

The Science of Living Long and Strong - Dr. Geo Espinosa - This Weekend at Eastover Estate & Eco Village!

Dr. Geo, Author of "Thrive, Don't Only Survive: Dr. Geo's Guide to Living Your Best Life Before & After Prostate Cancer" Coming to Eastover this Weekend!

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/EINPresswire.com/ -- In His Own Words
Dr. Geo Expresses His Views on Cancer:

There's a misconception between Cure vs. Survival as it relates to cancer. To most people cure means "cancer free." To physicians specializing in cancer, it means "5-year survival." That's absurd. So, if one is diagnosed with aggressive cancer but they live five years and one-day, poorly lived life mind you, that therapy was a success.

Here's the reality; complete cancer cure, as in no more cancer, ever, is never the case because there's always residual malignant cells lingering in one's body. That's why long-term survival is uncommon. In prostate cancer, there's a very high rate of recurrence. That's no secret.

And cancer's of the prostate that doesn't relapse many experts would question if treatment was needed in the first place.



Dr. Geo

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Dr. Geo Espinosa

There's one very famous urologist (will remain nameless) who surgically treated only low-grade non-aggressive prostate cancer. If the Gleason score was an 8 or higher, he'd sent them to another physician. As a result of him "gaming the system" he became known as a famous prostate cancer urologist who "cured" patients from this disease. Crazy!

The bottom line is this; the spreading of prostate cancer (and most tumors) requires the perfect microenvironment. Metastatic cancers go back to an old concept called the

“Soil and Seed theory.” Cancer cells, which typically can only kill when they grow and spread, need a “favorable, dirty terrain” to metastasize. If you manage the microenvironment (the terrain) the likelihood of cancer spreading is minimal.

Of course, I have way too much respect for the “C-word” to oversimplify. But based on extensive, tireless research and experience of seeing patients with PSA from 1.8 with aggressive prostate cancer (yes, despite low PSA) to men with PSA of 3000 (yes, it goes up that high, even higher), the common denominator is continuously applying the lifestyle and behaviors that create a microenvironment hostile to cancer.

And such lifestyle begins with a thriver's mentality, not a survivor one. If you read my book, you know I am not a big fan of the word "survivor" as in "I am a cancer survivor." The words you use to describe your experiences matter. Survivor implies, just making it. I am alive, sort of, but just hanging by a thread.

Here's the bottom line (no really, this is it); for you to live your best life after prostate cancer, you need to be a thriver, not only a survivor. Such a concept is not just a silly, rah rah title of a book; this is real. And it starts with your mindset, then with what you eat, how often you move your body with what intensity, your ability to manage stress and to improve your sleep. These are the pillars of the CaPLESS Method that has worked now for thousands of patients and readers.

Of course, you don't have to bat one-thousand (to use a baseball analogy) to benefit, but if you improve in one, it will have a domino-effect on another resulting in an unfavorable cancer environment in your body.

7 Main Concepts of the CaPLESS Method for Prostate Cancer:

Eat colored fish, cooked in low heat not too charred.
Eat Plants and unprocessed foods.

Simple sugars, processed grains and flour are the enemy – don't eat them, even if they are organic.
A high-fat (ketogenic) diet may not work for prostate cancer.

Exercise four hours a week with moderate to high intensity. That means your heart rate will go up to about 120 to 140 beats per minute, depending on age. Everyone needs weight resistance exercise, but those on hormone therapy need at 3 days a week of weight resistance movements.

Consume supplements specific to the condition. Up to 4000mg of curcumin is safe and likely beneficial.

Learn how to calm your brain to better manage stress.

On Dr. Geo's book: "Thrive, Don't Only Survive: Dr. Geo's Guide to Living Your Best Life Before & After Prostate Cancer" - as described on Amazon.com:

This one-of-a-kind book will answer the most common and important questions on prostate cancer:

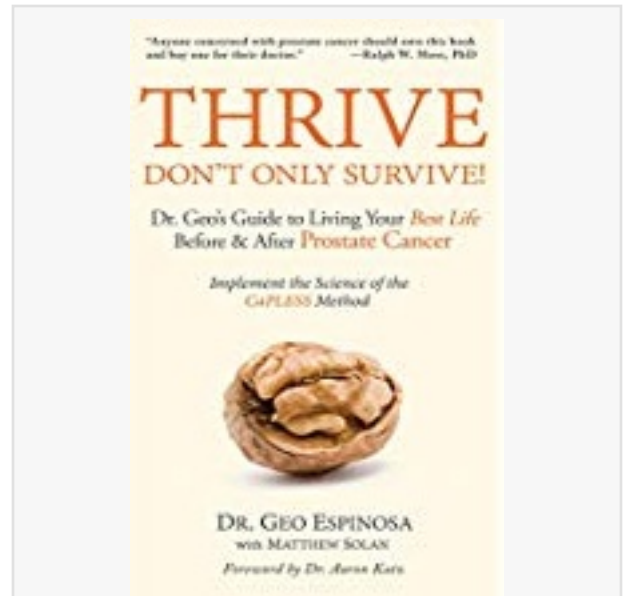
Now that I am diagnosed with prostate cancer, what do I do?

How can Thrive Don't Only Survive help me if I have a recurrence?

What foods can I eat to improve my prognosis?

How can I talk to my doctor about the natural methods mentioned in this book?

In this book Dr. Geo introduces the CaPLESS Method, a prescriptive program that has been tested for over a decade based on Dr. Geo's clinical experience and intensive research on natural medicine for prostate cancer.



Thrive, Don't Only Survive: Dr. Geo's Guide to Living Your Best Life Before & After Prostate Cancer



How Dr. Geo "Thrives"

See Eastover.com for information on similar upcoming events.

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