sure to follow protocol in Parts 1 and 2 of this Cancer Series

POWERFUL CANCER QUOTES:

“...He said, “When this cancer made its first appearance, about three years ago, I concluded that it was time for me to straighten up on health reform, and so I adopted a strict dietary. I have not eaten a particle of meat since; I have not taken anything but the purest foods, and I have lived in harmony with the laws of health as far as I knew. I found that I was improving wonderfully, and that this thing did not grow. It remained there after I had adopted health reform, but it did not increase in size and now, since you looked at it the other day, it has simply healed up entirely.” {April 1901 N/A, GCB 497.5}

“We sent the specimen of this cancer to New York, and had one of the greatest pathologists examine it. “Why,” said he, “it is one of the most deadly kinds of cancer. “When he heard the story of that cancer, he was amazed beyond measure.” {April 1901 N/A, GCB 498.1}

“Now I am telling you this for the glory of God, so that you can see that there is a power to heal. It was God that healed that man. The doctors had nothing to do with it. It was through the power of obedience,--living up to the light that he had received,--and God honored his obedience by healing him of his awful disease.” {April 1901 N/A, GCB 498.2}