

## 4. Planning Your Own Protection Strategy



*“Everything I teach (Yoga and Life Coaching), everything I write about and any advice I give to people is based upon my personal experience and on what I do myself. I have taken a stand and declared that **my health is my responsibility.**”*

Sam Rao. Professional Yoga Teacher, LifeSuccess Coach with special interest in Health.

*This is the fourth of five articles, available to download and study, in which we explore the issues around prostate cancer; how the prostate works; developing your own understanding; planning your protection strategy; and a woman's guide to supporting her man in looking after his health.*

### The PSA Blood Test

All men over the age of 30 could consider monitoring their PSA (Prostate Specific Antigen) count.

I personally consider the PSA blood test as an equivalent action to women feeling for lumps when checking for breast cancer.

The prostate gland manufactures a protein (antigen) that normally leaks out into the blood stream. The blood test for PSA measures the amount of protein that is present in to the blood stream, measured in nano grammes per millilitre (ng/ml)

- A value around **four ng/ml or less** is considered to be in the normal range.
- A reading of greater then **four**, but less then **10** is usually due to a benign enlargement, known as Benign Prostatic Hyperplasia or BHP
- A reading of greater then **10** may also just be BHP, but the higher the level of PSA, the more likely it is to be cancer.

Occasionally, and unfortunately in increasing numbers, men tend to ignore or disregard the signs. It is this combination of ignorance and embarrassment that is dangerous.

### How reliable is the PSA test?

*From: <http://www.cancerbackup.org.uk/Aboutcancer/Screening/ThePSAtest/>*

- *The PSA test is not a test for prostate cancer. It is a test for abnormalities of the prostate, one of which may be cancer.*
- *Two out of three men with a raised PSA will not have any cancer cells in their prostate biopsy.*
- *Up to one in five men with prostate cancer will have a normal PSA result. **Meaning that 80% do have raised PSA count.***

### *Screening for prostate cancer*

*In the UK, there is currently no screening programme, despite prostate cancer being the second highest killer of men amongst cancers.*

*However, the Department of Health has said that any man over 50 who would like the PSA test can contact their GP who will then discuss the pros and cons of the test with them. If the man then decides he would like to go ahead with the test, his GP will arrange it for him. Alternatively the PSA test is widely available, for a small charge, at many pharmacies and private clinics.*

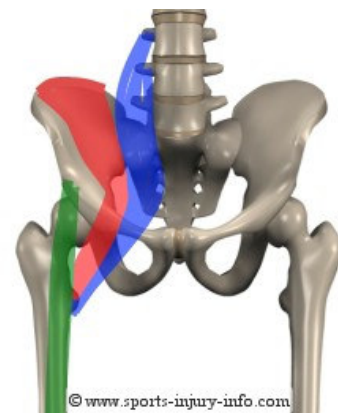
This advice of men over 50 is in error. Check the age range of known prostate cancer deaths. My recommendation is to have this test done, every year, even if you have no signs of problems with the prostate gland and you are 30 years old and over. Why? Because, at the very least, I believe that any man taking action is showing a good sign of taking responsibility for his health and at best it will catch any signs of problems before they develop further.

## **Exercise**

Exercise is always good for preventing any or most diseases. If the inner body is not moved and exercised, it will respond with lethargy and be open to disease.

### **Yoga postures for everyone**

There are 3 specific postures that every man can do to help stretch and move the whole of the internal hip region. The prostate gland lies directly behind the pubic bone. There is no direct access to it. Therefore the best way to exercise the whole hip region is to use yoga postures that stretch the muscles that are running past the prostate gland, mainly the psoas and Iliacus muscles.



## 1) Variation of *Chandrasana* Crescent Moon Posture

Spread your yoga mat and start by kneeling with the torso upright. Then move the left leg forward and place both hands on the left knee, keeping the torso upright. – **see photo**. The left leg is at 90 degrees or more than 90 degrees. Gently lunge forward. You will feel the stretch in the right quadriceps (the muscles at the front of the thigh). This posture will stretch the psoas and the iliacus muscles deep within the hip.



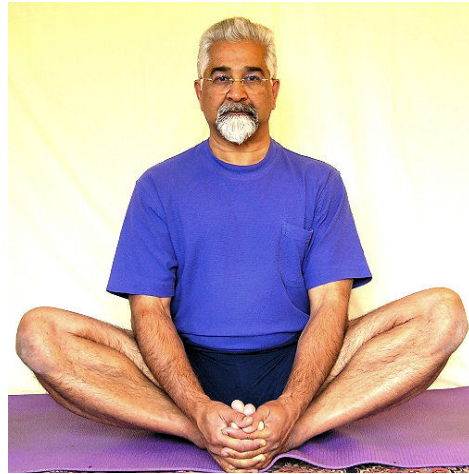
Both these muscles pass very close to the prostate gland and simply stretching and working the muscles will bring energy in the hip and around the prostate.

Hold the posture for 10 to 20 breaths and then change over to the other side. Do this posture twice a day (morning and night) and gradually build the time you hold the posture to 40 slow breaths.

## **Cobbler's Posture – *Buddha Konasana*.**

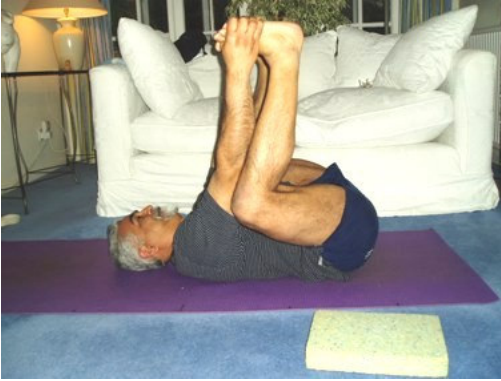
Studies in India have shown that the road-side cobblers have a very low incidence of urinary or prostate problems. This is because they sit most of their working time in a posture that opens the hip, stretches all the muscles inside the hip and allows the prostate gland to have room.

The cobblers sit with the anvil between their feet and most of them have the sides of their knees on the ground. We have to keep working with this posture to build the flexibility at the hips to allow the hip to open fully. As you can see, despite years of practice, I have a long way to go still. Maybe next year!



Hold this posture for 30 breaths. When it feels right, fold forward and allow the elbows to push the knees down and closer to the floor. You will feel the stretch at the hip joint and all the associated muscles outside and deep inside the hip. Again this benefits the movement around the prostate gland, bringing fresh fluids and more energy.

### The “*Dead Fly*” or *Happy Baby* Posture.



This is a powerful posture and requires a gradual build up to the full posture. If you are not yet able to reach the feet, then use a belt until such time as you don't need the belt.

Needless to say you will feel the stretches all around the hip region, outside and inside. Gradually start to use the strength in your arms to help pull the knees down towards the floor, past your rib-cage.

Download full instructions from:<http://samraoyoga.com/prostate-yoga-postures.php>

### **Nutrition**

You are what you eat. This is NOT about what you should and should not eat. By nutrition I mean feeding the body with ALL the Vitamins and Minerals it needs to build and repair the body.

I have personally chosen to be a Vegetarian. However I understand and now know that the food I take in does not contain everything that my body needs. This is simply because the agricultural soil is depleted. Tomatoes and other salads grown without soil, in aqua cultures, is fine for commerce but not for the consumer.

**Dr Carole Hungerford. [click here](#)**

**(<http://theland.farmonline.com.au/news/nationalrural/agribusiness-and-general/general/why-depleted-soils-are-making-us-sick/1469639.aspx>)**

**Natural Health info centre : [click here](#)**

**(<http://www.natural-health-information-centre.com/depleted-soils.html>)**

Traditional beliefs, based on several studies and papers written a long time ago shares the properties of a wild berry called Saw Palmetto. Its extract has been shown to affect the function of the prostate gland. Modern clinical evidence also supports the understanding that Saw Palmetto has a positive effect on Prostate Gland.

**Informa world:**

**(<http://www.informaworld.com/smpp/content~content=a713479759~db=all~jumptype=rss>)**

Studies by **([Chris Gupta](#) )**

**([http://www.newmediaexplorer.org/chris/2004/03/02/boron\\_and\\_prostate.htm](http://www.newmediaexplorer.org/chris/2004/03/02/boron_and_prostate.htm))** have shown that there is a higher than normal presence of Boron, Vanadium and Selenium in the prostate gland. There is also a higher than normal presence of Lycopene, a lubricating type of protein, in the prostate gland.

I therefore asked myself where I could get these rare earth minerals and vitamins? What foods could I eat that contain them in sufficient amounts? Our food producing soils are depleted in minerals. There is also an overuse of fertilizers, which is a largely petrochemical derivative. Then we have a wide range of genetically modified foods presented to us in our supermarkets. None of them, however, tell you if these rare minerals are present in that food and in what quantities.

So the question is what to eat? I am not a nutritionist and any advice I can give is as per what I do. I don't eat meat. I do eat fish to add more protein to my vegetarian diet. I eat a lot of cereals, fruits, nuts, yogurt, hummus, cut vegetables for snacks, occasional chocolate, drink beer on weekends and maintain a happy life. You now need to decide to observe what you eat and listen to your own intuition to decide if what you consume is contributing positively to your life.

***My Health, My Responsibility*** is more than just a slogan for me. It is my cornerstone philosophy. I take responsibility to nourish my body with a wide range of supplements, of very high quality, manufactured and researched by ethical organizations.

You too can ensure that your body is always supplied with the whole spectrum of anti-oxidants (vitamins) and minerals. For a full list of the minerals and vitamins that are essential for continued physical and mental health, download the Sam Rao case study:

[http://samraoyoga.com/sam\\_rao\\_personal\\_case-study.php](http://samraoyoga.com/sam_rao_personal_case-study.php).

## **Where Can I Get More Information?**

In my next article, ***Supporting Your Man in Looking after His Health***, I summarise the warning signs and actions that women can take to help maintain prostate health in their partners.

I am writing a book which is planned for completion by June 2009 with a much more detailed plan of action. In the meantime, I urge you to download and study all the articles from my website, to gain all the information you need to protect yourself from prostate cancer and its effects on you and your relationships.

### **Make *your* health *your* responsibility.**

Sam Rao, Yoga for Good Health

email: [sam@samraoyoga.com](mailto:sam@samraoyoga.com) website: [www.samraoyoga.com](http://www.samraoyoga.com)

#### **useful websites:**

<http://www.prostate-cancer.org.uk/>

<http://www.cancerbackup.org.uk/Cancertype/Prostate>

<http://www.samraoyoga.com/information-prostrate.php>

Information on supplements: [click here](#)

(<http://www.shop.samraoyoga.com/index.php?cName=usana-nutritional-suppliments>)