



# Men's Formula

## Herbal Relief For Prostate Troubles

As men grow older, the balance of hormones in a man's body begins to shift. Testosterone is converted into a more powerful form known as dihydrotestosterone or DHT. The balance between estrogen and testosterone in a man's body also begins to shift. This can result in a swelling of the prostate gland, a chestnut shaped gland under the bladder that surrounds the urethra (the tube which transports urine to the penis).

Known as benign prostatic hyperplasia or BPH, the condition results in a lessening of the force and volume in the flow of urine. It can cause difficulty starting the urine stream and dribbling after urination. It may also cause burning sensations during urination. Often the condition results in the need to wake up and urinate at night.

Because prostate cancer can cause similar conditions, it is important to check with a healthcare profession when a man suffers from these symptoms to ensure nothing more serious is occurring. Medical strategies for treatment of this condition include alpha-adrenergic drugs which relax the tissue around the prostate or finasteride drugs (Proscar) which inhibits male hormone production. Surgical procedures are also employed.

Fortunately, there are some very safe herbal remedies for BPH that will work on the majority of cases. Several of these herbs have been combined to create Men's Formula, a blend that has proven effective for many males suffering from BPH. This combination can also be effective for prostatitis and urinary tract infections. The following is a brief summary of the benefits of the herbs and minerals found in this blend.

### Pygeum

*Pygeum africanum* is a South African evergreen tree known commercially in Europe as tadenan. Pygeum contains plant-type steroids (sterols and triterpenoids) that help diminish the swelling of the prostate. Research shows pygeum increases glandular secretions and inhibits cholesterol in the prostate. In addition, pygeum encourages the production of prostaglandins that fight inflammation, making it useful for prostatitis. In France, about 80% of all BPH patients receive a prescription for pygeum.

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### Saw Palmetto

Saw palmetto berries, *Serenoa repens*, have been shown to lower levels of dihydrotestosterone, the form of testosterone that encourages enlargement of the prostate. It also blocks estrogen receptor sites to prevent estrogen stimulation of the prostate and reduces prostate inflammation. Several clinical studies have demonstrated the herb is effective in many cases of BPH. The plant is also adaptogenic, anti-inflammatory, diuretic, and acts as a urinary antiseptic, which makes it useful for prostatitis and urinary tract infections.

### Stinging Nettle

Stinging nettle root, *Urtica dioica*, has been shown to increase the flow and volume of urine. Nettles have an anti-inflammatory and diuretic effect. Clinical trials suggest it is helpful for prostate problems (both BHP and prostatitis) and irritable bladder.

### Gotu Kola

Gotu kola or *Hydrocotyle asiatica*, is a tonic herb from India which has anti-inflammatory, antibacterial, antispasmodic and vulnerary properties.

### Zinc and Lycopene

Zinc is a well-known mineral and is essential for male reproductive function as well as immunity. Lycopene is a substance found in tomatoes that has been shown to protect the prostate from free radicals and reduce the risk of prostate inflammation and cancer.

### Recommended Use

Take six capsules of Men's Formula daily; three with breakfast and three with dinner. A smaller dose, 2-3 capsules per day can be taken to help prevent prostate problems as men begin to age.

### Suggested Further Reading:

*Herbal Therapy and Supplements* by Merrily A. Kuhn and David Winston  
*PDR for Herbal Medicines* by Medical Economics Company  
*The One Spirit Encyclopedia of Complementary Health*, Nikki Bradford, Editor  
*The Encyclopedia of Medicinal Plants* by Andrew Chevalier  
*Pathological Basis of Disease* by Cotran, Kumar and Collins

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