

# Back To Health

## Nutrition and Chiropractic Center

Your Guide to Better Living

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*Doctor of Chiropractic*

## Prostate Cancer

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*“This patient and his wife came in for a second opinion on how to deal with Prostate Cancer, what we gave him was an opportunity to get his body healthy enough so that no matter what he chose to do (surgery or natural care options) his body would be in the best possible shape to fight the cancer and or recover from surgery as quickly as possible.”*

*-Dr. Andrew R. Dyer*

*“Dr. Merkle says, ‘Genetics loads the GUN, but environment pulls the trigger.’ What would the harm have been in waiting a few more months to see if I could have gotten the PSA marker to come down below 4.00”*

*-Dr. Andrew R. Dyer*

# Prostate Cancer

## Case Study for 55 Year Old Male

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### **Patient profile:**

2-12-2006 The Patient presents with his wife for initial nutritional consultation. Two weeks prior he had undergone a 12 point biopsy for prostate examination and it was thought at the time that he was all clear. In August of 2005 his PSA (prostate specific antigen) for prostate screening was at 3.0, December's value was a 5.7, and in January 2006 it was back down to 4.8. His Gleason score at that time was an 8. Gleason score's evaluate the likelihood that cancer cells are present and determine how bad the cancer is. The highest possible score is a 10. The first time we spoke the patient and his wife were still waiting on the results of the Bone/CT scans to rule out metastasis.

### **Patient's tests results:**

The results of the patient's first blood and hair tests showed some low minerals, low protein, and some minor liver/pancreatic dysfunction. Overall, it was not bad until we looked at the PSA marker which at this time was 12.2. The normal healthy range goes up to 2.00 and the clinical range goes up to 4.00.

The hair test showed an elevated Cadmium level but nothing else was dramatically elevated. No additional tests were performed at this time. The next retest of the blood work showed the PSA had come down from 12.2 to 5.10 in just 62 days. The next follow-up on 5-23-2006 showed a PSA level of 4.8. It was at this time the patient decided he would postpone his scheduled robotic surgery for a few months and see what his numbers were the next time. A little over one month later I checked his PSA marker for the last time and at this point it had increased slightly from 4.8 to 5.0.

I was unable to convince the patient and his wife that if we gave it another few weeks and rechecked the numbers perhaps they would be down under 4.8 again. Even things such as recent ejaculation or digital rectal examinations can cause the PSA to elevate. We will never know for sure what caused the number to rise, but three weeks later the patient underwent a total prostatectomy done robotically at Ohio State University.

### **Patient assessment:**

2-22-2006 After less than ten days on the program I prescribed to the patient, I followed up with him and he said he was feeling more energetic. His biopsy was being cross-matched with his DNA to confirm that it was his cells on biopsy. In a few weeks he will provide me with this information.

3-27-2006 I talked with the patient and told him we should retest the blood on April 15, 2006 to determine how his body was responding to the program. If the PSA had improved even a little bit, we'd know the program was working. I suspected his PSA had improved but we wouldn't know for sure until the retest. I then asked "What would be the harm in waiting a few more months before your surgery? We could continue on like you have been, monitoring the PSA and noticing how your body has improved." I then said to him "Ultimately this will be your decision, but you'll know from our blood tests if we are winning the battle."

### **In His Own Words:**

This is an update on my current health condition. I continue to take all supplements on a consistent basis. On 3-22-2006 I met with my urologist, and he confirmed that all the DNA testing verified the results of the biopsies were mine. The first biopsy showed a Gleason score of 8.5 with cancer detection and the second showed a lower score, with only a slight detection of cancer. Consequently, he recommends that I pursue the surgery. After the consultation, I told him I would contact the doctor at James Cancer Hospital (Ohio State University) in Columbus. He is a leader in robotic laparoscopic prostatectomy, having performed hundreds of these types of surgeries. Since I will finish my supplement regime on April 17<sup>th</sup>, I need your input ASAP to determine the direction I will take. In other words, I would like to have the blood testing done as soon as is feasible to determine the effects of the supplements, especially upon my PSA. Unless the Lord intervenes in unusual ways, it appears the surgery is imminent. I look forward to hearing from you. Thanks for everything Dr. Dyer.

### **Dr. Dyer's Final Thoughts:**

This patient decided before we discussed his last round of PSA results that if the number went up even by 0.1 he was headed for surgery. The patient had pushed the surgery back two months after we got phenomenal results with his numbers.

His program was based on specific findings of the blood and hair tests which included diet and nutritional supplements and his repeat testing showed good improvement.

POINT: There is no cure for Prostate Cancer and the hypotheses are endless on what might cause this condition in the first place. We know that smoking cigarettes raises the risk, but this gentleman had never done that. We know that eating too much red meat may also be a contributing risk factor. Suppose it was the 12 point prostate gland punch biopsy the patient endured that caused the elevated PSA. Maybe and more than likely there was a relationship there, but the bottom line is no one in the medical community would ever admit the tests they use could actually put the patient at greater risk. We will never know if that test was the cause behind the extreme elevation of the patient's PSA or if after the body recovered from the biopsy, the number's regained their normal "elevated" state.

KEY POINT: You don't need a cure for cancer, (there isn't one and I believe there never will be), all you have to do is modify your system or allow it to be as healthy as possible so the immune system can competently overcome ailments...even cancer. This is why we do so much testing. We need to see everything that we can, to try and fix everything that can be fixed. We need to rebalance any vitamin or mineral deficiencies and reduce toxicities and organ dysfunctions.

HERE IT IS: If you get healthy enough, your body will likely start to repair itself faster and more completely. It will take time, maybe several years, but what will happen if you improve just 1-2% every 6-8 weeks. What can happen if you have steady consistent small improvements over the next 2-5 years? This patient responded quickly but the most important thing is he saw some progress within weeks.