

Richard Cross

Salinas, CA

Active 70+ Senior leading an active life.

Born: April 6, 1938

Occupation while working: Thirty years as an air traffic controller.

Diagnosed with throat cancer in 1989. Treated successfully with no recurrence.

Diagnosed with prostate cancer in 1998.

Decided against conventional treatment options.

Chose active surveillance and has successfully used a proactive approach ever since.

Protocol includes aggressive hiking,

Medical doctors include those from Stanford University and UCSF Medical Center.

Vital Statistics:

1998 – PSA @ 5.1 / Gleason score @ 3 + 3 = 6 / cancer in 1 of 6 core samples

2000 – PSA @ 4.4

2001 – PSA @ 4.7 / Began drinking 18 oz. of red wine daily. Continued to the present.

2002 – PSA @ 5.2 / Started taking One-A-Day multiple vitamin.

2003 – PSA @ 6.6 / Started exercising at the gym, 6 hours per week in addition to hiking.

2004 – PSA @ 5.0

2005 – PSA @ 5.9 / Became a vegetarian

2006 – PSA @ 5.5 / Weight reduction from 175lbs to 150lbs with Body Mass Index of 22.8

2007 – PSA @ 5.8 / Added Vitamin D3 through UV light directly to the groin area for 5 minutes per day

2008 – PSA @ 5.0 / Added ¼ teaspoon of Modified Citrus Pectin per day to protocol

2009 – PSA @ 3.8