



SOLVING THE PROSTATE DILEMMA

(Second Edition)

Benign Prostate Hyperplasia (BPH)

&

Prostatitis

A NATURAL APPROACH TO MAINTAIN AND REGAIN PROSTATE HEALTH

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1. No Advice

- 1.1 This document contains general medical information.
- 1.2 The medical information is not advice and should not be treated as such.

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- 2.1 The medical information in this document is provided without any representations or warranties, express or implied.
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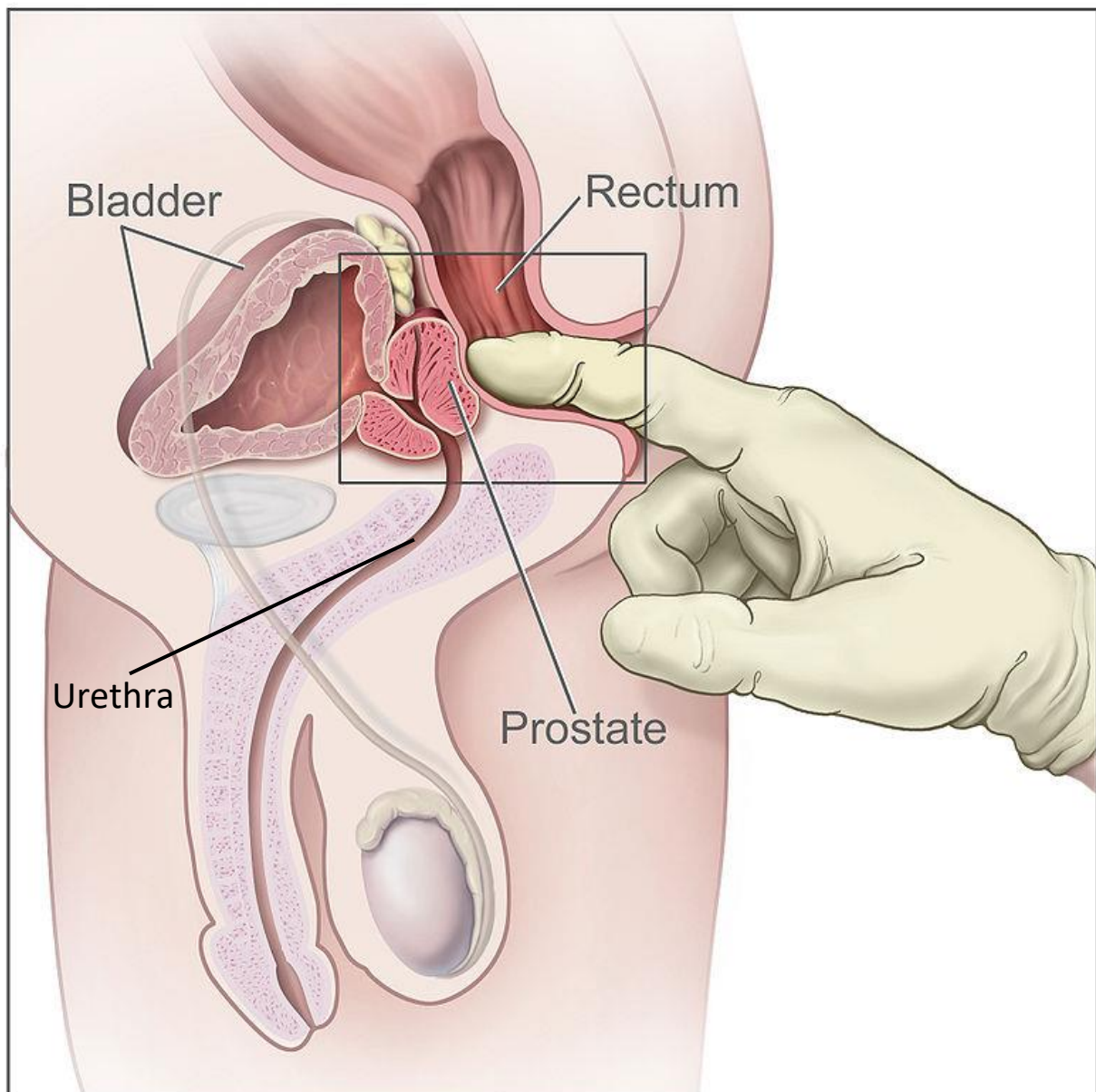
3. Medical assistance

- 3.1 You must NOT rely on the information in this document as an alternative to medical advice from your doctor or other professional healthcare provider
- 3.2 If you have specific questions about any medical matter, you should consult your doctor or other professional healthcare provider.
- 3.3 If you think you may be suffering from any medical condition, you should seek immediate medical attention.
- 3.4 You should never delay seeking medical advice, disregard medical advice or discontinue medical treatment because of information in this document.
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Section .1. What Is the Prostate Gland?

The **prostate gland** is a male reproductive organ whose main **function** is to secrete **prostate** fluid, one of the components of semen. The muscles of the **prostate gland** help propel this seminal fluid into the urethra during ejaculation. The gland surrounds the urethra just beneath the bladder. The Urethra, the tube that transports urine from bladder to the penis runs through the centre of the prostate. In young adults it is the size of a small walnut but enlarges with age as toxicity levels increase, hormones alter and blood flow decreases.

Diagram .1.



Section .2. Signs of Prostate Issues

- Needing to pee more frequently, often during the night.
- Difficulty in starting to pee.
- Straining or taking a long time to pee.
- Poor urine flow and dribbling after urination.
- Feeling like your bladder is not empty.
- Urine/Bladder infections due to urine retention.
- Pain inside the rectum, back passage.
- Blood in the ejaculation.
- Raised Prostate-Specific Antigens (PSA), say above 2.5 ng/mL

As you can see, the urethra runs through the centre of the prostate, meaning if the prostate becomes swollen it squeezes the urethra and restricts urine flow, the main symptom of prostate issues.

Section .3. Bladder Elasticity

IT IS IMPORTANT TO NOTE! THAT WITH AGE THE BLADDER LOSES ELASTICITY AND THEREFORE HOLDS LESS VOLUME OF URINE, IN TURN, THE LOSS OF ELASTICITY REDUCED WILL ALSO REDUCE URINE FLOW. SO NOT ALL LOSS OF FLOW CAN BE ATTRIBUTED TO THE PROSTATE.

Section .4. Bladder Irritation

Before continuing further, it is important to mention a very common cause of strange, frequent urination that is often overlooked. It is important to consider this before stressing yourself about prostate issues. Bladder irritation occurs at any age, in children and adults alike. One main culprit is caffeine. Once filtered by the kidneys, caffeine sits in the bladder and irritates the bladder wall, in turn the bladder tries to expel the offender on a regular basis to avoid further irritation. This type of irritation does not result in the retention and restriction of urine flow in the same way prostate issues do. You may just feel irritation in the bladder and abdominal area, combined with frequent needs to urinate. This can be a major cause of bed wetting in children. Fizzy drinks containing caffeine are common. Blackcurrant juice is also a common irritant. Remember this issue will not cause the urine retention issue, so if you conduct the self test in Section 6, then consider this as a possible issue. Always seek approved medical advice.

Section .5. PSA Tests, Physical Examinations & Risk Factors.

PSA: The PSA test is a blood test that measures the amount of **prostate specific antigen** (PSA) in your blood. PSA is a protein produced by normal cells in the prostate and also by prostate cancer cells. It's normal to have a small amount of PSA in your blood, and the amount rises slightly as you get older and your prostate gets bigger. A raised PSA level may suggest you have a problem with your prostate, **but not necessarily cancer**. There lies the dilemma with PSA tests, an elevated test may trigger anxiety and the assumption of cancer, triggering further tests and biopsies that can have other consequences. GPs and Urologists are aware of this issue, seek their counsel and guidance.

Advantages

- It can help pick up prostate cancer before you have any **symptoms**.
- It may help to pick up a fast-growing cancer at an early stage when treatment may stop the cancer spreading and causing problems.
- Having regular PSA tests could be helpful for men who are more at **risk of prostate cancer**. This can help spot any changes in your PSA level, which might be a sign of prostate cancer.

Disadvantages

- You might have a raised PSA level, even if you don't have prostate cancer. Many men with a raised PSA level don't have prostate cancer.
- The PSA test can miss prostate cancer. 1 in 7 men (15 per cent) with a normal PSA level may have prostate cancer, and 1 in 50 men (two per cent) with a normal PSA may have a fast-growing prostate cancer.
- If your PSA level is raised you may need more tests, including a **biopsy**. The biopsy can cause side effects, such as pain, infection and blood in the urine and semen.
- You might be diagnosed with a slow-growing prostate cancer which would never have caused you any problems or shortened your life. But being diagnosed with cancer could make you worry, and you might decide to have treatment that you didn't need.
- **Treatments for prostate cancer** have side effects that can affect your daily life, including urinary, bowel, and erection problems.

Physical Examination: depicted in **Diagram .1.** the doctor will insert a finger into the rectum to feel for physical enlargement of the prostate. Men should not be put off by this, but see it as a diagnostic assessment. Again, I advocate prevention as a priority. Little is being published on this measure, you can help safeguard against some prostate issues by using this guide, changing your diet and adding some common off the shelf supplements.

Risk Factors:

There are three main risk factors for getting prostate cancer, which are things you can't change. These are:

- getting **older** – it mainly affects men aged 50 or over
- having a **family history of prostate cancer**
- being **black**.

The above are government guidelines and widely available on various internet sites. I will attempt to show you further issues with hormones and environmental toxins further in the guide.

AGE-BASED RANGES FOR PSA IN AMERICAN MEN ACCORDING TO RACE (NG OF PSA/ML)

Age	Whites	Blacks	Latino	Asian
40-49	0.0 – 2.4	0.0 – 2.4	0.0 – 2.1	0.0 – 2.0
50-59	0.0 – 3.6	0.0 – 4.2	0.0 – 4.3	0.0 – 4.5
60-69	0.0 – 4.5	0.0 – 5.5	0.0 – 6.0	0.0 – 5.5
70-79	0.0 – 5.2	0.0 – 6.6	0.0 – 6.6	0.0 – 6.8

Adapted from Morgan et al, 1996; DeAntoni et al, 1998 (average upper range taken for Whites and Blacks)

Section .6. HOW'S YOUR PROSTATE HEALTH?

HERE'S A LITTLE HOME "SELF TEST".

Most men with more obvious prostate issues already know about it, have been diagnosed, and are under their doctor's supervision. But what about men in their middle ages, say 40 to 55 years of age, who assume everything is OK. What if we can be more aware of our prostates and take a proactive approach to its health, surely this is a more common sense and preventative approach.

Here's what to do.

Wait until your bladder is full and you need to urinate. Go to the toilet and slightly lean over it so you can totally relax your abdominal walls and aim without issue of dribbling on your trousers WITHOUT HOLDING YOUR PENIS, guys you know what I mean. Lean on the wall to increase the angle of incline with one hand. Completely relax and allow the urine flow to start. Maintaining complete relaxation, allow the urine flow to stop under its **own** devices. Stay Relaxed, do not contract abdominal muscles. Only when urine flow has stopped **completely**, try and contract your abdominal muscles intermittently to squeeze the bladder. If you can keep squeezing more and more urine out then this may indicate mild prostate enlargement. PLEASE DON'T PANIC, IT'S VERY COMMON IN MIDDLE AGED MEN! ALL IS NOT LOST! BUT AS ALWAYS SEEK MEDICAL ADVICE FOR PEACE OF MIND AND POSSIBLE VALIDATION.

REPEAT THIS TEST AFTER FOLLOWING THE DIETARY ADVICE AND SUPPLEMENT SCHEDULE (THE TWO RIGHT HAND COLUMNS OF THE TABLE) IN SECTION .12. FOR BENIGN PROSTATE HYPERPLASIA, FOR AT LEAST THREE FULL WEEKS. REMEMBER DON'T PANIC, IT CAN BE RESOLVED. THIS PLAN IS VERY EFFECTIVE. HOWEVER!! SEEKING MEDICAL INTERVENTION IS RECOMMENDED. YOU ARE MAKING YOUR OWN CHOICES HERE. KEEP ADDING ADDITIONAL WEEKS IF REQUIRED, THEN REPEAT THIS TEST.

Section .7. A PROACTIVE APPROACH TO MAINTAIN PROSTATE HEALTH.

USE IT IF YOU CAN!

If you imagine the prostate as a muscle that requires movement to maintain its tone and functionality, including maintaining a healthy blood flow, then I hope it makes sense that the prostate needs to be used to help maintain its own health. Contractions of the gland help maintain exactly that. On top of this, if prostate fluids are not ejaculated, then these stagnate and reabsorb within the prostate, including toxic elements they may contain. We are exposed to hundreds of toxins on a daily basis that are absorbed or digested. These toxins can accumulate in any cell within the body. All excretions and eliminations by the body: urine, sweat, saliva & bowel movements including ejaculations will contain a degree of these absorbed toxins. Makes sense doesn't it!!

So, avoid **celibacy** at ALL COSTS. Masturbation and sex play an important role in maintaining prostate health. For anyone wishing to explore this further then research the benefits of prostate massage or milking. Try and use the prostate at least once per week. Unfortunately, this is where nature lets men down, as we age, testosterone levels reduce and as a result, libido and the desire to have sex or masturbate reduces with it.

Men who have had prostate biopsies, castration and medical treatments may not be able to apply the principals of this section, but still, is worth noting.

DIET

A diet high in plant-based foods is advantageous, the antioxidants and micronutrients in plants help maintain organ and cellular health and function throughout the body. Organic would be best, if affordable. Cut out ALL refined sugar and refined carbohydrates if possible. Water should be drunk in plentiful amounts and your urine should be as clear as you can keep it, indicating

hydration is optimal. Avoid plastic water bottles due to Parabens and Hormone Disrupting Chemicals (more on this later). Distilled water stored in glass bottles is best. Distillers are cheap and becoming popular. Dairy and all its by-products, particularly with **cancer issues** should be completely eliminated. Dairy is rich in a growth hormone called IgF1, Insulin Growth Factor, that promotes rapid growth, even that of tumours, not mentioning Recombinant Bovine Growth Hormone. A synthetic hormone used to improve lactation. Consume tomatoes, they are rich in Lycopene, an anti-oxidant that is renowned for protecting the prostate, cooking them bursts the cell membranes and makes the Lycopene more absorbable. Drinking pure, no added sugar Pomegranate juice is great also, research shows this to be of great benefit for ALL issues of the prostate. Preliminary trials show that it can reduce the rate at which cancer enlarges the prostate and subsequently the rate at which PSA levels increases is reduced. Drink a glass daily. Concentrates are available and effective. Do NOT underestimate the value of pomegranate juice. Consume pumpkin seeds daily, a small palm full (NOT A HAND FULL). Phytochemicals in them have shown promising effects in reducing the effects of DHT a type of testosterone (again more on this later), they are also rich in zinc and essential fatty acids that also benefit the prostate.

Make a priority of eating cruciferous vegetables, these are rich in a phytochemical called Indole-3-carbinol. This gets converted to Diindolymethane (DIM). This in turn helps the body balance oestrogen (more on this later).

- Broccoli.
- Brussel sprouts.
- Cabbage.
- Cauliflower.
- Collard greens.
- Kale.
- Mustard greens.
- Watercress.

EXERCISE

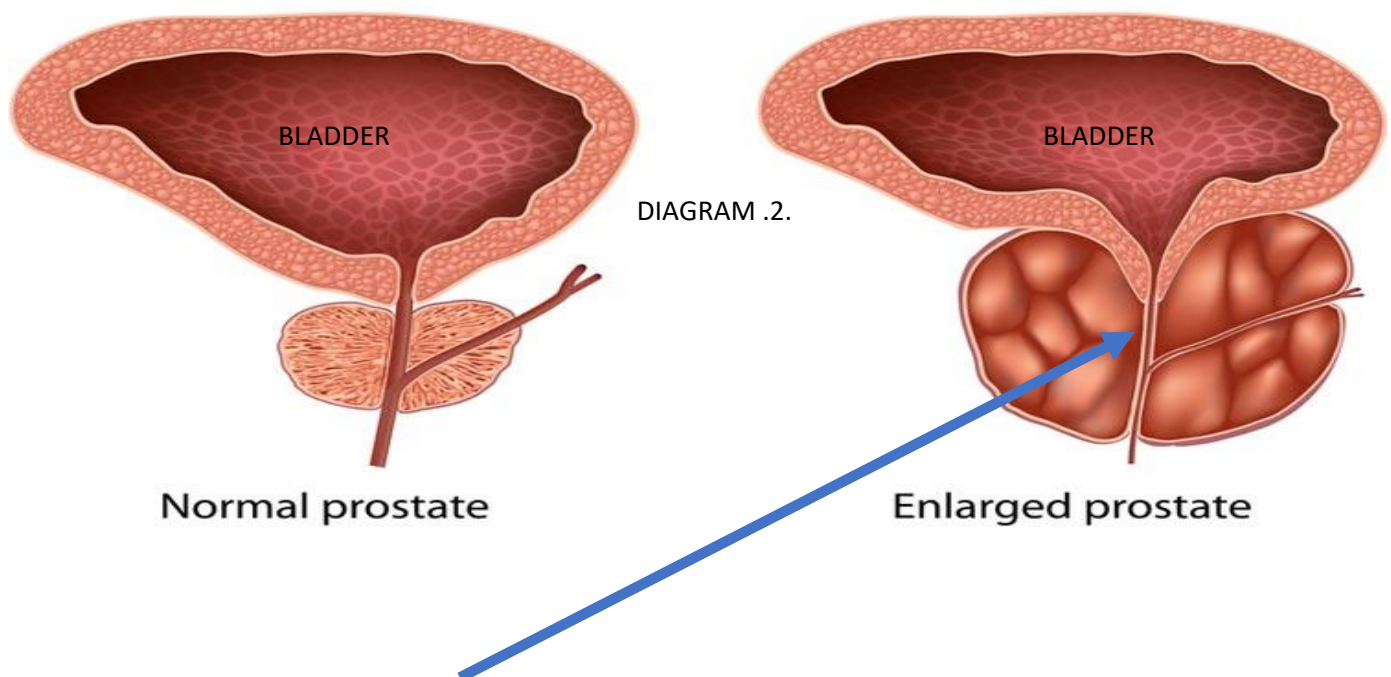
Most people understand the need for exercise to maintain weight and to help control blood sugar. But many people have no knowledge of the Lymphatic

System and the various nodes or glands throughout the body. Part of the immune system. It contains waste and tissue fluids that are not absorbed into the blood, and lymphocytes, a white blood cell, that is partly responsible for producing antibodies. Fluid filters through nodes (you know them as glands) where Lymphocytes kill invading particles including pathogens. Now here is my point, the Lymph system has NO PUMP, unlike the cardiovascular system that has a heart. It relies on muscular movement and contraction to maintain Lymph flow. The Prostate is drained by Lymph also and has a cluster of nodes responsible for this. So, exercise to the best of your ability. Your Lymphatic System needs you to, as does your prostate.

SUPPLEMENTS USED IN THE TREATMENT PLANS CAN AND SHOULD BE ADOPTED AS PREVENTATIVE MEASURES ALSO. THESE ARE INDICATED APPROPRIATELY. THEY ARE ALL WIDELY AVAILABLE IN HEALTH FOOD STORES AND ON INTERNET BUYING SITES. I AM JUST PIECING THE JIGSAW PUZZLE TOGETHER FOR YOU.

Section .8. Enlarged Prostate: Benign Prostate Hyperplasia (BPH)

Benign Prostatic Hyperplasia



Here you can see the Urethra runs through the centre of the prostate. When enlarged, the prostate restricts urine flow.

BENIGN PROSTATE HYPERPLASIA (BPA)

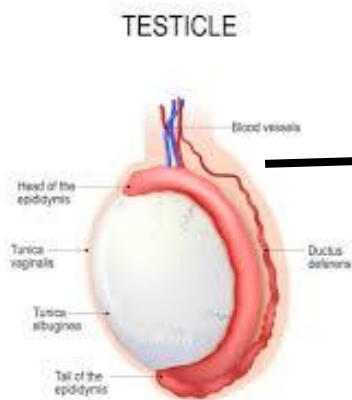
Research it, you will find a plethora of conflicting information. This is why no preventative guidance is offered. Our medical establishments don't have a definitive answer as to its cause. Imbalanced hormones, toxins, age, genetics, obesity and alcohol are all possibilities and probable. It is basically non-cancerous enlargement of the prostate gland. I cannot stress enough that inflammation is a serious issue, for normal cellular function and cellular respiration (the exchange of nutrients & oxygen going into a cell and the excretion of carbon dioxide and waste products coming out of a cell). Combining inflammation with a build up of toxins creates the potential environment to trigger cell mutations and cancer. Adopting preventative measures to safeguard this, in my opinion, is a common-sense approach and very much needed. The lack of preventative information within General Healthcare is astounding, yet much of this information is known by urologists. Prostate issues are prolific in men over 50, but no public advice is forthwith. The products in this plan are effective and can reverse enlargement of the prostate (BPH), but more importantly its principles and supplements can be preventative. Just look at reviews on amazon and other web sites for further anecdotal testimonies.

My approach to explaining this issue involves reverse engineering the very products used to treat it, for, if anecdotal evidence indicated using a supplement improves prostate health, let's look at that products purported properties and its effects on hormone balance etc... to try and find possible causes. My main concern is Aromatization, the process that converts Testosterone into Oestrogen. 5a-Reductase, the conversion of Testosterone to dihydrotestosterone (DHT) and environmental toxins, in particular, chemical oestrogens (Xenoestrogens). More on these in coming sections.

One point to note is that some rumours and web information states: Testosterone causes cancer and BPH, if that were the case then it would be rampant in young, virile horny 17 - 25 year olds who's testosterone levels are at their peak. But it isn't. Some cancers feed on testosterone, but do not cause it. It's also a know fact that **Testosterone decreases with age as prostate issues increase.**

SECTION .9. A SUMMARY OF MALE HORMONES.

To maintain health (homeostasis), hormones are kept at specific ratios, with age this becomes a challenge because it is known testosterone decreases.



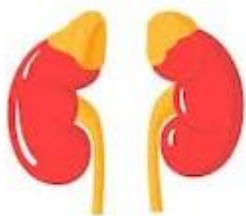
Testicles produce FREE TESTOSTERONE – the main male sex hormone.

Some gets converted

Aromatase Enzyme – converts some to OESTROGEN

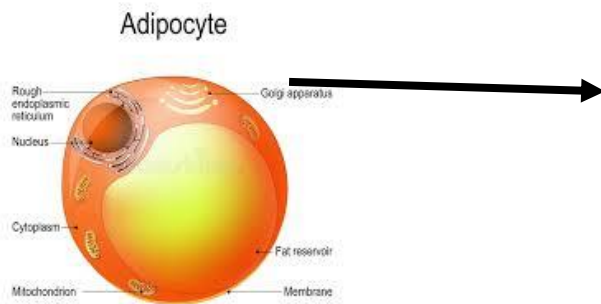
5a Reductase – converts some to Dihydrotestosterone (DHT), Another form of testosterone.

As can be seen some **free testosterone** is converted, but testosterone levels decrease with age, meaning the ratio of free testosterone to oestrogen and free testosterone to DHT becomes out of balance. **Oestrogen and DHT become more dominant within the ratios.** Testosterone is what drives libido and muscle mass, DHT can contribute to male characteristics and development such as penis and scrotum development. Male pattern baldness is associated with DHT. Loss of Libido and male pattern baldness are common with older age.

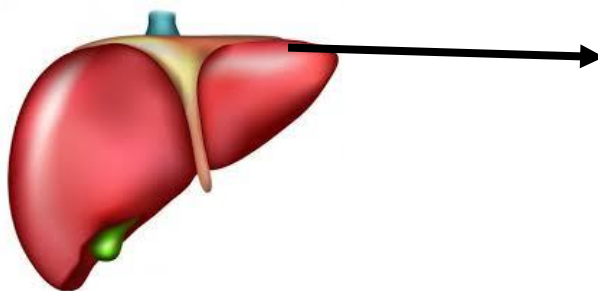


ADRENAL GLANDS

ADRENAL GLANDS PRODUCE - OESTROGEN



THIS IS A FAT CELL, YES, THEY PRODUCE OESTROGEN, THE FATTER YOU ARE THE MORE YOU PRODUCE. This may explain why some people find weight loss so difficult if oestrogen is dominant. Oestrogen is like a fat magnet, particularly around the belly. Male breast tissue is a sign of oestrogen dominance.



THE LIVER – produces **Sex-Hormone Binding Globulin (SHBG)** – it is responsible for transporting a portion of hormones around the body. It has a greater affinity for Free Testosterone. So, a raised level of SHBG yet again effects the free testosterone to oestrogen ratio.

Liver ailments: fatty liver, alcohol, liver disease all have potential to raise SHBG levels. Liver health is critical for hormonal balance.

I hope the illustrations help demonstrate how difficult it becomes with older age for the body to maintain proper hormone ratios. Reduced free testosterone is a normal occurrence, this creates Oestrogen and DHT ratio issues.

Being overweight increases oestrogen levels to rise even further. Issues with liver health: alcohol consumption, liver diseases raising SHBG levels beyond the norm, effecting these ratios even further. It should then come as no surprise, that the treatment plan contained in this guide uses products that reduce Aromatase (the conversion of testosterone to Oestrogen) and inhibits 5a – Reductase (the conversion of Free testosterone to DHT). Support the liver to help maintain normal SHBG levels with the aim of improving these ratios. However, there is one further issue yet to be highlighted as a major cause of disruption to our Endocrine System. **XEONOESTROGENS**. In addition to the already highlighted issues, chemicals that mimic our body's naturally occurring oestrogen are abundant in our exposure to them.

SECTION . 10. XEONOESTROGENS

I cannot stress enough the frustration I have about our exposure to these chemicals and the lack of publicity and emphasis cancer research establishments put on them. Oestrogen at high levels in its natural form is known to increase **cell proliferation** (an increase in the number of cells as a result of cell growth and division) but certain chemical oestrogens not only compound this issue but are also carcinogenic. Cancer research establishments push out the normal lifestyle and weight loss narratives but consistently fail to inform the public of some real issues we are faced with, **carcinogenic chemicals**. It's worth while noting, standard blood tests **do not** detect these chemicals, you have to be looking for them specifically. **They are a hidden danger!**

WHAT ARE THEY?

Xenoestrogens are petrochemical derived substances. They are oestrogen mimicking chemicals that increase the total oestrogen burden within our bodies. Growing evidence implicates xenoestrogens in a wide range of human and wildlife health issues.

There are some 70,000 registered chemicals having hormonal effects, in addition to being toxic and carcinogenic. They are present in our soil, water, air, food supply, personal care and household products.

HERES A FEW EXAMPLES

☒ Organ chlorines, are one of the largest sources. They are used in pesticides, dry cleaning, bleaching of feminine-hygiene products and the manufacture of plastics.

☒ Bisphenol-A (BPA), a breakdown of polycarbonate, is used in many plastic bottles. It's found in the lining of many food cans and juice containers.

☒ Avoid heated plastics, plastic lined items and Styrofoam (microwave, oven, sun), as the polycarbonate escapes

☒ Use glass, ceramics or steel to store/consume foods and liquids.

☒ Choose organic produce. Always go organic with thin skinned fruits and vegetables.

- ☒ Buy hormone-free animal products (eggs, poultry, meats, dairy). To avoid xenoestrogen injections, supplements, bovine growth hormone.
- ☒ A common food preservative in processed foods (BHS: butylated hydroxyanisole).
- ☒ Avoid non-organic coffee and tea. They are highly sprayed with pesticides.
- ☒ Use reverse-osmosis filtered water or purchase your own filter. I prefer distilled water, distillers are widely available.
- ☒ Many creams and cosmetics contain parabens and stearylalkonium chloride. Choose natural brands (preservatives made with minerals or grapefruit seed extract). Spray tans often contain Bisphenol A.
- ☒ Most skin lotions, creams, soaps, shampoo, cosmetics use parabens and phenoxyethanol as a preservative. Substances are 100% absorbed into the body. Go natural or organic.
- ☒ Phthalates are commonly found in baby lotions and powders.
- ☒ Sunscreen can contain benzophenone-3, homosalate, 4-methyl-benzylidene camphor, octyl-methoxycinnamate, octyl-dimethyl-PABA. Go organic.
- ☒ Many perfumes, deodorizers, air fresheners have artificial scents and contain phthalates.
- ☒ Nail polish and removers contain harsh petrochemical agents.



This tin can of **organic** (yes organic) chopped tomatoes is lined with a lacquer that is a confirmed source of Bisphenol A. A major endocrine disruptor and carcinogenic. So are plastic water bottles and baby's bottles also, to name just a few common examples.

Your skin doesn't have a one-way valve, if you spread it, spray it, bathe in it, you will absorb it. Spray Tans are a good example and a source of Parabens.

So, I hope by now you're seeing the bigger picture, incident rates of prostate cancer are increasing, as are other hormone sensitive cancers in both men and women. When the prostate becomes mildly inflamed due to the hormone issues highlighted in section .9. and exposed to environmental toxins including chemical oestrogens you are creating the ideal situation for cancers and Prostate enlargement to proliferate. **Addressing Oestrogen is critical for maintaining and regaining prostate health.**

BEFORE CONTINUING FURTHER: If you TRULY want to see how unscrupulous the chemical industry can be with regards to human health over profit, search YouTube for the documentary “The Devil We Know” an insight into Dupont & 3M (chemical manufacturers) and none stick coatings, including ScotchGuard, used as a stain resistant coating on carpets and fabrics USED AND MARKETED WORLD WIDE. IT, I HOPE, SHOULD SERVE AS A WAKE-UP CALL THAT IS OVERDUE AND NEEDED.

SECTION .11. WHAT ABOUT PHYTOESTROGENS? ARE THEY GOOD OR BAD?

These are plant-based compounds that are similar in structure to human produced oestrogen. They are often used in supplemental form as an alternative to hormone replacement, they are very weak in comparison to human produced oestrogen. They are not carcinogenic and do not cause cell proliferation (the growth and division of cells).

In both males and females are oestrogen receptor sites referred to as Alpha and Beta sites. Breast tissue and the prostate gland are examples of such sites. Now here's the important difference, certain plant compounds are readily taken up by these receptor sites. Think of it like the Cuckoo bird, it invades other birds nests and takes up residence there. Once in, it protects the sites from other invaders (Oestrogen and Xenoestrogens). One of the most protective compounds is the isoflavone **Genistein**, researched by Professor Trevor Powles at the Royal Marsden, and also identified by Dr Young S. Kim, head of nutrition at the National Cancer Institute as being one of the top 10 compounds to help prevent cancer recurrence in cancer remission patients.

Genistein is abundant in RED CLOVER BLOSSOM and may explain why some men who have tried it experience significant improvements in prostate health.

By the nature of its actions it is chemopreventive (anti cancer), and has potential to block the damaging effects other aggressive oestrogen compounds. Often

sold as an extract, so look at products with

approximately 80mg isoflavone extracts that would be about 1000mg dried herb.



SECTION .12. SUPPLEMENT SCHEDULE and PRODUCT OVERVIEW

So, now lets look at the COMMON NATURAL supplements and foods incorporated into this plan, helping to maintain and regain prostate health. I also urge you to recap on **Section.7. Proactive approach to maintaining prostate health.**

.a. Stinging Nettle Root Extract - little known – but the royal treatment for BPA. It is an Aromatase inhibitor, reducing **conversion of testosterone to Oestrogen.** **400 to 500mg capsules.**

.b. Saw Palmetto Berry Concentrate - a more commonly known supplement, its a 5a Reductase inhibitor, reducing **conversion of testosterone to DHT.** **500mg capsules.**

.c. Vitamin D3 and K2 – Science proves this combination to have anti-cancer protection properties. Purchase in a combined supplement: usually 3000iu of D3 and 100ug (microgram) of K2. Suggested lifetime supplement.

.d. Lycopene - The antioxidant extracted from tomatoes. Confirmed to be highly cancer preventative for the prostate. Acknowledged by urologists. Suggested lifetime supplement. Buy 50mg capsules.

.e. Red Clover Extract (See Section .11. Phytoestrogens) – protects against aggressive Xenoestrogens and oestrogen, anti cancer and anti inflammatory as a secondary action. Look for 1000mg (80mg extract equivalent), don't get too hung up and finding these exact supplement sizes.

.f. Grapeseed Extract – A compound (B2G2) in this extract has been shown to kill prostate cancer cells. Powerful antioxidant and beneficial in protecting the prostate. Look for 400mg tablets.

.g. Kyolic Garlic (1000mg tablets) – I include this in the treatment for several reasons. It improves blood flow to the prostate as well as having anti-microbial, anti-cancer and anti-inflammatory properties. It helps reduce blood pressure, cholesterol and just helps get the other products get into the prostate due to its blood thinning ability. **It is vital for prostatitis**, more on this later.

.h. Pumpkin Seeds – seeds and oil are packed with beneficial nutrients, rich in Zinc, essential for normal prostate function. They contain phytosterols that aid in reducing prostate enlargement. Dose is 1 palm full (Not full cupped hand) daily.

.i. Brazil Nuts – again packed with essential nutrients, in particularly, selenium. Selenium deficiency is commonly found in prostate cancer patients. Only small amounts are needed. Just 1 BRAZIL NUT supplies 60 to 90ug. Dose is just one nut daily. **DO NOT CONSUME MORE THAN THIS.**

.j. Pomegranate Juice or Concentrate(Molasses) – Acknowledged by urologists. In men with recurrent prostate cancer and or rising prostate-specific antigen (PSA) levels, researchers found that taking pomegranate juice extract **REDUCED THE RATE THAT PSA ROSE.** Do not undervalue the effectiveness of Pomegranate juice, it has powerful antioxidants that protect the prostate. **Drink 300ml of pure juice daily, or dilute 30ml of concentrate (molasses) to taste and drink daily.**

HOW TO USE THIS SUPPLEMENT CHART:

So, if you have conducted the self-test and it was positive or you have been diagnosed with enlarged prostate by your doctor and **YOU** have made the choice to try this plan, no matter what age, you will follow the TREATMENT COLUMN FIRST THEN STAY ON THE MAINTENANCE INDEFINITELY. All other men wishing to look after their prostates should follow the relevant age-related PREVENTATIVE Column.

SUPPLEMENT CHART:

PRODUCT/SUPPLEMENT	PREVENTATIVE ALL MEN WITHOUT BPH		TREATMENT AND MAINTENANCE ALL MEN WITH BPH	
	ALL MEN 30 TO 45	MEN 45 AND OVER	TREATMENT ALL AGES	MAINTENANCE ALL AGES

a. Stinging nettle Root Extract approx 400 - 500mg capsules	1 daily	1 daily	2x (am) 2x (pm) 4 daily	1 daily
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.b. Saw Palmetto Berry Extract approx 500mg capsules		nil	2x(am) 2x(pm) 4 daily	nil
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.c. Vit D and K2 Combined	1 daily	1 daily	1 daily	1 daily
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.d. Lycopene 50mg	1 daily	1 daily	1x(am) 1x(pm) 2 daily	1 daily
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.e. Red Clover Extract 1000mg 80mg extract equivalent		1 daily	1x(am) 1x(pm) 2 daily	1 daily
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.f. Grapeseed Extract 100mg	1 daily	1 daily	1x(am) 1x(pm) 2 daily	1 daily
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.g. Kyolic Garlic 1000mg		1 daily	1x(am) 1x(pm) 2 daily	1 daily
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.h. Pumkin Seeds (Palm Full)	1 palm	1 palm	1 palm	1 palm
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.i. Brazil Nuts (1 single nut)	1 daily	1 daily	1 daily	1 daily
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.j. Pomegranate drink (Juice or Concentrate)	1 daily	1 daily	1x(am) 1x(pm) 2 daily	1 daily
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OESTROGEN DETOX: TO BE DONE ONCE PER YEAR (30 years and over) 21 DAY CLEANSE

Milk Thistle 400mg: 1x (am) 1x (pm) 2 per day

Calcium D Glucarate 1000mg 1x (am) 1x (pm) 2 per day

SECTION .13. PROSTATITIS

What is it? Prostatitis is described as inflammation of the prostate normally caused by infection of a bacterial nature. It can be extremely painful and persistent. Often sharp stinging pains and general pelvic pain issues are evident, as well as symptoms associated with BPH. Urinary Tract Infections (UTIs) are often present that compound other complications and make this condition unbearable at times. But here is the point I wish to make! **I believe that a degree of BPH existed to facilitate the infection of the prostate in the first place.** Once Benign Prostate Hyperplasia is evident, the swelling this creates promotes a breeding ground for other infections to take hold. Reduced blood flow and stagnation of prostate fluids are key in understanding this issue. If you have a persistent issue that keeps returning, you must treat the underlying cause, **BPH**, as well as the infection that includes addressing the urinary tract. It is virtually impossible for this to be treated successfully if BPH is one of the underlying causes. I am sure that after reading the previous chapters, that statement makes sense.

SECTION .14. PRODUCTS USED TO TREAT PROSTITITIS & SCHEDULE.

I strongly **advise that the BPA treatment in section .12. be used in tandem**, alongside these products for reasons you should now understand. Particularly if you have failed to treat the issue successfully.

- a. **Colloidal Silver (40ppm approximately): a colloidal suspension of silver in distilled water.** Widely available on the internet and actually very easy to make, plenty of Facebook groups and chat forums available re this substance. This product has powerful anti-fungal, ant-microbial and even anti-cancer properties. Controversy re this product revolves around 1 individual who consumed gallons of this substance over a very extended period (years). It is a product the drug companies wish never existed, as it has so many uses. It can severely impact on their sales should people realise how powerful it is. In the same way Cannabis and its medicinal properties are being suppressed, I believe the same to be the case with this silver. It is ALWAYS a product I keep in my natural medicine cupboard. You

purchase it in amber bottles that vary in size and strength and as previously mentioned is easy to make. **PLEASE RESEARCH IT.**

Dosage: 100ml x 3 (three) times per day week 1.
50ml x 3 (three) times per day week 2 and thereafter.
See treatment schedule at the end of this section.



b. Goldenseal Root (500-600mg size capsules): *Goldenseal root* contains two alkaloids, berberine and canadine, with *antimicrobial* and mild immune-stimulating effects. It is nature's anti biotic without the nasty side effects of pharmaceuticals. Used in conjunction with silver it has powerful fast acting effects on many bacterial infections. It is ALWAYS in my natural medicine cupboard.

Dosage: 2 capsules x 3 (three) times per day.

c. D-Mannose (1500mg capsules): D-mannose (or mannose) is a type of sugar found in a number of fruits and vegetables, including black and red currants, peaches, green beans, cabbage, and tomatoes. It's also produced in the body from glucose, another form of sugar. It is crucial for the fight against UTI's (Urinary Tract Infections). It has the ability to remove the debris from the urinary tract walls including the bladder. This debris is a main cause of urinary tract reinfection.

Dosage: 1 capsules x 3 (three) times per day.

PROSTITITIS SUPPLEMENT CHART:

PRODUCT/SUPPLEMENT	WEEK .1.	WEEK .2.	WEEK .3.
a. Colloidal Silver (40ppm)	100ml (am) 100ml (noon) 100ml (pm)	50ml (am) 50ml (noon) 50ml (pm)	50ml (am) 50ml (noon) 50ml (pm)
b. Goldenseal Root (500mg capsules)	2 x (am) 2 x (noon) 2 x (pm)	2 x (am) 2 x (noon) 2 x (pm)	2 x (am) 2 x (noon) 2 x (pm)
c. D-Mannose (1500mg capsules)	1 x (am)	1 x (am)	1 x (am)
This can be used indefinitely to ward off future UTI issues.	1 x (noon) 1 x (pm)	1 x (noon) 1 x (pm)	1 x (noon) 1 x (pm)

If you follow this plan without the BPH treatment, remember to add **Kyolic Garlic** as an addition, 1000mg twice per day (Section 11.g.). The treatment can be extended, but 3 weeks is generally enough to gain full relief. Use your own intuition and seek medical intervention if the issue does not resolve.



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