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HOW TO LOWER THE RISK OF PROSTATE CANCER

- *Vitamin D-2000 international units per day during short-sleeve weather and 5000 units per day during long sleeve weather.*
- *Exercise- “moderate” aerobic exercise lowers the risk. It is not clear whether this includes weight lifting or other non-aerobic activities. Further research as needed.*
- *Green tea-12 ounces per day or 600 mg per day of the extract.*
- *Eat red and orange fruits and vegetables.*
- *Eat cruciferous vegetables i.e cauliflower, broccoli, brussels sprouts, turnips, bok choy, and raddish*
- *Eat foods high in lycopene i.e tomatoes, watermelon, and pink grapefruit*
- *Omega-3 oils such as in fish and flaxseed*
- *Selenium-200 mcg per day.*
- *Avoid grilled meat where the dripped fat has been superheated.
(If you do this, take 500 mg of vitamin C with that meal)*
- *Avoid a high saturated fat diet. The precise limitation has not been clarified.*