

Bear Medicine Herbs

Prostate Protocol

By Tommy Priester

Eat primarily vegetarian, with fish 3x's week.

Organic fresh veggies, fruits and fermented soy foods only (tempeh &tofu) along with other organic grains.

Foods that specifically inhibit prostate cancer include; green peas, soy, legumes, flaxseeds, garlic, tomatoes, pink grapefruits, melons, mangoes, sprouts of all kinds (except alfalfa) especially (sunflower, broccoli, buckwheat), sea veggies, dark green veggies raw and cooked, watercress, arugula, bok choy, dandelion greens, burdock root, bone marrow soup, also juicing daily with fresh veggies.

Eat your protein with your veggies!

Eat your starch with your veggies!

Eat your fruit on an empty stomach, with the exception of apples.

Drink only pure filtered water or fresh juiced veggie juices

Supplements

CoQ10 (100 mg.) 2 caps with meals 1 x daily

Lipoic acid (100 mg) 2 caps with meals 1x daily taken with Q10

Vitamin E (dry form 400-800 IUs) 1-2 cap. With meals daily

Aged Garlic 2 caps with meals 2x's daily

Vitamin D3 (400 IU) 1 cap 1x daily during winter

Zinc Whole food complex by New Chapter 30 mg 1 cap 1x daily

Activated Quercetin 2 tabs 3xs day 30 min before meals

Andrographis extract 1 tab 3 xs day taken with activated Quercetin 30 min before meals.

Multi vitamin (every man II by New Chapter) or a liquid multi 2xs daily with meals

Modified citrus Pectin 2-3 tsp. Daily

Eskimo 3(Eskimo Oil) 1 tsp. 1x day taken with coQ10

Take Herbs 3xs daily

Prostate Formula 60 drops (or 1tsp.) In 1 ounce of water

Immune formula 120 drops (2 tsp.) in 1 oz. water

The Avoids: All caffeine's, dairy products, refined foods, alcohol, beer and most night shade veggies.

Don't sit long periods and do mild exersize lika yoga and walking 2xs daily.