

Super Nutrients for the Prostate



According to the statistics, nearly every man who lives long enough will eventually have prostate problems -- such as prostatitis (which means inflammation of the prostate), or BPH (which stands for benign prostatic hypertrophy), or prostate cancer. Yes, problems with the prostate inevitably strike almost every man at some time. Even mild prostate symptoms can be a signal of a developing deadly

disease.

Prostate Cancer

Prostate cancer is the second leading cause of cancer-related deaths in American men. An estimated 250,000 new cases of prostate cancer are diagnosed every year and the incidence of prostate cancer is increasing at an accelerated rate. If you or a loved one has prostate trouble, usually a PSA (prostate-specific antigen) test is run. PSA is a prostate-produced glycoprotein enzyme. Its level may rise in the presence of prostate cancer.

PSA Prostate Test: Poor Accuracy

Doctors use PSA tests as a way to catch prostate cancer early, but the test is fraught with problems. A high PSA reading is by no means proof that cancer is present, since factors other than cancer can enlarge the prostate and cause the PSA level to rise -- such as inflammation, an enlarged prostate or sexual activity.

The AMAS Test For Cancer

Not surprisingly, false positive tests are extremely common, occurring in approximately 50% of all PSA tests. On the other hand, many men who actually have prostate cancer may show a low or normal PSA. A far better and more accurate test to assess prostate cancer as well as other cancers is the AMAS (Anti-Malignin Antibody in Serum) test, with 95% sensitivity and 95% specificity. Prostate cancer can spread with little or no warning signs and many cases are discovered very late -- after the cancer has spread beyond the prostate gland for which conventional doctors believe there is no cure. However, what may be no cure for one doctor may be the starting point for another.

In his excellent book, *Definitive Guide to Cancer*, the editor Burton Goldberg, states that based on many

documented cancer case studies, "Nearly any kind of cancer can be reversed or at least contained using . . . alternative approaches."

DHT: Cancer Culprit

As males age, their free testosterone levels and other male hormones (called androgens) increase, which can produce greater amounts of DHT, dihydrotestosterone. DHT can stimulate overgrowth of prostate cells, which can lead to plaguing prostate symptoms and prostate cancer.

Doctors find that with anti-testosterone treatment -- either using an anti-testosterone drug or surgically removing the testicles -- in 80% of the cases, the cancer may initially disappear but almost always returns in 1 to 3 years, often more vicious than before.

Male Hormonal Imbalances

Both benign and malignant prostate problems are believed to arise from hormonal imbalances. But what causes these hormonal imbalances in men? A huge part of the answer is in the unseen estrogen-mimicking pollutants that are all around you. You are exposed to them in estrogen-tainted dairy and meat products, styrofoam containers, many types of plastics, household cleaners, cigarettes, petrochemicals, dental fillings, commercial shampoo and hand lotion, etc.

Chemical Imposters

Over 20,000 new chemicals are entering our environment every year, in products you use every day in your own home -- on your rug, on your sink, on your skin, on your hair -- most are untested and many are known carcinogens (cancer-causing chemicals). These estrogen-mimicking chemicals trick your body into accepting the chemical into the body's own natural hormone sites. These imposter chemicals act like bad hormones that start a roller coaster ride of unhealthy symptoms from chronic fatigue and headaches to prostate illness and cancer.

So if you've got prostate symptoms -- such as getting up at night to urinate or a weak or dribbly urine stream, or urinating often -- do you have to be one of the statistics suffering from prostate illness? Absolutely not!

Stunning research shows that several super nutrients offer a great track record for nourishing and improving prostate health. Exciting studies show even the reversal of many prostate conditions.

The Prostate Quiz

How is your prostate doing? Answer each question with a "yes" or "no." For each question you answer "no," give yourself a zero. For each question you answer "yes," write down the severity from 1 to 5, 1 being mild and 5 being severe. Then add up the numbers for your score.

	NO	YES	Severity (1-5)
1. After urinating, do you often have the feeling of not emptying your bladder completely?			
2. After urinating, do you often have to urinate again in less than 2 hours?			
3. When urinating, do you find you often have to stop and start again?			
4. When you need to urinate, do you feel a sense of urgency to get to the bathroom?			
5. Do you have a weak or dribbly urinary stream?			
6. Do you have to force or strain to begin urination?			
7. Do you have to get up at night to urinate?			

Quiz Score. How did you do? If you scored zero, congratulations! You may have a healthy prostate. If you scored from 1 to 7 points, it may mean mild prostate illness; 8 to 18 -- moderate problems and over 19, severe problems. According to classical Oriental Medicine, you should sleep through the night without ever getting up to urinate. Even according to western medicine, if you need to get up more than once at night to urinate, it is considered abnormal.

TOTAL

Super Nutrients For the Prostate

Top nutritional agents show proven help for the prostate in trouble and our experience has shown there is a much greater beneficial synergism when all nutrients are used together.

Isoflavones

Isoflavones are a group of nine powerful phytochemicals, including genistein and daidzein, which are concentrated from soybeans. Isoflavones are natural plant hormones, weak but highly active, that help protect the body from damaging estrogen-mimicking pollutants.

In a famous animal study, genistein, one of the powerful isoflavones, actually stopped prostate cancer growth, reduced the number of tumors and decreased the number of metastases. In another famous study, genistein stopped the growth of human breast cancer cells and caused the breast cancer cells to die. Laboratory research shows that this wonderful plant hormone concentrate, isoflavones, promotes normal cell growth and produces a special binding compound that helps reduce excess levels of hormones in the body.

The rates of prostate and breast cancer in Asia are up to 20 times lower than in the U.S. and their intake of isoflavones is 10 to 20 times higher. Prostate problems are linked to hormone imbalances, which are directly linked to estrogen-mimicking pollutants. Isoflavones can help kick out these dangerous mimicking chemicals.

The best source of isoflavones are from 100% pesticide-free soy concentrate with 40% isoflavones verified by a HPLC. Avoid overly burned, solvent extracted or toxic isoflavone products.

Prostate Cancer Cleared

One happy man named Ed from California, writes: "I was diagnosed with prostate cancer 3 years ago at age 50. My doctor recommended removal of the prostate, with side effects of impotence and possible incontinence. I chose not to take his advice. I did choose ... a low-fat, non-dairy diet, avoiding processed foods and chemical additives, no alcohol, tap water or caffeine, regular exercise, fresh juices along with a nutritional regimen including isoflavones. At my last check-up, my cancer appears to be gone. My doctors were surprised that my cancer has disappeared to the touch."

Beta-Sitosterol

Beta-sitosterol, a group of powerful phytosterols, is one of our most effective nutritional powerhouses for prostate health. Researchers have found that natural beta-sitosterol is able to block the excess conversion of testosterone into DHT which causes prostate swelling.

In the prestigious *Lancet* medical journal, researchers found natural beta-sitosterol was the primary herbal agent responsible for promoting a healthy prostate. Another study showed that beta-sitosterol shrank prostate tumors, proven by ultrasound. In another study, in 60 days, men with prostate problems noticed a dramatic improvement in urinary frequency, urgency and free urine flow. Dozens of world-wide research studies show beta-sitosterol is one of the most effective agents for an enlarged prostate.

The best beta-sitosterol is naturally derived from 100% European plant sterols, including the synergistic sigma sterols and other complex sterols. Avoid contaminated, toxic or single sterols.

Stinging Nettle

Stinging nettle acts as a natural herbal diuretic as well as a natural anti-inflammatory, helping to decrease swelling and inflammation. In addition, nettle also helps to increase libido and sexual performance in older people by uncoupling testosterone from binding sites in the blood. The problem often is not lack of testosterone but increased binding of it with age.

IP₆

Another synergistic player in prostate health is a remarkable natural phytochemical called inositol hexaphosphate or IP₆ which is concentrated from rice. Backed by years of research, IP₆ has demonstrated an amazing ability to help kill cancer cells, shrink tumors, and boost the body's immune system's defenses. Research also shows how IP₆ can help prevent kidney stones, lower cholesterol and triglyceride levels, fight infection and reduce the risk of heart attack. IP₆ is a new nutri-

tional weapon in the war against cancer.

The best IP₆, (inositol hexaphosphate) is 100% concentrated from rice *without* solvents.

Mycelial Maitake Extract

Research on maitake is impressive. It has been shown to boost heart health, lower the risk of cancer, promote immune function, ward off viruses, bacteria and fungi, reduce inflammation, combat allergies, help balance blood sugar levels and support detoxification. The most effective form is a special fermented mycelial extract of maitake, not just ground up raw mushroom.

Saw Palmetto and African Pygeum Africanum

Saw palmetto and pygeum have both proven to be great help for BPH (benign prostatic hypertrophy), an enlargement of the prostate gland, which can cause frequent and/or painful urination. European research has shown that BPH sufferers taking saw palmetto had a reduction by nearly 50% the number of times they had to get up at night to urinate and significantly reduced painful urination. Double-blind clinical trials with pygeum showed it was effective for many prostate parameters, including frequent urination, failure to urinate, voiding volume and urine flow rate.

Asparagus and Lycopene

Two other super nutrients for great prostate health in the news are asparagus and lycopene. For centuries, asparagus has been world-famous as a kidney cleanser and natural diuretic. Lycopene, an important phytonutrient concentrated from tomatoes, has been making world-wide news, gaining status as one of the best defenses against cancer. A review of 72 different studies showed that the more lycopene a person consumed, the lower their risk of many different cancers, including prostate cancer.

The best sources are 100% pesticide-free asparagus powder (from Lebanon) and pure, solvent-free lycopene powder derived from tomatoes (from Europe).

More Effective When Combined

Clinically, Dr. Robert J. Marshall, a well known clinical nutritionist, tested each of these prostate nutrients separately with hundreds of people in order to determine just how much was needed of each of them daily to work their best. He found these nutrients combined together are many times more effective than when used separately.

The best choice is a product which combines all these top healthy prostate nutrients in one formula: isoflavones, beta-sitosterol, stinging nettle, IP₆ (inositol hexaphosphate), mycelial maitake extract, Saw palmetto, Pygeum africanum, asparagus and lycopene.

Sleeping Through The Night

Mike, an active businessman in his 50's, had to get up several times a night to urinate, a sign of failing prostate health. Getting up so many times a night ruined his quality of sleep, leaving him tired in the morning. After three weeks on a complex containing superior prostate nutrients, he found he could sleep through the night. He also noticed he had a stronger flow of urine. He admitted he was originally skeptical about taking nutrition for his prostate, but later was very glad he did.

Protect Your Prostate

But don't wait until you've got prostate problems. Be *pro*-active, not *re*-active. Start protecting and nourishing your prostate today with the very best source of all super-nutrients for the prostate in their 100% pure powder, top quality form.

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