

MEN'S HEALTH

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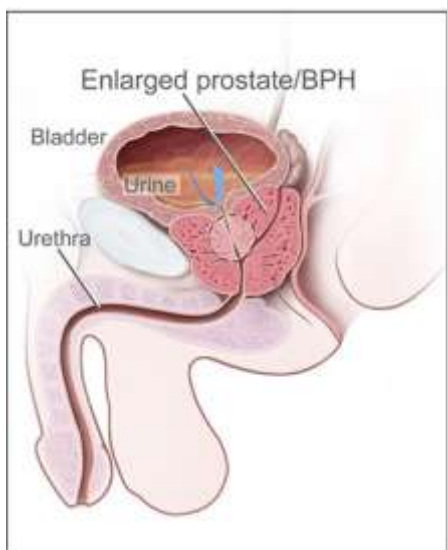
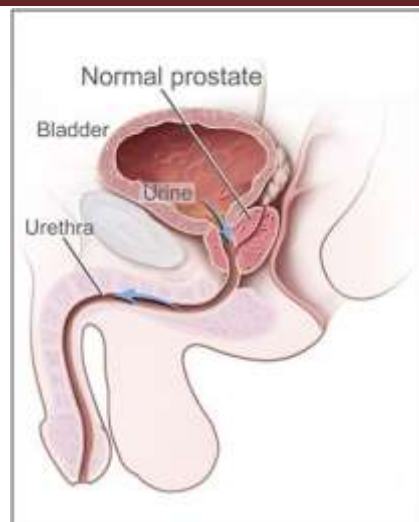


The Prostate Gland

Each year over 17,000 males die from prostate cancer. The prostate gland is a gland a little over an inch in diameter and is positioned near the neck of the bladder.

It consists of 3 lobes which manufacture seminal fluid. The tube which empties the bladder passes over the middle lobe. In later life, the prostate gland often becomes enlarged and causes problems by closing off the exit of urine from the bladder. This urine retention often starts by a decrease in the force of the stream of urine leaving the body. Prostate blockage of the flow of urine because of infection or cancer can be very serious --- **even to the point of causing uremic poisoning within the body.**

The cause of enlargement of the prostate gland is the collection of mucus and sediment in the gland. Often the male hormones produced by the body are not enough to keep the prostate gland functioning well.



The nitrates and nitrites in processed meats, hot dogs, baloney, and other cold cuts have a particularly important role in the formation of cancer of the prostate in the male. Before (or instead of) arriving at the decision to submit to the knife and have the prostate gland surgically removed, may we offer the following suggestions: In any form of cell-deterioration, the Red Clover Combination should be used to clean up the blood stream. Of course the bowel must be cleared up first and foremost.

Then, as a specific aid to the prostate area the following formula has aided in removing infection, sediment and the like.

Prospallate Tea: *Cayenne, ginger, golden seal root, gravel root, juniper berries, parsley root or herb, uva ursi herb, and ginseng root.*



These capsules can be taken in the morning and at night, and they are best taken with **Parsley Tea**.

Change the diet to the mucusless diet, and drink plenty of distilled water and fruit and vegetable juices. Cancerous tumors have a very difficult time growing when there is the presence of **Organic Potassium** in the body, so the tinctures of **Black Walnut** or **Elderberry** or any other foods high in potassium can be helpful here, providing that the bowel is in good condition so that proper assimilation can take place.

The hormone and estrogen formula known as The **Change-ease Formula**, will help the body produce the necessary hormones for proper functioning of the glands. It consists of *Black cohosh, Sarsaparilla, ginseng, licorice, false unicorn, blessed thistle and squaw vine.*



Don't worry if the formula contains estrogens as well as hormones. The body will select the substances it needs and will discard the rest in a natural formula such as this.

Acne

Is a prevalent problem among teen-aged boys would not be possible in our society if our foods were wholesome. A most sad and disgusting sight is the pus-filled pimples due to inner toxicity -- wastes trying desperately to escape through the face.

This condition often turns a gentle face in the blossom of youth into a waste dump of pimples, pus and subsequent pock marks which can be prevented. The tons of acne medications and prescriptions sold annually act only on the effect of the harmful food, and not the cause of the disease, **malnutrition**.

The traditional teenage meal, a grease burger, french-fries and a milk shake or cola simply does not provide enough nourishment for anyone, let alone a boy going through puberty to adulthood.

Our highly processed foods are devoid of hormones found in fresh fruits, vegetables, grains, nuts and seeds. **Blessed Thistle Tea** given to the unfortunate souls three times a day along with a change in diet to the wholesome, mucusless foods will supply necessary hormones for growth and maturity. The aforementioned hormone and estrogen formula, **Change-ease**, will also be beneficial. The big task here will be to re-educate the taste buds of these boys so they can appreciate real food.



"Thank you God, for not creating me a woman." ‘?’

There is an old Orthodox Jewish Prayer offered by men which goes something like, "Thank you God, for not creating me a woman." As I have seen the various women's disorders over the years, (horrible menstrual cramps, painful childbirth, infections, menopause, mastitis, and the like) and have seen the suffering that women had to endure in their roles as wives and mothers, I have often said that same 'thank you.' But in comparing notes, I realize that men suffer through many unnecessary illnesses as well. Because of the unnatural way in which we live today, the processed foods, the hard water, and the lack of nutrients in our diet, men also have many problems. The good Lord did not put us on this earth to suffer unnecessarily. We will discuss here some of the more common men's ailments and how to remedy them with simple, non-toxic, non-habit forming, and non-poisonous herbs.

MALE MENOPAUSE

We often observe women who are going through menopause. They experience uncomfortable symptoms, such as headaches, pelvic congestion, depression, hot flashes, mental confusion, etc. For years menopause was thought to be the exclusive inheritance of women following the cessation of menstruation and the childbearing years. The uncomfortable symptoms are caused not by the transition from one phase of life to another, but **the LACK of hormones in the average, unnatural diet.**

We can see some women glide smoothly through the changes of life by the addition of the hormone-estrogen herbal formula to the woman's regime. The **Change-ease Formula** contains: *Black Cohosh, Sarsaparilla, Ginseng, Licorice, False Unicorn, Holy Thistle, And Squaw Vine.* This formula provides all the substances needed by men and women to enable the body to produce its own hormones and estrogens. The formula does not produce the side effects and after effects caused by the synthetic drugs. Because men go through transition periods in their lives, the herbal hormone formula can be used by them during puberty and menopause. **Yes, menopause.**



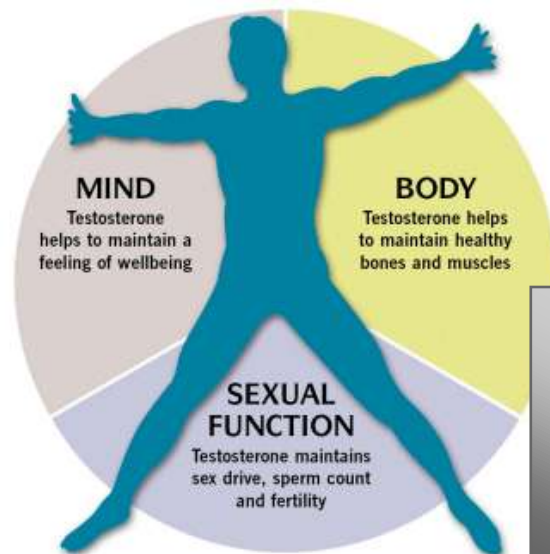
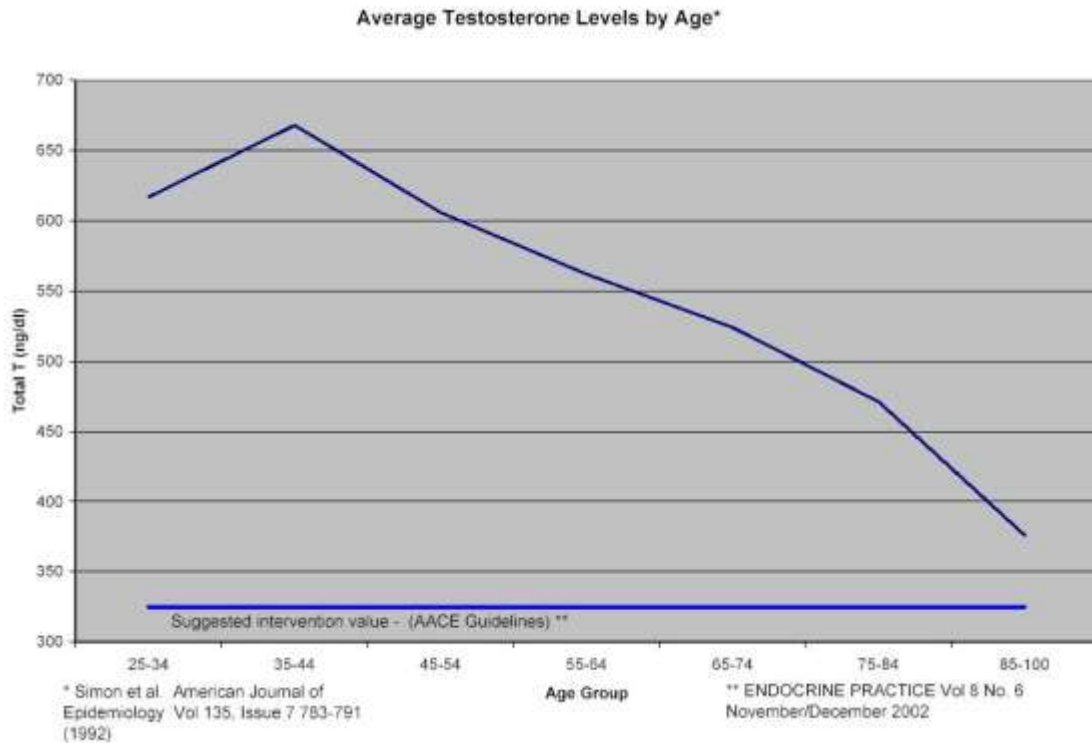
A number of researchers are concluding men go through this change of life. Picture this situation, if you will. A man has been married for twenty or thirty years. He has raised his family together with his wife and his marriage has gone well up until now. In fact, he has just become a grandfather. But he suddenly visualizes himself as a bon vivant, a young Romeo, and is chasing after the young women in his neighborhood while his faithful wife of all these years wonders why this fine gentleman is suddenly making a fool of himself. He is causing embarrassment to his family, himself, and his friends. Why? Of course, moral factors play a significant role in one's behavior, but another reason may contribute. Male menopause has set in and because of a lack of the proper hormones in his diet; this may also play a role in his undignified behavior. The use of the **Change-ease**



formula may aid in correcting this unsavory condition or ease the transition into 'male menopause.' Men need not be alarmed at taking herbs that contain estrogens as well as hormones. **The body will select what it needs from this herbal combination and discard the rest.** The ginseng and the sarsaparilla contains progesterone and **testosterone**, two substances necessary for proper functioning of the male reproductive organs.

The estrogens are also necessary substances. We repeat, **you cannot obtain these substances through taking inorganic, synthetic, drugs.** They may cause a temporary chemical reaction with the substances already in the body, but they are merely a crutch; **they will not rebuild weakened organs of the reproductive system.** The additional constituents of an herbal formula besides the main active principle of the herb elicit a healing process within the body. The spoon-fed chemical feast provided by a "general hospital" cannot and will not ever be considered as foods.

Testosterone production declines naturally with age.



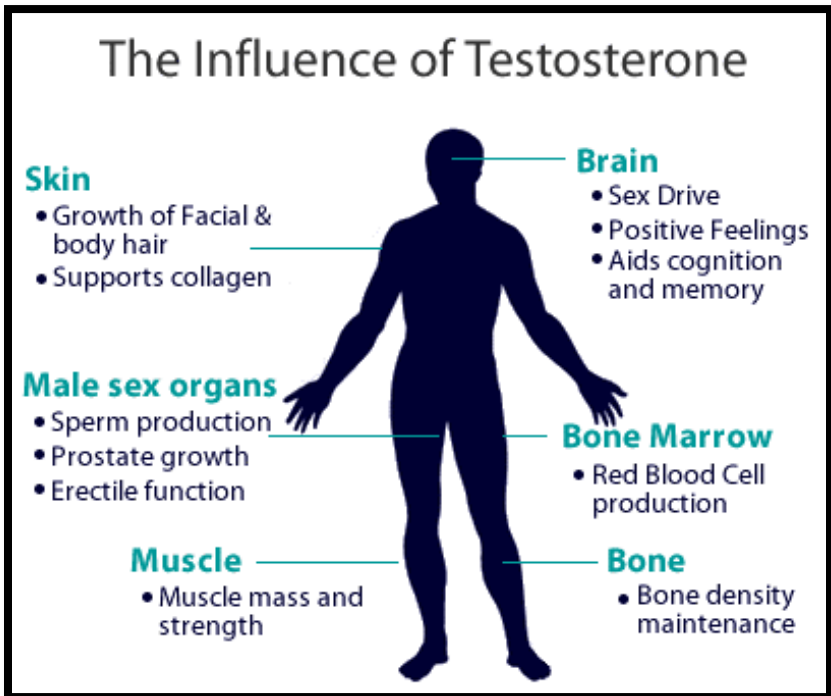
Low testosterone, or testosterone deficiency (TD), may result from disease or damage to the hypothalamus, pituitary gland, or testicles that inhibits hormone secretion and testosterone production, and is also known as **hypogonadism**.

Depending on age, insufficient testosterone production can lead to abnormalities in muscle and bone development, underdeveloped genitalia, and diminished virility.

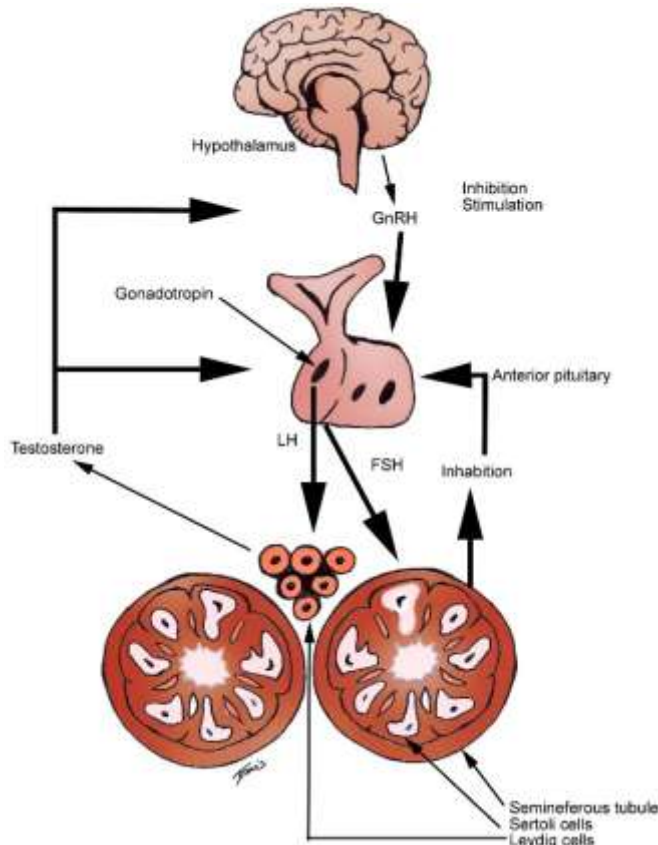
Testosterone is the androgenic hormone primarily responsible for normal growth and development of male sex and reproductive organs, including the penis, testicles, scrotum, prostate, and seminal vesicles.

It facilitates the development of secondary male sex characteristics such as musculature, bone mass, fat distribution, hair patterns, laryngeal enlargement, and vocal cord thickening.

Additionally, normal testosterone levels maintain energy level, healthy mood, fertility, and sexual desire.



The Hypothalamic-Pituitary-Gonadal Axis.



The testes produce testosterone regulated by a complex chain of signals that begins in the brain. This chain is called **the hypothalamic-pituitary-gonadal axis**.

The hypothalamus secretes gonadotropin-releasing hormone (GnRH) to the pituitary gland in carefully timed pulses (bursts).

Triggering the secretion of leutenizing hormone (LH) from the pituitary gland.

Leutenizing hormone stimulates the Leydig cells of the testes to produce testosterone.

Normally, the testes produce 4–7 milligrams (mg) of testosterone daily.

Herbal Supports

- ✓ **Sarsaparilla** is a wonderful tonic blood-purifier.
- ✓ It contains **Organic Sulphur** (anti-putrefaction),
- ✓ Small amount of **Magnesium Sulphate** (equals Epsom salts as a laxative),
- ✓ **Iron** (oxidizer and vitalizer of the blood),
- ✓ **Calcium Oxalate** (high in oxygen and absorption of carbon dioxide),
- ✓ **Potassium Chloride** (fibrin solvent),
- ✓ **Magnesium** (bitter tonic).



Sarsaparilla will promote profuse perspiration when taken hot.

It will increase the flow of urine,

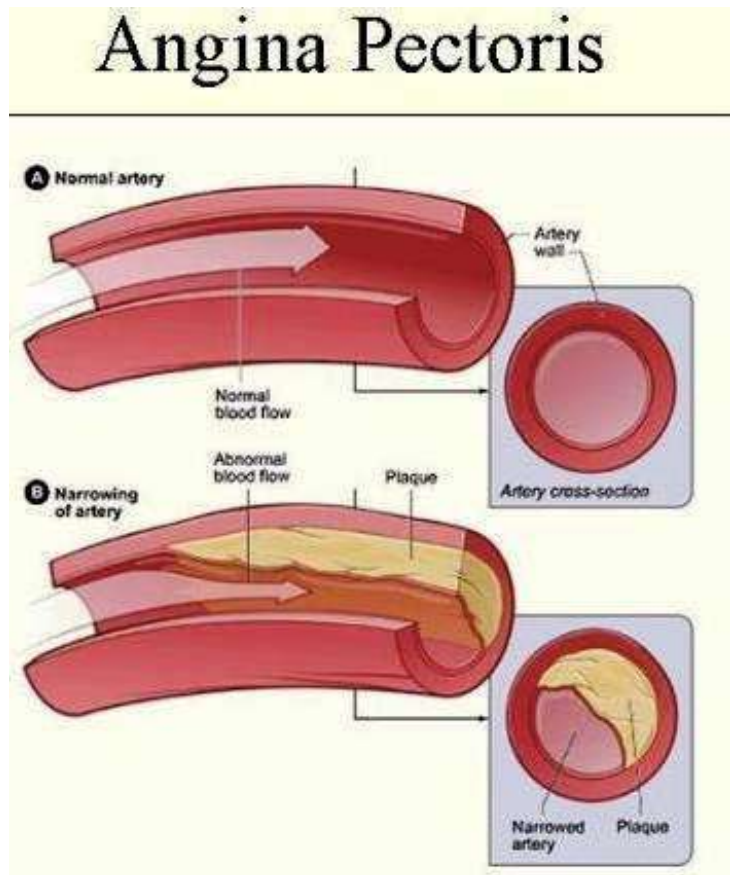
It is a powerful agent to expel gas from the stomach and intestines.

Recent research has found that the root contains valuable hormones; testosterone, progesterone, and cortin.

Sarsaparilla for centuries has been used for sexual impotence and as a tonic for physical weakness. The saponins and plant sterols found in Sarsaparilla are the ones thought to mimic the action of some human hormones, giving it the said potential as a tonic for sexual functioning, rejuvenation and stamina.

In men, the herb is said to stimulate production of natural hormones (testosterone), which may help to restore both sexual interest and erectile function. This action is different from many other male aphrodisiacs that act by increasing blood to the penis, which also carries the risk of creating high blood pressure.

The heart ailment angina pectoris also responds to the use of testosterone. The heart muscle is starved for oxygen and consequently becomes painfully cramped. A doctor at Harvard University concluded that testosterone could improve the condition. At the time of his experiments only animal extracted testosterone, very expensive, could be obtained. Now that the plant hormone is obtainable treatment is much less expensive. However, the patient must continue taking the hormone for the effect to continue.



Testosterone for Hair Loss

A Dr. Papa of the University of Pennsylvania Hospital applied testosterone to bald men's heads and found that it actually grows hair. He cautions that he is not a practitioner and doesn't prescribe it but rubbing testosterone brought hair back to men who had gone bald, although in one case it took a year to happen.



Anti-fertility Agent



Papaya seed extract is being considered experimentally as an antifertility agent in the male. A short-term administration of an aqueous extract of the seed manifested an androgen-deprived effect on the male organs and thereby caused antifertility in male albino rats. The complete loss of fertility is attributed to decline in sperm motility, alteration of sperm morphology and reduced contractile response of the vas deferens. The androgen-deprived effect of the extract led to slight alteration in the histo-architecture and weight of the reproductive organs mainly caudal and distal vas deferens which has been related to their greater androgen sensitivity in comparison to other target organs or their greatly diminished target organ response to testosterone or its metabolites. Functional sterility was positively induced in the male rats and Papaya extract promises to be a potential male contraceptive ("Induction of functional sterility in male rats by low dose Carica Papaya seed extract treatment", Acta European Fertility, (Italy), Nov-Dec 1983, Volume 14 No.6, pages 425-32).

MEN'S DISEASES

As with other diseases, most of the discomforts that men suffer are brought about by poor diet, poor assimilation of nutrients and poor elimination of toxic wastes within the body.

Improper living habits such as lack of exercise, lack of rest and excessive worry are contributing factors to the growing number of males who frequent the hospitals and clinics daily to seek relief from their maladies.

The Creator intended for men to maintain their health and placed on the face of the earth many herbal aids to promote a long and healthy life. It is our purpose here to talk about some of the more common men's diseases and how they can be prevented or remedied.

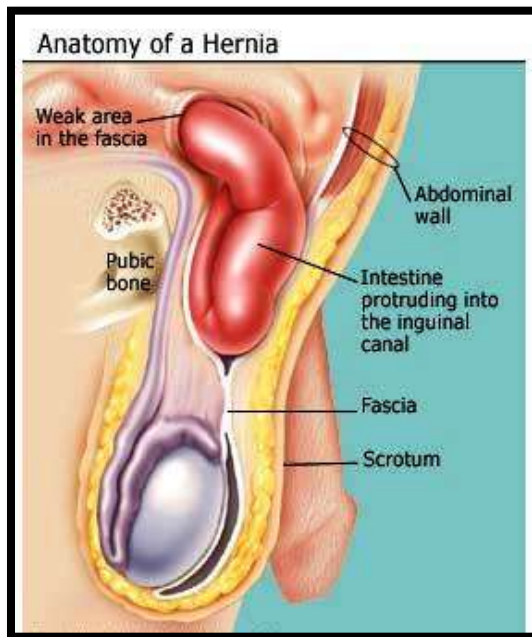
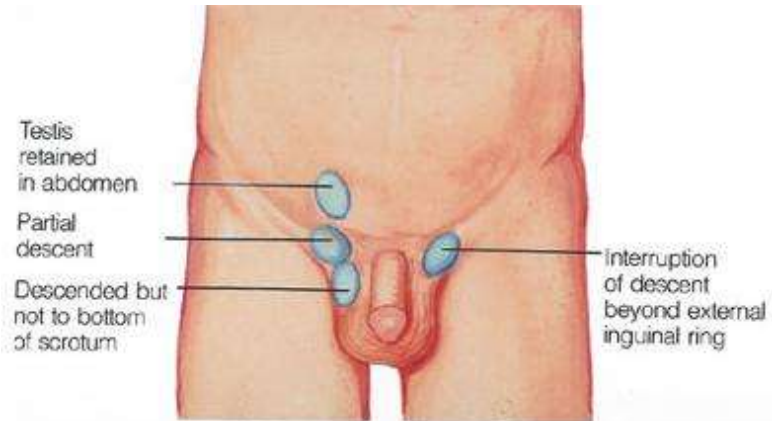


Of course detailed volumes can and have been written on the subject. It has always been our policy to keep things simple and relate to the cause of the disease rather than treating symptoms, especially when the disorders have gone into very degenerative stages.

Testicles

Early in life the male infant can encounter complications. The testicles are the glands which produce enough sperm cells during a two month period to potentially populate the face of the earth. They also produce the male hormone, testosterone, which gives a man male characteristics and helps in the formation of muscles, blood cells and bone tissue. Two months before

birth, the testicles descend from the abdominal cavity into the scrotum. They descend through the inguinal canal which soon closes behind them. If the canal doesn't close, however, this could be a later trouble spot for a hernia precipitated by muscle weakness and sudden heavy lifting.



For hernias we recommend keeping the bowels clear and open through the use of **The Lower Bowel Formula**, plenty of fresh juices, a light, mucusless diet to eliminate the strain of bowel movements, and the application of the **Bone, Flesh, and Cartilage Formula** to the hernia area as a fomentation.



Fomentation demonstrated on next page

All stress and strain on the area must be removed while the area is healing. The fomentation should be applied in the evening so that it can remain on the area all night. During the daytime, the BF&C ointment can be used if the fomentation is inconvenient. BF&C extract may also be taken daily: $\frac{1}{2}$ to 1 tsp. three times daily as a cup of tea. Continue treatment six

days a week, fasting with distilled water on the seventh until the hernia is healed.

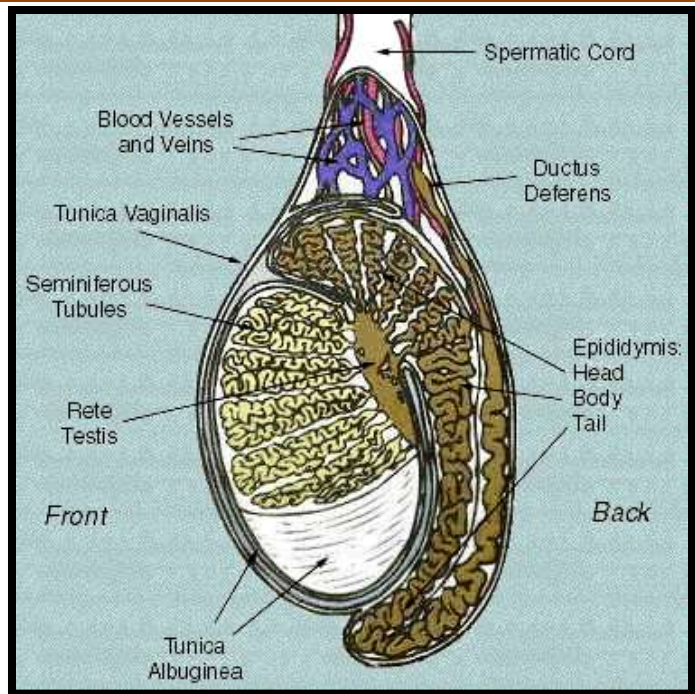
During a man's life, the testicles remain three degrees cooler than the rest of the body. The temperature is a necessary factor in determining fertility and sterility. During a fever, for example, there is a temporary condition of sterility created. A hot climate will cause the testicles to descend down lower into the scrotum, while a cold shower will cause them to practically climb back up into the abdomen, so delicate is the temperature balance required for the proper regulation of these glands.

Undescended Testicle

Oftentimes, through some factor of heredity, one of the testicles will not descend in the fetus and the child is then born with an undescended testicle. If, during early childhood the testicle does not descend of its own accord, the child is sometimes made to undergo painful and unnecessary surgery to bring it down. We know of one case where the testicle was operated upon and then never developed later in life. That is, it atrophied, and remained almost imperceptible upon examination.



Here is where we would use the wonderful glandular formula of three parts mullein and one part lobelia. We apply this as a fomentation, that is, we make a tea of the herbs



Using Herbal Salve as a Fomentation



Items you will need:
BF&C Salve, Plastic
Wrap, Flannel Material



Saturate a folded
piece of Flannel
with BF&C Salve



Apply over
affected area



Cover fomentation
pack with plastic wrap



Cover entire area with
towel



Warm area with hot water
bottle or heating pad

The heat is applied to encourage the herbals into the surrounding tissue.

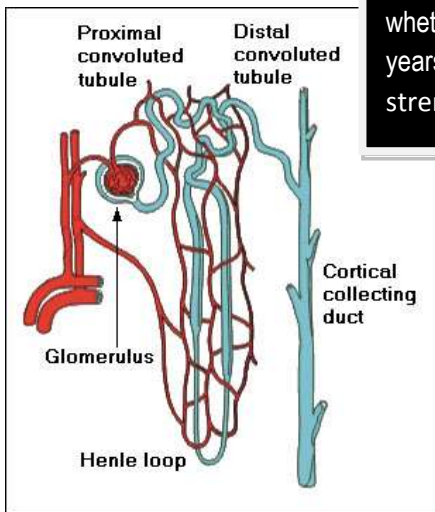
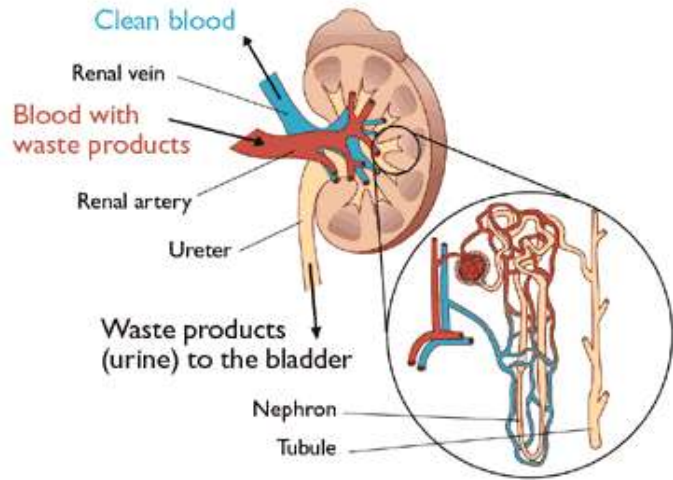
The heating source is normally applied for 30 to 45 minutes.

The pack is then to remain in place for the entire night or for 4 to 6 hours during the day.

Bedwetting is often a problem for the young male child.

We have seen this problem go on until the child is quite old, say into their teens. This problem is a serious one for mothers who either have to supply the child with bigger and better diapers each year or put up with wet bedding and telltale odors of the bed-wetter. Many devices and medications have been invented to remedy this problem--ranging from electric shock pads which shock the person as he wets while sleeping to drugs with horrible side effects upon the kidneys later in life. None of these "solutions" are effective because the cause of the problem---a weakened condition of the kidneys---is not considered.

How the kidney works



In the case of the bed-wetter, whether he is five or fifty years old, the kidneys need strengthening.

The kidneys, the remarkable filters, contain over a million nephrons, or tiny filters.

They filter **twice the amount of the body's blood every hour** in addition to eliminating the excess salt, potassium, sugar, and urea from the body.



We have found throughout the years that a ball of yarn about 6 to 8 inches in diameter fastened to the pajamas at about the middle of the back will prevent the sleeper from rolling onto his back and triggering the valves which release the urine.



The Bladder Control formula:

Juniper Berries, Parsley, Uva Ursi, Marshmallow Root, Lobelia, Ginger Root & Golden Seal Root.

This formula strengthens and rebuilds the kidneys and the entire urinary tract.

We suggest taking ½ to 1 tsp with distilled water 2 or 3 times daily along with some parsley tea.



For more severe cases of bedwetting, we have an additional formula which also strengthens the urinary tract: parsley root, juniper berries, marshmallow root, white pond lily, gravel root, uva ursi, lobelia, ginger root and black cohosh root.

Mullein & Lobelia Heal Badly Injured Testicles



Lobelia

We were once called out on a house call by a desperate father whose small son had just suffered a terrible accident while playing. A blow to the scrotum had split the sac and mashed the testicle beyond all recognition. The regular family physician had presented the boy's dad with only one solution to the problem: castration for the poor tyke. The father ordered the doctor out of his home for suggesting such an outrageous procedure. We wrapped the scrotum with the mullein and lobelia fomentation and gave the boy the mullein and lobelia tea to drink. Within a few weeks, the scrotum had healed and the testicle within regained its form. The Good Lord had left the plans and specifications for the regeneration of the body if only we will take the time to learn how to use the herbal aids given to us.



Mullein

Care and Upkeep of the Kidney's

Weakened kidneys are often passed down to descendants of the second, third, and fourth generations.

A blow to the kidney area such as from a fall or an accident can also cause kidney weakness.

A child who is spanked violently in the kidney area can also suffer from kidney weakness.

Very obese people who reduce rather quickly eliminate the bed of fat upon which the kidneys rest, thus creating the condition of the floating kidney.

Floating Kidney

Also called hypermobile kidney or wandering kidney, is known by the medical name of *nephroptosis*. It is a condition that causes the kidney to drop downward, especially when a person stands up or goes from a lying down to upright position. This can also be called prolapse or kidney prolapse. The downward movement of the kidney suggests it is not fully fixed in place by the tissues that surround it, and it's a condition that's been noted for more than a century by physicians.

Those most commonly affected by floating kidney are young women, usually women who are thin and have long waists. Rarely, the condition can be caused by congenital defect. Injury to the kidney or a blow to the area just above or below the kidney can also occasionally cause floating kidney. More commonly mobility of the kidney occurs without any injury.

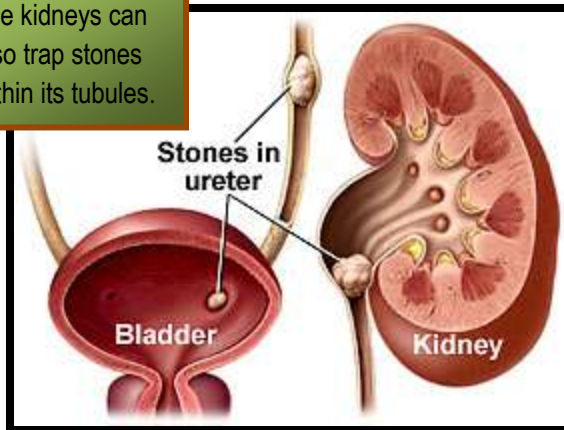
The main trait common to men who complain about kidney problems is that they do not drink enough water. They will admit and even brag about it if you ask them. "Water? That's the stuff you wash with. I never drink it. Don't like the taste." Coupled with a heavy consumption of meat, salt, coffee, alcohol, and soda pop (or any of the above) the "waterless wonder" is bound to suffer distress and discomfort.

This includes the kidney damage which he passes on to his children.

The nephrons are prone to infection which may come up through the urinary tract and into the kidneys.

The kidneys can also trap stones within its tubules.

Kidney stones are the result of crystallization of inassimilable calcium salts and uric acid. They are caused by the drinking of hard water, and eating too much meat and salt.



The stones are small, sharp edged crystals which can easily cut through the walls of the kidney tubules causing intense pain as they are passing through the urinary tract.



Agony



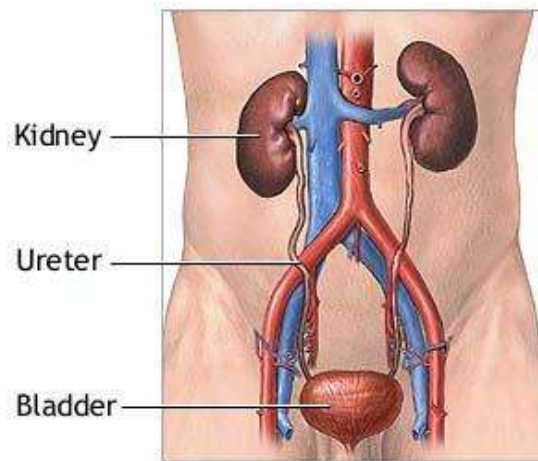
Pain



Misery

Many of the drugs taken by people today are extremely hard on the kidneys, causing them to overwork.

We must realize that our bodies are made up of 80% water and that this water needs to be filtered and replaced. The delicate tubules which run from the kidneys to the bladder could be pinched through and broken with a fingernail! The amazing apparatus which are our filters and elimination system have the tremendous task of pumping hundreds of thousands of gallons of liquid through them in a lifetime. Why wear them out in a few years through neglect and abuse? It is as though we were throwing a great gift from the Creator into the garbage can with the trash.



How much is Enough Water?

- ❖ A person should drink about two ounces of distilled water per kilogram of body weight daily.
- ❖ That's about one gallon for the average weight man.
- ❖ If this is done faithfully along with a good diet, there is relatively no chance of contracting any kidney disease.

Distilled (steam distilled, if available) water is the only water we recommend for herbal teas or drinking.

Kidney infections



Bladder Comfort

Infection Information Sheet

<http://www.healmarketplace.com/members/member/ailments/Infection.pdf>

Kidney infections can be extremely painful. There is the burning sensation when urinating, the dull to excruciating back pain, and the possible retention of urine. There is the low grade fever which accompanies the chronic kidney infection or the high fever accompanying the acute attack.

Prevention is the superior cure, but if the infection has already set in, we can use the kidney-bladder formula with parsley tea, or juniper berry tea and, if urination is extremely painful we can drink a demulcent or soothing tea such as marshmallow root or slippery elm. Of course all irritants to the kidneys should be discontinued.

If there is retention of urine, juniper berry tea is the quickest acting diuretic we have known. People who were writhing on the floor in agony from retention of urine have voided in a few minutes after the administration of juniper berry tea.

Sometimes, when the urinary tract is loaded with mucus and morbid matter, and has been so for years, there will be a rush for the sludge to get out through the small opening to the outside of the body. If this is the case, elimination should be attempted more slowly and a diluted dose of diuretic tea can be used. Once elimination has started and the tract does become clogged, however, hot fomentations alternating with cold can be used on the kidney and groin area to make elimination possible by breaking up the blockage by increasing circulation to the area.

Any physical injury to the kidneys, bladder, etc., can be remedied by the use of the BF&C fomentation to the outside of the body.

A Foundational Infection Program

Will be the same regardless of the location or type of infection. You have to be aggressive; an infection should always be taken Very seriously. Here is a suggestion that can keep you away from drugs and free from worry in the future.

Average time to heal an infection is between 2 weeks and 3 months. (If you have used proscribed antibiotics for infection symptoms in the past the healing time will be around 3 months.)

Foundational Program for infections:

Echinacea

1 oz daily, 4 days a week (*Mon-Thru*) until infection is cleared.

Herbal Antibiotic

(*Garlic, Goldenseal, Dandelion Root, Cayenne, Ginger, Horseradish*)

1 tsp every 3 hours or 5 times a day.

Superfood: Nutrition is very important; the body needs nutrition to build the immune system to rid your body of the infection.

Bowel Cleansing Routines: make sure your bowels are working. You want the waste moved out of the body not recycled back into the tissues.

