

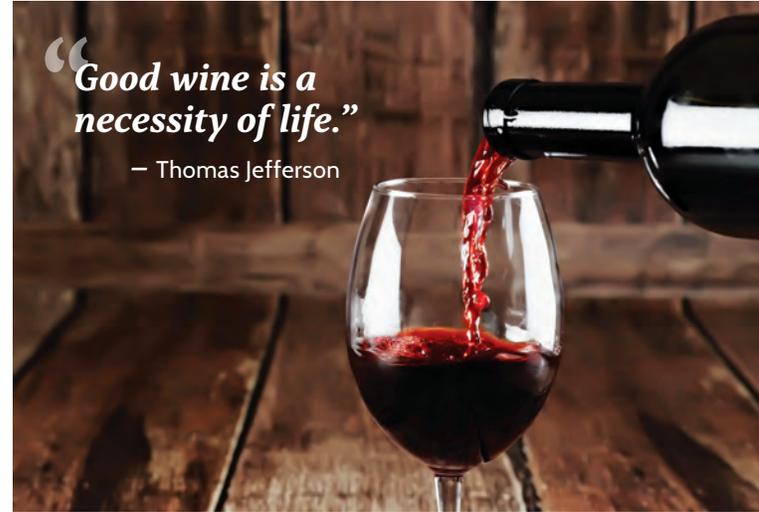


10 REVOLUTIONARY WAYS TO PREVENT DISEASE (without popping a single pill!)

1 GRAB THE CAB. FREE FLOW THE PINOT.

From 4,000 BC Sicily to 12th Century Bordeaux to modern-day Napa Valley, winemaking is a universal tradition that has withstood the test of time. You may have heard that resveratrol, the antioxidant found in red wine, is known for being heart-healthy, but here are 4 things you may not know:

- Tougher skinned grapes have more resveratrol. Malbec is the highest, but syrah, pinot noir and cabernet are also up there.
- Skip the chardonnay. White wines contain 10x less resveratrol and all the health benefits of a cup of sugar water.
- Sadly, you couldn't really drink enough resveratrol from wine to make a health impact, but all is not lost:
- A glass a day of red wine has been shown to be a boon for cardiovascular health. That's 5 fluid oz/day, 7 days/week.



“Good wine is a necessity of life.”

– Thomas Jefferson

2 DRINK (THAT'S RIGHT, DRINK) EVOO.

In June of 2018, *The New England Journal of Medicine* published a study which conclusively reported that incidence of major cardiovascular events (heart attack and stroke) was lower in those who supplemented their Mediterranean diet with extra virgin olive oil, as compared to a control group on a low-fat diet. How much was the supplement? Four tablespoons per day – the volume equivalent of two shots of Scotch. Conclusion? Pour it on.



The First Cold Press

For an Olive Oil to be certified Extra Virgin (EVOO), it must be from the “first cold press.” First press means the fruit was crushed exactly once, and cold refers to the temperature of the fruit at time of the crush. The result is a grassy, peppery solution that is also richer in health benefits.

3 CÀ PHÊ, ΚΟΦΕ, KAFFEE, ΚαΦΕ, KÖFĪ

Another nod to European gastronomy! An Italian study found that drinking 3 or more cups of European-style coffee cut prostate cancer risk in half. Interestingly, the effects were the same for caffeinated and decaf blends. Still under investigation: which aspects of the espresso brew – from harvest to roasting to extracting – are responsible for this effect.

4 DOES STRESS CAUSE CANCER?

For over 20 years, PCF researcher Suzanne Conzen has been working in breast cancer, currently studying the body's stress hormone receivers at the University of Chicago. In triple negative breast cancer, she discovered that the one substance that prevented cancer cell death was the stress hormone, cortisol. Her suggestion? We all need to practice mindfulness. Go to pcf.org to hear more from Suzanne.

5 SMOKING AFTER PROSTATE CANCER DIAGNOSIS MAKES METASTASES WORSE.

It's no new news that smoking is bad for you and you should not do it. A study published in *JAMA Oncology* demonstrated that men who smoke during localized prostate cancer treatment are more likely to recur or develop metastasis. You didn't need another reason to quit, but there it is anyway.

6 SOFRITO



Sofrito (from the verb *soffriggere*, to stir fry) is a tomato-based sauce that is used as a cooking base in many cultures, from Spain to Puerto Rico. The lycopene in cooked tomatoes has been conjectured to ward off prostate cancer – add that to the latest research on olive oil, and you’ve got the perfect cancer-fighting food. It’s a great way to use up

those summer tomatoes before they are all gone. Take Martha Stewart’s advice, and freeze in ice cube trays for use all winter in your favorite stews and soups.

Basic Sofrito Recipe

This base recipe can be multiplied or modified with different herbs and spices, to transport it across the globe.

- 1 pound of tomatoes
- 1 medium onion
- 1 red pepper
- 3 cloves of garlic
- 1/3 cup of extra-virgin olive oil
- Fresh herbs to taste
- Salt to taste

Finely chop all ingredients. Heat oil and add everything at once to the pan. Cook 20-30 minutes. Cool, refrigerate, or freeze.

7 DO YOU DRINK KOMBUCHA FOR A HEALTHY GUT?

Last year we mentioned that the plethora of healthy bacteria found in Kombucha don’t actually survive your stomach acid, so it can’t really help you. But thanks to microbiome expert Rob Knight, we now know that the equation is a little more complicated. Things like high-fiber fruits, veggies and beans are the seeds of good microbiome health, and fermented foods like kombucha can act as the mulch to help them grow.

8 TOFU OR NOT TOFU, THAT IS THE QUESTION.

The answer? Human studies indicate that moderate whole soy consumption does not increase your risk of cancer. It turns out that food sources of soy (vs. extractions and supplements) don’t contain enough usable estrogen to hurt you, and in fact may decrease your risk for some kinds of cancer. Furthermore, some soy products, like miso and tempeh, are fermented, which can also help promote a healthy gut. However, if you have a family history of either breast or prostate cancer, it never hurts to ask your doctor about soy consumption.

9 EXERCISE AND PROSTATE CANCER

In June of 2015, PCF funded researcher June Chan discovered that vigorous exercise and other healthy habits may cut a man’s chances of developing lethal prostate cancer by a full 68% – that’s a larger effect than chemotherapy has.

10 HOW TO EAT RED MEAT WITHOUT KILLING YOURSELF

Four simple rules: 1) Always grass-fed, 2) Never charred, 3) Not often, and 4) Together with dark green leafy vegetables.



“*Moderation in all things, especially moderation.*”

– Ralph Waldo Emerson



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