

KEN MALIK'S AGGRESSIVE WATCHFUL WAITING PROSTATE HEALTH PROTOCOL – 1995 - 2024



Ken Malik
657 Acacia Lane, # 216.
Santa Rosa, CA 95409
415-675-5661 (PAF – Office)
415-407-3961 (c)
kamalik@prostateawarenessfoundation.org

VITAL STATISTICS

79 years old, working almost full time, leading an active athletic lifestyle

29-year veteran of the prostate wars

DIAGNOSIS: PROSTATE CANCER

Diagnosed at Stanford University Hospital: April 1, 1995, after recurrent prostatitis over a period of 7 to 8 years. The tumors were palpable and confined to the prostate, with involvement in both lobes. The diagnosis showed two cancerous lesions of 1 and 3mm, Gleason of 3+3 = 6. PSA at time of diagnosis was 7.4, but since then has been as low as 2.1 and high as 66.9. I monitored my PSA and other markers regularly with a focus on PSA Doubling Time (PSADT) which was not a concern until the year before my robotic radical prostatectomy performed by Peter Carroll, MD at UCSF Medical Center in March of 2020. I chose to be treated after a PSMA Pet Scan indicated no metastasis but getting close to escaping the prostate. My Gleason scores were 3+3 = 6 and 3+4 = 7's. At 4 years post-op I no longer have a Gleason Score. My current PSA is 4.6 and has remained in the 4. - 5. range with no additional treatment. I monitor my PSA and other lab results every 6 months as always.

I learned early that the location of one's prostate tumors is critical information and necessary in deciding on a treatment path. In my case, although my tumors were very small, they were in a bad location, close to my sphincter muscles. This means surgery or radiation would more than likely leave me 100% incontinent. A situation I did not look forward to along with sexual dysfunction. I controlled and continue to control disease progression with a proactive approach using lifestyle changes including a prostate friendly diet, regular exercise, stress management techniques, use of supplements and a positive approach to life.

PROTOCOL

I have been following what I call an **Aggressive Watchful Waiting protocol, also known as Active Surveillance or Chronic Disease Management**. My tactics include frequent PSA and Color Doppler Ultrasound testing to monitor my progress. I have recently added MRI and PSMA Pet Scans to my ongoing diagnostics. My diet is a Pescatarian one which includes an abundance of organic vegetables along with seafood a few times per week.

I have learned to live with what I see as a cyclical rhythm to my PSA. I look at trends and PSADT over time. I take some herbs and supplements which I modify seasonally. Most are not specific to prostate health but more general in nature. I practice meditation and Qi Gong and exercise daily to reduce stress and bolster my immune system.

Post Diagnosis History:

I have been tested to determine my metabolic type and eat accordingly. My doctors at UCSF were initially skeptical, but supportive of my approach to the disease. They are now impressed with my results and have encouraged me to continue my strategy. UCSF has become one of the leading proponents of active surveillance in the United States.

The Protocol:

1.) Vegetarian type low fat diet: (Pescatarian) No meat, poultry or dairy products. Occasional seafood but I minimize bottom fish & shellfish. I avoid processed foods when possible and eat primarily organically grown produce.

2.) Very minimal caffeine & alcohol use: I try to drink wheat grass when I can. I do a juice diet at least once per quarter, with juice I use with a Green Star Juicing System. I filter my drinking water. I avoid caffeine in tea so drink Rooibos tea that has just as high a concentration of antioxidants and phyto-phenols as green tea but is caffeine free. I occasionally drink red wine or beer. Usually just to celebrate birthdays and major positive events.

3.) Meditation: I practice Qi Gong not only as a healing art but to reduce stress and gain inner peace. Qi Gong is an ancient healing technique from Asia, it is a combination of acupressure,

breathing techniques, and movement exercises designed to restore energy as well as heal the body. Hiking in the woods also provides me with time to meditate. I walk or hike every day.

4.) Exercise: I visit a gym regularly for resistance-training. The emphasis is on flexibility. I regularly participate in the annual Cancer Climb and Trek for Prostate Awareness project. I lead a PAF hiking group in the Bay Area on Mondays.

5.) Support Group Participation: Cancer patients in support group settings live twice as long as non-members. I facilitate a monthly Zoom meeting attended nationally and a local monthly in person support group meeting in Santa Rosa, CA

6.) Essential Vitamins & Supplements:

Regular Supplement Usage:

Note: I do not use a specific prostate cancer supplement.

Curcumin / Turmeric	Multi-Mushroom Formulas
Fish Oil (Omega 3 Fatty Acid)	Vitamin K
Vitamin C	Vitamin D
Aspirin	Cinnamon
Magnesium	Vitamin B Complex
Maca	Baker's Chocolate
Apple Cider Vinegar	

7.) High Performance Hygiene Regimen: Designed to reduce stress on the immune system and allow my body to concentrate on healing. Kenneth Seaton, PhD has designed a hygiene program that reduces bacteria from the high concentration areas: under the fingernails, the tear ducts, and nasal passages. The program not only has kept me from colds, flu, and allergies, but has also increased my serum albumin level, a barometer of longevity (average American albumin level is 4.3, cancer patients generally have albumin levels of less than 4.0. My albumin level before I started this program was 3.6, my latest albumin test showed a level of 4.6).

8) Personalized Metabolic Nutrition: I have been tested to determine which of the four Metabolic Types I am. I consume foods appropriate to my metabolic type. I am a Group I, sympathetic type, this means that I metabolize carbohydrates well, but have difficulty with fats and proteins. This is a

common type for people diagnosed with cancer. I have been eating for my Metabolic Type for over twenty years, with good results.

9) Enhancing the Immune System: My primary goal has been to bolster my immune system and to make it as strong as possible to fight my prostate cancer. I take several immune enhancing supplements.

SUGGESTIONS:

Minimize:

Candy	Sugars	Fats	Poultry	Processed food
Sweets	Caffeine	Tap water	Meat	Dairy products

Maximize:

Organic produce	Beans	Fermented soy products (miso, tempeh)
Whole grains	Brown rice	Fresh vegetables and juices
Quinoa		

The following recipe I use regularly to ensure that I get enough protein on my vegetarian diet and for immune health enhancement:

Ken's Protein Drink (Pea protein provides the highest amount of protein per gram among all the protein powders)

4 Large scoops pea protein. (Note: add powders last while blender is in operation.)

2 Cups Unsweetened almond milk or other plant based milk

1/2 cup Pomegranate juice

1 Banana (organic)

1 Kiwi (organic)

3 Heaping tablespoons of seasonal organic berries: blueberries, strawberries or cherries (use frozen if necessary)

2 Tablespoons apple cider vinegar (Braggs with the Mother)

1 Teaspoon bee pollen

1 Tablespoon maca powder

2 Tablespoons ground flax seeds

1/2 Teaspoon fermented yeast powder