

# Nature's Field

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## Saw Palmetto

### *Serenoa repens*

By Steven Horne and Paula Perretty

Saw palmetto is the perfect example of an herb that has been pigeonholed in people's minds by scientific research. Most people think of these berries from a small palm tree as remedies for the prostate—and they are—but they are also much more than this.

Native to North America, saw palmetto was used for indigestion, respiratory infections, snake bites, insect bites, skin ulcers by the indigenous people of Florida, and other areas where it grows. It was even used for food; a nutritious flour was made from the ground berries. It was also considered a valuable remedy to counteract some of the effects of aging, including wasting (weight loss), lung weakness and urinary problems.

Settlers first considered this palm a nuisance plant and cleared it from the land. However, they noticed that their animals would lean over the fences to get at the black fruit. Then they noticed that these animals were healthier than the ones who did not eat the berries. This prompted farmers to gather the plant and feed it to their animals, and then eat it themselves.

Nicknamed “the plant catheter,” the herb is given to strengthen the bladder. Infusions have been used as a diuretic to improve urine flow and to treat both irritable bladders and enlarged prostate glands. Herbalists often prescribe saw palmetto for reduced or absent sex drive, impotence and frigidity, too.

For at least 150 years, both European and American physicians considered saw palmetto a valuable remedy for benign prostatic hyperplasia (BPH). Medical doctors used the berries as a urogenital tonic for both men and women. It was dropped from the US National Formulary in 1950,



*Photo by Stephen Foster*

as conventional physicians were not convinced of its effectiveness. (It was reinstated in 1998). Its popularity continued in Europe and regained its status as a valuable remedy in the 1960s. At that time, French researchers discovered that by concentrating the oils of saw palmetto berry, they could maximize the herb's effectiveness. They also isolated specific compounds and found that these compounds have demonstrable effects on the prostate gland.

Today, saw palmetto is an accepted medical treatment for BPH in New Zealand, France, Germany, Austria, Italy, Spain and other European countries. It is also increasing in popularity in the United States. BPH affects the quality of life for a quarter of men over the age of 40 and 90% of men in their 80s. Symptoms include difficulty starting urination, weak urinary stream, frequent urination, dribbling after urination, and waking up several times at night to urinate. (BPH is not a form of prostate cancer, that is a different problem).

Even today, the exact cause of BPH is unknown, as is saw palmetto's complete mechanism of action. As with all medicinal plants, the benefits are due to a combination of compounds working together, not just a single “active” ingredient. Research and experience suggest that saw palmetto has antispasmodic activity, affects hormonal activity and has anti-inflammatory and diuretic properties.

Saw palmetto appears to have a balancing effect on male sex hormones. It not only helps BPH, it also helps

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to preserve male potency, while tonifying and revitalizing the organs of the urogenital system. It appears that urinary symptoms due to mild to moderate prostate enlargement respond more readily to saw palmetto than symptoms due to severe enlargement.

Research and clinical studies suggest that extracts of saw palmetto help reduce BPH and prostatitis by inhibiting the conversion of testosterone to dihydrotestosterone (DHT). DHT is five times more potent than testosterone and is believed to be responsible for prostate enlargement. It appears to overstimulate growth of prostate tissue. By inhibiting the conversion of testosterone to DHT, saw palmetto inhibits this growth of prostate tissue.

Another mechanism is that the herb has an anti-estrogenic action in prostate tissue. Apparently, it inhibits both androgen and estrogen receptor activity which, again, prevents over stimulation of prostate tissue. It is interesting to note that the prostate and uterus are embryologically analogous tissue and that as men age, testosterone levels drop and estrogen levels rise.

A number of double blind studies comparing saw palmetto and the drug Proscar, found both to be equally effective at shrinking the prostate. Proscar lowered PSA levels (prostate-specific antigen), whereas saw palmetto leaves PSA levels unchanged. Cancer raises PSA levels, and lab tests that measure PSA are used to screen for prostate cancer. Lower PSA measurements may have the unintended effect of masking prostate cancer. Saw palmetto won't do this. Other side effects of Proscar include decreased sexual function. Saw palmetto causes no significant side effects, improves sexual function, but still improves urinary flow rate and reduces other symptoms of BPH.

Saw palmetto is also good for prostatitis (inflammation of the prostate) and prostate infection. It is anti-inflammatory and in cases of prostate infection, stimulates urination, causing the infectious microorganisms to be flushed out.

Saw palmetto is fat-soluble, so it is best taken with meals. Regular use over 4 to 6 weeks can help decrease frequency of urination, especially during the night, by reducing inflammation of the bladder and by allowing the bladder to empty more completely. Before self-treating with saw palmetto, be sure to get a proper medical evaluation to rule out prostate cancer. Saw palmetto is going to be of little help if the problem is prostate cancer.

Saw palmetto can be even more effective when combined with other herbs for the prostate. It is an ingredient in Men's Formula (for prostatitis and BPH), DHEA-M (a blend for

enhancing men's testosterone levels), X-A (for impotence, erectile dysfunction and loss of sexual desire in men or women), Men's X-Action (another blend for impotence, erectile dysfunction and loss of desire more specifically targeted to men) and X-Action Gel (a product designed to be applied topically to enhance sexual desire in both men and women).

However, as we have indicated, saw palmetto is more than just a prostate remedy. When it was introduced into Western medical practice, it was used for many other purposes. Saw palmetto is a digestive tonic. It enhances digestion and assimilation of nutrients. It is an excellent food for elderly men and women who are losing weight and having trouble digesting their food. This makes a great remedy for wasting diseases, debility and failure to thrive.

There is some evidence that saw palmetto can enhance breast size in women which makes it a popular ingredient in herbal formulas for increasing the bust line in women, such as Breast Enhance. The problem is that it does this by enhancing overall metabolism and can result in modest overall weight gain, not just increase in breast size.

Saw palmetto was also traditionally used as a remedy for the lungs. It relieves irritation of the mucus membranes and has been used for pertussis, laryngitis, coughs, tuberculosis, bronchitis and asthma. It is also an immune system tonic making it beneficial for people who catch colds easily.

Because saw palmetto is a non-irritating diuretic, it is also useful for inflammatory conditions of the urinary passages. Combined with other herbs, it can be helpful for painful, burning urination, urinary tract infections and interstitial cystitis. It is best used in combination with other remedies for these conditions.

Because it reduces excess androgens in women, saw palmetto can be useful for polycystic ovaries and ovarian pain in women. It can reduce the pelvic congestion that causes menstrual pain in some women, too.

Saw palmetto has been used as a food, so it is a very safe herb for long term use. However, because of its potential hormonal effects, pregnant women should avoid saw palmetto. Breast-feeding women should also avoid saw palmetto as it inhibits prolactin and may interfere with nursing.

#### **Selected References:**

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# Wake Up, Men! Your Masculinity is Under Attack

## Another Politically-Incorrect Article by Steven H. Horne, RH (AHG)



Male sexuality is under assault. Here are some of the statistics that back up this assertion. The average man's sperm count is half what it was 70 years ago. Half of all American men have problems with impotency (the politically correct term now is erectile dysfunction). Prostate cancer is the number one cancer among men (one in three men is expected to get it) and testicular cancer is on the rise. 60 percent of men over 40 have prostate problems. Birth defects of the penis and undescended testicles are on the rise too, so the problems aren't just affecting older men.

Professor Skakkebaek at Copenhagen University Hospital, Rigshospitalet, said: "There is evidence that male reproductive function seems to have deteriorated considerably during the past 4 to 5 decades." Similar reproductive problems are on the rise in wild animals the causes are clearly environmental. The truth is that environmental toxins are disrupting the balance of male hormones and chemically "castrating" men.

Masculinity is under attack on two other fronts as well. For starters, the nutritional deficiencies caused by the modern diet are weakening men's bodies through chronic disease. Many men suffer from back problems, cardiovascular disease, obesity, diabetes and other chronic problems that reduce and inhibit their natural masculine strength.

But, this is not all. The third prong of the attack against masculinity is a social one. Being manly has in many ways become "politically incorrect." Men are encouraged to be sensitive and feeling and suppress their natural characteristics to be aggressive and tough (I don't mean that in the violent sense, but in the sense of doggedly pursuing their goals and defending what they value).

Becoming a man is not simply a function of going through puberty. Becoming a man has traditionally been seen as the transition from having the values and attitudes of a boy to acquiring the values and attitudes that we instinctively recognize as manly. This transition requires healthy masculine role models who can guide boys through the rites of passage that turn them into men. Most men in modern society have not had healthy male rites of passage.

The combined result of this three-fold attack is a loss of healthy male energy in modern society. A large percentage of

guys are overweight, weak, impotent and/or infertile and, in general, suffer from a lack of masculine self-confidence.

Guys, it's time to defend our right to be men. In this article, I will address how we can defend ourselves against these assaults on our manhood. I'll talk about the environmental toxins that are reducing our testosterone levels and reproductive health and the nutritional deficiencies that are weakening our bodies. I'll also talk about how to reacquire the values and attitudes of real manliness and counteract the propaganda that is convincing men to act like boys, instead of encouraging boys to act like men.

### Environmental Toxins

There are a number of chemicals that reduce male health and fertility. In last month's issue *Nature's Field*, I wrote extensively about one group of these chemicals—xenoestrogens. Xenoestrogens are environmental chemicals that have an estrogenic effect, meaning they attach to estrogen receptors in the body and stimulate them. In women, xenoestrogens cause estrogen overload and result in over stimulation of breast and uterine tissue. In men, xenoestrogens disrupt the natural balance between male and female hormones, causing men to lose some of their manly traits.

For starters, xenoestrogens are believed by some researchers to be the primary cause of a world-wide decrease in male fertility. They are both reducing male sperm count and reducing the quality of male sperm.

Xenoestrogens are also believed to be a major factor in the rise of prostate diseases. The prostate has estrogen receptors, so these chemicals over stimulate prostate tissue resulting in the overgrowth of the prostate, a condition known as benign prostatic hyperplasia (BPH for short). They also contribute to prostatitis (inflammation of the prostate) and prostate cancer.

Since testosterone helps a man burn fat and build lean muscle, xenoestrogens also contribute to obesity in men. They may cause men to develop more breast tissue (a very common problem with modern men) and to experience erectile dysfunction (we've become the Viagra® generation). Clearly, any man who values his manhood ought to do all he can to avoid xenoestrogens.

## Avoiding Xenoestrogens

Pesticides and other agricultural chemicals are a primary source of these xenoestrogens, which is one reason why many farmers have developed serious weight problems in spite of the physical labor they perform. Men ought to be eating organically grown produce wherever possible and making sure that regular produce is properly washed to remove as many of these chemicals as possible.

Since plastics are another major source of xenoestrogens, soft plastic containers should be avoided in favor of glass or stainless steel. At the very least, use hard plastics instead of soft ones. Since heat releases these chemicals, don't microwave food in plastic containers or put hot food into plastic containers. Also, don't give your children, especially your sons, soft plastic toys. They will chew on them. Plastic baby bottles should also be avoided.

One of the chemicals in plastics that has been shown to inhibit testosterone and damage male reproductive organs is phthalates. In addition to being used to soften plastics (hence the reason for avoiding soft plastics), phthalates are used in perfumes, hair sprays, lubricants and wood finishers. They are also responsible for that new car smell as they are volatile (which means heat releases them). About a billion pounds of materials containing phthalates are produced worldwide each year.

## The Feminizing Effect of Fluoride

Another compound, which may be causing a drop in testosterone levels, is fluoride. High doses of fluoride are known to suppress testosterone production. A study published in *Environmental Research* in 2003 suggested that even low levels could reduce the amount of available testosterone. Only 2-3% of the testosterone in the body is active, so if fluoride reduces the active testosterone, this is very significant.

The fluoride issue is of special interest to me. On the advice of our dentist, my mom gave me fluoridated water for several years. She crushed up the fluoride tablets the dentist gave her and put them in pitchers of water for me to drink. I did not start puberty until I was 16 and did not have to shave every day until I was nearly 20, so my passage through puberty was delayed. Also, I developed a number of unmanly gestures and attitudes that I learned caused a few people to think I might be gay. I now believe that this was the result of the fluoride my mom gave me.

When I became aware of this a few years ago, I did some fluoride detoxification and I really felt a difference in my masculine self-confidence. Other people noticed this difference, too. Since a large number of water sources in the United States are now fluoridated, this may be part of the reason for the growing male reproductive problems mentioned earlier.

I don't have the studies or solid information to back this up, but I have been told that Hitler pioneered the fluoridation of water supplies because he found it made people more docile and

willing to submit to authority. Since testosterone-driven males tend to be strong-willed and independent, it makes sense that fluoride would make a population more unwilling to question authority.

Also, I did not save the information, so I can't cite it, but I did see one study which correlated the fluoridation of water supplies with the rise in male homosexual activity. This is a very politically incorrect thing to say (and I am personally not offended by anyone's sexual orientation), but I cite this only as an additional piece of evidence that implicates fluoride with reductions in testosterone.

The bottom line is: avoid fluoride! In fact, avoid the other halogens, chlorine and bromides, too. These chemicals displace iodine from the body and reduce thyroid function. Thyroid function is tied in with reproductive function as the thyroid hormone is needed to combust the lipids that are the basis for all sex hormones. So, reduced thyroid function causes reduced output of reproductive hormones.

## Phytoestrogens

Considering the problems men are having with reduced testosterone levels due to these environmental chemicals, it would seem wise that men also reduce their exposure to phytoestrogens. Phytoestrogens are plant-based estrogens. While phytoestrogens may be beneficial for women as they do help to block the more powerful xenoestrogens, they probably aren't a good idea for men who are trying to balance their hormone levels.

One of the foods that may be particularly problematic for men is soy. There is research that demonstrates that genistein, one of the phytoestrogens in soy, decreases male fertility. There is also research that suggests that soy products in animal feed can reduce the fertility of male animals. Occasional use of soy products (2-3 times per week) is not a problem, but soy is increasingly being added to many foods and vegetarians often consume very large amounts of it. Many body builders claim it is harder to build muscle on soy-based protein powders, too.

Based on what I've read, I've decided to limit the amount of soy in my diet. Instead, I am opting to include more organic, grass-fed beef in my diet. I've done this even though I'm an A

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blood type and soy is supposed to be a beneficial for me and red meat is an avoid. I've found that as long as I don't eat large portions of the grass-fed beef (no more than 2-4 ounces) and take protease enzymes with it, that I actually do better than I did when I ate more soy.

Another interesting plant that has strong phytoestrogenic effects is hops. Hops has been traditionally used to decrease sexual desire in men and increase it in women. According to Stephen Harrod Buhner in his book *The Natural Testosterone Plan*, beers were originally made from a variety of medicinal plants, many of them possessing testosterone-enhancing action. The decision to require that beer be made from hops was made under pressure from the Protestant reformers who wanted to remove sexually stimulating herbs from beer. They chose hops because it is a sedative that makes a person sleepy and reduces male sex drive. Men who handle hops during the brewing process can actually develop impotence in middle age just from handling the plant because the estrogens in hops will transmit directly through the skin.

### Enhancing Male Testosterone Levels

Just like women have more than one form of estrogen, men have more hormones than testosterone that contribute to our masculinity. These hormones, which include testosterone, androstenedione (andro), androstenediol, dihydrotestosterone (DHT) and DHEA, are collectively known as androgens. The ratio of androgens and estrogens in the body is important.

Androgens like testosterone are not just important for a man's sex drive. They are also important for men's overall health. Testosterone helps a man put on muscle and burn fat. It elevates a man's mood to keep him from becoming depressed. It protects him from heart disease and cancer. Testosterone also makes a man more creative and imaginative. So, the bottom line is having a high level of testosterone is good for a man.

Most of the testosterone in a man's body is bound. This means that it's not immediately available for use. Only a small percentage, about 2-3%, is free testosterone. As men age, levels of free testosterone decline. This is responsible for a shift in middle age men called andropause. Men naturally become a little less aggressive and a little more sensitive. However, if men start making, or are exposed to, too many estrogens and/or have too little free testosterone, this shifts the androgen/estrogen balance and causes numerous health problems like prostate swelling, infertility, weight gain, etc.

So, how can men increase their testosterone levels for a better androgen/estrogen balance?

Well, for starters, looking at attractive women stimulates testosterone production. That's probably part of the reason married men tend to live longer than single men. So, guys don't feel guilty that it makes you feel good to see a pretty girl, it's normal.

Exercise also helps free testosterone for use, particularly exercising the legs with resistance training. Eating organically raised, grass fed beef also enhances testosterone in men. Actually, beef in general enhances testosterone, but commercially raised beef just isn't as healthy as grass-fed beef.

There are also testosterone-enhancing herbs and supplements men might consider. According to Steven Buhner the pollen of pine trees is one of the strongest androgenic herbs that increases levels of free testosterone in the blood. It is used in Chinese medicine as a rejuvenating tonic, but is not a widely used remedy in the United States.

Testosterone-enhancing herbs that most men would have easy access to include, Korean ginseng (*Panax ginseng*), American ginseng (*P. quinquefolia*), eleuthero root (*Eleutherococcus senticosus*), tienchi ginseng (*P. notoginseng*) and puncture vine (*Tribulus terrestris*). These herbs can be useful tonics for men to take as we get older because they help stimulate the production of androgens and slow the effects of aging in men.

(Interestingly enough, the last herb on that list, puncture vine, is a noxious weed I have in my garden. It produces spiny seeds that stick to your shoes, get tracked into the house and then puncture your feet when you step on them. I hate the stuff, so maybe I should start pulling it up and using it to enhance my testosterone levels.)

There are also some useful supplements for enhancing androgens. These include: pregnenolone, DHEA, zinc and pantothenic acid. Saw palmetto and nettle root (found in Men's Formula) help inhibit androgens from converting into estrogens, which can also help male hormone balance.

### Nutrition and Reproductive Health

Although I won't spend as much time on this topic, poor nutrition is also playing a role in reducing masculine strength and energy. In the 1930s, Francis Pottenger conducted experiments on nutrition using cats. I won't go into detail about the studies, but in the groups of cats that were fed diets of either cooked meat or pasteurized milk, there was a decline in both general and reproductive health. Fertility decreased and female cats became aggressive and mean, while male cats became docile. Infertility and miscarriage were serious problems in the second generation of cats fed improper diets, and homosexuality also started to appear in the second and third generation cats. There was no fourth generation, because reproduction ceased.

Pottenger's experiments (discussed in his book, *Pottenger's Cats*) show that nutritional deficiencies alone can cause reproductive changes in both male and female animals. The reproductive glands do not function independently from the rest of the body, so general good health is needed for reproductive health.

A medical doctor who is a good friend of mine, Dr. Hugo Rodier, has commented that there ought to be warning labels on high sugar foods that say, "Warning: May Cause Erectile

Dysfunction.” He feels this would probably help men avoid these very destructive refined carbohydrates and the many health problems they cause.

Unfortunately, many men don't know how to cook or have anyone in their lives who prepares healthy meals for them. As a result, many men rely heavily on “fast food” which damages their health and virility. Guys, we need to wake up and realize that this “fast food” is destroying our health and make wiser choices about what we eat. I don't want to go into a lengthy discourse on nutrition here, but I suggest you watch the movie *Super-Size Me* and you'll see what I'm talking about. Then get the book *Nourishing Traditions* by Sally Fallon and learn how to eat in a way that builds the strong, masculine body you want to have.

### The Psychological Assault on Masculinity

This brings me to the final assault on masculinity. Ladies, if you've been brave enough to read this “For Men Only” article, you may or may not want to read this part. It's *definitely* not politically correct.

It's tough to put a finger on the exact qualities that make a man manly, but we can see these qualities in the heroic men of historical movies and fiction. (Most modern movies have very poor role models of masculinity.) Some of the qualities we might

observe in these “manly” men include physical strength, moral courage, self-confidence, a willingness to make personal sacrifice to do one's duty, the ability to stay calm and level headed in a crisis and good leadership skills.

Men are different than boys. A boy has to undergo rites of passage to become a man. Traditionally, these rites of passage were performed by older men around the time of puberty. Boys were taken from their mothers and taken out into the wilderness, fields or workplace by men and taught what it means to be a man. They were taught to face their own fears and act with courage in the face of those fears. They were taught to be responsible, to support the team (work with other men), to lead, to hunt, etc. They were taught the skills of the warrior and had to prove that they were willing to lay their lives on the line in order to protect those who were entrusted to their care and to do their duty. These rites of passage turned boys into men.

Another part of this process, especially in tribal cultures, was the vision quest. A man had to discover his life purpose and mission. A man is not a man without a sense of life purpose. A man needs a mission in life—something he is dedicated to that is more important to him than his own life. Great men have always had a mission that drives them. During the vision quest, the boy faced the wilderness alone, fasting and praying to have his life purpose revealed to him. He was expected to emerge when he was given the vision of his purpose.

All this is missing from modern society. With young men spending much of their time in public school (often under the authority of female teachers) and the high rate of divorce, where mothers get custody of the children 90% of the time, boys don't have mature men to guide them through their rights of passage. Boys learn how to be men from men. Sorry, ladies, but a woman can't teach a boy to be a man. In fact, many boys are being punished and/or drugged just for acting like normal boys.

A boy has to be “roughed up” by the men to toughen that part of him that turns him from a boy into a man. He has to face his own mortality and learn to be the master of his emotional resources. This is because the essence of manhood is to be able to set aside personal comfort and needs and be responsible enough to do what needs to be done. This is the essence of the hero. The hero confronts the problem in spite of the danger to himself and fights the good fight. And, no matter how deeply it is buried or lost, in his heart, every man longs to be the hero.

A man who does not know how to assume the role of the hero in his own life will suffer. He may become depressed or withdrawn. He may turn to alcohol or drugs. He will father children and not care for them. He will be unable to commit to caring for and protecting a woman. He will not be a team player with other men and will not be able to sustain healthy relationships.

It is important to emphasize at this point that men who are abusive and violent lack healthy masculine energy. Remember

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that the essence of manliness is to put aside one's own needs and comfort to be responsible enough to do what needs to be done. A man who has completed his rites of passage does not lash out against those who are physically weaker than him or dependant on him for care and support. He does not tolerate being treated poorly, but he can protect himself without being abusive.

I was fortunate to have had at least a partial rite of male passage because when I was growing up, I started working with my dad and uncles during the summer months. Associating with men in the workplace instilled in me a work ethic and a sense of responsibility I see lacking in many of the grown-up boys I see in our culture.

I was also blessed by the fact that my experience in boy scouts provided me with the equivalent of a vision quest. At age 15, on a camping trip, I had a spiritual experience that lead me into studying herbs and healing, one of my major missions in life.

I was also fortunate enough to experience another male rite of passage when I joined the air force at 22 and went through basic training. That's another experience where male values are instilled in you. I learned to quit making excuses and to take responsibility for what I do. I'm glad I at least had some male rites of passage; as many guys have had none.

### Anti-Male Media Messages

Unfortunately, many of the popular movies, TV and literature of today do not provide very healthy examples of mature masculinity. In fact, you'll often find men portrayed as grown-up, irresponsible boys.

Interestingly enough, it was my sister who opened my eyes to start seeing this. She told me that she didn't like the Bernstein Bear's children's books. I asked her why and she told me because Momma Bear is the smart one and the leader of the family and Pappa Bear is practically one of the children and she thought the books were demeaning to men.

Since that time, I've noticed how often this happens in modern movies and TV shows. Instead of being shown as respectable leaders who are willing to set aside their own comfort to do their duty with courage, it has become popular to portray men as weaker than women and less capable. It's not that women aren't better at certain things than men, it's just that the idea that men have suppressed women for generations has become so entrenched in the popular mind set that male bashing has begun to be accepted as "normal."

I've had to work hard at recognizing this subtle, but continual "propaganda" that is communicating that I should in some way be ashamed for being a man, for thinking like a man, acting like a man and having manly desires and attitudes. Joining a local men's group here in Saint George has been very helpful for me. Learning that my attitudes, feelings, desires and problems are similar to other guys has helped me recognize that I'm OK and that the way I think and feel is normal.

I've also found a number of resources that have helped me develop a healthier masculine self-confidence. I've included some of the books and materials I've found that have helped to shift my attitudes, help shake some of the "boyish" qualities out of me and develop more "manly" attitudes and attributes. Check some of these materials out. They can really help you.

Men, it's OK to be a man. It's OK that we're different than women. Difference is good. Let's protect those differences by taking care of our masculine health. Avoid the chemicals and xenoestrogens that rob your masculine energy. Eat healthy and do what it takes to have a stronger and healthier physical body as this always helps our feeling of masculine confidence. Finally, associate regularly with other men and seek out some resources that support having a healthy masculine self-esteem. Learn to be the manly hero in your life that you secretly long to be by defending your right to be masculine.

### Suggestions for Further Study

*Mind OS* and *The Omega Male* by Dr. Paul Dobransky (These are courses available at [www.doctorpaul.net](http://www.doctorpaul.net). Although this website is primarily aimed at men who are single and are trying to learn to date and become more successful with women, the stuff Dr. Paul teaches can help any man. His MindOS material is great. I'm saving up to take his Omega Male program. He has a women's version of his MindOS system available at [www.womenshappiness.com](http://www.womenshappiness.com))

*The Myth of Male Power* by Warren Farrell (This was the original book that opened my eyes to the problems we men face in modern society and the anti-male propaganda that is going on in the media. It provides statistics showing how many men are struggling in today's society and how little help there is for them. For instance, it documents the high rate of male suicide and depression and the fact that women physically assault men in relationships almost as often as men assault women.)

*Equality: A Man's Claim* by Alan Millard (This volume covers the same concepts as *The Myth of Male Power*, but does so in a way that is so far to the other extreme that it could be called a masculinist book. What it helped me to see was how ridiculous and far out some of the feminist assertions are and what it would be like if men really had their way. This book is out of print, but when I checked there were four copies available on Amazon. The author has a website [www.ncfm.org](http://www.ncfm.org). There is a whole list of books on this topic on that site.)

*Men Freeing Men* by Francis Baumli, Ph.D. (This is another great book talking about the men's movement and documenting that inequality is a two-way street.)

*Iron John: A Book About Men* by Robert Bly (Robert Bly is one of the pioneers of the Men's Movement and this book uses a traditional story to tell how the boy develops into the man.)

*The Tao of Health, Sex and Longevity* by Daniel P. Reid (A good book on sexual health for men based on Chinese medicine)

*The Natural Testosterone Plan For Sexual Health and Energy* and *Vital Man: Keys to Lifelong Vitality and Wellness for Men* by Stephen Harrod Buhner. (Buhner's books are amazing. He not only clearly lays out many of the influences that are destroying men's reproductive health, he also provides a lot of really useful information about how to fix them naturally. I also recommend his *Sacred Herbal Healing Beers* and *The Secret Teachings of Plants: The Intelligence of the Heart in the Direct Perception of Nature.*)

*Nourishing Traditions* by Sally Fallon (The best book on nutrition I've ever read. If men ate as this book recommends, we'd all be stronger and more manly. It's another politically-incorrect book, but in the field of nutrition.)

*The Castration of the American Male* by Gary Brodsky (OK, Gary is probably a bit extreme for most of you and you'll probably find the titles of some of his books outright offensive, but nonetheless, this book does point to a real problem and is worth reading. Gary's website is [www.garybrodsky.com](http://www.garybrodsky.com). I've already warned you that you might find some of his content offensive, so visit his site only if you're not easily offended.)



# HEY GUYS!

Do you have concerns about:

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

**Discover natural solutions to these common male health concerns in ...**

## The Marvelously Healthy Male

Male reproductive health is in serious trouble. The sperm count of the average male is half what it was 70 years ago. Studies suggest that 50% of American males have some type of erectile dysfunction. Testicular and prostate cancer are on the increase, as are birth defects involving male reproductive organs.

Clearly, something is wrong. Research suggests that environmental toxins, xenoestrogens in particular, are primarily to blame. However, poor nutrition and high levels of stress also play roles in these problems.

Rather than reaching for the "quick fix" of drugs or ignoring these problems, it's time for men to take action to protect their reproductive health. In this month's Herbal Hour Steven Horne and Kimberly Balas talk about how men can avoid substances that damage their reproductive health and solve common reproductive problems the natural way.

So, guys, watch this program to learn the secrets to becoming a marvelously healthy male. (And ladies, since this information can be valuable in helping the men you love, you should watch it, too!)



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## Kimberly Balas' Clinician's Corner

# Clinical Tips for Male Reproductive Problems

*Q. I know you often use products that are labeled for women to help men. What are some of the "female formulas" you use for men and why do you use them?*

I use formulas based on the results I want to accomplish—not what the label says. Many of the formulas designed to balance female hormones will also help to balance male hormones.

For example, C-X is typically used as a post-menopausal formula for women. I have used it for men that are having estrogen imbalances. C-X works well for men that tend to have breakouts of acne on the back. It supports the adrenals and helps with congestion and depression in men. Since it helps with congestion in the cells, it can help the body recognize insulin and improve cellular communication. This can help the body control excess cortisol levels more effectively. It also works for vasodilative headaches. Men that tend to be overheated and show signs of rosacea also benefit from C-X. However, C-X is contraindicated with high blood pressure.

Another "female" formula I have used for men is FCS II. FCS II helps with addictive tendencies in both men and women, even if it is just a tendency to be a bit rigid. FCS II is helpful with edema in men, especially those with high blood pressure. It can help with congestion that puts stress on the kidneys. I have used FCS II for "damp spleen" conditions, where a person has poor digestion.

A single herb that is often considered a "female" remedy is red raspberry. Red raspberry helps men with an acid reflux condition by acting as an antacid, especially men without a gall bladder. It is a good remedy to use with diarrhea that is stress-induced. I have used it for incontinence and elevated PSA counts in men. You can also make a mask out of it by mixing it with Nature's Fresh and applying it topically for rosacea.

So, just because the product is in a bottle with a pink label doesn't mean it's "for women only." You have to really look deeper and see what the action of the blend is and use it accordingly.

*Q. How do you talk men into taking "pink label" products?*

Some men do have an issue with using a product labeled for women. You can find fun ways to get them to take it like telling them they are so macho they need more pink to tone their masculinity down. Or you can just transfer them to a plain bottle.

*Q. What's your protocol for helping men with BPH?*

Anytime you have something with inflammation involved, it will be affecting all areas of the body as well. I use a high quantity of IF Relief for most people since the underlying root cause of most diseases is inflammation. Men's Formula is a good adjunct to this too. It helps with the feeling of frequent urination. Supplements like Saw Palmetto and KB-C are also helpful here.

*Q. Do you have any suggestions for men with erectile dysfunction? What is your approach to this problem?*

Fifty percent of men ages 40-70 experience some degree of erectile dysfunction (ED). There are two basic types. Psychological ED is mentally and emotionally based, while physiological ED is due to some form of physical or medical problem.

The first type, psychological ED, can be related to many issues, such as depression, performance anxiety, marital stress or relationship problems, marital boredom, life crisis, financial difficulties, religious repression or some type of mental illness. This requires counseling or emotional healing work.

Physiological ED becomes more common as men get older. It has four major causes: vascular, neural, hormonal and drug-induced. The appropriate approach will depend on the cause, so let's look at each of these causes and what to do about it.

### 1. Vascular causes of ED

This has to do with blood flow. It takes blood flow to the penis to get an erection, so any condition that impedes blood flow can cause ED. This includes atherosclerosis (hardening of the arteries), hypertension, inflammation of the blood vessels and diabetes. Other factors that impede blood flow could be injury or surgery to the pelvic or abdominal area and smoking. Smoking reduces genital blood flow.

Kimberly Balas is a board certified naturopath and clinical nutritionist. She is currently head of the research department and a certified instructor for all Tree of Light courses. She is available for consultations by phone or at her Wyoming office. For more information on scheduling a consult, please phone 307-277-2466.



Erectile dysfunction could be an early indication of oxidative stress, chronic inflammation and vascular dysfunction. A vascular problem in the penis may precede a wider, systemic problem in other blood vessels in the body. Patients with cardiovascular disease and patients with diabetes represent the largest group of patients with ED.

If circulation is the cause, the L-arginine found in RG-Max can be helpful. L-arginine acts as a precursor for nitric oxide, which dilates arteries and small blood vessels. This reduces blood pressure and increases blood flow to the genital area. A small 1994 study, in which men took 2.8 grams of arginine every day for two weeks, showed a significant improvement in ED. Another study found that almost three-quarters of 178 men with low sperm counts had significantly higher counts after taking four grams of arginine daily for three months. Most recently, a study published in 1999 followed 50 men with erectile dysfunction for six weeks. Among those who took a high daily dose of L-arginine (5 grams), 31 percent reported significant subjective improvements in sexual function, compared to only 12 percent of those taking a placebo.

## 2. Neural causes of ED

Nerve damage from disorders such as multiple sclerosis, Parkinson's disease, diabetes, and strokes affect the brain's ability to respond to sexual stimulation and cause erectile dysfunction. ED is common in men undergoing surgical treatment for prostate enlargement or cancer.

Essential fatty acids play a key role in nerve repair, so supplementation with good fats is essential. St. John's wort can stimulate nerve regeneration and repair. Adaptagens and nervines are very important, too. Nervous Fatigue Formula, Adaptamax and Suma Combination are a few of the remedies to consider.

## 3. Hormonal causes of ED

Low levels of androgens, such as testosterone, are sometimes a component of erectile dysfunction. Testosterone levels decline about 1 percent each year in men, which may contribute to erectile dysfunction with aging. Replacement of androgens can sometimes be helpful in those with age-related erectile dysfunction. Saliva hormone testing can help establish where hormone levels currently are so they can be brought into balance.

Some of the remedies to consider include the following. DHEA converts into testosterone and can help with ED. Pregnenolone can also increase testosterone levels. X-A and X-Action have a positive influence on ED. Sarsaparilla helps with testosterone production. I also use Men's Formula, DHEA-M and liver cleansing to help balance androgens.

## 4. Drug or medication-induced erectile dysfunction

Drugs that interfere with erectile function include some varieties of anti-hypertensives, SSRIs (like Prozac), sedatives, and beta-blockers. Beta-blockers such as propranolol, atenolol,

and others, are some of the most common medications that cause erectile dysfunction.

SSRIs, used in the treatment of depression, cause erectile dysfunction mostly due to their effect on serotonin metabolism. Serotonin has an inhibitory effect on erectile function and sexuality. Surprisingly, NSAIDs such as ibuprofen and naproxen also cause erectile dysfunction. Regardless of the reason for taking them, painkillers classified as non-steroidal anti-inflammatory drugs (NSAIDs) apparently increase the likelihood that middle-aged and elderly men will develop erection difficulties.

In 1994, a thousand men, between 50 and 70 years of age, without erectile dysfunction participated in a survey regarding their erectile function and medication usage. When the questionnaire was re-administered five years later, the investigators found that the erectile dysfunction rate among NSAID users was nearly triple that of nonusers.

Alcohol's negative affect on sex drive increases with age. Researchers in India found that men being treated for alcoholism had lower testosterone levels and more sperm abnormalities than non-drinkers did. They also had a far higher rate of erectile dysfunction (ED) - 71 percent, versus seven percent of abstainers. Therefore, a natural remedy for erectile dysfunction is to reduce alcohol intake, particularly beer. Beer contains hops which is a potent estrogenic plant.

There are other causes of ED besides these major causes. For example, sitting on a bicycle too long. Men who log several thousand miles a year on their mountain bikes suffer scrotal damage that could reduce their fertility or cause ED.

*Q. What does a high PSA count mean and how do you reduce it?*

Prostate-specific antigen (PSA) is a protein originally found in semen, the fluid that carries sperm. Normally, PSA is made in cells of the prostate called epithelial cells. It helps to keep the semen in its liquid form.

Small amounts of PSA, made by the prostate, get into the circulation and can be measured in the blood. Certain prostate conditions, including prostate cancer, can cause high levels of PSA in the blood. PSA itself does not have any known effect outside the prostate; even high levels of PSA are not directly harmful. High PSA levels in the blood, however, may be a sign of a prostate problem, perhaps even a serious one.

The most common condition leading to a high PSA is benign (noncancerous) enlargement of the prostate, called benign prostatic hyperplasia (BPH). The key is to have enough good fats in the diet for hormone combustion. I use Master Gland, Men's Formula and IF Relief for this problem.

A high PSA count can also be caused by infection. Using the Silver Shield can address the beginning stages and even lower numbers on blood tests.

In addition to prostate problems, some medical treatments can affect PSA levels.