

THE BARRON REPORT

Volume 7, Issue 6 © 1999, Jon Barron. All Rights Reserved.

Health For Every Man Over 30

The Prostate Problem

Like women, men too are exposed to the effects of chemical estrogens in their environment. In addition, as their testosterone levels drop with age, there is, in many cases, a concomitant rise in estradiol levels -- the major reason that many older men develop breasts. Just as with women, estradiol stimulates cell growth in men too and is potentially cancerous.

Estradiol stimulates the BCL2 gene, which is the gene responsible for stopping cell death. What at first glance sounds like a positive, is, upon closer inspection, not. When cell death in prostate tissue, for example, is blocked, cell growth continues unabated -- becoming a major contributing factor in the enlargement of the prostate and the development of prostate cancer. **This is one of the main factors involved in the dramatically increased incidence of prostate cancer.**

- A new case of Prostate Cancer is diagnosed every 3 minutes in America and every 15 minutes a man dies from prostate cancer.
- Prostate Cancer is the second leading type of cancer among men.
- 11 million men have some form of Prostate Cancer in the United States.
- African-American men have the highest rate of Prostate Cancer in the world.
- Survival rates for men with prostate cancer in 1995 were no different than they were in 1965.
- The age at which Prostate Cancer develops will drop ten years by the year 2000. By the year 2000, Prostate Cancer will increase by 90%.

The Prostate Solution

Regular use of a men's progesterone cream makes a great deal of sense for any man over the age of 30. Look for a formula that contains saw palmetto oil (0.8%), pygeum bark extract, apricot oil, pumpkin seed oil, and natural progesterone USP (0.7%). Each ¼ teaspoon of cream should contain approximately 8.25 milligrams of progesterone -- about half the dosage recommended for women.

Why a Men's Creme?

- The transdermal application of many supplements and drugs has been illustrated to be extremely effective as a delivery system.
- Men with BPH (swelling of the prostate) and other male related problems will appreciate the **speed of relief** with this transdermal delivery.

- A good men's creme should be formulated with natural oils high in omega-3 and omega-6 fatty lipid acids. These oils, along with a liposome delivery system, facilitate the movement of the active ingredients through the epidermis into the fatty layers beneath the skin.

Natural Progesterone

Dr. John R. Lee, MD. states that progesterone is vital to good health in men. It is the primary precursor of our adrenal hormones and testosterone. Males synthesize progesterone in amounts less than women do, but it is still vital.

Natural Progesterone is a proven libido and potency enhancer that can also boost fertility and protect men from cancer of the testicles and prostate. It stabilizes and normalizes hormone ratios without the dangerous side effects now associated with testosterone and DHEA replacement therapy.

- Dr. Lee recommends that men use 8 - 12 mg of progesterone daily.
- Progesterone is an 5-alpha reductase inhibitor -- it helps prevent the conversion of testosterone into DHT, the "bad" testosterone.
- Progesterone balances the estrogens that build in a man's body.
- And progesterone has no feminizing characteristics.

Other Key Herbal Ingredients For Men's Health

A good men's creme should also contain proven male supplements such as saw palmetto oil, pygeum bark extract, pumpkin seed oil, stinging nettle extract, and zinc along with natural progesterone in a premium, all-natural moisturizing creme.

Saw Palmetto

This herb is called the "plant catheter" due to its therapeutic effect on the neck of the bladder and the prostate in men. Saw Palmetto is widely used in Germany, Canada, the United Kingdom and now the US. for nutritionally benefiting the prostate and urinary tract. It has been marketed as an aphrodisiac for both men and women.

The active constituents are volatile oil, steroidal saponin, tannins, and polysaccharides. Saw Palmetto is a tonic, and is one of the few herbal remedies that are considered to be anabolic - it strengthens and builds body tissues.

For men it treats an enlarged and weakened prostate gland. It has shown significant action in treatment of conditions associated with benign prostatic hypertrophy (BPH). Saw palmetto extract works to prevent testosterone from converting into dihydrotestosterone, the hormone thought to cause prostate cells to multiply, leading to an enlarged prostate. In addition, it works to tone the bladder, improve urinary flow, and relieve strain. Regular use of saw palmetto may decrease urinary frequency, especially during the night, by allowing complete bladder expulsion and by reducing inflammation of the bladder and enlarged prostate.

Pygeum

Pygeum Africanum has been used for years to prevent prostate atrophy and malfunction. It is known for its high content of a fatty acid, called beta-sitosterol. Beta sitosterol has a high affinity for the prostate and may be particularly useful in maintaining normal lipid and fluid balance.

Double-blind clinical trials have shown efficacy for many parameters of prostatic hypertrophy, including failure to urinate, nocturnal urination, frequent urination, residual urine, abdominal heaviness, voiding volume, prostate volume and peak flow. Results included significant reduction of symptoms and prostate size, and clearance of bladder neck urethra obstruction.

Stinging Nettles

Many scientists believe that one of the major culprits in the development of benign prostatic hyperplasia (BPH) is the testosterone metabolite: dihydrotestosterone. This is supported by the fact that men deficient in dihydrotestosterone do not experience prostatic growth, and that treatment with prescription drugs which inhibit the production of dihydrotestosterone can decrease prostatic growth.

An increase in the ratio of estrogen to testosterone in elderly men indicates that estrogen may also be involved in the development of BPH.

Studies have proven that extracts of pygeum and nettle root can effectively block the action of two enzymes involved in the body's production of dihydrotestosterone and estrogen. Laboratory studies have shown that both pygeum and nettle root extracts were effective in inhibiting these two enzymes (5alpha-reductase and aromatase) and that a combination of the two plant extracts was significantly more effective than either extract individually in blocking aromatase activity.

Apricot Seed Oil

Over 30 years ago, Amygdalin (Vitamin B-17), a relatively simple compound found abundantly in apricot seeds, was proclaimed as the cure for cancer. Amygdalin is composed of two molecules of glucose (a sugar), one molecule of benzaldehyde (an analgesic) and one molecule of hydrocyanic acid (an anti-neoplastic compound).

Pumpkin Seed Oil and Capric Triglycerides

The specific components of these fats are known to prevent bladder and prostate problems, even to shrink enlarged prostate glands in early stages.

These oils provide essential fatty acids, linoleic, linolenic and arachidonic which also have demonstrated support of prostate health.

Men's Health Recommendation

Any man over 30 years of age would be well advised to supplement on a daily basis with a good quality men's progesterone creme.