Foods to Avoid & Foods to Eat for a Healthy Prostate

These are the foods you must avoid or, at least consume minimally, to heal and prevent prostate problems.

1. Vegetable Oils and Margarines
2. Sugars and Sugar-free Sweeteners
3. Commercial Meat and Dairy
4. Toxic Foods
5. BBQ’d Meats
6. GMO foods
7. Soy
8. MSG foods
9. Microwaved foods
10. Puffed cereals and flakes

**Vegetable Oils and Margarines**

Commercial oils of today are poly-unsaturated vegetable fats containing too many Omega-6 fatty acids. This imbalance causes an increase of blood clots, high blood pressure, irritation of the digestive system, depressed immune function, sterility, cancer weight gain and inflammation in the body — the last thing you want for your prostate.

Typically, vegetable oils are rancid due to being heated during production. Add a nickel catalyst to solidification (which also creates harmful trans-fatty acids), then some deodorants and colorants!

This article, *Why organic, raw butter will benefit your health*, goes into the gruesome details of margarine production: emulsifiers, preservatives, free radicals, artificial flavors, bleach, soy protein isolate (MSG), sterols, and hexane, as well as many other artificial and synthetic ingredients, and endocrine disruptors like estrogen are just a few of the harmful components of margarine.

Mainstream marketing would have you believe that the margarines in health food stores are better. Don’t believe it! Vegetable oils have been proven to
not be superior to saturated oils. As Dr. Lundell, a heart surgeon says, forget the old science!

“[Naturally-raised] animal fats contain less than 20% Omega-6 and are much less likely to cause inflammation than the supposedly healthy oils labelled polyunsaturated . . . The science that saturated fat alone causes heart disease is non-existent.” Dr. Lundell, Heart Surgeon

For more info, read these excellent articles on fat:

The Skinny on Fats
The Great Con-ola

Healthy alternatives: Organic fats such as butter, ghee, lard and extra virgin coconut, olive, palm and avocado oils.

**Sugars**

It’s nearly impossible to find a prepared food—even organic, health food—without sugar. On average, we consume a cup or more of sugar every day; our ancestors consumed one tablespoon daily, at most.

Sugar is *food* for cancer cells, including prostate cancer! When combined with refined white carbs, sugars create digestion problems and obesity.

High fructose corn syrup, (HFCS), a highly refined sweetener, was found to contain mercury in over 40% of the products recently tested by the US Food and Drug Administration (FDA) See this article: The Murky World of High-Fructose Corn Syrup.

Fructose and HFCS, in many fast foods and processed foods, are deadly sweeteners and linked to metabolic syndrome, obesity, diabetes, cardiovascular and liver disease. Diabetes, Obesity and Metabolism

Also see Dr. Robert Lustig’s YouTube video that explains the damage caused by fructose: Sugar: The Bitter Truth

A can of orange juice and a can of Coke have similar amounts of sugar. Dilute fruit juices with water 4 to 1 (water:juice).
Artificial sweeteners are no better; they increase your sugar cravings! Aspartame—in Equal and Nutrasweet—is 200 times sweeter than refined sugar, but alien and toxic to your body! One of the key functions of the prostate gland is to remove toxins from semen; artificial sweeteners burden your prostate with a toxic substance. Avoid at all costs. Read all about the dangers of artificial sweeteners here: Sugar-Free Blues

The solution is to use healthy alternatives to both refined sugar and artificial sweeteners and to reduce sweeteners in your diet. Choose organic, healthy alternatives:

- Real maple syrup (not imitation): Organic Maple Syrup
- Raw, unfiltered honey (cooking destroys its healthy enzymes)
- Molasses
- Dehydrated sugar cane juice (sold as Sucanat and Rapadura)
- Date sugar
- Organic Coconut Sugar
- Stevia
- Lo Han Kuo

Even these sweeteners should be consumed in moderation. One to two tablespoons per day is more than enough!

**Commercial Meats and Dairy**

Many health pundits claim that meat and dairy are no good for you. This is partially true; commercial, factory-farmed modern meat and dairy are highly toxic foods that will impact your prostate health.

Bioconcentration is how toxins and pollutants move from one level to the other in the food chain. Pesticides and herbicides on the grains cows eat and in the water they drink, toxins from GMO grain cattle are fed, hormones they are fattened with—by the time humans consume the meat or dairy, it’s laden with serious chemical residues. The more beef and cow dairy we eat, the more toxic we become. Cancer, the body’s reaction to the toxins, more easily finds a home.
“Rapid heat treatments like pasteurization, and especially ultra-pasteurization, actually flatten the molecules so the enzymes cannot do their work. If such proteins pass into the bloodstream (a frequent occurrence in those suffering from ‘leaky gut,’ a condition that can be brought on by drinking processed commercial milk), the body perceives them as foreign proteins and mounts an immune response. That means a chronically over-stressed immune system and much less energy available for growth and repair.”

Weston A. Price Foundation

Healthy Alternatives: Organic, pasture-grazed (not grain-fed) meat and fowl; organic grass-fed, non-pasteurized (raw) dairy—milk and cheeses. New Zealand lamb is mandated to be only grass-fed. Organic free-range chickens and their eggs are also excellent.

A similar sad story exists for milk and dairy. Most milk, even organic milk, is ultra-pasteurized or goes through normal pasteurization. Both heat the milk well above the 212°F boiling point to give it a longer shelf life. The effect that ultra-pasteurization has on the natural enzymes in the milk and, consequently, our health is not well known.

The best dairy is raw, non-pasteurized and from grass-fed cows, goats or sheep. This is the dairy of yesteryear. If milking and dairy facilities are meticulous and clean, then the food is completely safe and highly nutritious.

The Weston A. Price Foundation website elaborates about the dangers of milk packaging and the risks of the plastic containers that are common today.

Read more here: What is Real Milk? and Dairy Un-Forbidden: Discover the Virtues of Raw Milk

Click here to find sources of raw milk and cheese: Where Can I Find Real Milk?

“Once milk is pasteurized, or ultra heat-treated, its natural enzyme population is destroyed. Yet the enzymes are needed to make the milk nutrients available to the body cells. Newly born calves die within six months when fed with pasteurized cow’s milk. One can only imagine the turmoil that must be going on in the tiny intestinal tract of a baby who is fed with pasteurized milk or sterilized milk formula. As mentioned before, such babies usually develop colic, bloated and chubby, discharge mucus, catch colds frequently, are restless, and cry a lot.”

Andreas Moritz, Timeless Secrets of Health and Rejuvenation
**Toxic Foods**

Hormone-disrupting chemicals, xenoestrogens, are impacting our health and our prostates in an unprecedented way. They are found in pesticides, insecticides, processed foods, household cleaning products, fireproofed mattresses, synthetic clothing, and some plastics used in food containers and plastic bottles.

Once absorbed by our bodies, these hormones mimic estrogen and create a host of toxic conditions. In men, they create hormone imbalances that impact our prostates with disease and cancers, grow male breasts, create erectile difficulties, and lower sperm count, never mind the increase in obesity. See **Chemical toxins: A hypothesis to explain the global obesity epidemic**

Humans have become overloaded with chemical residues and estrogen as a result of what's in our commercial modern meat and dairy as well as most conventionally-grown, pesticide-contaminated fruits and vegetables and food additives. The result is a sad, mad prostate and an epidemic of prostate disease in the west.

And fish haven’t escaped the commercial onslaught of additives and pesticides either. Farmed salmon and fish—unless organic—are fed toxic feeds and antibiotics.

Many wild fish are very high in extremely toxic mercury which bio-accumulates in the ocean’s food chain and in our bodies. Avoid these fish: king mackerel, swordfish, tilefish, grouper, marlin, orange roughy, walleye, and tuna.

Eat fresh caught seafood and shellfish lowest in toxic metal content. Read this consumer guide for a complete list of the best and worst fish: **Consumer Guide to Mercury in Fish**

Healthy Alternatives: eat real food, the way food was meant to be! Healthy, natural whole organic foods that haven’t been tampered with.
**Barbecued Meats**

A new study shows that marinating meat in special herbs sharply reduces the level of HCAs by as much as 70 to 90% – only if you avoid flare-ups and smoking. This means barbecuing at the lowest possible temperatures. First, marinade your meat for an hour or more in some or all of the following anti-oxidant rich ingredients:

- olive oil, lemon juice, garlic, thyme, red and black pepper, allspice, chives and lastly, rosemary, which seems to be the most potent.

When the fat on barbecued meats is burned with flames, starts smoking and oil drips, carcinogens are created, which are not good for you and definitely not good for a prostate! Combined with commercial meats, with their antibiotics, hormones, chemical residues and high Omega-6 ratios, barbecuing can be a toxic time bomb for your prostate.

African-American men, make sure you minimize BBQ’d foods. You are statistically known to have the highest prostate cancer rates in the world. As an occasional compromise with fewer toxins, try the recipe in the box to the left. Just don’t go overboard!

To summarize, if you must occasionally barbecue:

- cook at low temperatures;
- avoid charcoal grilling or blackening/burning the meat, and if there are blackened parts, don’t eat them;
- stop flare-ups;
- use high-quality, organic, grass-fed meat and chicken which are leaner than commercial varieties (and way healthier, too); and finally.
- barbecue your meat to rare or medium-rare.

Best solution? Slow cook your meat in a pot.

**Genetically Modified, Genetically Engineered and Irradiated Foods**

Countries around the world are banning genetically modified and genetically engineered foods. I provide studies, books and articles for you to come to your own conclusion.

The American Academy of Environmental Medicine has issued a warning urging the public to avoid genetically modified foods, which you can read here: *Genetically Modified Foods*
For an in-depth education on the many dangers of GM foods, I highly recommend Jeffrey Smith’s books, which document at least 65 serious health risks from GM products of all kinds: *Seeds of Deception: Exposing Industry and Government Lies About the Safety of the Genetically Engineered Foods You’re Eating*

Nobody knows the end product of splicing in new genes and eating that product for several generations. However, according to Smith’s research, what we do know is that between 1994 and 2001—the same time that GMO’s flooded the market—food related illnesses DOUBLED. GMO foods can be:

- Allergenic
- Toxic
- Carcinogenic
- Anti-nutritional

The best-selling herbicide Roundup®, created to work with GM crops, has been linked to numerous physiological problems in humans, including birth defects and the destruction of testosterone and male fertility.

For more, read these articles: Roundup and birth defects: Is the public being kept in the dark? and Study: Roundup diluted by 99.8 percent still destroys human DNA

Although much more is known now about the effects of GMOs on humans, initially the studies were carried out on animals. To read more about the effects on animal livers and kidneys, visit this site.

A 2009 Brazilian study published findings about significant changes in rat uteruses and reproductive cycles: *The Anatomical Record*

Read more Irina Ermakova’s study on mother rats fed GM soy at the Russian National Academy of Sciences. *GM Soy Dangerous to Newborns?*
If your diet consists largely of processed foods, you can be sure you’re eating about 70 percent GM foods. Corn and soy are in a vast majority of all processed food products!

Download the Non-GMO Shopping Guide, issued by the Institute for Responsible Technology and consider incorporating the following suggestion for ‘real’ food into your diet.

Healthy alternatives? lacto-fermented foods and vegetables such as raw milk yogurt, kefir, sauerkraut, kimchi and miso; local, organic fruits and vegetables in season; DIM-rich foods like cruciferous vegetables—broccoli, kale, cabbage, cauliflower; cooked Asian mushrooms such as oyster, shiitake, reishi, maitake; home-grown, garden-fresh organic fruits and vegetables and organic fresh berries; superfoods; fresh organic produce from farmer’s markets and local farms, fresh wild foods and herbs.

Herbs and teas:

- green tea: the antioxidant and catechin benefits of green tea decrease prostate cancer risk and have been shown to reduce the risk of certain prostate disorders.
- turmeric found in many curries, etc.
- cayenne pepper or chili peppers

**Soy**

A massive marketing pro-soy campaign began in the late 1990s with the goal of replacing tropical oils, which were commonly used in American food production, with domestically grown oils, such as soy and corn. Tropical oils were cast as ‘unhealthy’ and soy and corn as ‘healthy.’ However, 91% of US soy is genetically-modified, and are Roundup Ready seeds grown with toxic Roundup Ready herbicides.

Traditionally, soybeans were consumed minimally and always slowly fermented to make soy less harmful. However, eating too much fermented soy, organic or not, is still not recommended, due to its high phytoestrogen content.

The soy that is used in processed foods is not fermented, and is highly-processed itself and

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**Soy Foods to Stop**

- unfermented soy like tofu, soy milk and frozen soy desserts, soy cheese, soy ‘meat’, soy yogurt, soy lecithin (read your labels – this is found in chocolate bars and much, much more)
- soy protein and isolated soy protein powder (in protein bars and drinks)
- soy oil, which is high in Omega-6 fatty acids which throw out our healthy balance of Omega 6:Omega 3 ratio to a toxic imbalance
- soy infant formula
contains high levels of aluminum from that process.

Neither tofu nor soy milk are fermented. The harmful elements they contain are goitrogens which inhibit the synthesis of thyroid hormones and interfere with the metabolism of iodine; isoflavones which are a phytoestrogen compounds our already excessive exposure to estrogens and why men have lower testosterone levels than ideal; phytic acid, or phytates, which prevent absorption of important elements such as calcium, iron, magnesium and zinc; anti-nutrients that interfere with the enzymes needed to digest protein; and, hemagglutinin is a clot-promoting substance that causes red blood cells to clump.

See this article called Soy Alert for more info, and this article called The Truth About Unfermented Soy and Its Harmful Effects.

**MSG**

Monosodium Glutamate is a synthetic, processed flavour enhancer found in most processed, manufactured factory foods and fast foods, ie. crackers, canned soups, frozen burritos, salad dressings, meats, and it goes on and on! It is not a naturally occurring substance, but a laboratory product instead, that the FDA recognized it as ‘safe’ in 1959.

“Chinese Restaurant Syndrome” is linked to MSG. The reason it has this effect on people is because it’s an ‘exitotoxin.’ Neurosurgeon and author, Russel Blaylock, explains that this concept and wrote a book called Exitotoxins: The Taste that Kills.

MSG is comprised of 78% free glutamic acid, 21% sodium and 1% contaminants. Glutamic acid, a nerve pulse transmitter, is used by your brain, nervous system, eyes, pancreas and other organs to start certain reactions in your body.

The FDA requires that companies put MSG on their food labels if it’s in the product, but they aren’t required to put free glutamic acid (the primary component in MSG). Therefore, companies hide the presence of MSG with other names, which means you’re probably eating it without your knowledge. MSG is just another toxin your prostate does not need to fight to filter it out from your semen. Avoid MSG. Use ancient sea salt deposits that were buried in the earth—not commercial table salt—instead.
Microwaved Foods

Microwave cooking destroys the B complex, C, and E vitamins that are linked with the prevention of cancer and heart disease; it also destroys trace minerals in your food rendering your food nutritionally useless. Increased rates of cancer cell formation were found in the blood of people eating microwave-cooked meals as well as increased rates of stomach and intestinal cancers.

Read more about the many adverse health effects caused by microwaves and the classic microwave experiment that sadly resulted in the death of 2000 cats. Andreas Moritz’ blog post

Yes, I know — it’s fast and convenient, but microwaved water kills even plants dead, fast! Experiment: Microwaved Water Kills Plants

To read more about the dangers of microwave ovens, click on this link: Ninety Percent of Homes Contain This Health Risk

To read more about how microwave-food causes cancer, click on this link: Why and How Microwave Cooking Causes Cancer

Now imagine what microwaved food is doing to you and your prostate!

It’s best to prepare your food in the traditional ways, much like the following countries: Italy, France, Russia, Greece and developing nations.

Commercial Breakfast Cereals & Puffed Flakes

Not only are commercial breakfast cereals and puff flakes coated with unhealthy vegetable oils and sugars, they are a source of the naturally occurring anti-nutrient, phytic acid.

In nature, phytic acid (found in the hulls of all nuts, seeds, and whole grains) prevents the seeds from premature germination, serving a great purpose. It is also how phosphorus is stored in plant tissues. However, phytate as it’s also known, is not digestible in the human gut; so if eaten, we don’t benefit from phosphate absorption.

In addition, phytic acid binds with other minerals that are important to our health, and renders them insoluble, such as magnesium, iron, zinc and calcium—and then removes them from the body. Thus the label: anti-nutrient. See Wikipedia’s webpage for more info on phytic acid.
"What researchers often overlook is the fact that seed foods — grains, legumes and nuts — are prepared with great care in traditional societies, by sprouting, roasting, soaking, fermenting and sour leavening. These processes neutralize substances in whole grains and other seed foods that block mineral absorption, inhibit protein digestion and irritate the lining of the digestive tract. Such processes also increase nutrient content and render seed foods more digestible." *Weston A. Price Foundation*

Zinc and magnesium promote good prostate health. The prostate contains more zinc than any other organ and needs zinc for proper functioning.

**Zinc is Essential for Good Health**

**Magnesium is Vital for Good Health**

All traditional societies soaked their grains, nuts, seeds and beans to reduce the phytate content, make them more digestible and less harmful. Then, if desired, cook them to reduce the irritant. Sprouting and sourdough leavening also help.

The high-heat extrusion process used to make commercial breakfast cereals, enhances the phytic acid, not minimizes it! **Eating Cardboard is ‘Healthier’ than Breakfast Cereal.**

That means your healthy rice cakes and morning cereals are not very healthy at all; they’re actually robbing your prostate of much needed zinc.

For a thorough article on Phytic Acid and reduction techniques, please read this article: [Living With Phytic Acid](#) or watch this quick video.

Zinc-rich foods include: soaked pumpkin seeds (then dried at 150°) and oysters. Also, soaked, sprouted, fermented or sourdough:
- whole grains (like brown rice and whole grain sourdough breads)
- nuts
- seeds (except flax and Chia seeds which you do not need to soak, but should grind fresh in a coffee grinder)
- beans, pulses and lentils
- soak overnight or in morning for evening cooking or drying nuts and seeds at 150°

**BONUS Bad Food: Your Water!**

All water is not created equal! Our most essential ‘food’ after air—water—can heal or harm. It’s time to pay attention to the quality of the water we drink and consume in beverages and cooking.

Most city tap water contains chlorine, fluoride, and residues of various chemicals toxic to humans. Bottled waters aren’t any better.

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Flouride depletes iodine from the body causing hypothyroidism and immune deficiency as well as weight gain and heart disease. See this article: Flouridation: The Scam of the Century and this article Flouride Depletes Iodine in the Body, Causing Hypothyroidism and Immune Deficiency.

Chlorine is highly toxic and mixes easily with other trace contaminants in the water to make highly carcinogenic chemicals. The easiest solution is a water purifier. A countertop unit like Brita will remove chlorine, but not much else. Aquasana makes highly rated, affordable filters for the sink or the whole house.

"The majority of bottled water on the market is no different than basic tap water. It does, however, costs 50 – 100 times more per gallon than basic tap water. Even worse, if the water is bottled in plastic, it leaches xenoestrogenic chemicals into the water. These chemical disrupt the hormonal balance that should be present in the body. An example is bisphenol A (BPA), which is linked to neurodevelopmental problems in children. BPA can stimulate premature puberty and even lead to breast development in males. BPA has also been linked to breast, uterine, ovarian and prostate cancers.”

Dr. David Jockers

Water distillers remove fluoride, chlorine and other toxins from your water. My preference is for those with a stainless steel chamber and a glass, not plastic, collection bottle. I use Waterwise’s smallest unit: the Waterwise 4000.

This distiller is made in the USA and distills a gallon in about 3½ hours. You will also find other less expensive ones on Amazon, but be wary of plastic ones: Water Distillers at Amazon.com

In Conclusion

The more toxic your diet, the more toxic your urine and feces. Your prostate, which sits between two organs of elimination—the bladder and the colon, is vulnerable to absorbing these toxins.

Being toxic is the main reason men have prostate problems. The other reason is due to hormone disruptors: the pesticides, herbicides and fungicides of non-organic food; chemicals that are leached into food and water from plastic bottles and food can linings; and, all the way to the cleaners you use in your house and the non-stick surfaces in your pots and pans.

We consume so many foods laced with chemicals that our bodies are fighting to survive. We eat massive amounts of sugars and unhealthy types of fats that are toxic to our health, manufactured foods with synthetic ingredients and processed foods that are alien to our diets of yesteryear.
Prostate and chronic diseases are the outcomes of the body’s last ditch effort to isolate the toxins and protect itself. Our indulgences are finally catching up with us in the West.

The first step is to stop eating toxic food. The next step is to eat ‘real food’ that existed 100 years ago — whole, natural foods organically-grown in the healthiest of soils for optimum nutrient density.

Lastly, ‘personally test’ all other foods for compatibility with you and your specific needs. In my book, I show you how to personally test, as well as give you endless ways to learn more about your prostate, the real causes of prostate disease and how to reverse a prostate: Healthy Prostate: The Extensive Guide to Prevent and Heal Prostate Problems.

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