



Dr. Aaron Katz

## The Columbia Connection

by L. Stephen Coles, M.D., Ph.D.

Today, prostate cancer is the second most common cause of cancerous death among men worldwide, in particular throughout Europe and the United States. When prostatic tissue is examined microscopically, cancer is found in 50 percent of males over age 70 and in virtually all males over age 90. Most of the time, such cancers never cause symptoms, but 3 percent of men exhibiting diseased prostate tissue changes die of the malignancy.

In fact, many men with prostate cancer now know it is probably not invasive and that they will die of other causes long before it ever spreads. Thus, extreme treatment isn't always the right way to go.

However, even if it is not lethal, prostate cancer or enlargement can cause uncomfortable side effects that negatively impact a man's quality of life, such as problems urinating (i.e., a weak stream, getting up frequently at night, feeling the need to

urinate but not actually doing so, etc.). These problems do not necessarily call for surgery but are too uncomfortable to ignore, and men in this situation need a less invasive solution.

One person who recognized this need is Columbia-based physician, Dr. Aaron Katz, a mainstream urologist with a reputation as one of New York's leading prostate experts, according to *New York* magazine. Based at Columbia University, he is the director of the Center for Holistic Urology at the university's Physicians and Surgeons Hospital.

Dr. Katz was interested in research conducted by French molecular biologist Mirko Beljanski, Ph.D., (1923-1998) who spent over 25 years at the prestigious Pasteur Institute in Paris, France, studying DNA replication and transmission. Beljanski discovered that toxic molecules and carcinogens from the environment actually damage the physical structure of DNA, which he called DNA destabilization, leading to diseases such as cancer. He then looked for natural molecules that could help the body rid itself of the cells with damaged DNA while leaving the healthy cells unharmed. It was the molecules that Beljanski discovered, the plant extracts pao pereira and *Rauwolfia vomitoria*, that caught Dr. Katz's attention.

Dr. Katz met with Beljanski's daughter, Sylvie Beljanski, and his widow, Monique, who provided him with the background and explained the interest that was always shown by Beljanski in plants and treatments devoid of toxicity.

"I asked Sylvie a lot of questions about her father," he recalled. The two had several meetings at their New York City offices in which they discussed her father's work. She shared with Dr. Katz her father's many peer-reviewed scientific articles and research results, especially his applied research after leaving the Pasteur Institute.

Dr. Katz recalls, "I brought home a lot of reading material!" Bringing fresh eyes to Dr. Beljanski's research seemed to work. "I thought his science was excellent and definitely many decades ahead of his time. He was definitely the first to open up the whole field of structural DNA and in this alone his vision of the secrets of life was wholly unique and powerful.

"The next step was to take Beljanski's body of work and study it just as if it were any other pharmaceutical drug."

Everything had to be redone, he told Sylvie. American doctors want to see data from American labs. All the work Beljanski had done would have to be repeated in America and reconfirmed if it were

to become accepted into the mainstream—and it would need to be extended into clinical trials. First Beljanski's basic findings pertaining to the plant extracts had to be tested again and confirmed in the Columbia University center's laboratory.

Dr. Katz had to start from the very beginning with the scientific team of his department, with cells in culture and then mice grafted with cancer cells.

Their research paid off big time with a notable peer-reviewed article in the November 2006 (29:1065-73) issue of the *International Journal of Oncology* that was titled, "Anti-prostate cancer activity of a beta-carboline alkaloid enriched extract from *Rauwolfia vomitoria*." Debra L. Bemis, Ph.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 this extract *in vitro* and *in vivo*.<sup>1</sup> In other words, the extract was significantly interfering with the progression of cancer much as Beljanski's own research had shown. Katz had done one of the most important things in science: he had independently confirmed another researcher's findings.

Indeed, Dr. Bemis went further and stated in an interview with the authors, "Our studies thus far indicate that both the rauwolfia and pao extracts suppress prostate tumor cell growth in culture, *in vitro* and also *in vivo*, but it appears to accomplish this effect through different mechanisms which we studied accurately." The data from the pao pereira studies was then published in the *Journal of the Society for Integrative Oncology*.<sup>2</sup>

"We found there was real scientific evidence that the combination of *Rauwolfia vomitoria* and pao pereira in a single dose, had a powerful inhibitory effect on the ability of prostate cells to grow and divide. That was very interesting to our team," said Katz.

A clinical trial began in 2006 and enrolled some 42 patients with elevated prostate specific antigen (PSA) readings (averaging 8 to 10 on the PSA scale) and a negative biopsy—a group of men that in the industrialized world numbers in the millions.

One of the primary goals of the clinical trial was to determine if the plant extracts were safe. The research team did a dose escalation trial. The trial started at two capsules but has gone much higher, and so far all doses tested have been without side effects.

"We now know that this combination of Beljanski's extracts can significantly lower PSAs in a 12-month period. Also we have had very few patients convert to prostate cancer and have found a number of patients who have had a dramatic

improvement in their urinary symptoms. Men are clearly having less frequency, better streams and better flow rates. They are not getting up at night as often.

"The bottom line is that it appears our early results are reason to be very encouraged by Beljanski's extracts' ability to lower PSA and help older men urinate better, too."

So how important are Beljanski's findings to men's health? "There are a lot of men undergoing PSA screening," Dr. Katz said. "The PSA supposedly stands for "prostate specific antigen" but I say it is more accurately "patient stimulated anxiety." When a man's PSA is elevated, there could be many reasons for this, having nothing to do with

### Dr. Mirko Beljanski discovered fundamental truths about cancer and its causes

in more than 25 years of research at the Pasteur Institute in Paris, France. Based on 133 peer reviewed and published studies, Beljanski made enormous contributions to winning the war on cancer. These fundamental truths promise to change the way you maintain your own body's natural healing processes. Discover the health benefits of RNA fragments and other only recently discovered phytomolecules whose use is being confirmed in newly published studies.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

VISA  M/C  AMEX  DISCOVER

CARD NUMBER \_\_\_\_\_ EXP. DATE \_\_\_\_\_

NAME \_\_\_\_\_

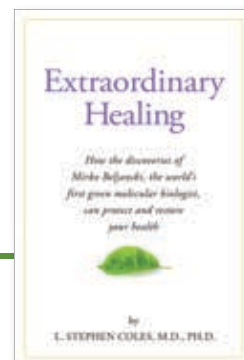
SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

cancer. But what we know now is that these cells that are growing can develop into cancer, and we would like to stop them from doing so. Also if the cells keep growing even in benign fashion, they will grow around the urethra and push in on it and provoke urinary symptoms in men. That's where we want to lower the growth and division of prostate cells—and that's what we think we have shown with the extracts.

"Dr. Beljanski's fundamental vision has paid off in the way so many hoped for in his own lifetime. This compound has all of the molecular and biochemical studies showing why it works, how it actually recognizes the three-dimensional structure through the laddering and bonding of cancer DNA. He really did get it right," said Dr. Katz. "This is something that has great potential to help patients." ■

## Resources

Google "Mirko Beljanski" to reveal the many articles and sites dedicated to the work of this brilliant scientist and humanitarian.



To learn more about the work of Mirko Beljanski order your copy of **Extraordinary Healing: How the discoveries of Mirko Beljanski, the world's first green molecular biologist, can protect and restore your health** for only \$10.00 plus \$5.95 shipping and handling. Return this order form to: Freedom Press, 120 N. Topanga Cyn. Blvd., #107, Topanga, CA 90290. Or fax your order to 310-455-8962 or call toll-free at 800-959-9797, or visit [www.healthylivingmag.com](http://www.healthylivingmag.com).

## References

1. Bemis, D.L., et al. Anti-prostate cancer activity of a beta-carboline alkaloid enriched extract from *Rauwolfia vomitoria*. *Int J Oncol*. 2006 Nov;29(5):1065-73.
2. Bemis DL, Capodice JL, Gorroochurn P, Katz AE, Buttyan R.  $\beta$ -Carboline alkaloid-enriched extract from the Amazonian rain forest tree *Pao pereira* suppresses prostate cancer cells. *J Soc Int Oncol*. 2009 Spring;7(2): 59-65.