

Men's Health Issues: Prostate

Harmony & Health

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One of the most important areas of men's health is the prostate. Testosterone levels play a big role in this. This level declines with age, about 1% per year after age 30. A high level of xenoestrogens (from plastics, chemicals, etc) causes the male reproductive system to weaken and endangers prostate health.

Suggestions for keeping the prostate healthy:

- **Equilibrium** supports healthy prostate function and urinary flow. Take 2-4 capsules a day.
- **Saw Palmetto** helpful in relieving bladder problems from an enlarged prostate. It inhibits Dihydrotestosterone (DHT) which causes the prostate to grow.
- **Flax Seed Oil** increases fertility, contributes to less frequent urinations, increases energy and enhances sexual vigor.
- **Men's X-Action Reloaded** (a natural Viagra) enhances male energy and supports the male reproductive organs and functions by increasing circulation.
- **Men's Formula with Lycopene** is an excellent combination for overall men's health. Lycopene seems to help prevent prostate cancer.
- **DHEA-M** is a hormone designed to support the production of testosterone in the body and aid common male reproductive problems such as erectile dysfunction or benign prostatic hyperplasia (BPH).
- **Maca** strengthens sexual desire and performance; as well as increasing general energy.
- **Good snacks for men:** pumpkin seeds, pistachio nuts

Important: The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-

Help Your Body Stay Healthy with Natural Remedies.

