THE NATURAL CHOICE
YOUR NO.1 SOURCE FOR PROSTATE HEALTH NEWS

IN THIS MONTH’S ARTICLE

Pygeum Africanum
How it benefits your prostate

Doctors kill more Americans than terrorists

How high protein diets affect prostate health

6 reasons why turmeric beats medication!
YOUR TRUSTED AUTHORS

Ben Ong - World Leading Expert on Natural Integrative Treatments for Prostate Disease

Ben overcame benign Prostatic Hyperplasia early in 2000 by seeking alternative treatment. His research led him away from the conventional route, and into using natural methods that healed his condition. He created his own herbal supplements after discovering the lack of effectiveness and quality in many prostate brands. His work allowed him to build a collection of supplements far superior to others which grew in popularity and encouraged Ben to manufacture for all men with prostate disease.

His life’s research inspired him to publish the best-selling book ‘All About The Prostate’ that is read by men globally which then spread to an online presence and blog that further established Ben as a world-wide authority on Prostate Disease.

At 77, alongside his team of doctors and dedicated staff, Ben continues 16 years of successfully working with men to overcome their own Prostate disease, motivated by his mission to ‘end prostate disease for good’.

Dr. Phranq Tamburri
- Director of Men’s Health Clinic
- Professor of Clinical Urology at the Southwest College of Naturopathic Medicine
- Naturopathic physician on the AZ Prostate Cancer Awareness Council
- Member of the AZNMA (Arizona Naturopathic Medical Association)

Dr. Judith Thompson
- Naturalpathic Doctor (National College of Naturopathic Medicine in Portland)
- Vice President of the Florida Naturopathic Physicians Association
- Representative Of American Association of Naturopathic Physicians

Dr. Donna Schwontkowski
- A Doctorate in Chiropractic Medicine (D.C.)
- Masters degree in Nutrition
- Masters degree in Herbsology.
- BS degree in Nutrition
- BS degree in Human Biology
- Medical teacher at various universities.
- Author & TV presenter on health related news.

Dr. Eric Wood
- Naturalpathic Doctor (National College of Naturopathic Medicine in Portland)
- Vice President of the Florida Naturopathic Physicians Association
- Representative Of American Association of Naturopathic Physicians
I wanted to let you know a little bit more about some of the ingredients included in my new **ADVANCED formulation of Total Health**. So here is my leading nutritionist, Kwame Otchere, to tell you a little bit more about one of the ingredients, and all of the benefits it has for prostate health…

_Ben_

**Pygeum africanum & benign prostatic hyperplasia**

Pygeum africanum is an African prune tree found in Africa. South African tribes have been using the bark of Pygeum africanum for centuries to treat “old man disease”, commonly known as benign prostatic hyperplasia (BPH) (1). Since 1969 the bark has been used in Europe to prevent and treat prostate disorders such as BPH (2).

It has been long known that male hormones play an important role in the development of BPH. Anti-androgen medications, which reduces the levels of male hormones, have shown to reduce the size of an enlarged prostate (3). Also, men who have undergone early castration, which results in low levels of male hormones, do not develop BPH. However, the particular male hormone responsible for BPH is dihydrotestosterone (DHT) and not testosterone (3). Testosterone levels reduce with age, whereas BPH positively correlates with age, which is why it is called “old man disease” (1). Unlike testosterone, DHT does not decrease with age and is thought to be the particular hormones responsible for BPH (3).

Testosterone is converted to DHT by an enzyme called 5-alpha reductase. The main ingredient is pygeum africanum is beta-sitosterol, which inhibits 5-alpha reductase
Beta-sitosterol also has anti-inflammatory properties that prevent prostaglandins accumulating in the prostate, prostaglandins are the cause of swelling of the prostate (5). Pygeum africanum also contains constituents that reduce prolactin levels and prevent the accumulation of cholesterol in the prostate (5). This is important because cholesterol increases the binding sites for DHT, making it easier for DHT to bind to the prostate (6).

Lifestyle factors associated with BPH
There are also lifestyle factors that are associated with BPH. Physical activity has consistently been shown to reduce the likelihood of developing BPH. This is likely due to physical activity promoting a favourable hormonal balance (7). There also seems to be a link between diet and the prevalence of BPH. Prospective studies have found that red meat, cereals, bread, milk and dairy products and excess energy intake may increase the risk of clinical BPH. Food groups that may decrease the risk of clinical BPH include fruits, vegetables and fish. High blood levels of vitamin E, vitamin D, lycopene, selenium and carotene has been associated with a reduced risk of BPH (8). Therefore, a healthy diet and undertaking physical activity are very important.

Pygeum Africanum and prostate cancer
A systematic review was conducted examining whether pygeum africanum extracts were more effective than a placebo for treating BPH (1). 18 randomised-control studies were included in the review and 17 of these studies were double-blinded. The review revealed that patients that were given pygeum africanum were more 35% more likely to show symptom improvement (65% pygeum africanum v 30% placebo), according to their physician. The systematic review also showed that pygeum africanum reduced urinary retention by 24%, there was a 19% reduction in the need to wake up to urinate, and there was a 23% increase in peak urine flow. This review provides consistent evidence for the benefits of pygeum africanum, for treating the urinary complications associated with BPH, without the side effects that tend to occur with prescription drugs.

A study examined the effects of pygeum africanum extracts on human prostate cancer cells (PC-3 and LNCaP cells) (2). The study found that the extracts inhibited the growth of human prostate cancer cells and induced apoptosis, which is programmed cell death
that effectively removes dysfunction cells. The extracts also reduced the expression of the oestrogen receptor-alpha receptor and protein kinase C-alpha receptor. Prostate cancer cells express oestrogen receptor-alpha, which oestrogen bind to and this plays a role in prostate cancer development (9). PKCa has also been implicated in the progression of prostate cancer (10). The study was conducted in-vitro, which means the cells were grown outside of a living organism.

The study also fed Pygeum africanum to mice to examine its effects on prostate cancer incidence. TRAMP mice were fed either Pygeum africanum or casein for a period of 5 months (2). Tramp mice are mice that have been genetically modified to develop prostate cancer within 10-12 weeks (11). Pygeum africanum significantly reduced the incidence of prostate cancer, with 35% of the mice of the mice that were fed Pygeum africanum developed prostate cancer and 62.5% of the casein-fed mice developed prostate cancer (2). The evidence from this study suggests that pygeum africanum may be a useful supplement to reduce the risk of prostate cancer.

The research shows that pygeum africanum is a natural remedy that may help alleviate the symptoms of BPH. There is also promising research showing that pygeum africanum may also protect against the development of prostate cancer but further research is needed to confirm this.

Reference List
http://www.naturalmedicinenewsletter.com/PSA-screening.html
ULTIMATE FREEDOM

THE WORLD’S MOST POWERFUL PROSTATE HEALTH SUPPLEMENT

TOTAL HEALTH ADVANCED

The world’s most potent, all natural, and complete prostate supplement has evolved. We have added 9 of the most powerful natural herbs which have been proven to prevent or slow down the spread of prostate cancer. Empower yourself today in the fight against prostate cancer, high PSA levels, BPH, and Prostatitis.

Here’s how your Total Health Advanced benefits you:

- Lowers PSA levels
- Shrinks Prostate Gland
- Reduces getting up at night
- Improved Urination Flow & Emptying Of Bladder
- Boosted Energy Levels & Immune Defence

BUY NOW

MADE IN THE USA
Here is a little known fact about one of the top treatments for cancer...

Since 2000, tracking site Pharma Death Clock has recorded that **16.3 million people have died from chemotherapy – more than wars, terrorism and suicide, combined.**

16.3 million people...**killed.**

That’s nearly as many as those who died during the First World War. And yet these people are not fighting for their country and putting their lives on the line in the call of duty. No, these people dying during “treatments” that are supposed to help them.

Taking this into account, it is therefore far more likely, simply by statistical probability, that doctors in the U.S. are far more likely to cause death and dismemberment than firearms. Of course you could argue that statistical probability doesn’t mean anything.

People die in all sorts of scenarios any day. Car accidents. Horseback riding. Even childbirth kills people. But do we hold a newly-born child responsible for the death its mother?
Here’s the difference.

Cancer in the US is big business. In 2014, there was an estimated 1,665,540 new cancer cases diagnosed and 585,720 cancer deaths. Why would anyone involved in that industry really want a cure? Especially when treatments can cost each person up to $100,000.

This is a $125 billion industry we are talking about, which is projected to increase by 39 percent to $173 billion by 2020.
Think about it like this...why has so little progress been made on cancer treatment over the past hundred years?

Think about all the people who suffer from it, all the donations that are made, all the research that is done, all the minds and effort and technology we have...what do we have to show for it?

This money has been swallowed up by a pharmaceutical cartel. And chemotherapy is more like napalm than any form of medical treatment. It lays waste to your immune system in an effort to obliterate the cancer - and yet the irony is that your immune system is the first line of defence against cancer!

When it comes to prostate cancer, my team and I have led the way in alternative treatments and method for nearly 2 decades. This long process of educating men, doctors and so-called experts has coincided with a significant decrease in men opting for unnecessary, dangerous and painful prostate cancer treatments, more and more men are choosing a safer path.

It is called “active surveillance”, or watchful waiting. This is where low-risk prostate cancer patients avoid surgery, radiation and Hormone therapy in favor of natural supplements, dietary improvements, lifestyle changes and monitoring their symptoms over time.

The reason for this is that many prostate cancer treatments, such as surgery or radiation, can lead to serious long-term side effects, such as incontinence and impotence. And also some prostate cancers are slow-growing and are less likely to cause problems. So a drastic, expensive, and potentially life-ruining treatment is not always the way to go.

If you want to know what your risk of prostate cancer is than I would recommend you take a PSA test, it will give you a general idea about the state of your prostate health and the odds of their being cancer present in your prostate.

See how you can purchase a PSA test kit here.
NEVER GUESS AGAIN, EXPERIENCE THE COMFORT & PEACE OF MIND OF TRACKING YOUR HEALTH IMPROVEMENTS

- PSA BLOOD TEST KIT -

Get quick accurate and easy to use professional laboratory PSA blood test results without having to wait around in a doctor's office or book appointments.

Testing is recommended for those who are suffering from BPH symptoms, such as: Increased frequency of urination, Painful or burning urination, Blood in urine or semen, Frequent pain in lower back, hips or upper thighs, Erectile dysfunction or frequent nighttime sleep interruptions to use the bathroom.

 Included In The Kit:

- Blood Separation Device
- Alcohol Preparation Pad
- Sterile & Latex Free Plaster
- Sterile Gauze Pad
- Sterile Lancet x 2

ORDER NOW

MADE IN THE USA
High protein diets have become not just a trend for body builders, but for people who generally want to keep fit and free of excess weight. But while a lot of studies show the benefits of high protein diets, there is also evidence on their harmful effects and association with chronic diseases.

With this, we are going to look at high protein diets and examine the advantages and disadvantages of popular high protein diets with regard to prostate health.

**Why High Protein-Low Carb Diets Are Popular**

The popularity of high protein-low carb diets lies in its perceived advantage. Many experts claim that a low-carbohydrate, high-protein diet eliminates or restricts refined carbohydrates, such as white bread, pasta, rice, crackers and sweets. With this, blood sugar and insulin levels are better managed.

Moreover, high protein-low carb diets are thought by many as effective ways to trim down excess weight and fat. It promotes weight loss and reduces cholesterol levels in the blood. A wide spectrum of such diets has been formulated and recommended for diabetics and people who have a high risk of developing chronic illnesses and cancer.

However, the advantages of these high protein-low carb diets have been subject to debate, and many experts also claim the downside of such dietary regimens. Let us have a look at three types of high protein diets and their pros and cons:

**Atkins Diet**

The Atkins diet, named after Dr. Robert Atkins, is by far the most famous ketogenic diet. The diet limits the consumption of carbohydrates and switches the body’s usual metabolic process. Instead of utilizing glucose as energy, stored body fat is primarily
converted to energy. As a result, the demand for insulin is low and the body consumes fat to produce ketone bodies.

**Pros**
The Atkins diet was primarily formulated to help achieve sustainable weight loss, and it has been recommended for diabetics and other diseases associated with high carbohydrate intake. A 2013 study claims that dietary carbohydrate restriction from these types of diets improves insulin sensitivity, blood pressure, and function of blood vessels.

Another study also explored the effect of such low-carbohydrate diets to obese patients, and found that a high-fat, low-carb diet for 12 weeks lowers the C-reactive protein, a substance associated with inflammation. This supports the claim that the Atkins diet is good for preventing inflammation that leads to the development of atherosclerosis, arthritis and prostate cancer.

**Cons**
However, some contest that the high-fat content of the Atkins Diet can be unhealthy for the heart. A 2013 systematic review of low-carbohydrate diets reveal that this diet was associated with a significantly higher risk of all-cause mortality and was not significantly associated with a risk of cardiovascular disease. Researchers from the University of Maryland Medical Center also claim that the Atkins diet increase risks to developing bone deterioration, colon cancer, kidney damage and ketoacidosis, a complication associated with diabetes.

**South Beach Diet**
The South Beach diet is another high-protein diet created by Dr. Arthur Agatston. It is primarily based on the glycemic index that ranks foods according to how fast their glucose enters the blood. The South Beach diet regimen is comprised of high-fiber foods, low-glycemic carbohydrates, lean protein and unsaturated fats.

**Pros**
Researchers from the University of Colorado claim that the South Beach Diet’s guideline of 20 to 90 grams of carbohydrate per meal is healthier than other high-protein diets. They also recommend it more than the Atkins diet because it encourages consumption of beans, legumes, whole grains, vegetables, low-fat dairy products and unsaturated fats like olive oil and fish oil.

A 2007 study also compared the South Beach diet with other weight loss diets.
quality was measured by the Alternate Healthy Eating Index (AHEI), and the South Beach diet scored much higher than the Atkins diet.

**Cons**
Some experts say that the downside of the diet is its restriction of certain healthy foods like fruits and carrots, primarily because of their high glycemic index. A case study in 2008 also investigated an incidence of diabetic ketoacidosis of a 30-year-old Caucasian male who has been on a South Beach diet for three weeks prior. Following discharge, the patient discontinued the diet plan and he has had normal glucose levels and did not experience ketoacidosis. While there is no direct link between the South Beach diet and ketoacidosis, the study establishes the association between them.

**Zone Diet**
The Zone diet was developed by Dr. Barry Sears in the 1990s. This regimen has introduced the concept of the “zone”, and dieters are in it when their diet is 40 percent carbohydrates, 30 percent protein and 30 percent fat. While the Zone diet limits the intake of bread, pasta and certain fruits, many foods are still allowed as long as the proportions of the diet are met.

**Pros**
One major benefit of the Zone Diet is that it promotes regular, low-calorie meals for weight loss. It also has a promising effect on decreasing the harmful effects of inflammation. A 2004 review determined that the Zone Diet can alter inflammatory responses and positively impacts hormonal and metabolic responses.

Experts also claim that the Zone diet may help you lose weight and lower your risk for heart disease. A 2005 article in the Journal of the American Medical Association claims that overweight participants who followed the Zone diet for a year lost about 8 pounds and improved their blood cholesterol levels.

**Cons**
Some health experts, however, claim that the Zone diet is not for everyone and is relatively difficult to follow. A 2002 study published in the Journal of Strength and Conditioning Research reveal that while athletes who followed the Zone diet lost weight, they also lost endurance and became more quickly exhausted during activity after one week.

Some nutritionists also do not recommend this diet, simply because it is very low in calories. Walter Willett and Ester Kim from the Harvard School of Public Health claim...
that there is not enough evidence as to the benefits of these specific proportions of nutrients.

While there is supporting evidence as to the health disadvantages of these high protein diets, it seems that the advantages outweigh them more. Numerous studies support the ability of high protein diets to balance metabolism and decrease the harmful effects of inflammation. With this, high protein diets have a promising outlook on promoting the health of our body organs, such as the heart and prostate.

**References:**


Turmeric isn’t just a spice.

It’s one of the most powerful herbs that treat many diseases. Its healing properties are so powerful that they are even more effective than the drugs prescribed for such diseases. And many studies prove this.

**HERE ARE 6 BIG REASONS WHY TURMERIC IS MORE EFFECTIVE THAN DRUGS:**

**1) It’s a Safer Way to Slow and Prevent Blood Clotting**

Blood clotting leads to certain diseases of the heart and blood vessels. And most of the time, patients with these diseases are prescribed with anti-coagulants or anti-platelet drugs like Asprin, Plavix and Coumadin.

However, these drugs come with serious side effects like excessive bleeding or hemorrhage. Such effects can possibly lead to shock, and even death.

Turmeric is seen by many experts as a better option for treating clotting disorders. Unless it’s taken in very excessive amounts, it doesn’t pose the same risk as with blood-thinning drugs.
2) It’s More Powerful in Stopping Inflammation

Inflammation is an important condition because it’s commonly experienced. As our body cells become injured, they trigger this process. Though it’s a natural response, chronic inflammation may lead to far worse diseases like cancer.

However, it’s good to know that we have turmeric to keep inflammation at bay. Turmeric is one of the most powerful, natural anti-inflammatory herbs, even more powerful than Aspirin and Ibuprofen. One review suggests that the herb is very much effective in treating chronic inflamed conditions like osteoarthritis.

3) It’s a Natural Way of Treating Cancer

According to Cancer Research UK, a number of lab studies on cancer cells have shown that turmeric does have anti-cancer effects.

Studies claim that certain components in turmeric kill cancer cells and prevent them from growing. The studies also reveal that turmeric has the best effects on cancers of the breast, bowel, stomach, and the skin.

It even helps cancer patients to not develop resistance from chemo drugs, according to a July 2017 study. How the herb does this is still unknown, but turmeric appears to re-sensitize pancreatic cancer cells to anti-cancer drugs.

4) It Manages Diabetes Better

Experts agree that one of the best natural treatments for diabetes is to add turmeric into your diet. It not only lowers blood sugar, but reverses insulin resistance.
One study reveals that turmeric is 400 times more potent than Metformin, a commonly prescribed drug for this disease. It’s much better in improving insulin sensitivity, and can reverse the progression of Type 2 diabetes.

It is also helpful in reversing nerve and eye diseases resulting from diabetes, because of its antioxidant properties.

5) It's a Safe Treatment for Depression

A study published in the Phytotherapy Research journal compared the effects of turmeric and Prozac, a commonly prescribed drug for depression. About 60 volunteers diagnosed with major depression and bipolar disorder joined the study.

The study reveals that turmeric is well received by the patients, and was just as effective as Prozac in treating depression. The lead authors claim that this is the first clinical proof that turmeric may be used as an effective and safe way to treat patients with depression.

6) It’s a Multi-Skin Disease Treatment

Because it keeps our cells from becoming inflamed and injured, turmeric can treat a wide range of skin diseases. It speeds up wound healing, calms pores, decreases acne and controls psoriasis.

It can also be used as a face mask to promote smooth, glowing skin.

Give it a try and see the wonderful difference for yourself!
HEAL YOUR PROSTATE

A BLEND OF 9 POWERFUL PROSTATE HEALING HERBS

- PROSTATE HEALER -

Prostate Healer tincture is a blend that contains the 9 most potent prostate rejuvenating herbs on the planet. With 50 natural phytonutrients that helps reduce urethral inflammation and decrease the size of your prostate. It inhibits conversion of testosterone to DHT, prevents protein deposits in prostate ducts, toning your bladder, and enhancing immune system response. It improves urine flow, in a safe and natural manner, with zero side effects.

☑️ High Potency Prostate/Bladder/Urethra healer
☑️ Broad-Spectrum Anti-Bactericide
☑️ Improved Urination Flow Speed & Strength
☑️ Reduced Urgency & Regained Bladder Control

LEARN MORE

MADE IN THE USA
98% 4 & 5 Star Reviews On Amazon
100% NATURAL
FREE DELIVERY
PREMIUM Quality
Diabetes is a chronic disease that has affected millions of people worldwide. You can’t help but wonder if this has something to do with our lifestyle. It’s true that diabetes has existed throughout man’s history. But the prevalence of diabetes worldwide has made it into a modern disease.

**Diabetes Is Now a Disease of Modern Civilization**

According to the WHO, the number of people affected by diabetes is 422 million in 2014. This is a huge leap from 108 million cases in 1980. The occurrence of diabetes is rising rapidly, especially in middle and low-income countries. In 2012, about 1.5 million deaths were caused by the disease. Another 2.2 million deaths were also related to high blood sugar levels.

Diabetes is also associated with numerous complications. This includes blindness, kidney failure, cardiovascular disease and lower limb gangrene. The increase in incidence of diabetes has been a major global problem. Why is it so? We are already living in the 21st century, and yet why are we having a problem in eradicating it?

The problem lies with our lifestyle and behavior. Most people deny the risk factors associated with it. As a result, more and more people suffer. The genetic aspect of the disease is also an aggravating consequence. On top of our unhealthy lifestyle, the disease is passed on to succeeding generations.
Are You At Risk for Having Diabetes?

Diabetes is a disease of modern civilization. It’s true that there are factors which we cannot control. This includes a family history, ethnicity and genetics. But there are some factors that we can manage.

Obesity

Obesity is a major risk factor for diabetes. The World Health Organization that 35% of adults worldwide have body mass index levels of 30 kg/m². This factor leads to adverse metabolic effects, including high blood sugar and triglyceride levels. It also influences the complications associated with diabetes.

Obesity results from too much storage of fat and carbohydrates in your body. This happens when there is too much consumption of food. One research claims that certain fat molecules and metabolic pathways are involved with insulin resistance. If you are overweight and diabetic, you are also prone to have cardiovascular disease.

Being obese is a choice. And you can prevent this risk factor by eating healthy and exercising regularly.

Unhealthy Diet

Eating foods high in carbohydrates leads to an increase in blood glucose. The pancreas secretes more insulin when you eat more sweets and carbs. After some time, the pancreas can’t keep up with increased insulin secretion. While sweets don’t directly cause diabetes, a diet high in calories promotes weight gain. Thus, it is obesity that increases your risk for diabetes. One study identified that a high-calorie diet is positively associated with pre-diabetes. People in this state are more prone to develop the actual disease.

Experts recommend that you should avoid soda, energy drinks and other sugary beverages. One serving of these will raise blood glucose and provide hundreds of calories. A 12-ounce can of soda has about 150 calories and 40 grams of carbohydrates. This is equal to 10 teaspoons of sugar!
Here’s our take: eat a well-balanced diet. A moderate consumption of calories and fat and an increase in fruits and vegetables will help prevent diabetes.

**Physical Inactivity**

Having no exercise or physical activity increases your risk of diabetes. A sedentary lifestyle will stop the usage of glucose from the food we eat. Blood glucose levels then increase. This forces our pancreas to secrete excess insulin. This results in too much stored glucose and fat. Over time, the pancreas will lose its ability to balance insulin requirements. Exercise can do a lot in preventing diabetes. And for diabetics, exercise can help them control blood glucose levels. When you exercise, insulin sensitivity increases. Thus, your cells are able to use insulin more effectively and take up glucose properly.

Many studies support this. About 20 cohort studies explored the effect of physical activity with diabetes prevention. The studies claim that a high level of physical activity reduces risk by 20-30%. It is also recommended to exercise at least 150 minutes per week to prevent the disease from progressing.

Another study explored the role of exercise in preventing diabetes. The results reveal that exercise training programs are an effective therapy for managing the disease. These programs include aerobics, resistance training and yoga.

**Stress**

People today are more stressed. This is probably due to our hectic work schedule and routine. Unfortunately, pressure at the workplace is unavoidable because of a demanding work environment. Research shows that most jobs are stressful. This is because demands and pressures are often not matched to an employee’s knowledge and abilities.

And stress is another risk factor for diabetes. A 2012 study reveals that chronic stress
sends stimulatory signals to our adrenal glands. The adrenal glands then produce certain stress hormones such as cortisol. This increases blood glucose levels.

Stress affects everyone. We can’t live without it. However, we can manage stress and prevent the diseases related to it. Take time to recognize the signs when you are stressed. Exercise regularly and take time to do activities that will help you relax. Also, stay connected with people. Emotional support can also help you manage stress.

Lastly, one of the greatest methods in reducing stress is an ancient and modern day practice of meditation. We are enthusiastic about its stress relieving benefits since the scientific research has already concluded the many positives it brings to mental and physical well-being. All it takes is 10-15 minutes of deep breathing everyday. Bear in mind it doesn’t have to be the sitting down technique, you can also consider a walk in nature as a form of meditation or yoga which is fantastic for flexibility, strength and joint health. Whatever aids in bringing focus into your body, through breathing and the recognition of our presence in the grand scheme of this existence.

Diabetes is a serious chronic illness in today’s time. But we can do a lot to manage and prevent it. Know the risk factors, eat well, remedy stress levels and balance your activities with plenty of rejuvenating rest.
UNLEASH YOUR INNER STRENGTH

GET BOOSTED

TESTO BOOSTER

Testo Booster is an all-natural and powerful herbal supplement that raises testosterone levels, improves sexual performance and restores male energy. The herbs contained are specially aged and treated for 10 years for maximum potency. This herb was originally used by men who were preparing for their wedding night, and centuries later is used to counteract testosterone decline.

Experience:
- Restored Libido & Sexual Drive
- Boosts Testosterone Levels
- Increases Sperm Production
- Enhances Erection Strength
- Improves Physical Performance

BUY NOW

MADE IN THE USA
BBQ KALE CHIPS

Snacks are great when you’re feeling peckish but don’t want a heavy load. How about one that’s healthy and tasty for any occasion? BBQ kale chips are the perfect option that will have you and loved ones grabbing for more. Give it a go, and see how easy it can be!

INGREDIENTS

- 1 bunch curly kale (around 8 ounces)
- 2 tablespoons olive oil
- 2 tablespoons macadamia nuts
- ¼ cup nutritional yeast
- 2 teaspoons Primal Palate Barbecue Rub or any other rub of your preference!

Optional Extras

- Himilayan Salt

METHOD

1. Tear kale into 3” pieces, discarding stems
2. Place kale in a large bowl
3. Massage oil into kale
4. In a food processor, pulse macadamia nuts, yeast, and seasoning until ground into a paste
5. Massage seasoning into kale
6. Spread out kale on a baking sheet
7. Bake at 300° for 30 minutes until kale is dark green and crispy
8. Use himilayan sea salt if you wish for added flavour.
9. Serve

Serves 3 Cups | Ready in 40 minutes
KETO BACON, AVOCADO, AND CHICKEN SANDWICH

Everyone loves pizza, but it’s hard to enjoy when it’s not the healthiest choice, but with the right ingredients it can be! Here we have something special for you, a super tasty keto pizza treat that combines healthy ingredients with the filling extras.

**Keto Cloud Bread**
- 3 large eggs
- 3 ounces cream cheese
- 1/8 teaspoon cream of tartar
- ¼ teaspoon salt
- ½ teaspoon garlic powder

**The Filling**
- 3 tablespoons mayonnaise
- 3 teaspoons sriracha
- 6 slices bacon
- 9 ounces chicken breast
- 6 slices Pepper Jack Cheese
- 6 whole grape tomatoes
- 6 ounces avocado

**METHOD**

1. Preheat the oven to 300°F. Begin separating 3 eggs into to two clean, dry bowls.

2. Add cream of tartar and salt to the whites. Using an electric mixer, whip the egg whites until you see soft, foamy peaks form.

3. In the other bowl, combine 3 oz. of cubed cream cheese with the egg yolks and beat until a pale yellow color.

4. Gently fold the egg whites into the yolks, half at a time.

5. On a parchment paper lined baking sheet, spoon about ¼ cup of the keto cloud bread batter into six rounds. This recipe makes 6 large keto cloud bread.

6. Using a spatula, press gently on tops of the keto cloud bread to form squares. Then sprinkle the tops with garlic powder and bake for about 25 minutes.

7. While the keto cloud bread are baking, cook the chicken and bacon with some salt and pepper.

8. To arrange the sandwiches, begin by combining mayo and sriracha and spread 1/3 onto the underside of three keto cloud breads. Add your chicken on top of the spicy mayo.

9. Add 2 slices of pepper jack cheese, 2 slices bacon, 2 halved grape tomatoes, and spread 2 ounces mashed avocado on top of each sandwich. Season to taste, then top with the remaining keto cloud breads.
Do you have problems sleeping? Many men find it difficult to fall asleep, waking to an unwanted alarm that sounds for a tiresome day. Whether it's chasing your dreams or being in the best of moods, start with sleep.

A perfect nights rest brings home truly amazing benefits. When rested, your body and mind goes through a deep healing process, granting you new life for the day.

We made Rejuvenate so it helps you get that sleep. With powerful and natural properties that restores memory, focus, mood, cell regeneration, and much more.

Need advice? Give us a call toll-free on 1-888-868-3554
Why Sudoku?

Brain games are not only fun and challenging but they also help maintain brain performance by reducing degenerative diseases that affects the brain. Our brain, like the muscles in our body requires regular stimulation in order to maintain great performance and promote longevity.

We have created some fun puzzles for you to keep your brain healthy, enjoy!

### Easy

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>9</td>
</tr>
<tr>
<td>7</td>
<td>1</td>
<td>8</td>
</tr>
<tr>
<td>9</td>
<td>5</td>
<td>4</td>
</tr>
<tr>
<td>1</td>
<td>7</td>
<td>6</td>
</tr>
<tr>
<td>5</td>
<td>7</td>
<td>1</td>
</tr>
</tbody>
</table>

### Medium

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>1</td>
<td>7</td>
</tr>
<tr>
<td>8</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>2</td>
</tr>
<tr>
<td>1</td>
<td>3</td>
<td>9</td>
</tr>
<tr>
<td>8</td>
<td>5</td>
<td>7</td>
</tr>
<tr>
<td>9</td>
<td>4</td>
<td>1</td>
</tr>
</tbody>
</table>

### Hard

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>1</td>
<td>8</td>
</tr>
<tr>
<td>4</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>7</td>
<td>5</td>
<td>3</td>
</tr>
<tr>
<td>9</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>8</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>9</td>
<td>1</td>
<td>7</td>
</tr>
</tbody>
</table>

### Master

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>4</td>
<td>6</td>
<td>8</td>
</tr>
<tr>
<td>1</td>
<td>8</td>
<td>1</td>
</tr>
<tr>
<td>7</td>
<td>5</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>9</td>
<td>1</td>
</tr>
<tr>
<td>9</td>
<td>4</td>
<td>7</td>
</tr>
</tbody>
</table>

Need More Brain Power?

Supplement your brain with naturally powerful herbs and oils for peak performance using Ben’s Rejuvenate & Antartic Krill Oil by visiting: [www.bensprostate.com/shop](http://www.bensprostate.com/shop)
- ANTARTICAN KRILL OIL -

Our omega 3 krill oil is uniquely sourced from the pure unpolluted waters of the Antarctic. When ingested it can cross the brain barrier to improve the concentration of omega 3 in your brain enhancing cognition and memory. It also is linked to healthier skin, endurance, heart health, joint pain because Astaxanthin is 6000 times more powerful an antioxidant as Vitamin C.

Key Benefits:
- Enhances Cognitive And Memory Function
- Supports A Healthy Immune System
- Promotes Brain And Nerve Health
- Helps Alleviate Joint Pain
- Anti-Inflammatory

LEARN MORE
In case this is your first issue of our monthly journal The Natural Choice, Ask Ben is a recurring segment in every issue in which Ben responds to questions from you, the reader.

Many of our readers love engaging with us and asking a multitude of deep questions regarding their lifestyle. We provide feedback that inspires and equips our customers on exactly what they need to do for themselves in order to be victorious in their battle with health problems.

We believe all of your questions are valuable and choose some of the best to include in our monthly Natural Choice Articles. This is so that others going through similar experiences can learn how they can also live a more fulfilling life with the contribution of you and the community.

We are empowered by your feedback and this propels us to do more to provide the best service we can.

If you would like to have your prostate health or supplement related question, no matter the nature, answered by Ben in an upcoming issue of The Natural Choice then please feel confident to email your question to Ben.ong@bensprostate.com or alternatively click the button below.
Hi Ben,

How do you see whey protein and creatine supplementations affect prostate?

Albert

Hi Albert,

Thanks for your question.

There is little research looking at the effects of creatine monohydrate supplementation on prostate health. However, one study found that creatine monohydrate supplementation may increase the conversion rate of testosterone to dihydrotestosterone (DHT) over a 3-month period.

DHT is the form of testosterone that causes BPH and may play a role in prostate cancer growth. So there are some concerns that long-term creatine supplementation may have a negative impact on prostate health. However, much more research is required to explore whether creatine supplementation may have a negative impact on prostate health.

Whey protein is a dairy product and there is research that suggests dairy increases the risk of prostate cancer.

Dairy contains IGF-1 which has been shown to promote the growth of cancer cells in laboratory studies. However, there is far less IGF-1 in whey protein than milk. If you decide to use whey protein then I would recommend high quality grass-fed whey.

Alternative options to whey protein is beef protein, which contains all the amino acids that you find in whey protein but the absorption rate is much slower than whey. Another alternative is plant protein, but it important to choose a plant protein powder that is formulated with brown rice, pea and hemp protein. This ensures that you are consuming a protein source with a complete amino acid profile.

I wish you good health,

Ben
Hi Ben,

I’m a 70 year old male with enlarged prostate. Have had frequent urination problems. But most recently urinary retention. I am considering a urolift procedure in order to urinate. What’s you opinion?

Cruz

Hello Cruz,

I would recommend using our natural supplements to help improve the health of your prostate.

Total Health will get rid of your symptoms, although it can take some time, simply because reversing the damage done over many years to your prostate is not a quick-fix.

Another supplement I would recommend is Prostate Power, which is designed to quickly alleviate the symptoms associated with an enlarged prostate. Prostate Power will work best when taken with Total Health.

I wish you good health,

Ben
POWERFUL BPH SYMPTOM ALLEVIATOR

EXPERIENCE
POWERSFUL
RELIEF

- PROSTATE POWER -

Prostate Power combines a pure Rye flower pollen extract with a 45% saw palmetto Berry extract. In external clinical studies and our own internal trials, we have discovered this formula works as a fast acting powerful urinary symptom alleviator with up to 70-90% of men experiencing significant improvements.

Prostate Power Gives You:

- ✔ Fast Acting Relief from Urinary Symptoms
- ✔ Lowers frequency of Night Time Bathroom Trips
- ✔ Improved Urination Flow Speed & Strength
- ✔ Reduced Urgency & Regained Bladder Control

ORDER NOW

MADE IN THE USA

5 Star Product

100% NATURAL

FREE DELIVERY

PREMIUM QUALITY