

Pomegranate Juice Proven To Slow Prostate Cancer

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Two clinical studies have now shown that men with established prostate cancer realized a marked slowing of their disease when they drank 8 ounces of pure pomegranate juice each day.

Reporting at the 104th Annual Meeting Scientific Meeting of The American Urology Association, researchers presented findings showing that men, who had undergone prostate surgery or radiation treatment for localized prostate cancer, benefited from drinking 8 ounces per day of pomegranate juice if their PSA levels were still continuing to rise.

In other words, in cases where prostate surgery or radiation had not been successful in eradicating all prostate cancer cells in the body, pomegranate juice was able to contain the replication rate of any existing prostate cancer cells that remained. In the men giving the pomegranate juice the doubling time of their PSA was extended to 60 months, compared to only 15.4 months prior to pomegranate juice administration.

The PSA is the prostate-specific antigen, which is a protein secreted by prostate cancer cells into the bloodstream. The PSA blood level serves as a marker for how fast prostate cancer cells are dividing within the body.

Previously, a study in the Journal of Clinical Cancer Research in 2006 showed that men, with established prostate cancer, extended the PSA doubling time from 15 months to 54 months when they began drinking 8 ounces of pomegranate juice each day

How Does It Work?

No one knows for sure how pomegranate juice protects the prostate gland, but the juice is very rich in a class of unique polyphenol antioxidants known as ellagitannin compounds. Its possible that these, or other compounds in pomegranate juice, can slow the rate at which prostate cancer cells replicate and/or trigger mechanisms that encourage programmed cell death of existing prostate cancer cells

What All Men Should Do:

Studies indicate that 75% of all prostate cancer cases are linked to faulty dietary and lifestyle behaviours (Willett W, 1996 J Natl Cancer Inst). As such I would encourage you to follow a prostate prevention program that now includes drinking 8 ounces of pomegranate juice daily. A comprehensive program to support prostate health includes:

1. Eating less animal fat from red meat, pork, organ meats and dairy products
2. Consume little, if any, alcohol
3. Eat cruciferous vegetables daily (choose from broccoli, Brussels sprouts, cabbage, cauliflower, bok choy)

4. Consume omega-3-fats daily (2 servings of fish each week and a daily supplement containing fish, flaxseed and borage seed oil – see Adeeva's Nature's Essential Oils)
5. Consume 2 heaping tablespoons of ground flaxseed powder daily
6. Eat tomatoes and tomato products regularly (to get lycopene, which is a key prostate antioxidant)
7. Stay lean and fit
8. Consume soy products at least 3-4 times per week
9. Take a prostate support supplement after age 40 to block the build up the dangerous dihydrotestosterone hormone, which is linked to prostate enlargement and prostate disease (see Adeeva Prostate 40 Plus)
10. Drink 8 ounces of pomegranate juice per day