

# The Nutritional Essentials

Livelt! Lifestyle Lesson 24

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**From the Pen of  
Dr. Royal Lee**

(1895-1967) Inventor,  
Scientist, Genius, Founder of  
Standard Process, Inc.

*"Prostate PMG has proved beneficial in the treatment of disorders of the prostate gland, particularly when used in cooperation with Cataplex F." Dr. Royal Lee, 1953*

## A Partial List of Conditions Related to Nutritional Deficiencies

Allergies - Hay Fever  
Ankle Swelling  
Arthritis  
Back Pain  
Blood pressure - High or Low  
Bronchial Conditions  
Bursitis  
Circulation, Poor  
Colitis  
Colon, Spastic  
Constipation  
Cough, Chronic/Allergic  
Diarrhea  
Disc Problems  
Diverticulitis  
Dizziness (Vertigo)  
Emphysema  
Fatigue, Chronic  
Feet, Cold or Burning  
Feminine Problems  
Gall Bladder Disorders  
Gas  
Glandular Troubles  
Headaches  
Heart, Fast or "Nervous"  
Hemorrhoids  
Impotence  
Injuries to Soft Tissues  
Insomnia  
Joint Pain  
Kidney Problems  
Knee Pains, Chronic Leg Pains, Cramps, Tingling, Numbness  
Liver Problems  
Nervousness  
Neuralgia  
Prostate Trouble  
Sciatica  
Shingles  
Sinus Trouble  
Throat, Sore / Hoarse / Congested  
Thyroid Conditions  
Ulcers -- Stomach, Duodenum, Skin  
Yeast Infections

## Prostate Health - The Natural Approach

***"I get up so many times at night to use the bathroom I feel tired and worn out in the morning!"***

***"I can't take long drives anymore without planning frequent rest stops and often."***

***"I just drink less water so I don't have to 'go' as often."***

Swelling of the prostate gland and elevated prostate specific antigen (PSA) are the latest conditions targeted by the pharmaceutical industry in their media blitz advertising campaign.

Their goal is clearly to reach the millions of men suffering the discomfort and dysfunction of benign prostate diseases and to mobilize anxiety about the 30,000 men who die annually from prostate cancer. The awareness of the problem is good – but are drugs and surgery our only – or our wisest – choices?

**Let's understand the Prostate Issue and learn the positive steps we can take to support prostate health and to prevent prostate disease.**

Benign (non-cancerous) Prostate Hypertrophy (BPH) alone contributes to over one billion dollars spent annually in pursuit of relief for symptoms of:

- Awakening from sleep to urinate a number of times per night.
- Feeling the bladder is not empty and frequent urination
- Difficulty beginning urination

While these symptoms are inconvenient, embarrassing and uncomfortable they are not immediately life threatening like heart attack or stroke. Instead, studies show that infections early in the life of a young man can begin a pernicious decline of health of the urinary tract leading to prostate dysfunction and disease. <sup>1,2</sup>

**Benign Prostate Hypertrophy (BPH)** is simply prostate gland swelling which is commonly related to an inflammation and/or infection of the

lower urinary tract and prostate. This swelling leads to incomplete emptying of the bladder while increasing the risk of urinary tract infection. This vicious cycle of – swelling – urinary retention – infection – swelling – causes a worsening of symptoms, sometimes even leading to prostate cancer. <sup>2</sup>

### Prostate Specific Antigen - PSA

Prostate Specific Antigen (PSA) is a protein that increases in the blood of men with various conditions of the prostate, including hypertrophy, inflammation, infection and cancer. It is NOT a specific indicator of cancer, merely an indicator of prostate tissue stress.

Fueled by media frenzy and fear of prostate cancer, men often are counseled to aggressively pursue diagnostic studies and treatment of elevated PSA. **But research shows that 85% of the time a man has an increase in PSA it is due to inflammation and infections** of the prostate gland that have gone untreated and unsupported by healthful choices — **not cancer!** <sup>5,6,7</sup> **It is time for healthful choices!**

### Western Lifestyle and BPH

*"Men who lead a western lifestyle have a much higher incidence of symptomatic BPH than men who lead a traditional or rural lifestyle. This is confirmed by research in China showing that men in rural areas have very low rates of clinical BPH, while men living in cities adopting a western lifestyle have a skyrocketing incidence of this condition (though it is still below rates seen in the West)."* <sup>6</sup>

### Treating the Causes of Benign Prostate Hypertrophy

In order to treat the causes we must understand them. They are:

- Inflammation
- Infection
- Autoimmune disease

### Inflammation and Infection

Unhealthful lifestyle choices lead to impaired immune function that can lead to inflammation and decreased resistance to infection. Incomplete bladder emptying and sexual activity both may lead to bacterial concentrations causing infection of the urinary tract. Over months and years, bladder and prostate tissues stressed in this way could become damaged and result in autoimmune disease.

# Preventing BPH with The Nutritional Essentials

## Autoimmune Disease

When the protein component of an injured tissue enters the bloodstream, an antibody-antigen reaction develops against that tissue (See TNE-9). If the injured tissue is from the prostate, one may suffer autoimmune attack on the prostate. Thus the micro-trauma of infection or inflammation may lead to autoimmune disease and the breakdown in health of the prostate.

## Preventing BPH with The Nutritional Essentials

Preventing problems is always preferred to treatment after the fact. A healthful strategy for prevention of BPH is to follow the Nutritional Essentials Lifestyle. A lifestyle of increased healthful whole foods is known to enhance the health of the entire body, including the prostate. Let's explore these positive steps more closely.

**Question:** Would you choose drugs too dangerous for women to even touch for fear of birth defects<sup>3</sup>, or surgery involving the opening up of the urinary tract for BPH if you knew there was a natural solution?

**Answer: Don't lose sleep over prostate diseases! We Have a Solution!** Wholesome natural remedies have provided great results in BPH for decades!<sup>4</sup>

**Out with the bad and in with the good.** Take these steps for prostate health and HealthBuilding:

- ↓ Eliminate processed foods and sugars (See TNE-11)
- ↓ Reduce or eliminate toxins in food, air and water (See TNE-6)
- ↑ Increase whole foods rich in antioxidants
- ↑ Increase whole foods rich in trace minerals such as selenium, zinc and iodine
- ↑ Increase healthful Vitamin D from brief periods of daily sunshine and whole food supplements.<sup>9</sup>
- ↑ Increase water consumption to frequently flush bacteria and toxins from the urinary tract
- ↑ Increase exercise <sup>9</sup>

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. They are to support your health.

## Whole Food Concentrates and herbs to build prostate health.

**Cataplex F** – Cataplex F introduced in 1934 combines the benefits of essential fatty acids, prostate extracts and iodine, all shown to reduce BPH in the Hart and Cooper study of 1941.<sup>4</sup> Iodine is known for its antibiotic and antifungal properties and its essential role in cell metabolism and immune support properties.

**Prostate PMG** – Used by doctors since 1953 to support the health and repair of the prostate gland, including support of autoimmune conditions of the prostate.

**Prost-X** – Helps balance calcium metabolism in support of prostate health and BPH.

**Catalyn** – Since 1929 this whole food supplement has provided unnumbered health benefits AND Cataplex D known to be supportive of prostate health.<sup>8</sup>

**OPC Synergy** – Introduced in 2000, combines antioxidants from grape seed, buckwheat, red wine, and bilberry extracts to provide the strongest natural antioxidant protection available.

**PalmettoPlex** – Since 2001, combines saw palmetto berry, prostate PMG extract, stinging nettle root extract, pygeum, zinc liver chelate and tomato fruit powder to help support healthy prostate and reproductive system function.

**ProstaCo** – Contains saw palmetto, nettle root and crataeva in a pumpkin seed oil base to support urinary tract and prostate health and ease occasional smooth muscle spasm.

- 1 Shannon, BA, Garrett KL, Cohen RJ. Links between Propionibacterium acnes and prostate cancer. Future Oncology 2006 Apr; 2(2):225-32.
- 2 Sugar LM. Inflammation and prostate cancer. Canadian Journal of Urology, 2006 Feb; 13 Suppl 1:46-7.
- 3 Dutasteride – Avodart®
- 4 Hart JP, Cooper WL. Vitamin F in the treatment of prostatic hypertrophy. Report Number 1, Lee Foundation for Nutritional Research, Milwaukee, Wisconsin, 1941
- 5 Acta Urol Belg. 1998 Oct;66(3):1-2 Elevated serum prostate specific antigen (PSA) related to asymptomatic prostatic inflammation
- 6 Ultraschall Med. 2005 Jun;26(3):203-8. Nonspecific granulomatous prostatitis.
- 7 Recent Prog Med. 2005 Jul-Aug;96(7-8):365-9. Asymptomatic prostatitis: A frequent cause of raising PSA
- 8 Flanagan JN, Young MV, et al. Vitamin D Metabolism in human prostate cells. Anticancer Research 2006 Jul-Aug;26(4A):2567-72.
- 9 Freidenreich CM, Orenstein MR. Physical activity and cancer prevention. J Nutr 2002 Nov;132(11Suppl):3456S-3464S.

*This LiveIt! Lifestyle Lesson is brought to you by:*

### HealthQuest

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## What Did You Learn?

Swelling of the prostate gland and elevated prostate specific antigen (PSA) are the latest conditions targeted by the pharmaceutical industry in their media blitz advertising campaign. True False

Fueled by media frenzy of fear of prostate cancer, men often are counseled to aggressively pursue diagnostic studies and treatment of elevated PSA. True False

**Research shows that 85% of the time a man has an increase in PSA it is due to inflammation and infections** of the prostate gland that have gone untreated and unsupported by healthful choices — **not cancer!**<sup>5,6,7</sup> True False

A healthful strategy for prevention of BPH is to follow the *LiveIt! Lifestyle*. A lifestyle of increased healthful whole foods is known to enhance the health of the entire body, including the prostate. True False