

Your Monthly Update

Dear Colleague

Welcome to the May newsletter from Pure Bio Ltd.

It has been a very busy couple of months for us! The one-day seminars that have been held to date have been fully booked and are consequently being repeated later in the year. Please check the website for new dates and booking forms, on www.purebio.co.uk.

The administrative tasks to have our on-line ordering facility up and running are nearly complete, and the additional feature should be available by the end of the month. A letter will be sent to you before this time, with all instructions and passwords required. As a practitioner, you will have access to additional sections on the website, providing you with more information and support.

We have new herb kits available!

The new kits have an extended range – there is one 50-phial box, plus a separate 10-phial hormonal kit, providing 10 new herbs in total. New herbs are:

Blood root
Cat's Claw
Clove
Devil's Claw
Panax Ginseng
Passiflora
Red Clover
Senna (Cassia)
Shisandra
Valerian

Additionally, each phial is now individually colour- and letter-coded, for indications of use.

The full kit is available for £45.00

The hormonal kit or an extension kit to complete your existing product can both be supplied for £10.00 each. Call us on 01403 730342 to order!

Finally, we have a new addition to our staff. We are pleased to welcome Valerie to the company. Valerie brings with her a wealth of experience, having worked as a medical receptionist for the past two years. Prior to this, she co-ordinated support teaching for special needs education for many years and also has extensive secretarial training.

Once again, we have had a specific request from a practitioner – this time, on the topic of prostate problems, so that is our focus for this month. Please feel free to submit requests for any topics that would be of clinical benefit to you.

We always welcome feedback and suggestions.

Preventing Prostate Problems

The facts:

Most men know more about a woman's monthly cycle than they do about their own reproductive system. Yet, prostate problems are just as common in men as PMS is in women.

According to a 2001 survey conducted by Rodale's Men's Health magazine, twenty-one percent of males actually believe both men and women have a prostate!

What causes prostate problems?

After about age 40, the prostate begins to grow in nearly all males. Sometimes the enlargement is a sign of cancer, but usually the result is benign prostatic hyperplasia, or BPH.

For some men, the prostate gland will enlarge without causing urinary problems—probably because their urethra is wider than average, or because the gland tends to enlarge outward. In most men, however, as BPH develops, the prostate presses against the neck of the bladder or urethra, causing obstruction to urinary flow.

Also, the bladder wall becomes thicker and irritable. The bladder begins to contract even when it contains small amounts of urine, causing more frequent urination. Eventually, the bladder weakens and loses the ability to empty itself. Urine remains in the bladder. The narrowing of the urethra and partial emptying of the bladder cause many of the problems associated with BPH, including:

- Urgency—the need to go immediately
- During urination, there is a thin stream of urine that stops and starts instead of a full, steady stream
- Hesitancy or difficulty starting urine flow
- Dribbling after urinating
- Nocturia—having to get up frequently at night to urinate
- Increased frequency of urination
- Increased risk of infection if the bladder does not empty entirely and urine is retained

Causes of BPH

- Increasing levels of oestrogen within the gland, which increase the activity of substances that promote cell growth.
- Increasing levels of dihydrotestosterone (DHT), stimulating increased cell turnover.
- Increased uptake of DHT due to raised levels of prolactin. Prolactin levels are increased primarily by beer and stress.

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Causes of prostate cancer

- Possible links to diet – men who eat fruits, vegetables and whole foods rich in lycopene and selenium, have lower rates of cancer than those who eat a poor diet high in saturated animal fats and red meat. Whilst men in China and Japan typically have low rates of prostate cancer, when they emigrate to the US or UK and change their eating habits, they develop it at the same rate as as the native population (see below).
- Genetic predisposition
- Age - autopsies of 40-year-old men show that a fifth have signs of cancer. By age 70, about 65 percent of men have cancerous cells in their prostate glands. And by age 80, a man's chance of prostate cancer rises to one in three. Incidental findings on autopsies on men over 90 show a 100% incidence of prostate cancer!
- Toxicity – heavy metals, petrochemicals, rubber all increase the risk of prostate cancer. Similarly, urban areas have higher incidences as opposed to rural, which is thought to be due to air and other pollution.

12 Key nutrients and herbal extracts providing prostate support

The prevention of prostate cancer and BPH have been shown to be related to dietary intakes of some key nutrients, and several herbal extracts also can strongly influence prostate problems.

Boron - According to a study done last year at UCLA, men with the highest boron intake were 65 percent less likely to develop prostate cancer than men with the lower boron intake. The researchers found that boron's cancer-fighting effects seem to be specific for prostate cancer. Foods that are high in boron include: red wine, raisins, peanuts, apples, pears, peaches, oranges, grapes, lima beans, and peanut butter.

Supplement Option: *Boron* (PE)

Daidzein - is an isoflavone found in soybeans, legumes and peas. Soy isoflavones are free radical scavengers (potent antioxidants) and are antiangiogenic (interfere with unwanted blood vessel growth in disease states). They have been shown to have a beneficial effect on various types of cancer.

In countries like Japan, where soy consumption is high, there is approximately an 80 percent lower incidence of prostate cancer than in the West. In a study that followed Japanese men who emigrated to the west and abandoned their traditional diets, it was found that within one generation, there was a four-fold to nine-fold increase of prostate cancer among them.

Supplement Option: *Soy Isoflavones* (PE)

Grape seed extract - contains proanthocyanidins, potent antioxidants that may lower the risk of cancer. In a recent study, grape seed extract was used to inhibit cell growth in human cancerous prostate cells. The results suggest that grape seed antioxidant proanthocyanidins may exert a strong anticarcinogenic effect against prostate cancer by inhibiting abnormal cell growth and promoting tumour cell death.

Supplement Option: *Grape Pip* (PE)

Green tea - the incidence of prostate cancer in China, a population that consumes green tea on a regular basis, is lowest in the world. Recent studies done both on

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human cells and mice, have shown that green tea's polyphenol—epigallocatechin-3-gallate—blocks the growth of prostate cancers.

Lycopene - a powerful antioxidant that is found in red fruits and vegetables, especially tomatoes, watermelon, red grapefruit, and guava. Researchers have linked the frequent use of lycopene from tomatoes to a lower risk of prostate and other cancers.

Supplement Option: *Lycopene* (PE)

Vitamin E - is a major antioxidant nutrient that helps maintain healthy membranes and retards cellular aging due to oxidation. It is especially important to sexual and reproductive health. One study that followed more than 29,000 male Finnish smokers, ages 50 to 69, for five to eight years, showed that vitamin E reduces the risk of prostate cancer.

Supplement Option: *Vitamin E with mixed tocopherols* (PE)

Selenium - In the now famous Clark Study, a 63% reduction in prostate cancer was found in men who received 200 micrograms of selenium from a selenium-enriched yeast containing mostly selenomethionine. Selenium is found naturally in tuna, Brazil nuts, and sunflower seeds.

Supplement Option: *Selenomethionine* (PE)

Zinc – inhibits the enzyme 5-alpha-reductase which is involved in the irreversible conversion of testosterone to dihydrotestosterone. Best taken in picolinate form, since absorption of zinc is dependent on the the presence of picolinic acid, normally produced by the pancreas.

Supplement Option: *Zinc (picolinate) 30* (PE)

Pygeum africanum - is an evergreen tree that grows in the mountainous forests of Africa. Pygeum not only helps common prostate problems but also promotes prostate function. Many studies have shown the effectiveness of Pygeum extract in treating BPH, including reduction of the frequency of night-time urination; and relief of symptoms associated with genito-urinary problems resulting from BPH.

Nettle root - It is well documented and recognized to relieve symptoms of BPH.

Saw Palmetto - More than 20 controlled double-blind studies have demonstrated that saw palmetto berry extract (containing 85-95% fatty acids and sterols) is effective in relieving the major symptoms of BPH, including increased night-time urinary frequency, the most frequently documented complaint.

Saw palmetto shrinks the prostate gland by killing prostate cells—both malignant and healthy cells. Surprisingly, while saw palmetto is selectively toxic to prostate cells and prostate cancer cells, it has not been researched as a treatment for prostate cancer.

Several recent studies examining the effect of saw palmetto on benign prostatic hyperplasia (BPH) have shown that the herb causes widespread damage of intracellular membranes, including mitochondrial and nuclear membranes in both healthy and overgrown prostate tissue. Because of the new research, saw palmetto should not be used without the strict guidance of a healthcare practitioner.

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Supplement Option: *Saw Palmetto plus* (PE) – containing all 3 herbs

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