

SLOW AGING THE NATURAL WAY
You Stay Young and Healthy

QUICK
ENERGY BOOST
Perk Yourself Up With Yoga

Real Health

Promising Remedy for Prostate Cancer

A recent study shows that a combination of eight herbs helps fight the fastest growing cancer among men.

SCIENCE HAS GOOD NEWS for the approximately 200,000 men who are expected to develop prostate cancer this year. A recent study shows that PC-SPES, a capsule containing eight herbs including saw palmetto (*Serenoa repens*) and reishi (*Ganoderma lucidum*), slows the growth of prostate cancer. The study, published late last year in *The Journal of Urology*, tested the effects of PC-SPES on 69 men with prostate cancer. Each of the men was given three 320-mg capsules of PC-SPES daily for 33 months. One year into the study, 88 percent of the men had reduced levels of prostate-specific antigen, an enzyme that indicates spreading of the disease.



Reishi mushrooms may slow prostate cancer growth.

Boston's Dana Farber Cancer Institute and Johns Hopkins Center for Complementary and Alternative Medicine in Baltimore also plan to test PC-SPES.

—Stephen Camelio



SHAPE UP!
Learn to love exercise with our simple plan. See page 86.

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