PROSTATE HYPERTROPHY (Benign/Infection/Adenoma)
MALE REPRODUCTIVE PROBLEMS
(Diminished Sex Drive/Impotency)
(Reduced Sperm Count)

1. Pre-Disposing Factors For Prostate Hypertrophy and Clinical Indictors: Common serum indicators include increased prostate acid phosphatase, increased amylase, increased creatinine (greater than 1.2), PSA greater than 2.0, increased monocytes, increased LDH isoenzyme #4, increased BUN, increased uric acid and excess or decreased testosterone (with decreased testosterone, estrogen is often increased). With prostate adenoma the free PSA will generally be decreased with an increased total PSA, increased prostate acid phosphatase, increased ALP bone isoenzyme, increased CEA, increased CA 19-9, 27-29, and 549, decreased carnitine, decreased total cholesterol, increased LDH isoenzyme #4 and #5 and increased uric acid. With male reproductive problems/infertility common serum indicators include increased copper, increased prolactin, decreased sperm and decreased sperm motility.

a. Food allergy/sensitivity (dairy products [except butter] most frequently).
b. Non-specific urinary tract infection.
c. History of venereal disease.
d. Obesity.
e. Infrequent sexual activity.
f. Lack of exercise.
g. Normal prostate hypertrophy of aging or genetic pre-disposition to hypertrophy.
h. Ejaculation, bicycle riding and other strenuous activity for up to 72 hours before a serum PSA is completed may result in a false positive (increased above 2.0).

2. Dietary Suggestions:

a. Eliminate all dairy products (except butter), gluten containing grains, alcohol, refined carbohydrates, processed foods and caffeine containing foods.
b. Eliminate hydrogenated fats and oils. Increase raw and fresh oils.
c. Drink at least 8 full glasses of pure water daily (no well water or city water).
d. Increase raw food and quality protein.
e. Increase raw nuts and seeds (Pumpkin Seeds).
f. Eliminate pork and limit red meat to once per week.

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3. Primary Supplemental Support For Benign Prostate Hypertrophy/Prostate Adenoma: Insure patient is given a manual examination of the prostate by a qualified doctor (this is most important).

a. **Palmetto-Plus** - 3 tid. After 30 days on the **Palmetto-Plus**, add **Cu-Zyme** - 1 every 3rd day in the morning (with food) before taking any other supplements. If the prostate problem is cancer or suspected cancer (adenoma) use **Palmetto-Plus Forte** in lieu of **Palmetto-Plus**.
b. **EFA-Sirt Supreme** – 3 tid..
c. **Iodizyme-HP** – 1 daily. **Liquid Iodine Forte** can be used rectally at 100 drops in 2-3 ounces of distilled water (retain for 8 to 10 minutes, 3 times a week for 4 weeks).
d. **Argizyme** – 5 tid..
e. **Selenomethionine** – 1 daily.
f. With excess testosterone production use **Acetyl L-Carnitine** – 2 tid..
g. **Carbamide Plus** – 3 tid..

4. If Infection is Present or Suspect in the Prostate: Insure the patent is examined and treated by a qualified doctor and provide the following general support (infection can normally be determined via a complete urinalysis and WBC with differential):

a. **Bio-Immunozyme Forte** - 1 tid and **CurcumRx** – 1 bid.
b. **Argizyme** – 2 tid.
c. **Dismuzyme Plus Granules** – 2 tsp tid.
d. **Cytozyme-THY** – 6 tid..
e. **IAG** – 2 tsp tid.
f. **21st Century Homeopathic #2/Lymphatic Drainage** - 1 capful daily.
g. If the infection has been identified as **viral** add - **Ultra Vir-X** and **Bio-FCTS** at 2 each tid.. If the infection has been identified as **bacterial** add - **Neutrophil Plus** at 3 bid. Homeopathic support for virus or bacteria should also be initiated. In either case use **Olive Leaf** – 2 tid.
h. Insure that **Liquid Iodine Forte** is used rectally with patients who have a viral or bacterial infection of the prostate or prostate adenoma.

5. Pre-Disposing Factors For Male Reproductive Problems:

a. Hormonal imbalance.
b. Psychological stress (adrenal stress).
c. Zinc, vitamin E, trace mineral deficiency.
d. Prostate hypertrophy (outlined above).

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6. Primary Support For Diminished Sex Drive:

a. **Cytozyme M** - 2 tid and **Zn-Zyme Forte** – 1 bid.
b. **Bio-Trophic Plus** – 3 tid or **Pro-Multi Plus** – 2 tid,
c. **Argizyme** – 2 tid.
d. **Gammanol Forte With FRAC** - 3 tid.
e. **Cytozyme PT/HPT** - 1 tid.
f. **b-Vital** - 1 tid.
g. **TomKat** – 1 tid..

7. For a Reduced or abnormal Sperm Count use the Following for 30 Days Then Complete a Serial Sperm Count:

a. **Cytozyme Orchic** and **Cytozyme Parotid-TS** - 1 each tid.
b. **Bio-Immunozyme Forte** - 2 tid.
c. **Arginine Complex** - 2 tid.
d. **Acti-Mag Plus** or **Magnesium Orotate** – At bedtime to bowel tolerance.
e. **Co-Q Zyme 100 Plus** – 2 in the a.m.
f. **E Mulsion 200** – 1 bid.