



INTERNATIONAL

# NEWS YOU CAN USE

## Prostate Cancer—New Research Fortifies GNLD Philosophy

Prostate cancer is a leading cancer killer in industrialized countries, affecting more than 500,000 men per year.<sup>1</sup> During the past decade prostate cancer awareness has increased, and research into this frightening disease continues. In fact, two new published studies link overall nutritional health with the development of prostate cancer.

A study published in the December, 2004, issue of *Obesity Research* asserts a connection between obesity and prostate cancer.<sup>2</sup> Pedro Von Hafe, Henrique Barros, and colleagues from the Faculty of Medicine of Porto and the Hospital of São João, Porto, Portugal, concluded that previous studies that could not link obesity with prostate cancer were flawed because they did not distinguish between different types of fat tissue.

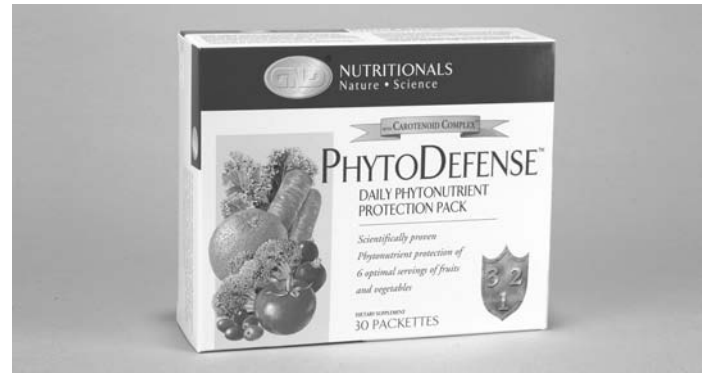
In their study, Von Hafe and his associates factored the difference between subcutaneous fat, which is just below the skin, and visceral fat, which is located—often unnoticed—below the muscles surrounding vital organs. Visceral fat is known to predispose individuals to cardiovascular and metabolic problems—but had not previously been linked to prostate cancer!



In comparing 63 prostate cancer patients to 63 healthy males of similar age, height, and weight, the scientists found a significant difference in visceral fat levels. While the increase in obesity does not appear to impact the progression of the disease, this study indicates that obesity may predispose one to prostate cancer.

Another exciting new study indicates supplementing the diet with phytosterols, selenium, green tea, and certain carotenoids may play a role in reducing the progression of prostate cancer. The study, published in the February issue of *The International Journal of Cancer*, compared levels of prostate-specific antigen in subjects before and after a six-week program that included taking supplements three times per day.<sup>1</sup>

After six weeks, all subjects showed lower levels of hormones known to boost prostate cancer growth, an indication—noted Dr. Ries Kranse—that the risk of developing prostate cancer could be lowered. These studies further fortify what GNLD has been proclaiming for years: the critical importance of a healthy diet, regular exercise, and high quality dietary supplements to better overall health. Through GNLD's GR<sup>2</sup> Control program, obesity can be overcome. The complete program of meal replacement shakes, appetite suppressants, herbal thermogenic enhancers, and foods to enjoy and avoid combines to form a sensible and effective approach to weight loss.



GNLD understands the importance of the key nutrients used in the above noted study. GNLD's PhytoDefense® is a powerful combination of the powerful food factors in our Carotenoid Complex™, Flavonoid Complex™, and Cruciferous Plus™. Green tea is a flavonoid that contains EGCG, a cancer-fighting agent. (One serving of Flavonoid Complex contains more EGCG than five leading brands of green tea beverages.)

The fact that researchers included phytosterols in this study is no surprise to the Scientific Advisory Board of GNLD, either. Tren-en® Grain Concentrates, a unique combination of concentrated extracts from wheat, rice, and soybeans has been proven to enhance cellular efficiency by replacing lipids and sterols lost through poor diet and food processing. It is exciting to see that current research supports what GNLD has been saying for over four decades!

### References:

- 1 The International Journal of Medicine, February 20, 2005; volume 113, pg. 835
- 2 Obesity Research, December, 2004, pg. 1930