

Prostate Health Webinar



THE UPDATED

PFEIFER PROTOCOL

by Prof. Ben Pfeifer, M.D., Ph.D.

Delivered on 3 Feb 2021



Ben Pfeifer, M.D., Ph.D.

Professor & Director of research

Integrative Cancer Care powered by Aeskulap-International



*Integrative
Cancer Care*

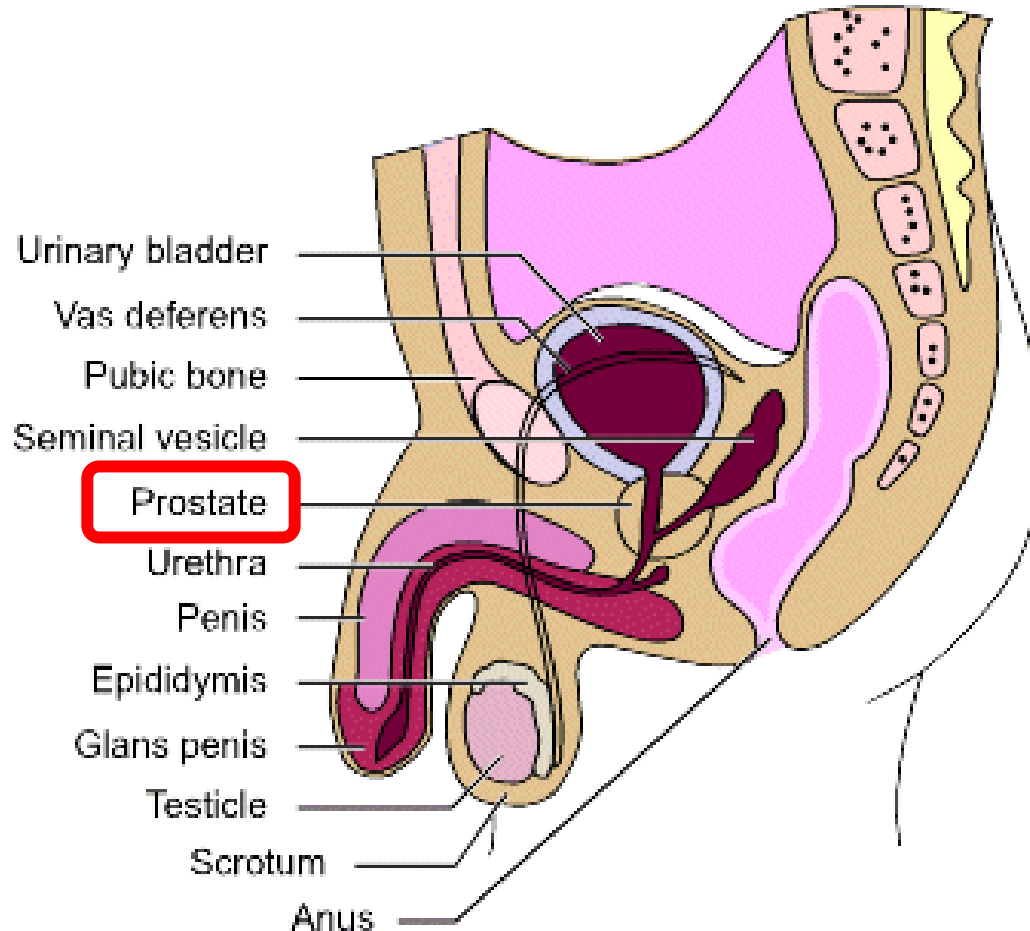


AGENDA

- Immune system & Cancer
- Prostate health & disease
- **Integrative treatment approach for patients with metastatic prostate cancer – The Pfeifer Protocol®**
- Q&A



Prostate Health and Disease



- Walnut-size gland, located between bladder and anterior rectal wall
- It wraps around the upper part of the urethra
- It produces a thick, milky-white fluid that becomes part of the semen
- **Problems with this small organ can affect urination and sexual function**

Three major diseases:

- **Prostatitis** (infection or inflammation of the prostate)
- **Benign prostatic hypertrophy** (ageing-related enlargement of the gland)
- **Prostate cancer** (growth of cancerous cells within the gland and when metastatic, elsewhere in the body)

PSA (prostate-specific-antigen) is elevated in all 3 conditions

Prostatitis



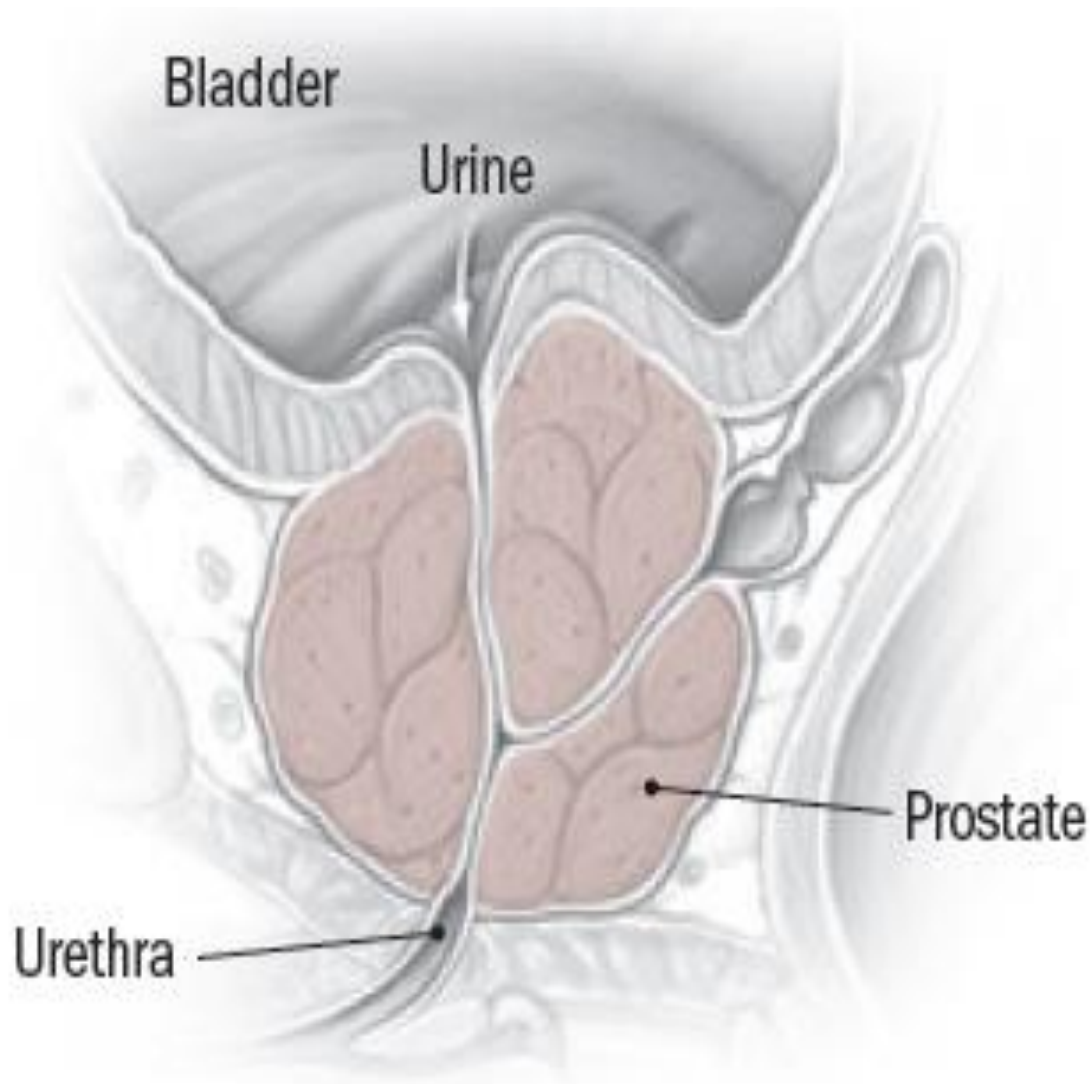
- Inflammation of the prostate
- Commonly caused by infection
- Acute & chronic form

Symptoms:

- burning or painful urination
- urgent need to urinate
- trouble urinating
- difficult or painful ejaculation
- pain in perineum area (between scrotum & rectum), or even in the lower back

Treatment: Antibiotics; chronic prostatitis difficult to cure

Benign Prostatic Hypertrophy



- Affects about 3/4 of men over age 60; by age 80, 90% of men
- Ageing & associated changes testosterone/estrogen balance likely contribute to prostate growth
- Compression of urethra slows down, or even stops urine flow
- **Does not** predispose to development of **PC**

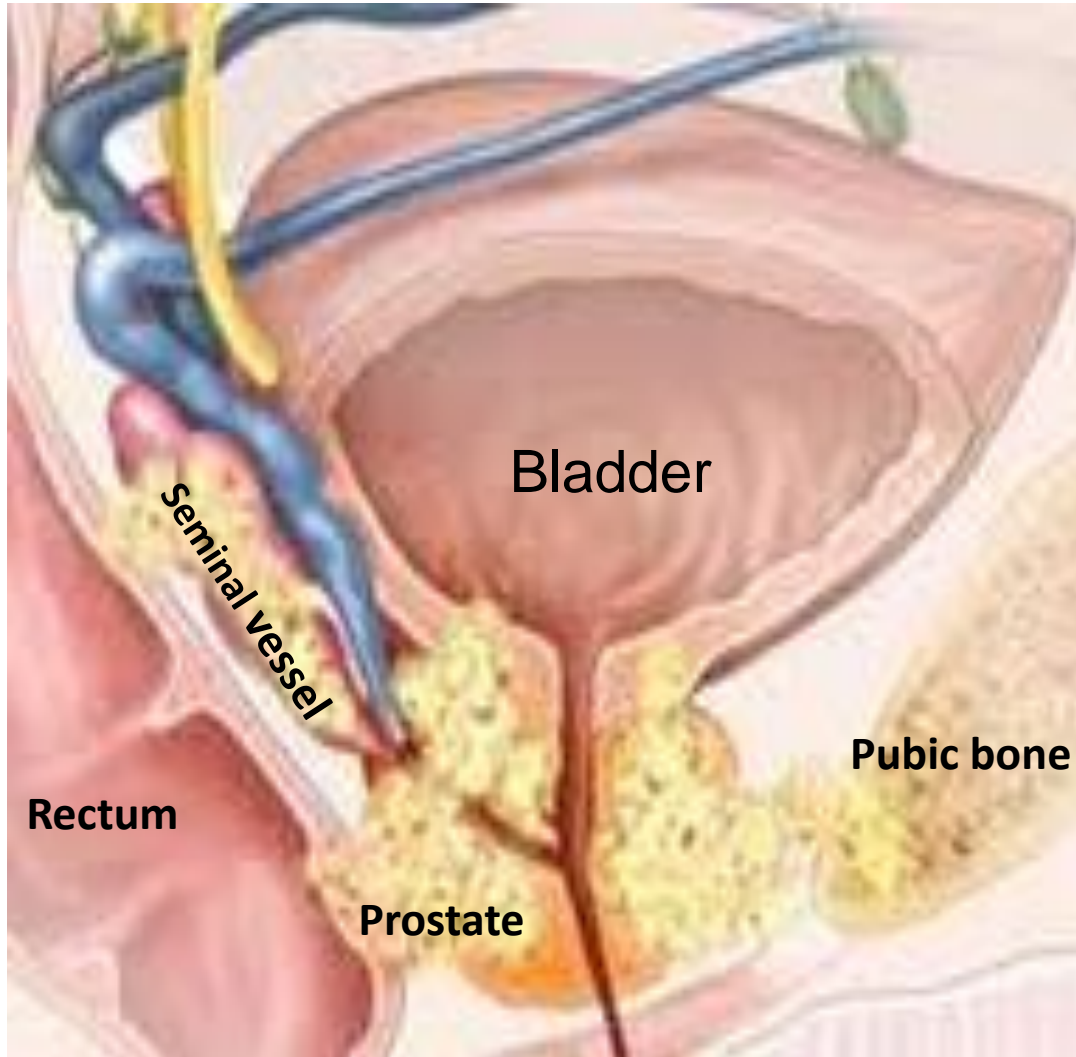
Symptoms:

- Voiding problems: straining, decrease in urinary stream, dribbling, pain & burning during urination, feeling of incomplete bladder emptying
- Irritation problems: urinary frequency, urgency, dysuria, nocturia, incontinence
- QoL burden: anxiety, depression, less sexual activity

Medication Treatment: alpha Blocker (Tamsolusin), 5-AR-inhibitors (finasteride), anticholinergica (Detrol), beta-3-adrenoceptor agonists (Myrbetriq), phosphodiesterase type 5 inhibitors (Viagra, Cialis). **Overall low compliance due to side effects**

Surgical Treatment: classical TURP, laser ablation, prostatectomy

Prostate Cancer



- Cause unknown (diet & environmental factors)
- Aging is **major** risk factor (lifetime risk ~ 1 in 7)
- In Europe, PC is the most frequent cancer of men with about 500,000 cases in 2020
- Worldwide 2020:
- ~ 1,300,000 new cases; ~ 365,000 deaths from PC
- Economical burden for society is immense
(~15 Billion USD in 2020 for the US alone)

Symptoms: often late in disease course; voiding & irritation problems similar to BPH; bone pain in metastatic disease.

Treatment: RPE & Irradiation (EBR and brachytherapy) considered “Gold Standard”, but ~ **50% failure rate**; many experimental treatments available for local disease (HIFU, IRE, Hyperthermia, Embolization) – but none is perfect.

LUTS – Prevalence and Burden

- **Prostatitis, BPH and PC** – all cause. Lower urinary tract symptoms (**LUTS**)
 - Buredensome sympoms include: urgency, nocturia, incontinence and adverse psychological consequences (andxiety and depression)
 - It is estimated that LUTS affects ~ 2.3 billion people worldwide
 - Heavy economic burden on society (USA alone 3 billion per year)
- Current medical Rx (alphablocker & 5-alpha reductase inhibotors, anticholinergia) effective, but side effects, reduce compliance.
- Nutritional supplements, like vitamin C and D, Pomegranate- and Cranberry extractsI supplements **IMUPROS, Prostalin-C** can be helpful.
- Pelvic muscle exercise and bladder training, physical activity, dietary modification can alleviate LUTS and improve QoL.



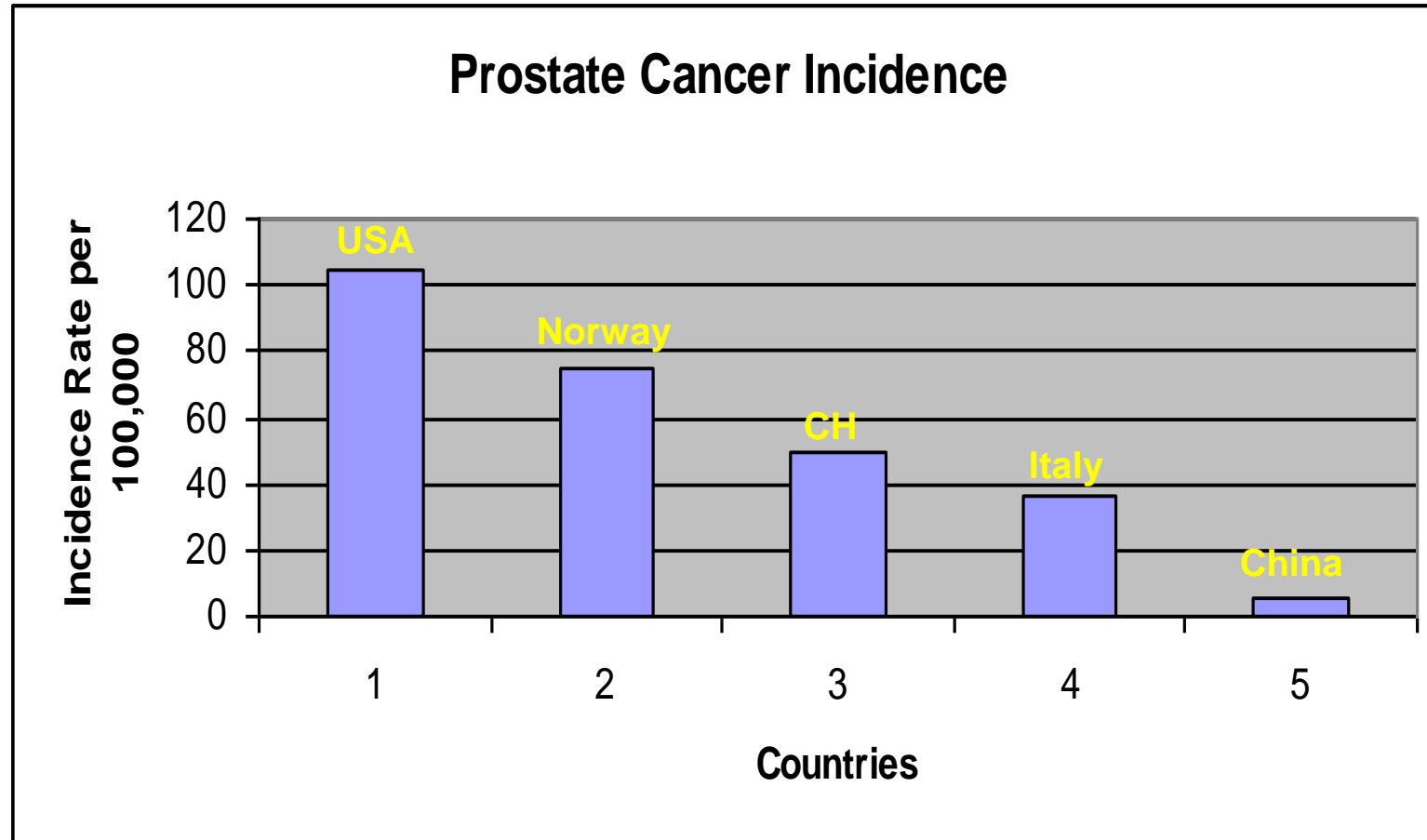
How can we maintain Prostate Health ?



Lifestyle Choices

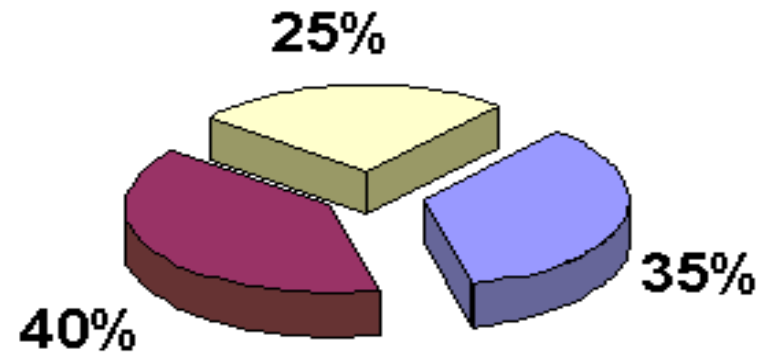


PC incidence depends on what men eat

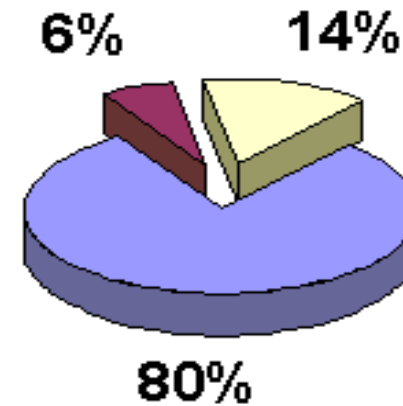


Too much animal fat...

North America



Far East



Vegetables & Fruits

Animal Fat

Other

Too much sugar...

1970: ~ 4 kg refined sugar were consumed per capita and year

Today: ~ 50 kg refined sugar are consumed per capita and year

High sugar consumption increases risks for:

Prostate cancer

Colon cancer

Pancreatic cancer



Overweight and not enough exercise...

(too much food without nutrition)



Overweight should strictly be avoided

...since it increases risk of metabolic syndrome and diabetes mellitus, hypertension and heart disease, lung disease and many cancers.

Obesity increases the risk of:

- Prostate cancer
- Colon & rectal cancer in men and women
- Breast cancer
- Endometrium cancer
- Renal cell cancer
- Esophageal cancer

It is estimated that in Europe, ~ 3 % of all cancers in men and ~7 % of all cancer in women are based on obesity.

Cigarette smoking...



Cigarette smoking is responsible for:

- ~ 80% of all lung cancer
- ~ 70% of all chronic lung diseases
- ~ 50% of all heart attacks before 50th year of life
- ~ 30% of all cancer death
- ~ 30% of all ischemic heart disease and stroke

Estimated yearly deaths and economic loss due to smoking in the USA:

~ 300,000 deaths; ~ 60-80 Billion USD

Estimated yearly deaths and economic loss due to smoking in the UK:

~ 100,000 deaths; ~ 10 Billion BP

WHO estimates that the global number of deaths related to cigarette smoking to be 7 million people per year and the global economic loss due to smoking is USD 500 billion per year.

Too much alcohol...

...there is an old German saying:

“One glass per day can’t be too bad”.

... of course, the size of the glass plays a role ...

The relation between alcohol consumption and cancer is not as clear as for cigarette smoking.

Red wine in moderate amounts might even be good for us, because of the resveratrol.

Regular- & excessive consumption of alcohol is clearly not good for health:

Liver cirrhosis and cancer of the oral cavity, pharynx, esophagus and stomach, as well as increased risk of breast and intestinal cancer.



Remember: Preventing is better than treating

- Regular physical activity
 - Low animal fat diet
 - No smoking
- Chemoprevention with:
selenium, vitamin E, lycopene, epigallocatechin-gallate
 - **IMUPROS, ProstaLin-C, BioBran**

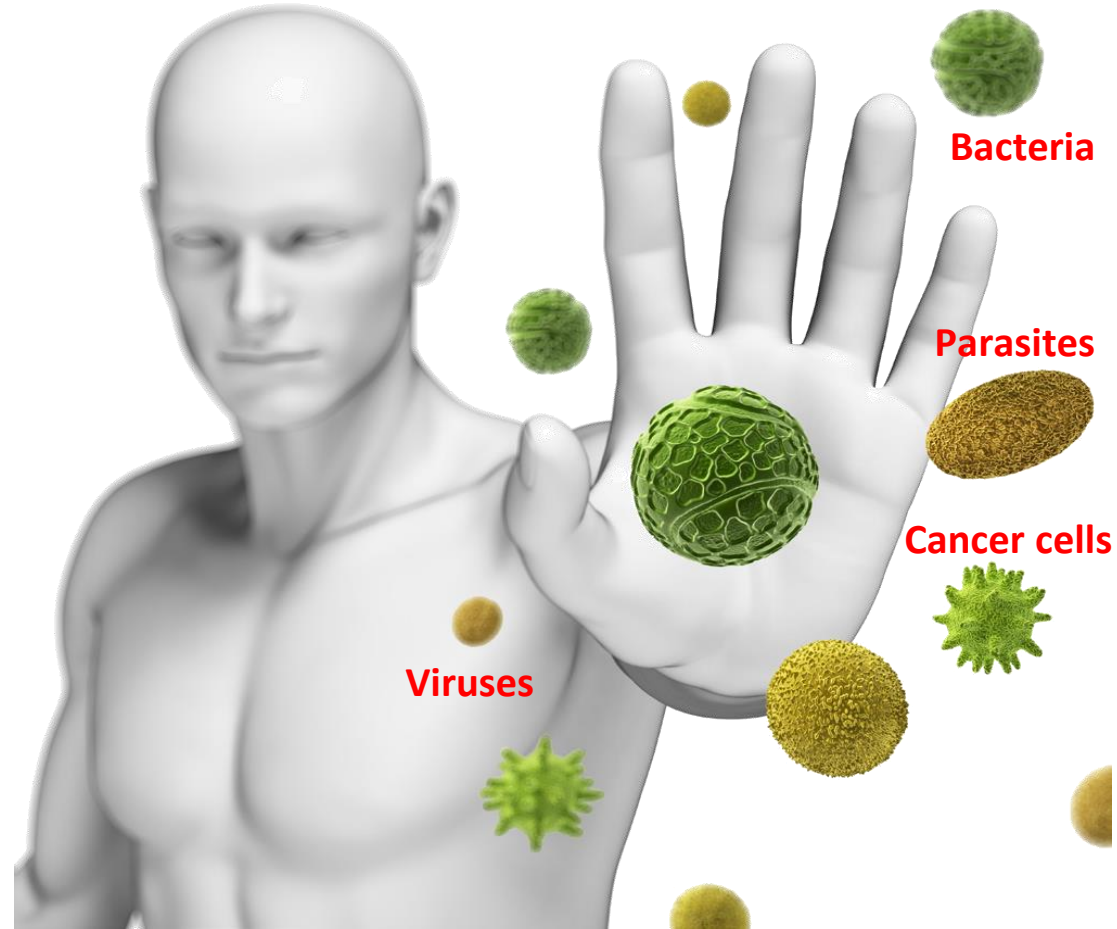
Immune system & Cancer

...some helpful facts...



Our Immune System

... is protecting us
against “**non-self**”
...and must tolerate “**self**”



If this delicate balance is disturbed, infection, cancer or
auto-immune disease may develop

Our Immune System, ...operates two main immunity strategies

1. Innate IS – Function & Players:

- **NK-cells**, complement system, cytokines
- Provides physical and chemical barriers to infectious agents (skin, mucosal linings of gastro-intestinal tract)
- Recruits immune cells through **cytokines** to infection or cancer sites
- Activates **adaptive immune system** through antigen presenting cells (APC's)
- Works immediately upon contact with “non self” antigens

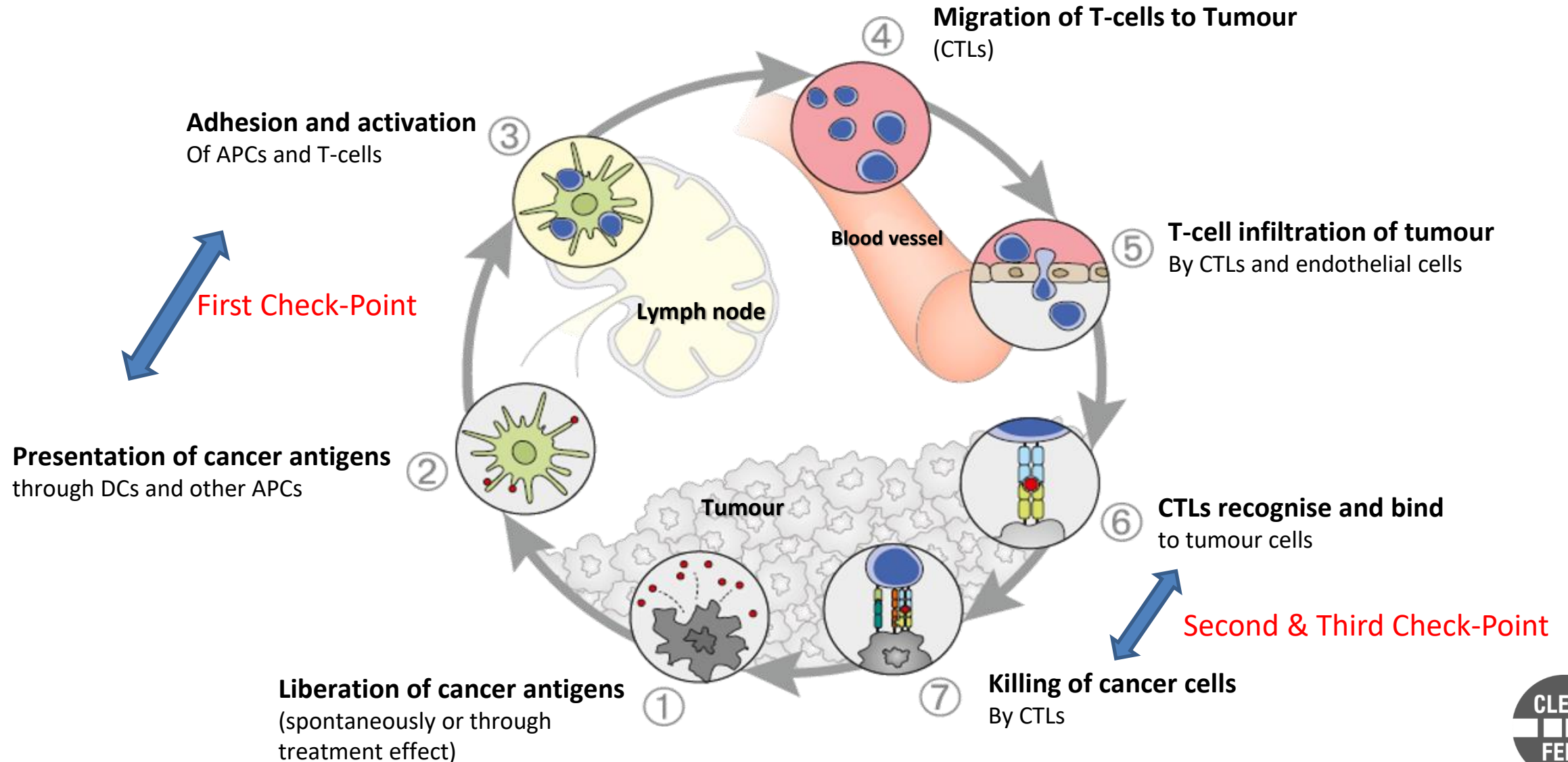
2. Adaptive IS – Function & Players:

- **APC's, T-cells, B-cells**, antibodies, cytokines
- Recognizes specific "non-self" antigens in presence of "self" through AG presentation
- Orchestrates immune responses to eliminate pathogen-infected cells and cancer cells (**Cancer Immunity Cycle**)
- Creates immunological memory (memory B cells and memory T cells)
- Needs 5-7 days for significant immune response



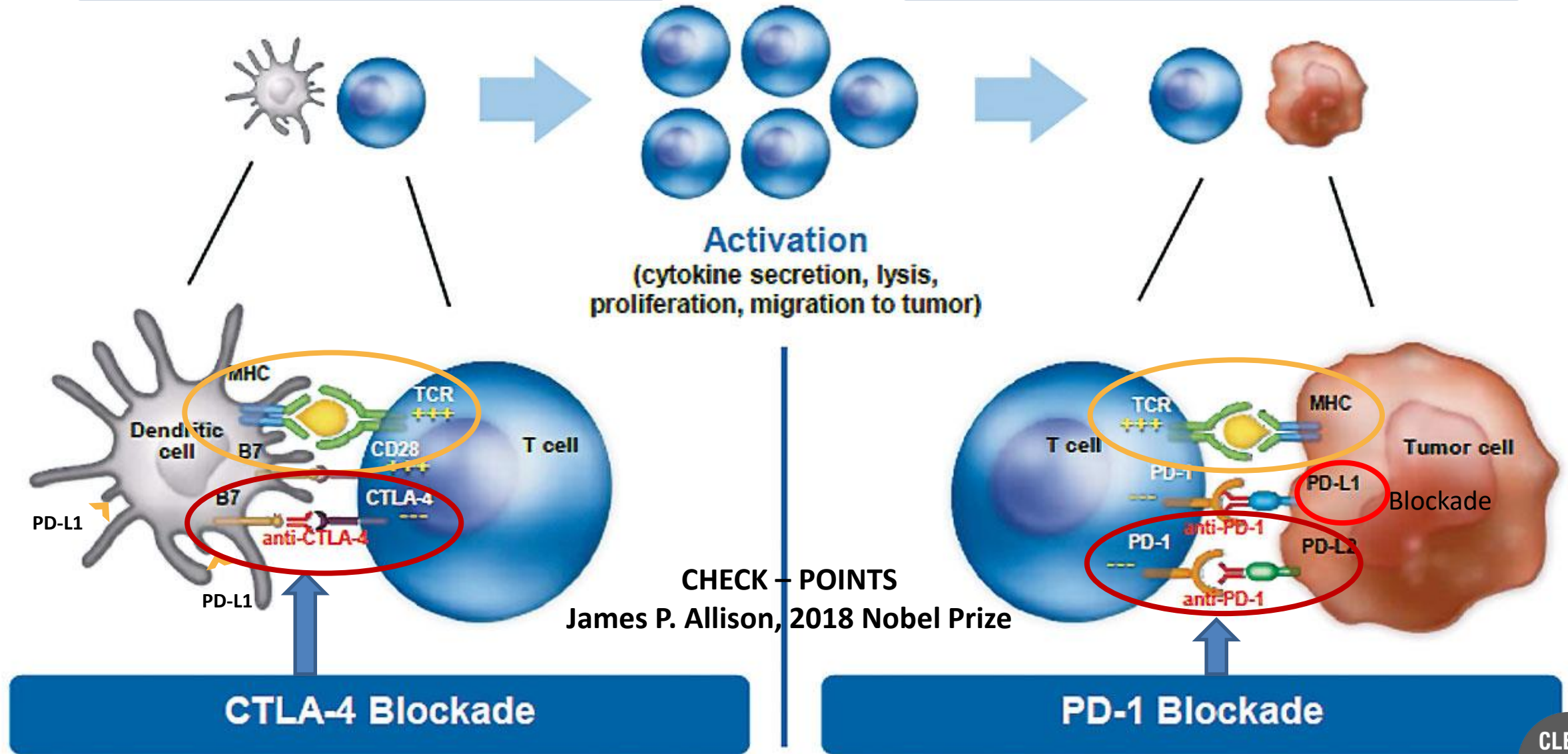
Cancer-Immunity-Cycle

Daniel S Chen & Ira Mellman. *Oncology Meets Immunology: The Cancer-Immunity Cycle*. *Immunity* 39/1: 1-10; 2003



APC – T-cell Interaction

Tumor Microenvironment



Immune-Checkpoint-Inhibitors

CTLA-4 Inhibitor

Ipilimumab = Yervoy[®] (2011)

PD1 - Inhibitors

Nivolumab = OPDIVO[®] (2014)

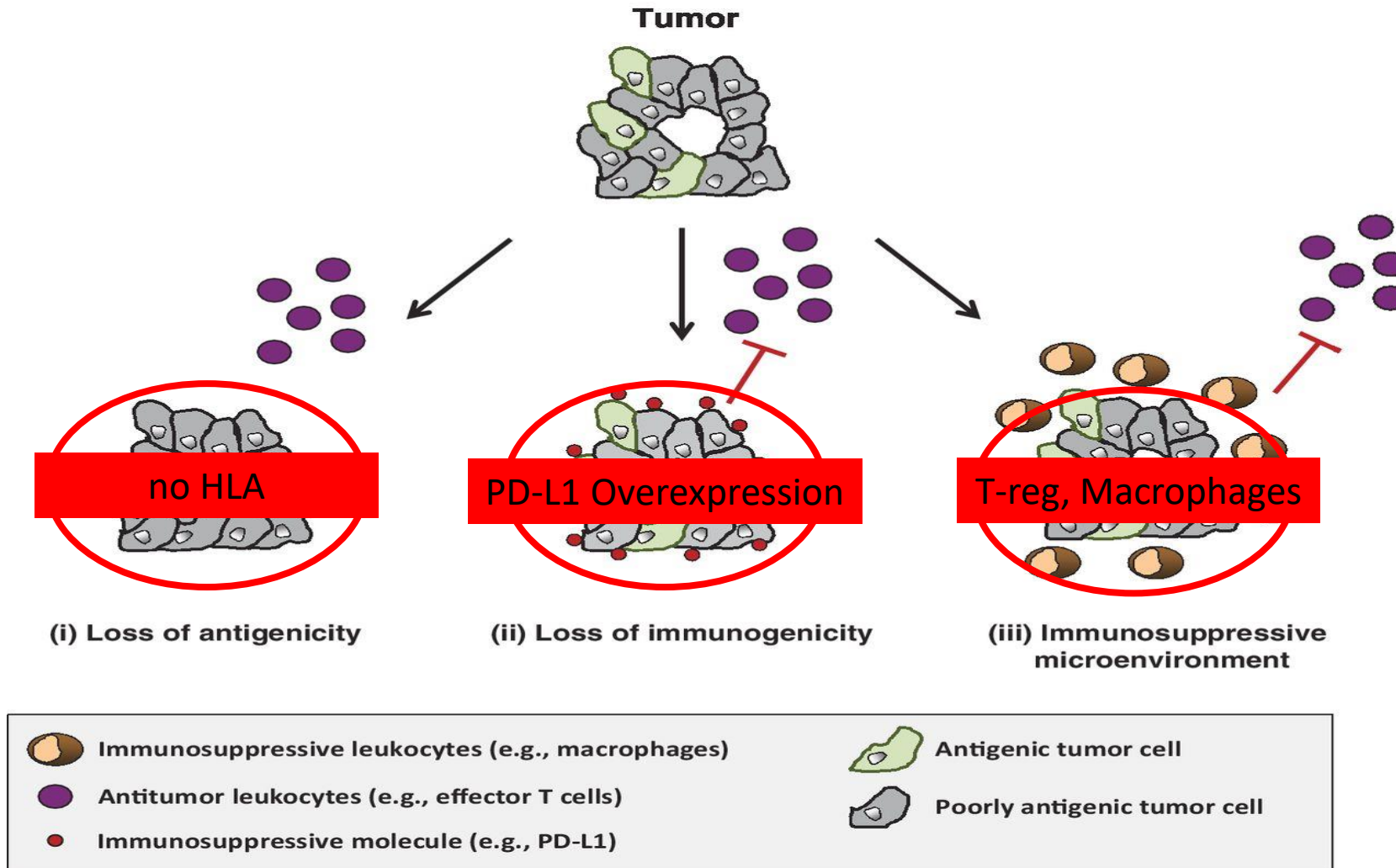
Pembrolizumab = KEYTRUDA[®] (2014)

PDL-1 Inhibitors

Atezolizumab, Avelumab, Durvalumab

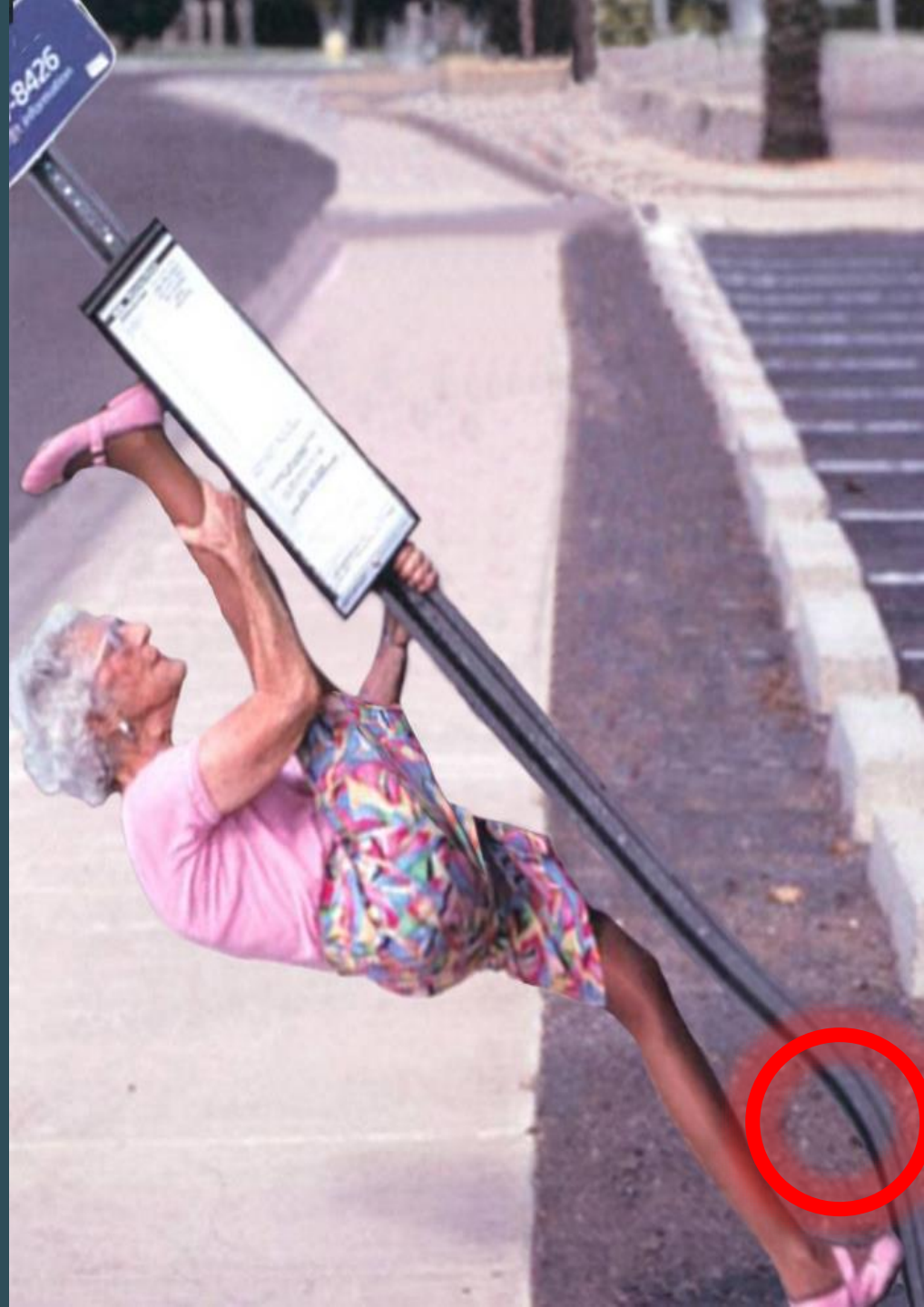


Immune escape mechanisms in cancer



A strong immune system is the best guaranty for healthy ageing, without any cancer...

... however, it does not protect against weak street signs!



Integrative treatment approach for patients with metastatic prostate cancer



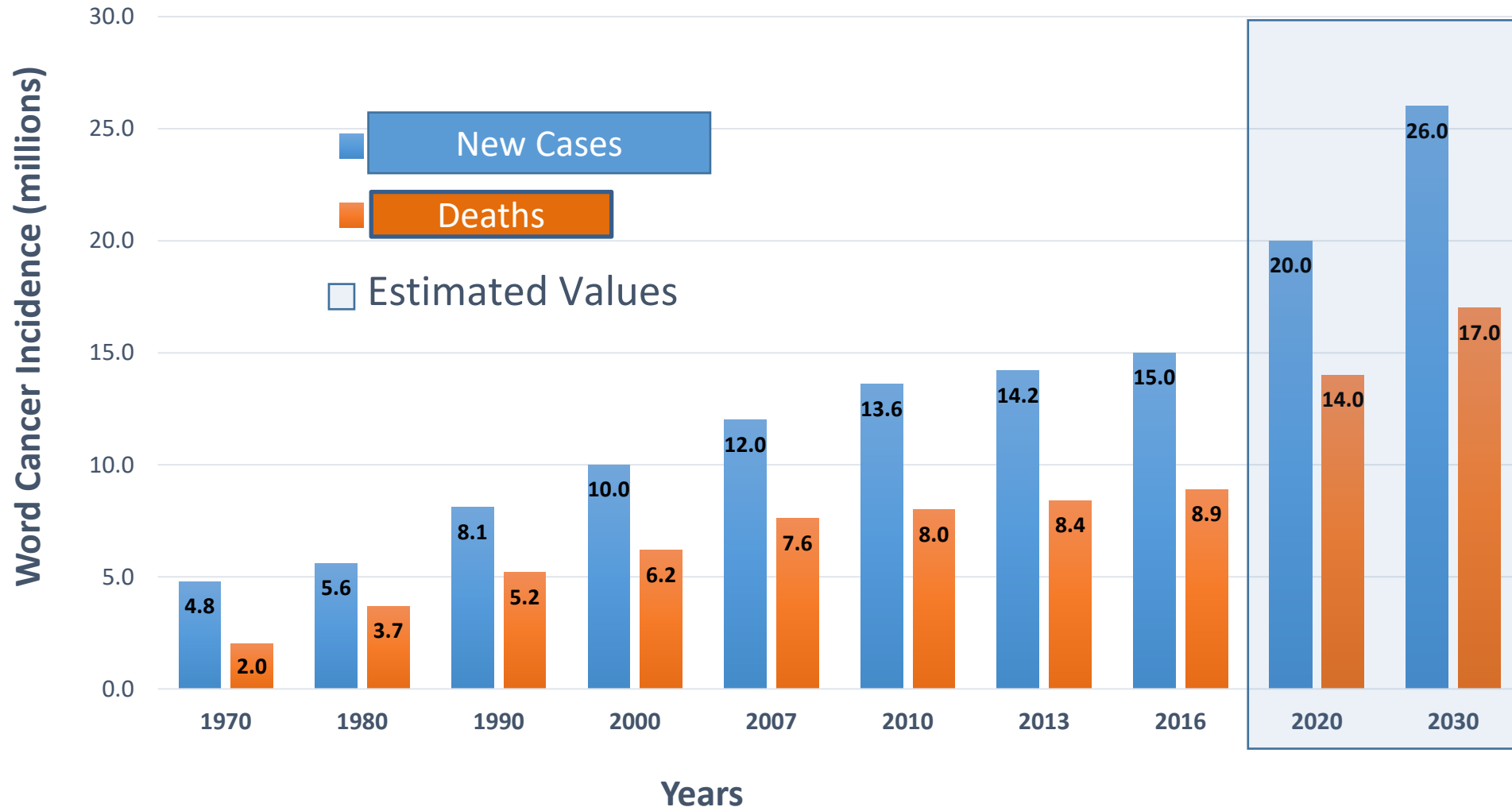
A number game...

- An adult human consists of ~ 35 trillion cells; that is: 3.5×10^{13} or 35,000,000,000,000
(almost 70% of that, are red blood cells; 40 trillion non-human cells live in our body - bacterial cells in various microbioms)
- Every day, about 4×10^{10} of our cells die and are replaced by new cells
(replacement is orchestrated by our adult stem cells present in all 200 tissue types of the human body)
- Assuming 80 years of life, this is 30.000 days x 4×10^{10} or about 1.2×10^{15} or 1,200,000,000,000,000
(more than one quadrillion) cell replacements in our life time...
- **With so many cell replacements, DNA copy errors will happen, resulting in mutations**
>> cancer develops...
- **Adding environmental pressures through thousands of carcinogens in our daily life, bad nutrition, and immune-depression from negative stress...**



... then our cancer statistics make sense...

more new cancer cases and cancer deaths each year

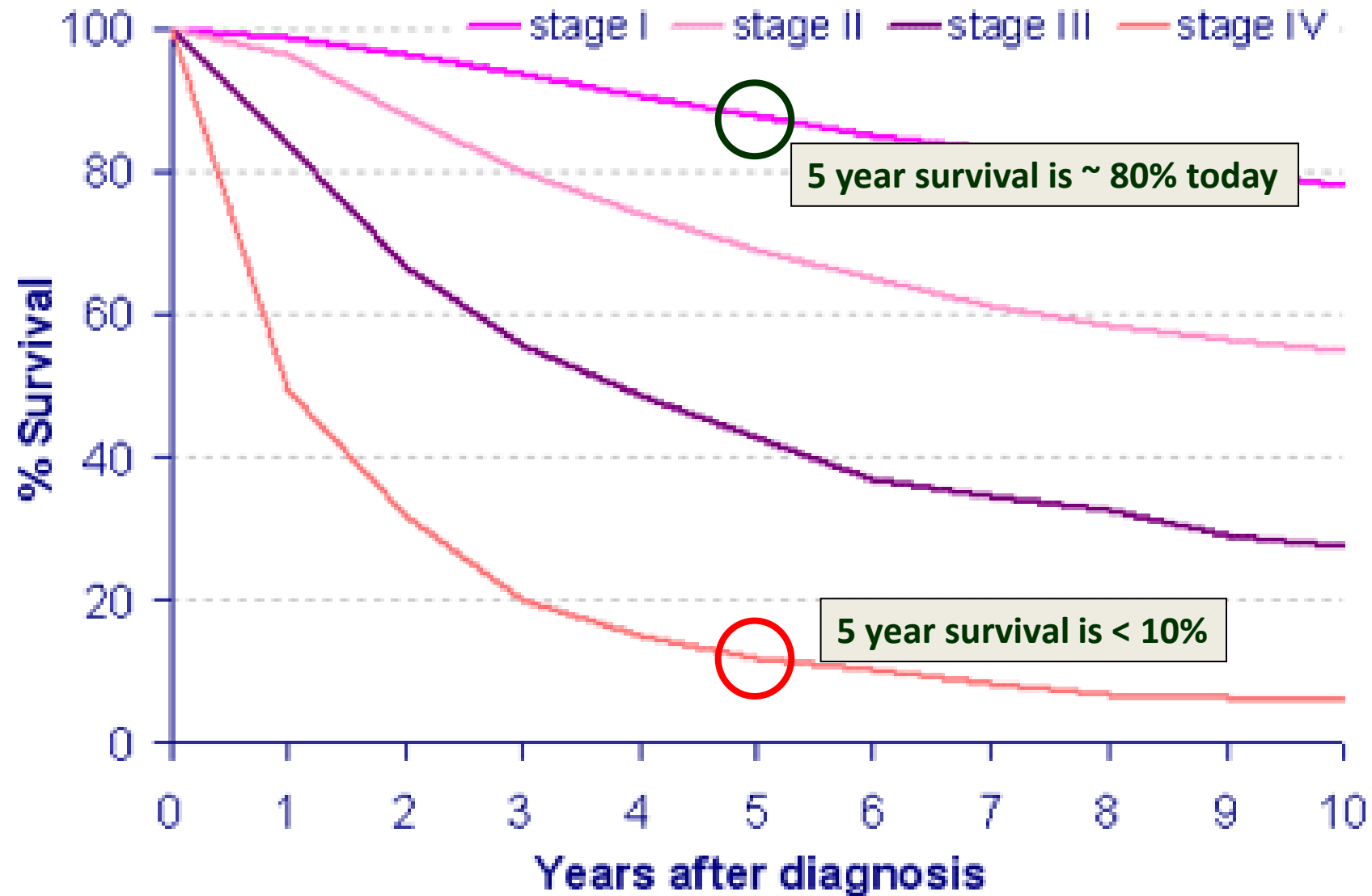


UK Cancer Facts

- 380,000 to 400,000 new cancer cases diagnosed per year
- 178,000 to 200,000 cancer deaths per year
- ~ 50% of all cancer deaths come from lung-, bowel-, breast- and prostate cancer
- Only about $\frac{1}{2}$ of all cancer patients survive > 5 years
- 1 in 2 **people in the UK** born after 1960 will be diagnosed with some form of **cancer** during their lifetime.
- 1 in 7 men in the UK will get prostate cancer in their lifetime.



Prostate cancer survival depends on disease stage



Some Prostate Cancer Facts

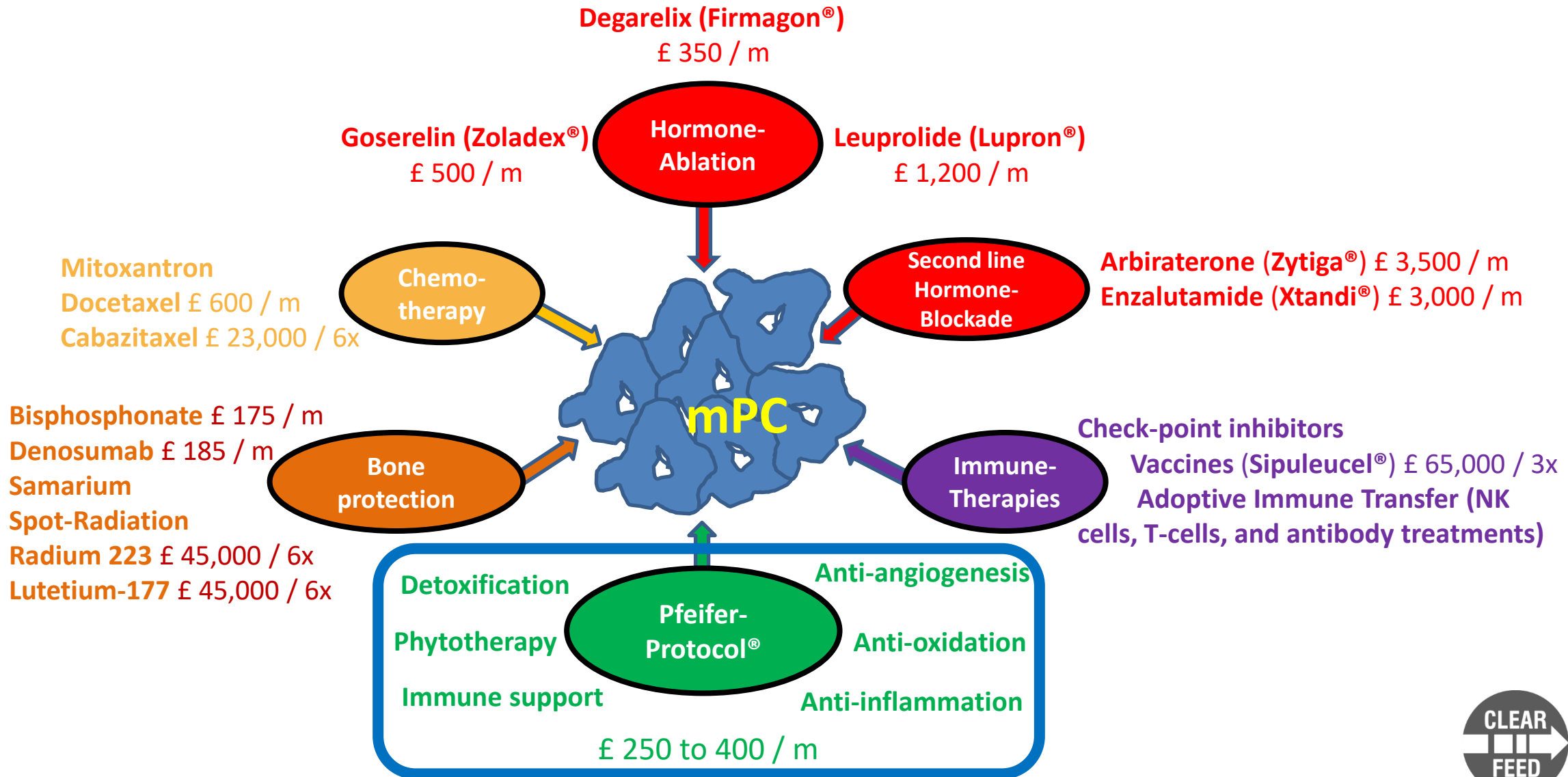
~ **20%** of PC-patients are diagnosed
with advanced disease

~ **50%** of PC patients advance to metastatic disease after
„curative treatment“

...all of those develop „castration-resistant“ disease



Treatment options for metastatic prostate cancer



Outlook for patients with metastatic PC still not satisfactory

**Improvement of disease-specific survival with conventional treatments
is usually measured in months**

**Metastatic prostate cancer patients with multiple bone
metastases:**

- one-year survival: ~45%;
- five-year survival: ~ 5-10%



Can we do better?

YES, I think we can



Integrative Treatment Approach To Metastatic Prostate Cancer

Dietary Interventions,
Physical Exercise & Psycho-
oncological Therapy

Anti-oxidative -,
Anti-inflammatory -,
Anti-angiogenesis Therapy

Immune Modulation & Support

Detoxification Therapy

Phytotherapy

Leading-Edge Conventional
Therapies

Goals:

- Long-term cancer control
- Improve Quality of Life
- Prolong Survival Time

Dietary Measures & Detoxification

Our simple program

- Daily hydration with >2 L ionized water (ph 8.5-9.0)
- Reduction of animal fats and more fresh vegetables and fruits
- Reduction of caloric intake; goal: “normal weight”
- Intravenous chelation therapy to reduce heavy metals
- Cyclic detoxification therapy with activated zeolith: detox me⁺
(2 months ON, 1 month OFF)

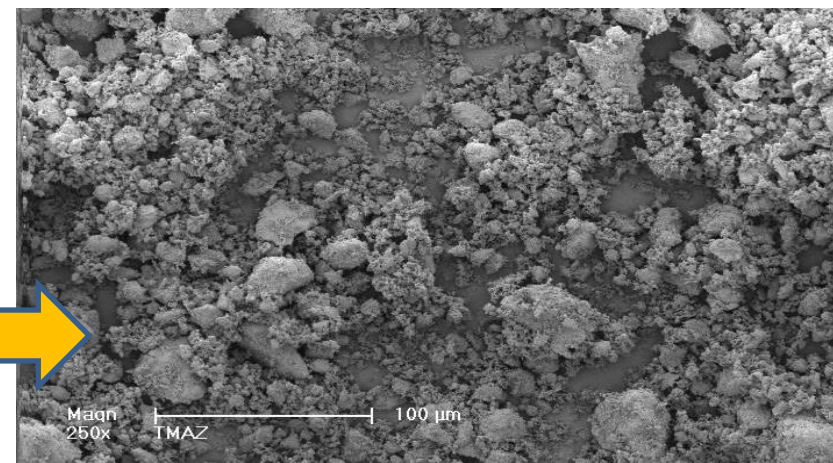
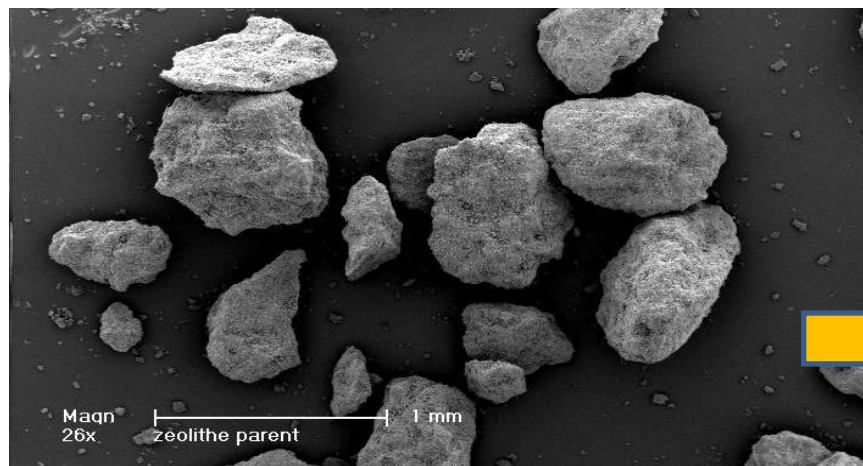


Detoxification with: detox me^+ (Zeolite + Green Tea Extract)

Raw material is a vulcanic rock (Al_2SiO_4) that is tribo-mechanically broken down to nano-particle; in that process particles increase their surface area and take on biological properties

Tribo-mechanically-activated zeolite is a strong ion-exchanger with detoxifying, anti-oxidative and immune-modulating effects

Green tea extract is added after micronization



Properties of detox **me⁺**

Zeolite combined with a patented green tea extract
developed and clinically tested by Aeskulap International in cooperation with SUISTECH



- Removes heavy metals like: lead, cadmium, mercury, nickel and arsenic
- Removes aflatoxins, various pesticides, herbicides
- Removes radioactive nuclides, such as ^{90}Sr and ^{134}Cs
- Attracts and buffers excess protons
- Activates macrophages
- Stimulates B-, T-, NK- and DC cells



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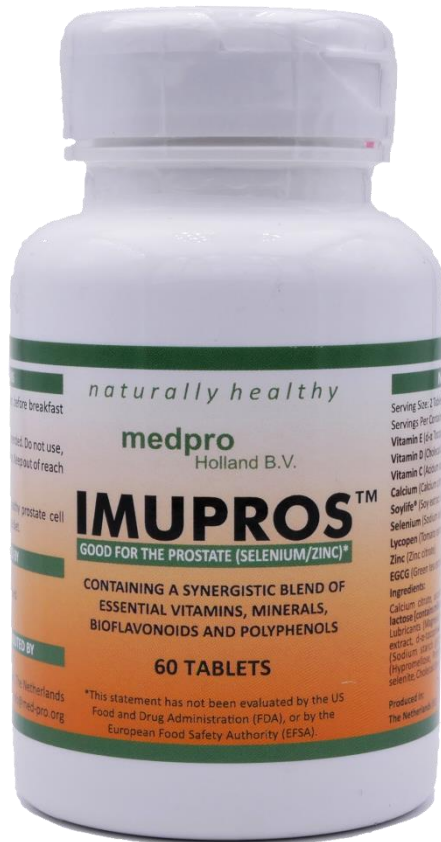
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IMUPROS to maintain prostate health



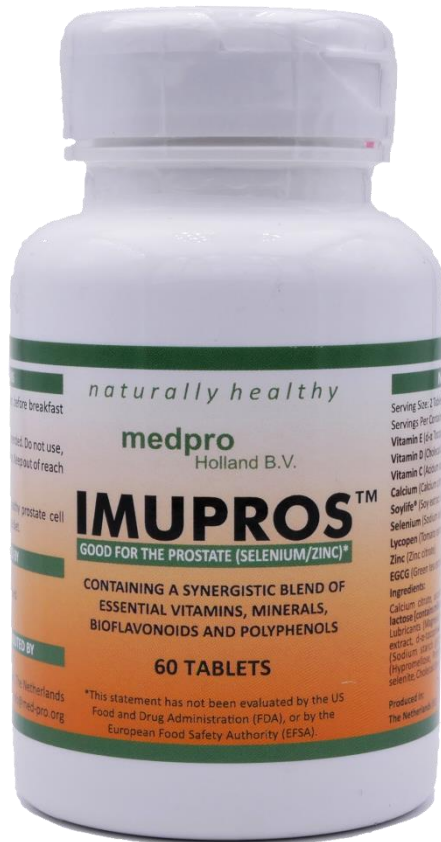
IMUPROS™

orthomolecular preparation with anti-oxidative
& anti-inflammatory effects

manufactured with special galenic technology:
„time release tablets“

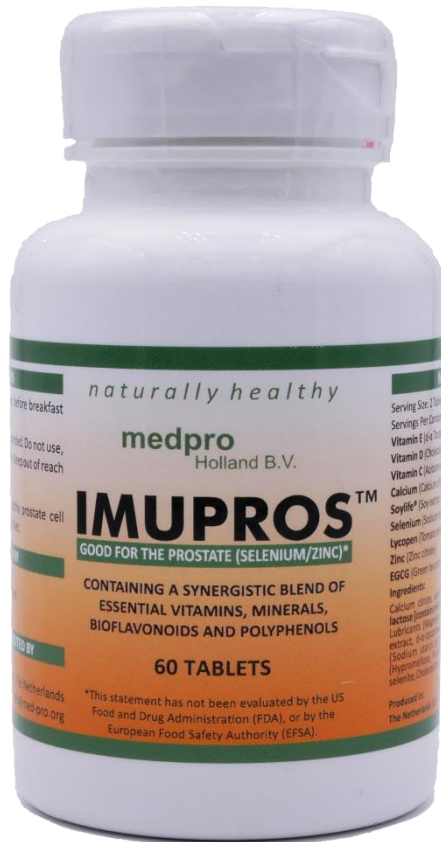


IMUPROS to maintain prostate health



- Provides important vitamins, minerals and other vital substances for prostate health in one tablet
- proven efficacy of individual components for prostate health
- Chemoprevention with 1-2 tablets per day
- In treatment of prostatitis and PC with 2-3 tablets per day

IMUPROS to maintain prostate health



Vitamin E (d- α Tocopherol, dl- α Tocopherol 50%) 224 mg
Vitamin D (Cholecalciferol) 0.5 μ g
Vitamin C (Acidum ascorbicum) 500 mg
Calcium (Calcium citrate) 156 mg
Soylife® (Soy extract GMO free, 40% Isoflavones) 125 mg
Selenium (Sodium selenite) 266 μ g
Lycopene (Tomato extract) 10 mg
Zinc (Zinc citrate) 16.6 mg
EGCG (Green tea extract 80%) 87.5 mg



Phytotherapy for Prostate Cancer

- ProstaSol
- Curcumin
- Artemisinin
- Aeskulap-Sitosterol-Mix
- Indole-3-Carbinol

- Convolvulus arvensis
- Aeskulap-MCP

- IMUSAN
- BioBran

ProstaSol for Prostate Cancer



- Contains extracts of 9 medicinal herbs combined with Linum Life® (Lignans) and Biocurcumin complex BCM95® (Curcuminoids)
- Inhibits cancer growth, reduces PSA, reduces metastatic pain
- Efficacious, even in castration-resistant prostate cancer



ProstaSol – Experimental & Clinical Results



inhibits cancer growth dose-dependent



„down“-regulates PSA expression and androgen-receptor activity



sensitizes prostate cancer cells to heat and radiation

Hayes S and Pfeifer B: In - vitro effects of the herbal preparation, ProstaSol, on hormone refractory prostate cancer cells. *Erfahrungsheilkunde* 2000; 4:205-214

Hayes S, Kratzer U, Pfeifer B: ProstaSol, a dietary supplement in the treatment of hormone refractory prostate cancer. *Erfahrungsheilkunde* 2006; 2: 87-94



Curcumin combi

Biocurcumin BCM95[®] from **Turmeric**,
Resveratrol from Japanese Knotweed and Quercetin

Experimental Research (cell culture & animal testing):



Curcumin inhibits cancerogenesis & cancer growth through:

- Activation of Protein Kinase D1
- Inhibition of Beta Catenin Transcription
- Increased Expression of von cell cycle proteins (CDK4, cyclin-D1)
- Induction of apoptosis (Bcl-2 & Bax)
- >5000 PUBMED articles

Curcumin has anti-inflammatory effects through:

- Inhibition of Transcriptions-Faktor NF-kappaB
- Decreasing of pro-inflammatory cytokines IL-1, IL-6 and TNF-alpha
- >500 PUBMED articles

Curcumin inhibits angiogenesis through:

- Down-Regulation of VEGF production
- >10 PUBMED articles



Artemisinin



Extract of [*Artemisia annua*](#) (Sweet Wormwood)
has significant anti-cancer and anti-malaria efficacy

Experimental Research (cell culture & animal testing):

Artemisinin inhibits cancerogenesis & cancer growth through:

- Activation of Protein Kinase D1
- Down regulation of cell cycle proteins (CDK4, CDK2)
- Induction of apoptosis (Bcl-2 & Bax)
- >350 PUBMED articles

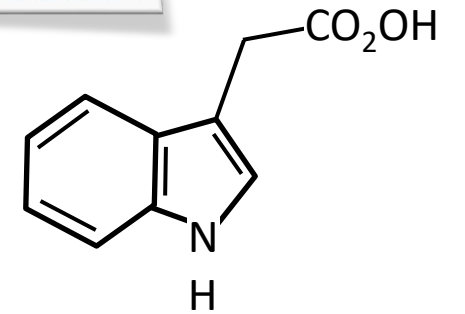
Artemisinin has anti-inflammatory effects through:

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- Decreasing of pro-inflammatory cytokines
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Artemisinin inhibits angiogenesis through:

- Down-Regulation of VEGF production
- >50 PUBMED articles

INDOL-3-CARBINOL & DIM



INDOL-3-CARBINOL



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Anti-inflammatory,
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Immune Modulation & Support

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Phytotherapy

Leading-Edge Conventional
Therapies

Goals:

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Immun-Support

Immun-Modulation

Thymus extracts

BioBran

Dendritic Cell - Vaccine
Designer Peptide - Vaccine



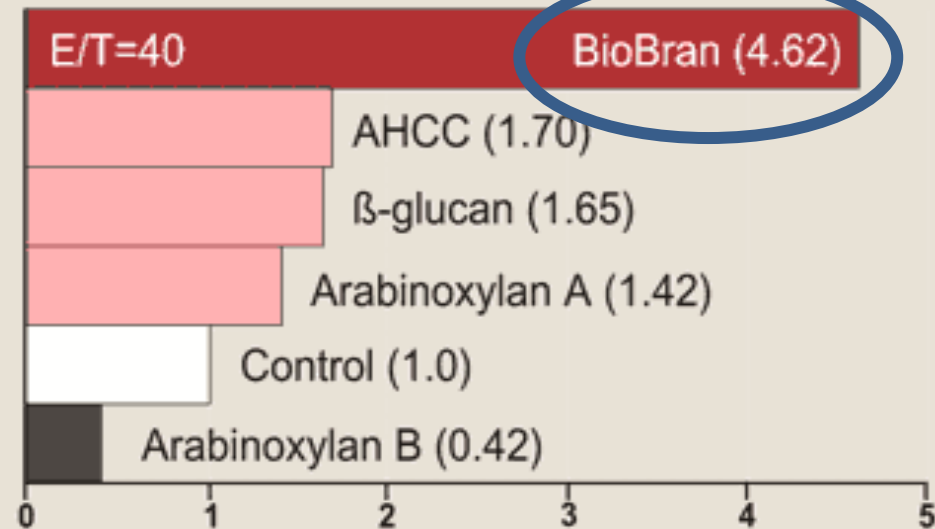
BioBran improves immune system function

strongest NK cell stimulator available today



30 Peer Reviewed Articles on
US National Library of Medicine

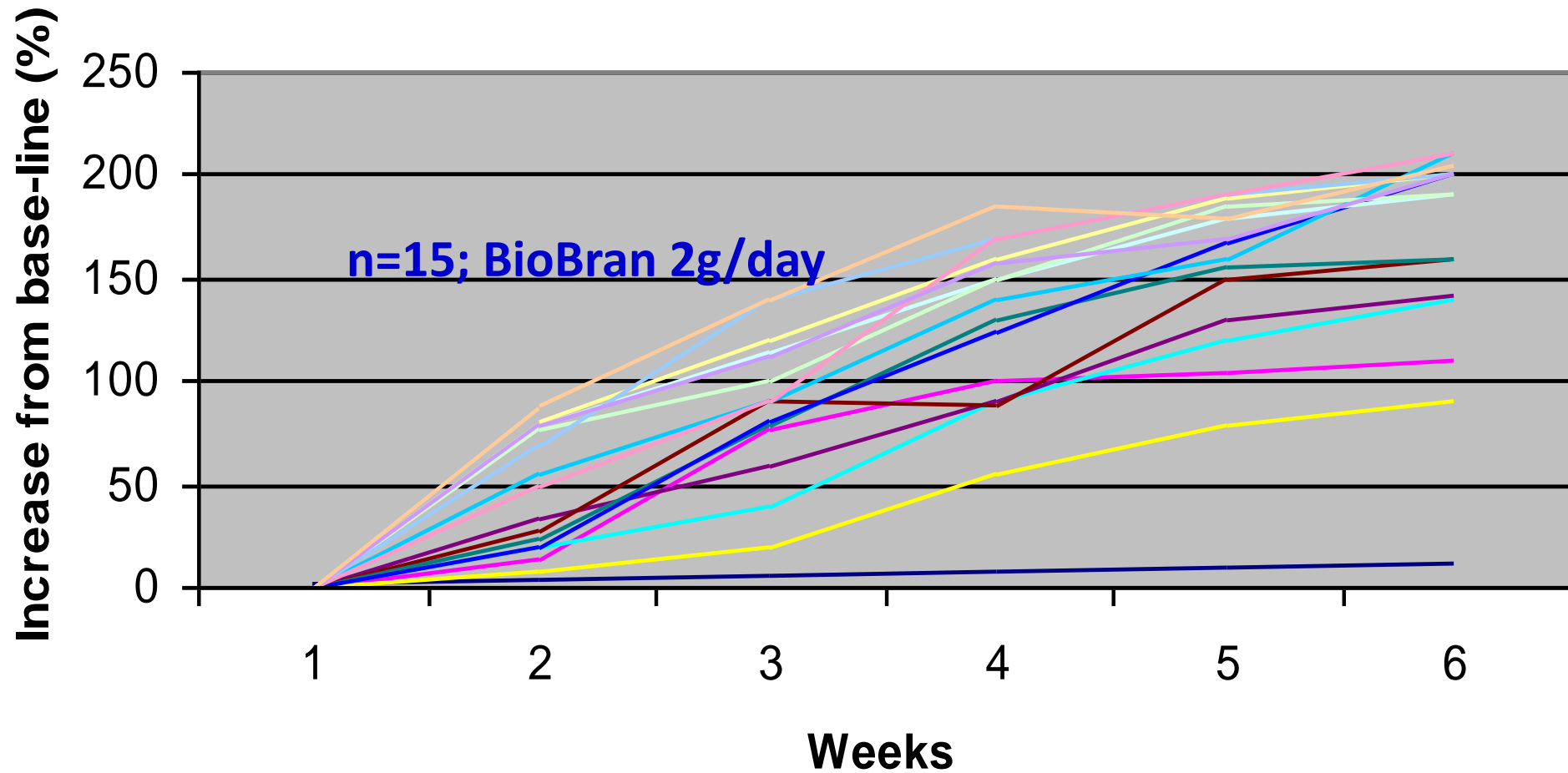
NK-Activation by Arabinoxylan Supplements



Experimental Data:

Effector cell (E): Lymphocyte from healthy subjects 1×10^6 cell/ml
Target cell (T): K562 cell - E/T cell ratio: 40
Stimulation period: 48 hours (after addition to effector cell)
Incubation period: 2 hours (after addition of target cells)
Culture fluid: RPMI 1640 (10% FBS and 0.02% Kanamycin)
Culture condition: 37C, 100% humidity, 5%CO₂

BioBran stimulates NK-cell function of patients with metastatic prostate cancer



BioBran improves survival rate in cancer patients

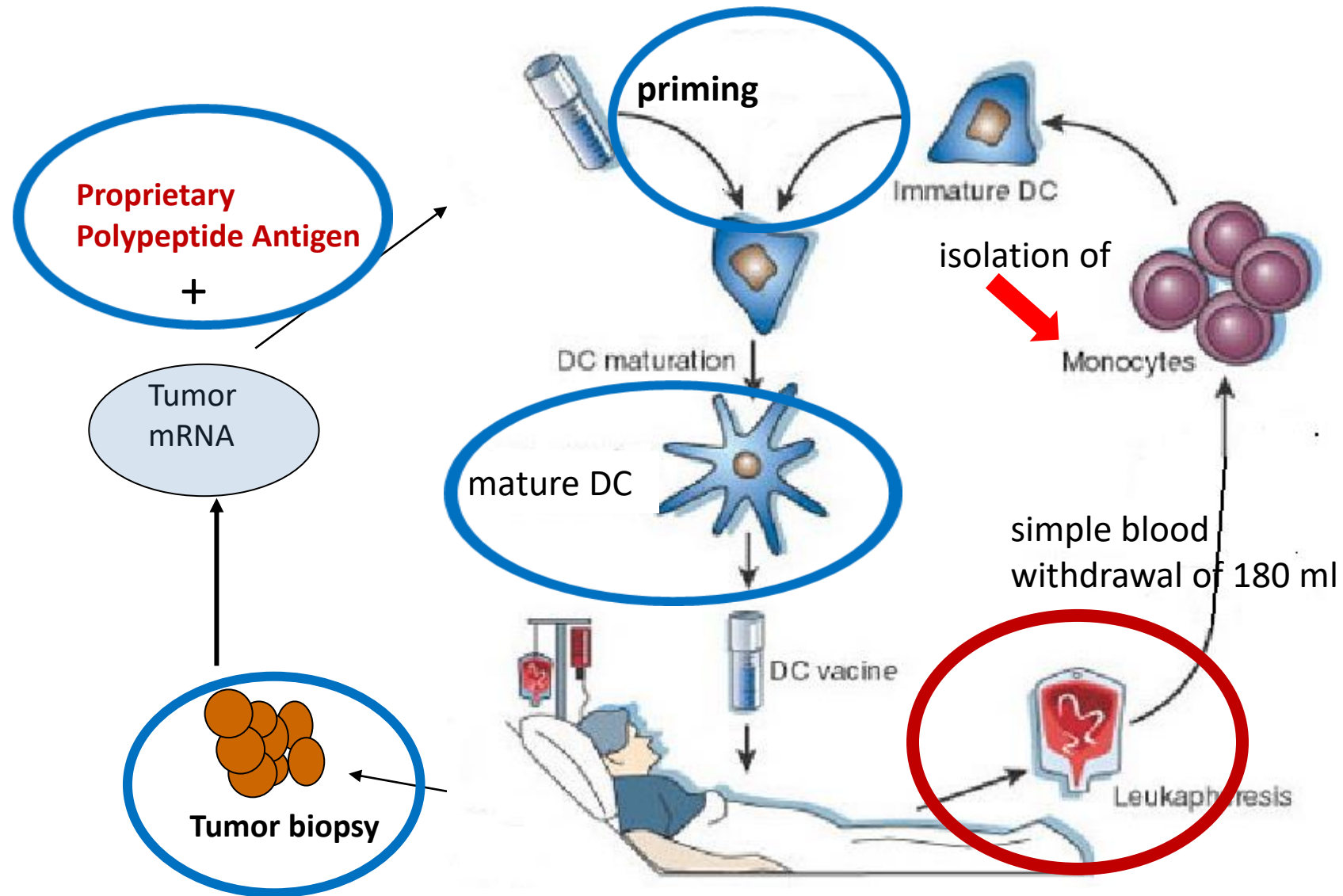
Stage III to IV cancer patients with progressive and metastatic disease after conventional treatment with chemotherapy

	BioBran-Group	Control-Group
2-year survival	52/96 (54.2%)	19/63 (33.9%)
NK activity		
< 20%	17/40 (42.5%)**	2/16 (12.5%)
20%-40%	18/35 (51.4%)*	7/25 (28.0%)
> 40%	17/21 (81.0%)	10/15 (66.7%)

High numbers & activity of NK cells is helpful
for cancer patients



Aeskulap DC-Vaccination Programme



Personalized Cancer Vaccine Programme

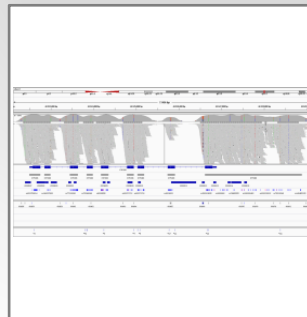
Sample Extraction

Isolation of DNA from tumor and normal tissue



Sequencing & Data Analysis

Identification of tumor-specific mutations and HLA types



Bioinformatic Analysis

Prediction of immunogenic mutated peptides (QBiC)



Peptide Selection Algorithm

Selection of the optimal set of 10-15 peptides



Synthesis & Vaccination

Administration of vaccine and adjuvants



www.istockphoto.com

Integrative Treatment Approach To Metastatic Prostate Cancer

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Anti-oxidative -,
Anti-inflammatory -,
Anti-angiogenesis Therapy

Immune Modulation & Support

Detoxification Therapy

Phytotherapy

What can we
achieve with
our
integrative
treatment
approach?

Leading-Edge Conventional
Therapies

Goals:

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- Improve Quality of Life
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Patient example:

Metastatic, castration-resistant PC

- at age of 56 years, a business man from Venezuela was diagnosed with treatment resistant back pain
- PSA was found elevated at 87.4 ng/ml
- Biopsy revealed PC
- CT showed multiple bone lesions and lymphadenopathy
- After ~6 months of hormone-ablation therapy, patient became castration-resistant
- PSA increased over 5 months to ~2800 ng/ml; bone pain and tumour anaemia

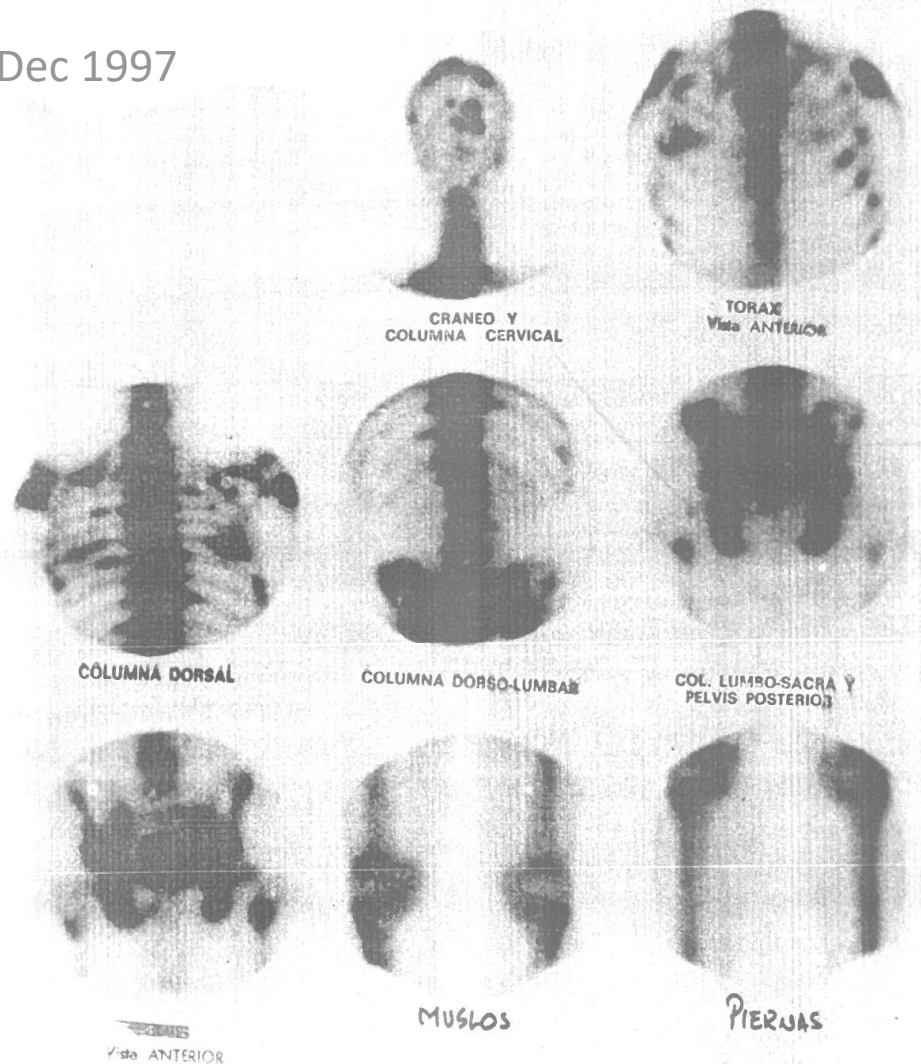
Patient refused chemotherapy with Mitoxantron, which at the time was only treatment option for his situation; physicians told him to go home and die

He started our protocol in Jan 1998: ProstaSol (precursor), CURCUMIN, BioBran, later IMUPROS and I3C; from 2003 onwards DC vaccination therapy and regular detoxification



Before conventional treatment

Dec 1997

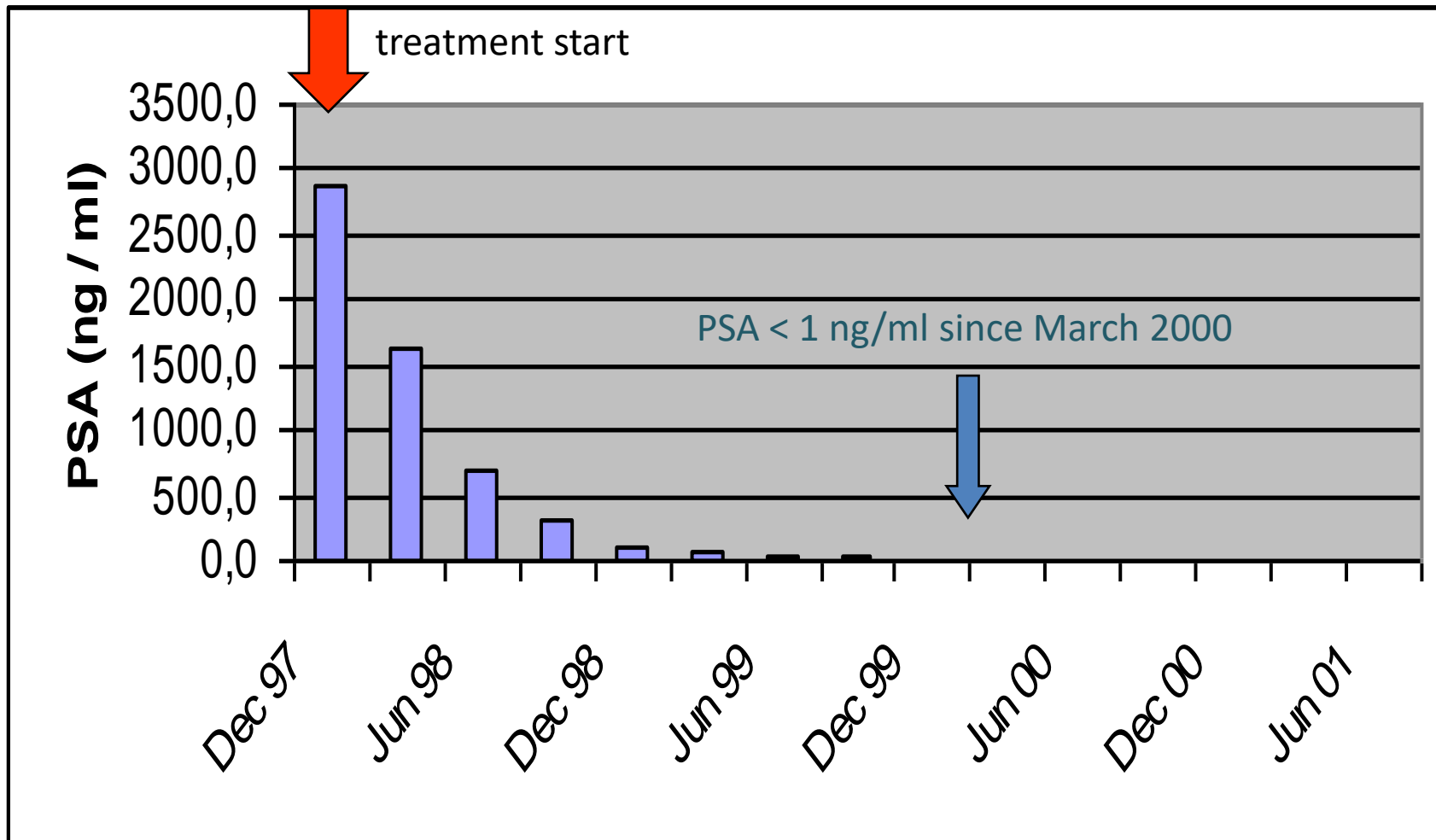


Multiple metastases:

Skull, spine, rib-cage,
pelvis and long bones

Significant tumour
anaemia and bone pain

PSA course under phytotherapy



After 2 years of phytotherapy



Bone lesions greatly
reduced

Tumor anaemia vanished

No pain anymore patient
mobile with good QoL

Treatment result excellent

Situation in Oct 2018

- PSA at 0.26 ng/ml
- No bone lesions visible (Cholin PET-CT from 9 Sept, 2015; PSMA PET-CT in Oct 2018)
- No bone pain, no anaemia
- Patient mobile, active, back in business, with good QoL



Mr. Petrini is looking back on 22 years of successful treatment for his metastatic, castration-resistant prostate cancer with the Pfeifer Protocol®.

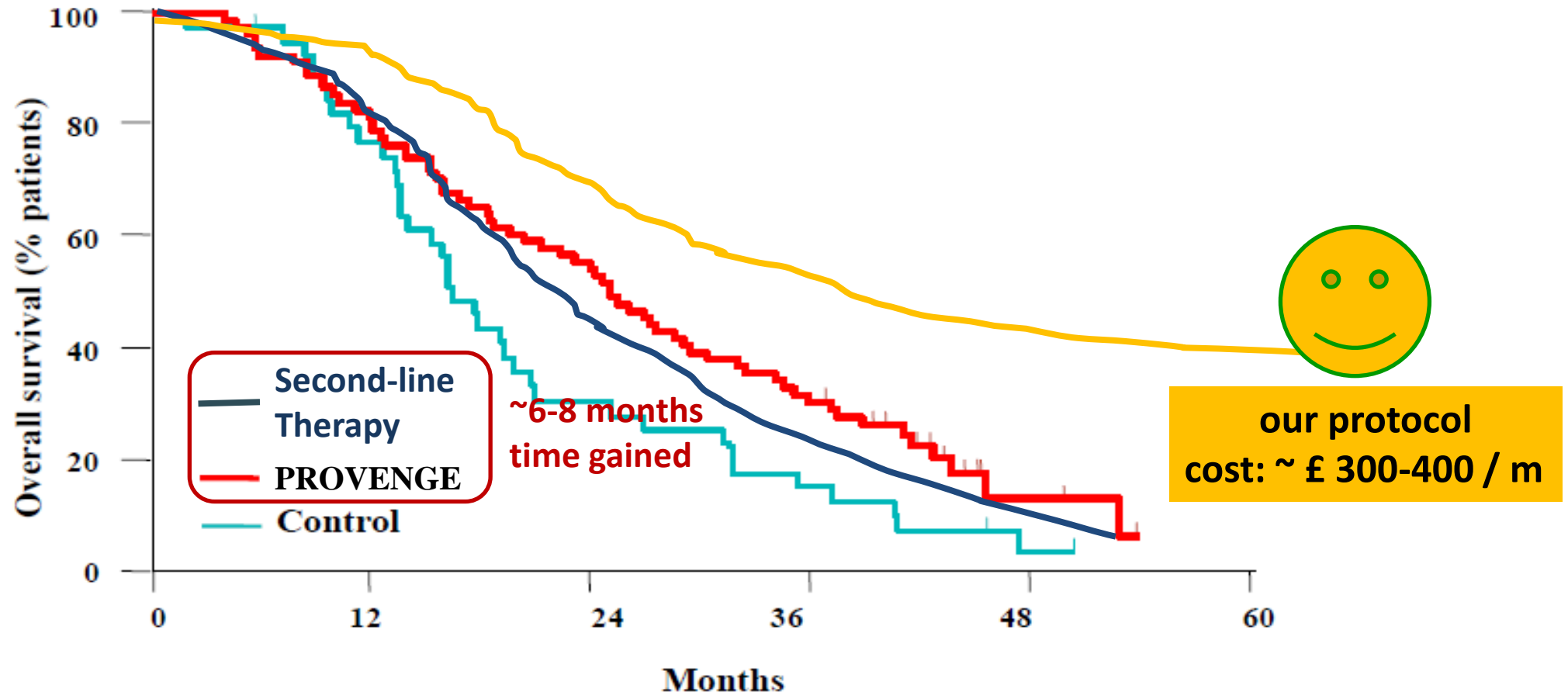


Our Clinical Studies in men with mCRPC

Design	Year	N	Sponsor	Published	Results	Side Effects
Prospective	2000 6 M	16	University Kentucky, USA	BJU Int. 2000; 85:481-485	11/16 men >50% ↓ PSA ↓ Metastatic pain ↑ Quality of Life	~ 30% sensitive breast nipples ~ 25 % ∩ Libido & Erection ~ 5% Dyspepsia No thromboembolic events
Commentary	Precursor medication / supplement PC-SPES					
Prospective	2004 12 M	174	Aeskulap-Klinik Switzerland	Schweizer Z. f. Onkologie 2005; 1:26-32	84/174 men >50% ↓ PSA ↓ Tumour volume ↓ Metastatic pain ↑ Quality of Life	~ 30% sensitive breast nipples ~ 30% ∩ Libido & Erection ~ 5% Dyspepsia ~ 15% reversible anaemia < 1% thromboembolic events
Commentary	"Pfeifer-Protokoll": ProstaSol, Curcumin, IMUPROS, BioBran					
Retrospective	2014 13 Y	494	Aeskulap-Int'l. Switzerland	<u>Submitted</u> Integrative Cancer Therapy 2020	388/494 men alive in 2014 28/388 survive >12 years, 8 of those now >14 years, 2 more >18 years, 1 now more > 21 years 106/494 died ~ 60-65% ↓ PSA ↓ Tumour volume ↓ Metastatic pain ↑ Quality of Life	~ 35% sensitive breast nipples ~ 30% ∩ Libido & Erection ~ 5% Dyspepsia ~ 15% reversible anaemia ~ 1% thromboembolic events
Commentary	"Pfeifer-Protocol" + MCP, Artemisinin, I-3-C, <i>Convolvulus arvensis</i> & Aeskulap-Sitosterol-Mix, if needed					



Survival benefit through **our protocol**



Conclusion

Our integrative treatment approach including specific phytotherapy, detoxification, antioxidation, anti-inflammation and immune support increases QoL and survival of patients with metastatic and castration-resistant prostate cancer.



Medical History Facts

Physicians on strike !

**1973: Physicians in Israel go on strike for one month
number of burials decreased by 50%**

**1976: Physicians in Columbia go on strike for two months
number of burials decreased by 38%**

**1978: Physicians in England go on strike for one month
number of burials decreased by 40%**

Should we physicians go on strike, in the interest of our patients?



To register for a Practitioner account,
And to order any food supplements that are a part of Professor Pfeifer's protocols,
contact The Really Healthy Company:

nutri@healthy.co.uk

www.healthy.co.uk

phone: 020 8480 1000



If you would like further information about our treatment protocols and the individual phytotherapy components used, please contact:

case-manager@integrative-cancer-care.com

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