

PROSTABEL— Men's Serious Prostate Health Support



Directly inspired by Mirko Beljanski's 50 years of research in biochemistry and molecular biology, Prostabel® is an innovative and natural blend of *Pao pereira* and *Rauwolfia vomitoria* extracts that specifically promotes prostate cell health. Studies from Columbia University validate that Prostabel could be a breakthrough prostate health supplement—one adept at staving off men's most feared conditions.

In the November 2006 issue of the *International Journal of Oncology*, Debra L. Bemis, Ph.D., and Aaron Katz, M.D., and other top researchers from the Department of Urology, College of Physicians and Surgeons, Columbia University Medical Center and the Center for Holistic Urology, reported on the anti-prostate cancer activity of the *Rauwolfia vomitoria* extract *in vitro* and *in vivo*. In this study, the extract

was tested for its ability to prevent cell proliferation of the LNCaP prostate cancer cell line and to shrink LNCaP prostate tumors. In the case of both the Pao and *Rauwolfia* extracts, positive results on tumor shrinkage were observed. At the end of the experiment, tumors were removed and further analyzed, to determine if there was biochemical evidence that the extract induced apoptosis, an important and highly desirable healthy cell process by which damaged cells naturally end their replication process.

"Tumor volumes were decreased by 60%, 70% and 58% in the groups fed the 75, 37.5 or 7.5 mg/kg *Rauwolfia*, respectively," the researchers said. "The *Rauwolfia vomitoria* extract significantly suppressed the growth and cell cycle progression of LNCaP cells, *in vitro* and *in vivo*." At the highest levels, the *Rauwolfia* extract also caused apoptosis.

Indeed, the Columbia University researchers went further and stated, "Our studies thus far indicate that both the *Rauwolfia* and Pao extracts suppress prostate tumor cell growth in culture and *in vivo*, but appear to accomplish this effect through different mechanisms of action...We expect to publish our data from the Pao studies within the near future." In the meantime, different mechanisms of action for these two extracts mean chances are that the combination will be twice more effective against proliferation of unwanted cells.

This research builds on some 130 peer-reviewed articles Dr. Beljanski produced in his lifetime (see sidebar). Many of these studies illuminated for the first time that the DNA helix actually suffers structural damage and subsequently focused on the use of Beljanski's Oncotest to detail a botanical treasury of rare rainforest and other plants thought to aid in maintaining cell health.

The tropical shrub, *Rauwolfia vomitoria*, is a medicinal plant used traditionally to treat a variety of ailments. A bioactive beta-carboline alkaloid, alstonine, present in this extract, was previously shown by Beljanski to have anti-cancer activity against cancer cell lines. What's more, the *Rauwolfia* extract used for Prostabel has been purified of its reserpine content, another potent alkaloid used to treat high blood pressure but known to be toxic.

Many chemotherapy drugs today, like vinblastine and vincristine, are synthetic versions of natural plant molecules and they are modified for patentability, but because they are drugs, they can cause many side effects and are often extremely toxic.

However, the Beljanski extracts are far away from being drugs. They work far differently, have a different role, and they are not toxic. To begin with, the extracts are natural, not synthetic, and all of the active compounds they contain are natural as well. Prostabel utilizes the natural plants' molecules rather than synthetic, patented substances and is regulated in the U.S. as a dietary supplement. As

When complementary medicine and natural health experts are looking for the next big breakthrough in men's health these days, they certainly have to pay attention to the research being done at the Center for Holistic Urology at Columbia University.

such, it is explicit it will help by supporting and maintaining healthy cell processes.

Although specialists, including oncologists, and hospital integrative medicine programs are increasingly receptive and interested in offering alternative or complementary medicine or other modalities to their patients, these "complements," which might even include Prostabel, are thought of as supporting men's health and innately supporting the body's healthy responses. Often, Prostabel is recommended along with chemotherapy or radiation. It is not touted as a cure by any means. Perhaps this is why despite years of research in Europe on its extracts, Prostabel is one of the best-kept secrets in men's health.

One of Beljanski's long-term goals was to see his products used in conjunction with conventional therapies. He was sophisticated in this regard. Not only did he foresee the effectiveness of combining his extracts with mainstream chemotherapies, he generated data showing that these combinations were synergistic.

Prostabel is now the focus of a clinical trial at Columbia for men with elevated prostate-specific antigen (PSA); some 42 male subjects between 40 to 75 years of age who have an elevated PSA and a negative prostate biopsy within the past 6 months are being enrolled. Within one month of completing the study, the subjects will have a new prostate biopsy to assess change from the initial biopsy. All subjects will remain in the study for the 12-month

duration. Nonetheless, in view of what he already knows, Dr. Katz, Director of the Center for Holistic Urology at Columbia, states of the Beljanski extracts, "They do have mechanisms of action and they can interfere with cell growth of prostate cancer."

HOW TO FIND PROSTABEL

Prostabel is available in the U.S. from Natural Source International. The company is working with health professionals to educate people about the Beljanski extracts. Fortunately, more and more doctors, including oncologists, are becoming interested in natural, scientifically supported formulas, such as Prostabel, and the interest will be even greater when the clinical trial results are published. For many men, the best time to act is now. ■

REFERENCES

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Resources

If you are a consumer or health professional and have any questions or would like more information, contact Natural Source International at (888) 308-7066 (toll free) or (212) 308-7066. www.natural-source.com

Prostabel is currently the focus of a clinical trial at the Columbia University Center for Holistic Urology for men with elevated PSA. This clinical trial is currently open. For more information call Dr. Geovanni Espinosa at 212-305-3790 or e-mail him at ge2108@columbia.edu.

Learn more about Dr. Beljanski's scientific research at the following websites:

- www.beljanski.com (this is the CIRIS site known in French as the *Scientific Center for Information, Research and Innovation*)
- www.mbschachter.com
- www.pubmed.com (to view Beljanski's studies and the recent paper from the *International Journal of Oncology*).
- www.self-helpcancer.org
- To find a doctor who can help you to use the Beljanski plant extracts in your program, visit the *American College for Advancement of Medicine* website at www.acam.org and use their physician referral service.

Dr. Beljanski—Scientist, Humanitarian

Molecular biologist Mirko Beljanski, Ph.D. (1923–1998), in association with his wife and research associate, Monique, conducted research into the respective roles of DNA and RNA in the development and cure of cancer, first at the Pasteur Institute in France (1948-1978) and then at the Faculty of Pharmacy at Chatenay Malabry (1978-1988), according to an Internet information site (www.self-helpcancer.org).

According to the site, "Beljanski's primary thesis is that cancer is caused not only by DNA mutations, but also by damage to the hydrogen bonds that hold the two strands of the DNA double helix together."

Beljanski's work, which is of vital importance to the science of cancer prevention and therapeutics, helps explain, for example, "why an excess of



certain hormones such as estrogen and testosterone (and other steroids, too) is carcinogenic, although they do not appear to be the direct cause of mutations."

Beljanski also developed a test to determine which substances could destabilize DNA function, leading to cancerous cell proliferation, and conversely, which kind of substances could repair or cause programmed death (apoptosis) of damaged and cancer-forming DNA. "Among such molecules, he discovered, are the naturally occurring plant alkaloids, alstonine, flavopereirine, serpentine and sempervirine, which are able to distinguish between normal and cancer-forming DNA causing the death of the malignant cells (apoptosis or cell cycle arrest). Beljanski conducted many trials on the anti-cancer properties of

these substances. He was able, for example, to cure an appreciable proportion of mice with lymphoma. Other *in vitro* studies showed that his *Pao pereira* extract was active against a number of other cancer cell lines (brain, breast, ovarian, prostate, kidney, thyroid, pancreatic, colon, liver, skin), including those that were multidrug resistant."

During his 10 years at CIRIS (Scientific Center for Information, Research and Innovation), he demonstrated that his substances also work in synergy with radiation or standard chemotherapy agents, providing better results than with the chemotherapy alone.

In his lifetime, Dr. Beljanski authored two books. *The Regulation of DNA Replication and Transcription* is available in English, while *La Santé Confisquée* is available in French.