



Diet, Behavior and Complementary Therapies for Ovary and Prostate Health

We all face the frightening possibility of being diagnosed with ovarian or prostate cancer. According to the [American Cancer Society](#), ovarian cancer is estimated to have affected nearly 22,430 women last year. The [National Prostate Cancer Coalition](#) (NPCC) estimates almost ten times as many men (approximately 218,890) were diagnosed with prostate cancer in 2007.

According to the National Cancer Institute (NCI), the advantages of herbal supplements and alternative medicines in the prevention of both ovarian cancer and prostate cancer continue to be widely studied. The National Cancer Institute's (NCI) [Complementary and Alternative Medicine](#) (CAM) office coordinates and enhances NCI's activities in this area. CAM's lists approximately 2,000 abstracts of trials focused on complementary and alternative medicine and publishes the comprehensive guide, ["Thinking about Complementary and Alternative Medicine."](#)*

Diet and Behavior Could Lower Cancer Risk

The U.S. Government's Center for Disease Control and Prevention (CDC) notes on their [Fruits and Vegetables Benefits](#) webpage that, "Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers."

The National Prostate Cancer Council (NPCC) agrees. On their [Prostate Cancer Prevention](#) webpage they advise men, "You can't prevent prostate cancer just by taking vitamins or supplements, but growing evidence says changing your diet and behavior could lower your risk . . . It is hard to determine the impact of a single food in a complex diet, but more large and long term studies are underway to confirm that consuming certain substances actually fights cancer . . . Many prostate cancer patients adopt a cancer-fighting diet, high in foods like soy and tomatoes, low in dairy and animal fats, and with appropriate doses of dietary supplements. While this is a form of complementary medicine, the overall health benefits of a high fruit, vegetable and antioxidant and low fat diet are well established."*

Complementary Therapies for Women

In addition to a healthy diet, [The National Ovarian Cancer Coalition](#) (NOCC) website's *Treatment* section notes that, "Some women with ovarian cancer

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turn toward the whole-body approach of complementary therapy to enhance their fight against the disease, as well as to relieve stress and minimize side effects such as fatigue, pain and nausea. Complementary therapies are diverse practices and products that are used in conjunction with conventional medicine. Many women have tried and benefited from the following complementary therapies:

Acupuncture – An ancient Chinese method of healing in which small sterilized needles are inserted into the body's energy centers to promote healing.

Aromatherapy – The use of essential oils from flowers, herbs and trees to promote health and well being.

Herbal Medicine - Use of remedies using plant parts to treat symptoms and illnesses. (Consult your healthcare professional prior to using herbal medicine).

Massage – Manipulating the body's muscle and connective tissue through rubbing, kneading and patting to promote relaxation and well being.

Meditation – Conscious relaxation and focused breathing to relax the mind and body.

Qi Gong (chee-GUNG) – A type of Chinese medicine that combines movement, meditation and breathing to enhance the flow of qi (an ancient term given to what is believed to be vital energy) in the body, improve blood circulation and enhance immune function.

Yoga, Tai Chi – Postures, movements and breathing exercises to strengthen and heal the body, mind and spirit."

At [Get Well Natural](#), we support you in your effort to live a long and healthy life. And we agree with [The Whole Grains Council](#) that, "The gradual measures that we take to maintain our health should match our will to live a full and charismatic life. The complexities of our bodies that help keep us healthy can certainly be supported by a natural form of prevention formulated with a specific purpose in mind—to provide an all-natural foundation for our well-being."

Do you have any questions regarding healthy prostate and ovarian supporting dietary supplements such as our Healthy Prostate and Ovary Product? Send an email to david@getwellnatural.com or call us at 1-888-522-HERB (4372) or 408-260-9714 and be sure to visit us at



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