

About Ken Malik's **AGGRESSIVE WATCHFUL WAITING PROTOCOL**

VITAL STATISTICS

76 years old, working full time, leading an active athletic life style.

26-year veteran of prostate cancer

DIAGNOSIS in 1995: PROSTATE CANCER

Diagnosed at Stanford University Hospital in April 1995 at fifty years old after recurrent prostatitis over a period of 7 to 8 years. The tumors were palpable and confined to the prostate, with involvement in both lobes. The diagnosis showed 2 cancerous lesions of 1 and 3mm, Gleason of 3+3 = 6. PSA at time of diagnosis was 7.4, but since diagnosis has been as high as 66.1 and as low as 2. I have had four biopsies since the original diagnosis at Stanford in 1995. Three by Katsuto Shinohara, MD at UCSF Medical Center in San Francisco, and one by Duke Bahn, MD in Ventura, CA both of these specialists are considered to be tops in the field of prostate cancer diagnosis.

TREATMENT in 2020: RADICAL PROSTATECTOMY:

So why did I wait so long to do a conventional intervention? I had learned that the location of one's prostate tumors are critical information and necessary in deciding on a treatment path. In my case, although my tumors were very small, they were in a bad location: close to my sphincter muscles. I was told that surgery or radiation would more than likely leave me 100% incontinent. A situation I did not look forward to and hence the reason I postponed intervention as long as possible. So I adopted what I call my Aggressive Watchful Waiting strategy. The emphasis is on a prostate friendly diet, regular exercise, supplements and stress management to control the

progression of my disease. *This protocol was effective for twenty five years before conventional intervention.*

I watched my PSADT (doubling time) and although my PSA was high, the doubling time was extremely low. My PSA rose a few points each year, sometimes it went down a little, often it stayed the same. In 2019 another biopsy, an MRI and then a PSMA Pet Scan showed that my tumors were still contained in the prostate. But they had grown and were getting close to escaping the capsule and metastasizing. So in March of 2020 I chose to have my prostate removed at UCSF Medical Center in San Francisco by Peter Carroll, MD. Dr Carroll is considered to be one of the world's premier prostate surgeons. He performed a radical prostatectomy robotically on March 3, 2020. My prostate at that time was 41grams and there was no indication of any lymph node involvement. This confirmed the PSMA Pet Scan information.

Standard of Care post radical prostatectomy for a man with a PSA as high as mine calls for 35 rounds of external beam radiation along with one to five years of Androgen Deprivation Therapy (ADT). I have chosen at this time not to undergo these treatments and instead have continued PSA tests every three months and continue my pro-active Aggressive Watchful Waiting protocol. At one year post-op my PSA is still stable at 1.00.

Everyone has to make their own decisions when it comes to prostate cancer and how to deal with it. I realize that my approach has been un-orthodox and not for everyone. But it has served me well for 26 years, and allowed me to continue my active lifestyle.

KEN'S PRO-ACTIVE AGGRESSIVE WATCHFUL WAITING PROTOCOL:

I have been following what I call an Aggressive Watchful Waiting protocol, also known as Active Surveillance or Chronic Disease Management. My tactics include frequent PSA and Color Doppler Ultrasound testing, occasional biopsies and MRI's to monitor my disease progression.

I have learned to live with what I see as a cyclical rhythm to my PSA, and do not become alarmed at a high reading, I look for trends and PSADT. I take a number of herbs and supplements which I modify seasonally. I practice Qi Gong and exercise daily to reduce stress and bolster my immune system. I track my progress regularly with an ultrasound scan and PSA testing. The ultrasounds are done by Katsuto Shinohara, MD at UCSF Medical Center in San Francisco.

Post Diagnosis History:

I take a number of different cancer fighting nutritional supplements on a rotating seasonal basis with good results. I also have been tested to determine my metabolic type and eat accordingly. My doctors at UCSF were initially skeptical, but supportive of my approach to the disease. Over the last 25 years clinical studies have indicated that lifestyle changes can have a dramatic effect on prostate cancer progression. UCSF Medical Center has become one of the leading proponents of active surveillance in the United States.

The Protocol:

1) Vegetarian type low fat diet: (Pescatarian) No meat, poultry or dairy products. I eat seafood two or three times per week. Never farm raised, always wild caught. I avoid processed foods when possible, and eat primarily organically grown produce.

2) No Caffeine / Minimal Alcohol: I try to drink wheat grass at least once per week along with regular vegetable juice consumption which I make at home using a *Green Star Juicing system*. I always use filtered water. My body does not get along with caffeine so I do not drink coffee or green tea. I drink Rooibos tea that has just as high a concentration of antioxidants and phyto-phenols as green tea, but is caffeine free. I also drink other herbal teas and occasional decaf coffee. I drink a very occasional beer or red wine, just to celebrate birthdays and major positive events.

3) Meditation: I practice Qi Gong not only as a healing art but as a way to reduce stress and gain inner peace. Qi Gong is an ancient healing technique from Asia. It is a combination of acupressure, breathing techniques, and movement exercises designed to restore energy as well as heal the body. Hiking and walking also provides me time to meditate,

4) Exercise: Aggressive daily exercise. Walking between 2 and 5 miles each day. Hiking every Monday between 5 and 10 miles with the PAF Monday hiking group. Biking 10 miles or more every Friday with the PAF biking group. I visit a gym regularly for resistance-training. The emphasis is on flexibility. I regularly participate in the annual *Cancer Climb and Trek for Prostate Awareness*, and *The Prostate Gathering* in the Sierra or Cascade mountains in California, along with other outdoor events sponsored by the PAF.

5) Support Group Participation: Clinical studies indicate that cancer patients in support group settings live twice as long as non-participants. I facilitate a monthly Zoom PAF discussion and support group meeting due to Covid-19 and hope to get back to in-person PAF meetings when sensible to do so. The emphasis in these meetings is on taking a pro-active approach to health and healing.

6) High Performance Hygiene Regimen: Designed to reduce stress on the immune system and allow my body to concentrate on healing. Kenneth Seaton, PhD developed a hygiene program that reduces bacteria from the high

concentration areas: under the fingernails, the tear ducts, and nasal passages. The program not only has kept me from colds, flu, and allergies, but has also increased my serum albumin level, a barometer of longevity (average American albumin level is 4.3, cancer patients generally have albumin levels of less than 4.0. My albumin level before I started this program was 3.6, my latest albumin test showed a level of 4.6).

7) Personalized Metabolic Nutrition: I have been tested to determine which of the four Metabolic Types I am. I consume foods appropriate to my metabolic type. I am a Group I, sympathetic type, this means that I metabolize carbohydrates well, but have difficulty with fats and proteins. This is a common type for people diagnosed with cancer. I have been eating for my Metabolic Type for over twenty years with good results.

8) Enhancing the Immune System: My primary goal has been to bolster my immune system and make it as strong as possible so as to focus on fighting my prostate cancer. I take a number of immune enhancing supplements.

9) Vitamins & Supplements: See below.

SUGGESTIONS:

Minimize:

Candy	Sugars	Animal	Poultry	Processed food
		Fats		
Sweets	Caffeine	Tap	Meat	Dairy products
		water		

Maximize:

Organic produce	Beans	Fermented soy products (miso, tempeh)
Whole grains	Brown rice	Fresh vegetables and juices

Supplement & Vitamin List:

Starred Items are prostate related supplements rotated seasonally)

*Zylamend

*Crila (Crinum Latifolium)

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Regular Use Supplements:

Curcumin/Turmeric

Hawaiian Spirulina

Ten Mushroom Formula

Fish Oil – on days I don't eat fish

Vitamin K2

Vitamin C (liposomal)

Aspirin

Cinnamon

Magnesium

Vitamin B 12

Vitamin D 3

Maca

Dark Chocolate (minimum 85% cocoa) non-dairy, low sugar

Thai Black Ginger (Male vascular Sexual Support formula)

MSM

MacuGuard (Ocular support)

Collagen

Chia Seeds and Water

The following are recipes I use regularly to ensure that I get enough protein on my vegetarian diet and for immune health enhancement:

Ken's Protein Drink (Pea protein provides the highest amount of protein per gram among all the protein powders):

2 Cups Unsweetened almond milk or other plant based milks
1/2 cup Pomegranate juice
1 Banana (organic)
1 Kiwi (organic)
3 Heaping tablespoons of seasonal organic berries: blueberries, strawberries or cherries (use frozen if necessary)
2 Tablespoons apple cider vinegar (Braggs with the Mother)
4 Large scoops pea protein. (Note: add powders last while blender is in operation.)
1 Teaspoon bee pollen
1 Tablespoon maca powder
2 Tablespoons ground flax seeds
1/2 Teaspoon fermented yeast powder

Ken's Miso Soup (Eaten for lunch a few times each week):

Miso is a fermented soybean paste. There are a number of different miso pastes, they vary in color. The darker the color, the stronger and saltier in taste. For healing purposes one should select a light color miso. Make just enough for one meal, miso does not reheat very well and becomes too salty! Occasionally I add some boiled shrimp for protein

Makes one serving.

2 Cups of filtered water
1 Heaping tablespoon miso paste
Small amount of dried seaweed (Dulse, Kombu, Sea Palm etc)
Seasonal vegetables (celery, broccoli, cauliflower, carrots, etc)
Break up the miso paste in the water so that it is not lumpy.
Add vegetables and seaweed.
Bring to a slow boil and shut off immediately.



The Keys:

- Have faith and a positive attitude
- Reduce stress
- Eat a prostate friendly diet
- Sleep a minimum of 8 hours per night
- Don't get complacent
- Do your homework before treatment



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