Diet and Cancer Call: January 27, 2014

Resources

Books:

Crazy, Sexy Cancer Survivor-by Kris Carr

Anticancer, A New Way of Life, New Edition by Servan-Schreiber MD PhD, David (Dec 31, 2009)

Should I Be Tested for Cancer? Maybe Not and Here's Why.-H. Gilbert Welch, MD, MPH

Fasting and Eating for Health-Joel Fuhrman, MD for purposes of detox

Crazy, Sexy Diet-Kris Carr

Life Over Cancer-Keith I Block, MD-Good book for additional supplements

The Gerson Therapy-The Proven Nutritional Program for Cancer and Other Illnesses-Charlotte Gerson and Morton Walker, DPM

Invasion of the Prostate Snatchers-Ralph H Blum and Mark Scholz, MD

Movies:

Forks Over Knives-includes stories of cancer survivors-on Netflix and Amazon. com

Dying to Have Known-The Story of Max Gerson and Cancer Healing through juicing-free link to the movie-Dying to have known

On-line resources

Cancer Decisions-Ralph Moss-comprehensive cancer treatment reviews-both conventional and alternative

For Prostate Cancer:

Dr. Mark Scholz-Prostate Cancer Treatment

Dr. Snuffy Myers-Advanced Prostate Cancer Treatment

For Brain Cancer

Anti-Cancer Diet Website

Rare Cancer Survivor

Kris Carr Website

Detoxification after chemotherapy or for toxin exposure

True North-Alan Goldhamer-Fasting Center

Changes in prostate gene expression in men undergoing an intensive nutrition and lifestyle intervention

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Communicated by J. Craig Venter, The J. Craig Venter Institute, Rockville, MD, April 2, 2008 (received for review February 13, 2008)

Epidemiological and prospective studies indicate that comprehensive lifestyle changes may modify the progression of prostate cancer. However, the molecular mechanisms by which improvements in diet and lifestyle might affect the prostate microenvironment are poorly understood. We conducted a pilot study to examine changes in prostate gene expression in a unique population of men with low-risk prostate cancer who declined immediate surgery, hormonal therapy, or radiation and participated in an intensive nutrition and lifestyle intervention while undergoing careful surveillance for tumor progression. Consistent with previous studies, significant improvements in weight, abdominal obesity, blood pressure, and lipid profile were observed (all $P < 0.05$), and surveillance of low-risk patients was safe. Gene expression profiles were obtained from 30 participants, pairing RNA samples from control prostate needle biopsy taken before intervention to RNA from the same patient's 3-month postintervention biopsy. Quantitative real-time PCR was used to validate array observations for selected transcripts. Two-class paired analysis of global gene expression using significance analysis of microarrays detected 48 up-regulated and 453 down-regulated transcripts after the intervention. Pathway analysis identified significant modulation of biological processes that have critical roles in tumorigenesis, including protein metabolism and modification, intracellular protein traffic, and protein phosphorylation (all $P < 0.05$). Intensive nutrition and lifestyle changes may modulate gene expression in the prostate. Understanding the prostate molecular response to comprehensive lifestyle changes may strengthen efforts to develop effective prevention and treatment. Larger clinical trials are warranted to confirm the results of this pilot study.