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### **VITAL STATISTICS**

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

### **DIAGNOSIS:            *PROSTATE CANCER***

Diagnosed at Stanford University Hospital April 1995 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 1mm, Gleason of 3+3 = 6. PSA at time of diagnosis was 7.4, but since diagnosis has been as high as 22.6 and as low as 2.1. Two biopsies have been done since the original diagnosis, both at UCSF Medical Center in San Francisco. The first in 2002 found no prostate cancer malignancy, some suspicious cells were detected by no Gleason was assigned.

The last in 2005 showed 3 microscopic tumors of 1, 2, and 3 mm. Tumors are not palpable to the touch. My doctors have been unable to determine whether these are the original tumors or new malignancy but they are in the same area as the original diagnosis.

### **PROTOCOL**

I have been following what I call an **Aggressive Watchful Waiting protocol, also known as Surveillance or Chronic Disease Management.** My tactics include frequent PSA and Color Doppler Ultrasound testing to monitor my progress. At the start of this protocol in 1995 my PSA dropped to 5.9 after one month of a strict vegetarian type, vegan low fat diet.

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. 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, **my PSA is currently 20.6**. I track my progress regularly with an ultrasound scan and PSA testing. The ultrasounds are done by both Katsuto Shinohara, MD at UCSF Medical Center and Duke Bahn, MD at the Prostate Institute of America in Ventura, California. Both are considered the top diagnostic urologists in the field.

### **Post Diagnosis History:**

I took PC Spes in low doses (3 capsules per day) for a period of 6 months, from January to July of 1999 with good results, and continued low dose, intermittent rounds of PC Spes until the fall of 2001. I stopped at this time when the controversy about unannounced pharmaceutical additives in the product made it apparent there was no quality control of this product. (This product is no longer available). Since then I have been rotating my cancer fighting supplements on a 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. They are now impressed with my results and have encouraged me to continue my strategy. UCSF has become one of the leading proponents of active surveillance in the United States.

### **The Protocol:**

**1.) Vegetarian type low fat diet:** No meat, poultry or dairy products. Occasional fish but I minimize bottom fish & shellfish. I avoid processed foods when possible, and eat primarily organically grown produce.

**2.) Low Caffeine / Minimal Alcohol :** I try to drink wheat grass at least once per week. I always use filtered water. My body goes not get along with caffeine so I do not drink coffee and very little green tea. Instead I drink Rooibos has a higher concentration of antioxidants and phyto-phenols, but is caffeine free. I drink a very occasional beer or red wine.

**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 accupressure, breathing techniques, and movement exercises designed to restore energy as well as heal the body.)

4.) **Exercise:** Aggressive daily exercise. Speed walking or hiking for at least one half hour every other day. A weight-training program is practiced on the days I do not walk or run. The emphasis is on flexibility. I regularly participate in the annual Cancer Climbs for Prostate Awareness project.

5.) **Support Group Participation:** Cancer patients in support group settings live twice as long as non-members. I facilitate a local group with emphasize on “healthy life-style”

6.) **Aggressive Vitamins & Supplements:** See below.

7.) **High Performance Hygiene Regimen:** Designed to reduce stress on the immune system and allows my body to concentrate on healing. Kenneth Seaton, PhD has designed 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).

8) **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 eight years, with good results.

9) **Enhancing the Immune System:** My primary goal has been to bolster the immune system and make it as strong as possible. I take a number of immune enhancing supplements.

## **SUGGESTIONS:**

### **Minimize:**

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

### **Maximize:**

Organic Produce	Beans	Fermented Soy Products (miso, tempeh)
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Whole Grains

Brown Rice

Fresh Vegetables and Juices

The following recipes I use regularly to ensure that I get enough protein on my vegetarian diet:

**Ken's Soy Protein Drink**

2 1/2 Cups Soy Milk

1 Banana and or Kiwi

Local fruit in season (berries, cherries, peaches, apples, etc)

2 tablespoons organic soy protein. (Add powder last while blender is in operation.)

**Miso Soup:**

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.

1 1/4 cup water

1 tablespoon miso paste

Small amount of dried seaweed (Dulse, Kombu, Sea Palm etc)

Seasonal vegetables (celery, broccoli, cauliflower, carrots, etc)

Breakup the miso paste in the water so that it is not lumpy.

Add vegetables and seaweed.

Bring to a boil and shut off immediately.

**Makes one serving.**

Make just enough for one meal, miso does not reheat very well and becomes too salty!

**Supplement & Vitamin List:**

**DAILY (Starred Items are rotated on a seasonal basis)**

Multi-Vitamin	Daily
*Healthy Prostate & Ovary Formula	9 caplets per day, 3 at each meal
*Artemisinin	2 capsules, 2 times per day / away from food
Bakers Chocolate - no dairy or sugar	1oz. daily
Vitamin D-3	4000 IU
Curcumin/Tumeric	2000 mg
Ten Mushroom Combination	8 capsules
Selenium	200mcg
Cold water fish oil	1000 mg
*Modified Citrus Pectin	12-18 capsules per day
Vitamin C	4000 mg

Maca Root Extract

As per label instructions

\*Lymphasol

3 Capsules twice daily

**Supplement Strategy:**

I have learned over the years that I get best results with my prostate related supplements when I take them on an intermittent basis. I rotate a number of prostate specific men's supplements on a regularly, I generally make these changes with the seasons. These supplements include: Peenuts, Beta-Sitosterol, Life Assure and others

**The Keys:**

*Have faith*

*Reduce stress levels*

*Eat a healthy low fat, dairyless, whole grain vegetarian type diet*

*Get a minimum of eight hours of sleep each night*

*Never get complacent, even after treatment*

*Do your due diligence and homework before you make a protocol decision*