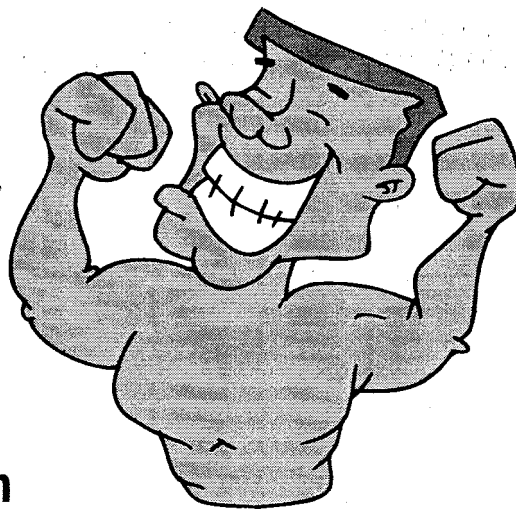
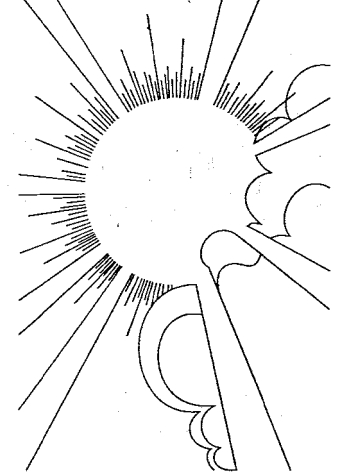


FOR MEN ONLY



SUNSHINE SHARING



Vol. 19 No. 3
Your guide to better health the natural way.

Protect Your Male Health

Testosterone—it's what makes a man, a man! It not only promotes the sexual changes that take place at puberty; it also reduces fat, builds muscle and stimulates a man's sex drive. Testosterone improves a man's mood, creativity and imagination. Good testosterone levels even reduce a man's risk of degenerative disease, like cancer and diabetes, as he ages.

Unfortunately, male testosterone levels are falling and male reproductive health is in serious trouble. Thirty to fifty percent of American men have some type of erectile dysfunction. Sperm count in the average male is half what it was 70 years ago. Estimates indicate that 25-80% of men over the age of 40 are affected with benign prostate hyperplasia (BPH), with 90% of men over the age of 80 showing signs of prostate enlargement. One quarter of all men are affected severely enough to require medical attention, often involving surgery. About 32% of those undergoing surgery have complications like incontinence, impotence or enlargement of the breast tissue due to hormone imbalance.

Other signs of a decline in male reproductive health include increases in prostate cancer and birth defects. Prostate cancer affects one out of nine men and is the second leading cause of cancer deaths among men in US. There is also a growing problem with birth defects of the penis and undescended testicles in male babies. These reproductive problems are even being seen in wild animals, suggesting that the problem is an environmental issue.

It turns out that xenoestrogens, which are an environmental pollution issue, are a big factor in these male reproductive problems. Xenoestrogens are chemicals that mimic estrogen, producing an estrogenic effect in the body. They are a major cause of declining reproductive health in both men and women.

Where do xenoestrogens come from? First, consider the synthetic estrogens from human birth control pills and hormone replacement therapy for women are finding their way into our drinking water supply. Add to this the estrogen supplements being fed to chickens and cattle to increase egg, meat and dairy production. Then, combine that with estrogenic chemicals such as pesticides and thalates in plastics and most men are getting a very large overdose of xenoestrogens.

Male health requires a proper balance of androgens (male hormones like testosterone) and estrogens (the female hormones men also produce in small quantities). Xenoestrogens tip this balance, resulting in reduced muscle, increased fat, infertility, low sperm count, erectile dysfunction and reduced sex drive. It also increases the risk of heart disease, stroke and diabetes in men.

Xenoestrogens, along with poor dietary choices, lack of exercise and exposure to other environmental toxins, are weakening men. It's time for men to make the decision to protect their testosterone levels and reproductive health. In this issue of *Sunshine Sharing* we'll tell you how. We'll provide basic suggestions for avoiding xenoestrogens and discuss ways of improving male nutrition and general health.

Look inside to learn more about protecting your masculine health...

Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

Sunshine Sharing is an independent educational publication and receives no financial support from any herb or health product manufacturer. Your comments, questions and personal experiences are welcome. Send them to *Sunshine Sharing*, P.O. Box 911239, St. George, UT 84791-1239 or comments@treelite.com.

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Protecting Your "Manly" Strength



As indicated on the first page, testosterone is the principle male hormone. It stimulates sperm production, libido, muscular strength and the physical characteristics of the male. Low testosterone causes a number of symptoms including frustration and anxiety, mild depression, low self esteem, decreased sex drive, lack of muscle tone and muscle wasting.

Avoid Xenoestrogens

Excess estrogens upset the balance between testosterone and estrogen in men and xenoestrogens are a principle cause of this imbalance. While red meat stimulates testosterone levels in men, most commercially raised red meat contains xenoestrogens. If you can find organically raised, grass-fed beef, it not only helps you reduce your exposure to xenoestrogens, it will enhance your testosterone levels at the same time.

Pesticides and herbicides, such as DDT and organochlorines are also xenoestrogens. Eating organically grown food wherever possible and making sure non-organically grown food is washed in a natural cleaning solution like **Sunshine Concentrate** will reduce your exposure to these chemicals.

PCP and thalates found in plastic materials are also xenoestrogens. They are accumulating in the world's soil, water and air. Because heat releases these chemicals, avoid microwaving in plastic containers, don't drink water from soft plastic bottles after they have been exposed to heat and avoiding placing hot food into plastic storage containers.

Another compound that reduces testosterone levels in men is fluoride. Don't use fluoridated toothpastes or other products containing fluoride. If your water is fluoridated, get a **Nature's Spring Reverse Osmosis** unit or some other water treatment appliance to remove the fluoride from your drinking water.

Be Careful with Phytoestrogens

Men suffering from any kind of male reproductive problems should also be aware that too many phytoestrogens (estrogenic compounds found in plants) can also cause imbalances in testosterone and estrogen levels. One of the principle culprits here is soy. Widely touted as a beneficial health food, according to the Weston Price Foundation, "Numerous animals studies show that soy foods cause infertility in animals ... Japanese housewives feed tofu to their husbands frequently when they want to reduce his virility." So use soy sparingly.

Men should also avoid consuming large amounts of licorice, as it enhances cortisol levels and decreases testosterone levels. Hops is another highly estrogenic herb. It contains very potent estrogens that can reduce male sex drive. Since most beer is made with hops, men who are concerned about their fertility or are suffering from male reproductive health problems should avoid

drinking beer made from hops. Finally, grapefruit interferes with estrogen breakdown and should also be consumed sparingly by men who wish to enhance their testosterone levels.

Drugs Can Damage Your Sex Drive

Drugs can also effect testosterone levels. Classes of medications which may interfere with male reproductive function include anti-inflammatories, antibiotics, antifungals, statins (cholesterol-lowering medications), antidepressants, calcium channel blockers, sleeping pills and high blood pressure medications. Carefully read warning labels to discover if any medications you take may be affecting your reproductive health.

Good Nutrition and Exercise Improve Reproductive Health

Diets that are high in refined carbohydrates and low in good fats and protein will also damage male reproductive health. High carbohydrate diets stress the adrenal glands and pancreas, resulting in increased levels of insulin and reduced levels of DHEA, a building block for male hormones. Also, the current drive to lower cholesterol levels is increasing depression and reproductive health problems in men. DHEA and all reproductive hormones are made from cholesterol, so driving cholesterol levels too low will actually cause reproductive problems in both sexes.

As suggested earlier, organic meat, eggs and dairy products are actually good for you, especially if they are from grass-fed animals. Get white bread and refined sugar out of your diet and eat fruits and vegetables instead, preferably organic. These foods also protect your body from heart disease and cancer.

Finally, exercise regularly. Regular exercise helps increase testosterone production. It also reduces your risk of cardiovascular disease, diabetes and other degenerative diseases. Resistance training with weights is especially important for men as they grow older.

The Prostate Gland

The prostate is a walnut-sized endocrine gland that sits below the bladder and wraps around the urethra. It produces a fluid that is combined with sperm and released during ejaculation. It also has receptors for sex hormones such as testosterone and estrogen.

When the prostate is enlarged due to infection, inflammation, excessive growth or cancer, it causes a reduced flow of urine. In early stages, this can cause discomfort, frequent urination and difficulty getting urine to pass.

Men should have regular examinations for prostate health as they grow older to catch problems in early stages. If a man is having problems urinating, it is important to have a medical diagnosis to determine what the exact cause is—prostatitis, BPH or prostate cancer—so appropriate treatment can be selected.

Natural Solutions to Common Male Health Problems



The tips on the previous page will help prevent male reproductive health problems. They can also speed recovery from these problems. However, men can also use specific natural remedies to improve the quality of their reproductive health. Here are some common male health problems and tips for solving them naturally.

Benign Prostate Hyperplasia (BPH)

BPH is nonmalignant, abnormal growth of the prostate tissue. The severity is measured in stages I-IV (mild-serious), which refers to the size of the growth (walnut-sized to grapefruit-sized) and the impact this enlargement has on the quality of life.

Research suggests this condition is due to an excess of a special form of testosterone called dihydrotestosterone (DHT). DHT is necessary for the development of the male reproductive organs in the womb. It is also needed to complete the development of male sexual characteristics during puberty. Testosterone is converted to DHT by the enzyme 5 α -reductase. When too much of this conversion occurs, usually later in life, DHT stimulates enlargement of the prostate, baldness, unusual hair growth and acne.

A key to preventing prostate problems, then, is to interfere with the body's production of DHT. The mineral **zinc**, long known for its beneficial effects on the male prostate, has been found to be a potent inhibitor of 5 α -reductase. Supplementing with zinc helps prevent testosterone from being converted to DHT.

Herbs can also be used to inhibit this conversion. One of the most popular herbs for this problem is **saw palmetto**. Saw palmetto is an endocrine agent that has a normalizing and tonic action on the prostate. It reduces the abnormal growth of glandular tissue. It suppresses the expression of estrogen, progesterone and androgen receptors in the prostate and blocks testosterone and DHT from binding to androgen receptors. High in essential fatty acids, saw

Additional Help and Information

If you would like more information about natural ways to protect yourself from xenoestrogens, promote better masculine reproductive health and/or solve reproductive health issues talk to the person who gave you this newsletter for additional hand-outs and resource materials to help you. You can also consult some of the following sources for more information:

Vital Man: Natural Health Care for Men at Midlife by Stephen H. Buhner.

The Male Herbal: Health Care for Men & Boys by James Green.

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

The Natural Testosterone Plan by Stephen Harrod Buhner

palmetto provides nutritional support for the prostate gland and urinary system, relaxes smooth muscles and provides powerful anti-inflammatory action.

Other herbs that have beneficial effects on BPH include nettle root and pygeum. These herbs are combined with saw palmetto and zinc in **Men's Formula**. This blend is a good supplement for most men who are concerned about preventing prostate enlargement or reducing an already enlarged prostate.

Prostatitis

Prostatitis is inflammation of the prostate gland that causes painful urination, frequent trips to the men's room, and miss-aim and dribbling because the weak stream of urine is insufficient to fully open the flaps at tip of penis. It is sometimes due to infection, but now is more often due to other, unknown causes.

One reason why the prostate may become inflamed involves its proximity to both the bladder and the rectum. If the body is toxic, the irritants being eliminated from the colon and urinary passages may be irritating the prostate gland, causing it to swell.

If the problem is due to an acute or chronic infection, consider some herbs with natural antibacterial action, such as **goldenseal** or **uva ursi**. To reduce inflammation, consider **IF Relief** or **Thai-Go**, two excellent, anti-inflammatory formulas. **PS II**, a general herbal formula for the prostate, may also be helpful.

Another good remedy for reducing prostate inflammation is **Omega-3** essential fatty acids. Eskimo men who have a fish-rich diet have significantly lower rates of prostatitis and prostate cancer than other men. Omega-3 fatty acids have also been shown to inhibit prostate cell growth and reduce prostate enlargement. They help decrease pain and fatigue, reduce nighttime urination, increase elimination (stream) and increase libido.

Erectile Dysfunction (Impotence)

Erectile dysfunction (ED) affects almost half of American males. When Viagra® was released, one million prescriptions were filled. However, there are natural alternatives to drugs like Viagra®.

It is important to understand that erections are dependent on a strong supply of blood to the penis. Narrow or clogged arteries cause an insufficient supply of blood to produce an erection. One major cause of ED is atherosclerosis of the penile artery.

Diabetes can also cause ED because high blood sugar levels cause narrowing of blood vessels. According to Dr. Hugo Rodier, M.D., candy, soda pop, and other sugar-laden treats should come with a warning label—"Caution: May Cause Erectile Dysfunction."

Other possible causes of erectile dysfunction include exposure to xenoestrogens, side effects of pharmaceutical drugs and poor diet and lifestyle. In some cases, ED may be due to relationship problems, which require counseling.

A natural approach to the treatment of ED should start by checking all medications for warnings. Then, depending on the man's general health, it might include improving circulation,

Continued on page 4



HEY GUYS!

Do you have concerns about:

- ♂ Erectile Dysfunction?
- ♂ Prostate Problems?
- ♂ Infertility?
- ♂ Prostate Cancer Prevention?

Discover natural solutions to these concerns
in this month's Sunshine Sharing

regulating blood sugar and/or balancing hormones with male reproductive tonics.

If hardening of the arteries is a problem, **Mega-Chel** is a great product to consider. It helps improve circulation throughout the body. Where high blood pressure is involved, **RG-Max**, containing the amino acid l-arginine, can help to dilate blood vessels, thus reducing blood pressure and enhancing erectile function. One caution is that **RG-Max** may cause flare-ups of herpes (either genital herpes or cold sores), as l-arginine is known for aggravating herpes.

If diabetes is a problem, reduce refined carbohydrates in the diet and eat more good quality fats. Consider taking a supplement like **Sugar-Reg** or **Target P-14**, too. Finally, herbs like **Eleuthero root**, **Korean ginseng**, **American ginseng** or **Men's X-Action** can improve hormone balance, which can also be helpful for overcoming ED.

Preventing Prostate Cancer

Prostate cancer is a serious health risk for many men. The best course of action is prevention. Following the suggestions found on page two of this newsletter can help. In addition to these lifestyle changes, consider the following supplements.

Two herbs in **Men's Formula** may help reduce prostate cancer risk. Nettle shows consistent ability to stop proliferation of human prostate cancer cells in vitro. Saw palmetto has been shown to have activity against one type of prostate cancer, too. Lycopene, found in ripe tomatoes and available as a supplement, has also been shown to inhibit prostate cancer. It is also in **Men's formula**. Another supplement that inhibits prostate cancer is Omega-3 essential fatty acids.

For additional help and suggestions, talk to the person who gave you this newsletter.