After 20 years as a Chiropractor and licensed Acupuncturist, I find the miraculous results that this authors' husband, Warren, reaped, not just once — but 4 times — to be phenomenal! The formula he used which enabled him to eliminate Stage 1 prostate cancer and lower his PSA by 27-60% in only 28 days on four separate occasions is thoroughly revealed in this ingenious guide. Debbie’s succinct instructions for this healthful, easy-to-follow, real-food diet and simple acupressure massage technique will usher you out of the maze of epidemic prostate cancer, high PSA’s — and the catastrophic treatments thereof. The Roller Regimen Program is a natural, preventative treatment, and/or cure depending upon each individual’s response and dedication to the program.

Sadly, precisely because it is a natural remedy, most in western medicine will not jump on this bandwagon seeing that treating prostate problems is big business. The benefits of the Roller Regimen Program put you in immediate control of your health, while providing long-lasting effects. When you lower your PSA you eliminate or decrease your chances of having cancer; and when you learn to eat foods that allow your body to heal itself it reconciles many health issues, such as high blood pressure, high cholesterol and hypertension, brought on by unhealthy eating habits. Knowledge is power and this book firmly provides an option that any man can benefit from and utilizing it for only 28 days may also make further medical treatments unnecessary.

Lower Your PSA in 28 Days and Combat Prostate Cancer should be a standard for every man over 50.

— Dr. Darren Beavers
Little Rock, Arkansas

INTRODUCTION

I knew after the first time we achieved the miraculous results we did-eradicating Stage 1 prostate cancer and lowering my husbands’ PSA by 50%-that this simple way of eating and massaging the acupressure point for the prostate (on the hand) was important information and it needed to be shared. However, life got in the way, which has a habit of doing. We had just moved into a new house and I was taking care of an aunt we loved by visiting her daily at the nursing home. We had a pool that needed to be invaded every summer afternoon; and we were healthy!

After being on the Roller Regimen Program for 28 days, Warren was cancer free, his PSA was back in a normal range and he had not been rendered impotent or incontinent by the urologists’ “life saving” treatments. Life was indeed wonderful!

Soon, it was two years down the road and Warren's PSA had edged into a dangerous zone again-so we were back on the program. I had to scramble to figure it out again because I hadn't made that many notes and my memory wasn't as good as I thought it was!
I like to write and kept thinking I should write a book about this and share it with others. The third time Warren’s PSA needed correction I had more notes to rely on and I also made it a point to be more conscientious about taking notes; however, we had just started a new business and my mind wasn’t on writing a book. And of course, each time you think this will be the last time we have to do this—yeah—but then it isn’t!

The fourth time hit us like a brick and I knew we had to share it. Prostate cancer and high PSA’s were rampant—nationally—everyone we knew had a family member or a friend who had a prostate problem. I researched what new treatments were out there, but there were only more of the same, chemotherapy, ultrasound, injections, and laser treatments. The only natural treatments I saw were instructions to eat more fruit and vegetables, lots of tomatoes, and exercise. There was lots of general advice but nothing in particular. There was no real plan. It was like a maze with no particular destination. No one ever said “Do this and realize results.” Well, I am here to say “Do This!” Follow this plan for 28 days—see results—be healthy!

Four times over a 10-year period we have had success. If the life expectancy for a man with prostate cancer is 10 years, Warren might have been dead by now had we not followed this program. It is a healthy, and relatively easy, program to do once you set your mind to it. What is great about it is that once you learn the fundamentals of what to do to keep a healthy prostate, you have also learned how to keep a healthy body. In any case, the Roller Regimen Program will give you a new outlook and an improved you in only 28 days. What have you got to lose, gain, or keep?

Debbie Howell Rodgers

A few weeks after his retirement, Warren’s primary care physician sent him to an urologist. We weren’t too concerned about this because he had a history of kidney stones. Actually, we were so busy trying to get everything ready for the movers that we just didn’t have much time to really think about it, much less discuss it. However, we were more than concerned after the doctor scheduled his first biopsy.

Two weeks before the movers were scheduled to arrive, we got the test results and received the gravest of news: Warren was in the early stage of prostate cancer, Stage 1. The doctor scheduled a second biopsy for six weeks later and advised Warren that he wanted to do surgery as soon as possible after the next biopsy. However, we had heard the horror stories of other prostate surgeries and biopsies. Wisely, Warren asked for time to think about it. And think about we did!

The doctor warned Warren that he shouldn’t delay having the procedure, but we felt he was pressuring us for a decision that would greatly affect both of our lives and we just couldn’t do that so quickly. If the worst that could happen is that you become impotent and/or die, what is wrong with postponing the treatment/surgery whose results could bring that on? We had heard of many others who had lost their ability to have sex and some who have to wear ileostomy and/or urostomy bags (due to fecal and urinary incontinence) for the rest of their lives—due to these treatments and surgeries. Why would we want to rush into that? We had only been married for six years—we were still practically newlyweds! Our sex life was very
important to us, so naturally, this was not something we could make a decision about overnight.

Warren was very physically active and most weekends he worked on our rental property. He was proud that he could do almost everything that needed done without having to hire professionals. In fact, he had even re-roofed our house a few years back, and seemed to do about a roof a year, much to my chagrin. However, he could not and would not envision himself scampering up a ladder or under a house with a bag on of any sort, except perhaps a tool bag!

We were of the same mind on delaying the decision, doing some soul searching, fact finding, and praying. This was OUR LIFE.

Now, neither one of us are doctors, nor are we in the medical field; this is just a compilation of our four tried-and-true experiences that have saved Warren from the horrors of treatment. It eradicated Stage 1 prostate cancer in one instance, and lowered his PSA on four separate occasions. And our hope is the Roller Regimen Program will save other men, couples, and marriages from the devastating side effects of treatment.

This book gives you a step-by-step program for your daily recovery (if you will), doing it the natural way, restoring your body to its natural state and/or preventing it from becoming diseased. The hard part has been done for you—I have unraveled the mystery of this diet and refined it over the past ten years. All you have to do is read and follow the directions. The labels have been read, shopping lists have been made, and the meals have been planned. I have even listed the "brand names" of the food items you will need to purchase so that you won't have to spend so much time in the grocery store.

However, please know that unless you are trying to lose weight, there is no measuring of food involved in this program. If you don't need to lose weight, you may need to eat larger portions than you would normally have because without sugar, snack foods, fast foods, alcohol, or potatoes, you will probably be eating fewer calories than you are used to. Now, trust me, the food is good enough that you will enjoy every bite, yet maybe not quite tasty enough that you will want to over-indulge. However, it is only for 28 days and a healthier you sporting a low PSA makes it more than worthwhile.

In our opinion, medical treatments and taking drugs for a high PSA is like adding disinfectant to the garbage can—it will just mask the smell temporarily and do nothing to attack the source. It is at best, a stop-gap measure and you stand to destroy the healthy systems you have. You must alter what you put into your body to affect the outcome and produce any change. We hope you will give this 28-day revolutionary, no-side effect, all-natural treatment—THE ROLLER REGIMEN PROGRAM—a try before you alter your body, its chemistry, and your life.
Sample menus:

DAY ONE

Breakfast
2 scrambled or fried Eggs using 1-2 tsp. Coconut Oil or Butter and
2 tsp. or less of Half and Half for scrambled Eggs, if desired
2 patties Turkey Sausage* (Homemade from Recipe Section)
2 slices Ezekiel 4:9 Flax bread (or your choice of variety)
   Sliced Apple and Raisins
Coffee or Tea - Decaf (with or without 2 Tbsp. Half and Half, and Stevia, if desired)

Lunch
2 Tbsp. Peanut Butter (up to 3 Tbsp. for very active men)
2 slices Ezekiel 4:9 7 Sprouted Grains bread, lightly toasted (or your choice of variety)
   Banana (1 to 2 servings of fruit as desired)
   Iced Tea—Decaf, with or without Stevia

Dinner
Grilled or broiled Chicken Breast (sprinkled lightly with celery salt, paprika, and pepper)
   Brown Rice (use 1 to 2 tsp. of Olive Oil in water), Dry or Boil-in-Bag
   Frozen Peas and Carrots or Mixed Vegetables (1 tsp. butter, if desired)
   Grilled or steamed Squash (1 tsp. butter, if desired)
   Coffee or Tea—Decaf, with or without 2 TBS. Half and Half, and Stevia
   Pears and Pecans
DAY TWO

**Breakfast**

2 slices Ezekiel 4:9 Cinnamon and Raisin bread, lightly toasted

1 to 2 Tbsp. Coconut Oil, Peanut Butter, or Almond Butter slathered on the toast

Peaches and Raisins (1 to 2 servings of fruit as desired)

Coffee or Tea - Decaf (with or without 2 Tbsp. Half and Half, and Stevia, if desired)

**Lunch**

5 ounces Canned Turkey or Chicken (drained, water packed)

Spring Mix salad

Black Beans (canned, rinsed and drained) and Shredded Carrots

Balsamic (or other) Vinegar and Olive Oil (or dressing from my recipes in back of book)

Wasa Light Rye Crispbread (2-4)

Red, black or green Grapes (1 to 2 servings of fruit as desired)

Iced Tea or Coffee—Decaf, with or without 2 Tbsp. Half and Half, and Stevia

**Dinner**

4-6 ounce Hamburger patty

Lettuce and 2 thin slices of Tomato

Grilled Zucchini or Squash (marinated in or sprayed w/Balsamic Vinegar and fresh or dried Basil)

1 Ezekiel 4:9 Burger Bun (both sides) spray insides w/Olive Oil spray before heating

Coffee or Tea—Decaf, with or without 2 TBS. Half and Half, and Stevia

1 or 2 Peaches with sliced Almonds

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