

Chris Garner - My Story - Prostate Cancer

I was diagnosed with Prostate Cancer in August 2002 aged 63. My PSA was 4.9 and the biopsy put me at 6 on the Gleason scale and revealed that 1 out of 8 needles was "positive" - though as I said to my consultant it wasn't a very positive result for me. A scan showed that the cancer had not spread.

My first reaction was not so much "Why me?" as "What causes prostate cancer?" I asked a number of NHS professionals but no one gave me much in the way of an answer. So I decided I would try to find out for myself. I therefore rejected my consultant's recommendation in favour of surgery and chose "watchful waiting".

One of the first things I did was to have a test (the BEST test) to see if it could offer some clue as to why I had Prostate Cancer. The main finding from this test was that my digestive system was seriously compromised and therefore my immune system was not functioning properly. Since this test also told me which foods were bad for me, I embarked on a drastically new diet together with a bewildering array of supplements.

As someone who had never had any digestive problems, had no allergies, had scarcely taken any pills, I found this new regime both perplexing and difficult to follow. However it seemed to be beneficial. My first PSA after starting this regime fell to 3.9. "I've cracked it," thought I "it's all to do with diet."

When I saw my consultant 2 years later it was in the company of a student medic.

Reviewing my case history the consultant magnanimously said, "In the light of what has happened, I think I was wrong and Mr Garner was right".

But it wasn't as simple as that. My PSA started to go up and 4 years after diagnosis it had reached 7.1. Pressure was being applied (subtly from my family, more directly from others) to submit to the knife. I still felt that there must be a natural solution or solutions, just as there must be a natural cause or causes. Hair analysis revealed that I had a number of toxic metals, including mercury, in my system as well as a range of invasive organisms. I am currently trying to deal with this situation through a programme of detox supplements and am considering having my amalgam fillings replaced.

Am I on the right track? Will I find a cure for my cancer? Watch this space.

Sept 2006.

Update August 2008

So I did have my amalgams replaced and would advise anyone with Prostate Cancer to seriously consider this option. Mercury is the most toxic of metals and, if you are sensitive to it, your immune system will be impaired.

This meant that I had now discovered 3 possible causes for my cancer - nutritional deficiency; invasive organisms; toxic metals. To this list I can add hormone imbalance, which is probably self-evident with a cancer involving the prostate. I can also add stress, especially of a psychological/emotional nature. I have a son who has had a difficult life and he and I have had problems from time to time. After one period of sustained anger from him recently, my PSA shot up from 8.0 to 11.3 - the highest it's ever been.

One final causative factor - EMF's (electro magnetic frequencies). I checked with two people working in this field and they found that there were frequencies affecting my health from two sources - nearby mobile phone masts and a cordless phone in our house. This is a tricky and contentious subject but I think we are likely to see evidence of the serious effect that EMF's can have on health in the near future.

To sum up - I feel that I am on the right track, at least for me. I believe that my form of waiting/monitoring is working but it hasn't been easy or inexpensive. My PSA is currently around 8.

Update May 2013

So my PSA kept on rising, slowly but inexorably. At its highest point, it reached 29. A biopsy last year revealed that my Gleason score had also risen - from a 6 to a 7. Time for a re-think. My basic choice was between continuing with my natural approach and having an intervention. I realised that I would have to be stricter with my diet than I had been of late, particularly regarding sweet things. (I feasted on candy during my Canadian childhood.) The other consideration was my wife's position. Meg was never really happy with my original decision not to have an intervention although she respected my choice and never tried to sway me. In the light of the altered circumstances, I felt that if the cancer were to spread and I had not opted for an intervention then it would not be easy for me to live with myself, let alone with Meg.

Following a session with Duncan Maclaren, I opted for radiotherapy. I asked him about the chances of recurrence and he was up-front and honest - 50% chance after 5 years. So I had a course of 37 sessions which finished in Nov 2012. My PSA 3 months later was 2 so I conclude that the target was hit - as were bowel and bladder with inevitable consequences. My energy levels were scarcely affected and I enjoyed the 50 minute walk to and from the Western each morning.

If you are diagnosed with low level PCa, my view would still be to follow active surveillance. And if you cut down on the candy, you might continue for longer than 10 years.

Chris Garner