

# **PROSTATE CANCER IS THE NUMBER ONE CANCER FOR MEN - How Men Can Save Other Men by Starting A Dialogue About Prostate Cancer**

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Like breast cancer -- which is the number one cancer for women, men are dying left and right of **prostate cancer**, which is the **number one cancer** for men. This article will not only be an **eye-opening** read for all men, but I am sure by the time many women read it, they will be ready to take a more **proactive role** in convincing their spouses, mates, partners, significant others and other male family members, especially their sons, to have regular doctor's visits.

Because I worked in a '**male-dominated**' industry most of my career-life, U.S. Customs Service (now called "Customs and Border Protection," most of my friends were men. So I guess you can say that I have **first-hand** knowledge about a lot of issues, when it comes to men, especially their health.

Since my **best friends** for many years were men, they shared a lot of secrets with me, especially when it came to their health. As a Speaker, Author and Coach, I usually discuss prostate cancer around **Father's Day**, which is in June of each year, however, since this holiday is so far away, I wanted to give all men (and women) something to think about now.

Also you need to ask yourself this question "How many men in their 40s, 50s, 60s, 70s, 80s, or even 30s, won't be around for the next Father's Day because of prostate cancer - a disease that **ONLY AFFECTED** men in their 60s, 70s and 80s years ago?"

But today prostate cancer, which again is the number one cancer that men die of, is killing men in their 30's, 40s, and 50s. Why is this? Personally, I have had 3 friends die from prostate cancer who were only in their early

40s, so I know first-hand that this disease is taking men at a much younger age today.

As much as women try to influence the men in their lives to get regular prostate examinations, it will probably be men, not women, who will be able to convince other men that they need a **regular** prostate exam.

So men need to open up to each other and motivate each other to go to the doctor. If men don't have health insurance, then they need to be entrenched in holistic and natural communities and live healthier lifestyles. It's as simple as that!

The other day I was speaking with my mate, who is 70 years old, and a **Type A, manly, masculine male**, about prostate cancer and he really gave me a **man's perspective** on why so many men die of prostate cancer.

Most prostate cancers are **first found** during screening with a **prostate-specific antigen (PSA)** blood test or a **digital rectal exam (DRE)**. My mate said **MOST MEN** don't want to go to the doctor because they don't want another man sticking their finger up their anus area to conduct a digital rectal exam, which is needed to diagnose prostate cancer.

During a digital rectal exam, your doctor inserts a gloved, lubricated finger into a male's rectum to examine their prostate, which is adjacent to the rectum. He or she may use the other hand to press on the lower belly or pelvic area. If the doctor finds any abnormalities in the texture, shape, or size of the gland, they may need further tests.

Prostate cancer forms in tissues of the prostate (a gland in the male reproductive system). The prostate produces semen, the fluid that carries sperm. The prostate gland is found below the bladder and in front of the rectum.

Normally, the prostate is about the size of a walnut. As a man gets older, the prostate often becomes enlarged. More than one-half of American men over the age of 60, have some enlargement of the prostate. This is not usually caused by cancer, but could possibly cause other problems.

Often, there are **no symptoms** in the early stages of prostate cancer. If symptoms do occur, they can vary, depending on the size of the exact location of the lump, or the growth in the prostate.

Since the prostate surround the urethra, the tube that carries urine and semen, any change in the prostate can cause problems with urination and ejaculation. However, similar symptoms can be caused by a number of things, including infection or a non-cancerous condition called **Benign Prostatic Hyperplasia (BPH)** (also called enlarged prostate).

If a man has problems with a weak or interrupted flow or pain while urinating, painful ejaculation, blood in the urine or semen, or a nagging pain in the back, hips and pelvis, he should see a health care provider or an urologist to find out what's going on.

African American men have the highest rate of prostate cancer in the world. There could be many reasons why younger men are dying today of prostate cancer, for instance, **MOST MEN** eat a lot of meat, especially red meat, which contains parasites, which can turn into cancer.

Most men think that if they don't eat meat, they won't get protein and if they don't get protein, they won't have energy and this is the furthest from the truth because many foods will give you protein and tons of energy.

Also did you know since USDA.gov went under DHS.gov in 2003, when they initially merged 22 federal agencies into one agency and renamed the agency "Customs and Border Protection," they only inspect 1% of the meat that is imported into this country? So a large portion of the meat or animal fat, particularly fats from red meat, that ends up on your table has parasites (or worms), that comes from **undercooked** beef and pork.

Cancer is not only the **2nd largest killer** in this country, but like other major diseases, such as diabetes, the number one killer of African Americans, cancer is a "**FOOD-RELATED**" disease, which means you contract the disease, simply because you are not eating good, clean, organic foods.

If a man's father or brother has cancer of the prostate his risk is two to three times greater than average, however, most diseases are not hereditary, but instead "**FOOD RELATED**" so your genes have nothing to do with it. Most family members eat the same **TOXIC foods** and live in the

same **TOXIC environments**, even when they move out of their households.

Conventional medicine guidelines states that all men should explore the risks and benefits of prostate cancer screenings starting at age **50** if they are at average risk of prostate cancer; At age **45** if they are at high risk; And at age **40** if they are at very high risk (those with relatives with the disease).

However, because the pharmaceutical industry is **BIG BUSINESS**, the medical industry can make more money off men if they are found to be sick or dying of prostate cancer. Therefore, as a Non-GMO Health and Wellness Expert, my advice to all men is to start looking at all your options for prostate screenings starting at age 35 (or even younger), especially since GMOs (the "**Elephant in the Room**"), have caused all major diseases today to develop at a much earlier age.

You can't discuss any type of cancer today without mentioning the word Genetically Modified Organism (GMO), which causes cancer and is not just found in most foods today, especially processed foods, but are also "**AIRBORNE**", which means you are breathing in GMOs from the time you wake up in the morning, to the time you go to bed at night, especially if you work outside of your home.

Many farmers, who are mostly men and where many GMOs are sprayed today, have produced crops that have become "**Weed Resistant**" and have ended up with "**Super Weeds**," which have been a nightmare for farmers.

Because of GMOs, weeds today are developing a resistance to herbicides, which means that most men (and women) are having to use 4 to 5 times more weed killer to keep weeds under control.

So most men who work in the farming, gardening or lawn maintenance industry -- to men taking care of their lawns and even men who enjoy golfing are now more at risk of prostate cancer from GMOs than ever before.

Most are using "**Monsanto Roundup Ready Weed Killer**," which is nothing but poison, but it is now being sprayed on many lawns, in fields, on

golf courses, football, baseball and soccer fields, and even in all parks and playgrounds, where children play.

**Roundup** is the brand-name of a herbicide produced by Monsanto. Its active ingredient **glyphosate** (which is linked to cancer) was patented in the 1970s. **Roundup** is widely used by both people in their backyards and farmers in their fields. So this too could be another reason why many men today are dying of prostate cancer at a much earlier age.

**DDT** (dichlorodiphenyltrichloroethane), a pesticide by Monsanto, was **BANNED** in the U.S. in 1972 after it was discovered to be harmful to wildlife and humans, and there are also many different GMO movements today attempting to ban Roundup Ready Weed Killer.

The risk for prostate cancer increases with age. Many medical doctors who have gravitated to holistic healing, has stated that most men who die after age 80, at least half will have prostate cancer, but they usually die from some other type of illness, before the cancer has time to take full effect.

There is not too many options in **conventional medicine**, once you are diagnosed with prostate cancer, so personally, as a Non-GMO Health and Wellness Expert, I believe many men, even at a young age, are afraid to get checked for prostate cancer because not only do they feel they will lose some of their masculinity if they allow doctors to insert their fingers up their anus areas, but many also fear that if they are diagnosed with prostate cancer, they will lose their "**manhood**."

For a man not to be able to please a woman again has to be some of the most disturbing and shocking news a man can receive in his lifetime. However, today because of GMOs in your diet and environment, most men or **50% by the age of 40**, have some form of **Erectile Dysfunction (ED)**.

The **treatment** in conventional medicine for prostate cancer is first they look at surgery, so surgery is the **FIRST OPTION**, which will cause **shrinkage** or **ED**, the inability to please a woman again, unless you get a penile implant, and I doubt very seriously if most men would want something artificial inside of them.

Radiation therapy and chemotherapy are the **SECOND** or **THIRD** **OPTIONS**, if you are diagnosed with prostate cancer, which can actually put cancer in your body. So unless men today, get serious and get entrenched in holistic or natural communities, especially at a young age, and avoid GMOs both in their foods and environments, many are risking not just their manhood, but their livelihoods as well.

Learn more about cancer and how to cure yourself naturally and how to keep from getting cancer in the first place by reading my book entitled ***"Cancer Cures: Heal Your Body and Save Your Life."*** And tell the people that you truly care about, especially all men, the book is available as an e-book and paperback book. Good luck!!!