

JUNE 2016

remedies

for LIFE

men's
health

The story on hemp
New research on curcumin
Solving sprains

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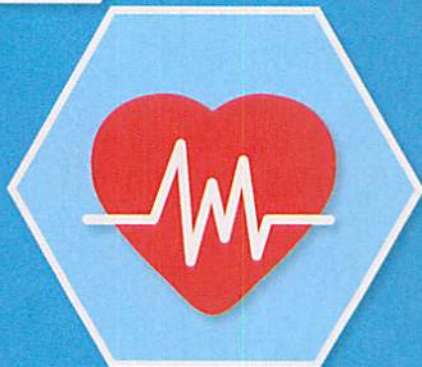
preventive care

male systems check

key supplements for men's health concerns



It's a good idea—for men, just as it is for anyone else—to review your dietary supplement plan to take into account current or anticipated health concerns. Think of it as a head-to-toe overhaul. For guys, this systems check should definitely touch on key health concerns that predominately plague men.



Heart health

“With heart and blood vessel disease being the number one killer of men, as well as a major cause of disability, it is critical that you take good care of your heart,” urges Jacob Teitelbaum, MD, author of *Real Cause, Real Cure* (Rodale Books). Coenzyme Q10 is a great supplement for heart health, especially for anyone taking a cholesterol-lowering medication. Since these medications deplete this vitally important nutrient, Dr. Teitelbaum recommends supplementing with 400 milligrams (mg) of coenzyme Q10 daily for six weeks, then continuing on a maintenance dose of 200 mg daily.

One of the safest and most impressive herbs to consider is hawthorn (*Crataegus spp*), a slow-acting, antioxidant-rich cardiovascular tonic that

nourishes the heart and improves circulation.

The mineral zinc serves as a mild heart protector, since “a low level of this antioxidant in the blood increases the risk of heart attack,” Dr. Teitelbaum explains, while zinc supplements in older adults lower heart disease markers (such as C-reactive protein). Aim for 15 mg of zinc daily.

The most important on Dr. Teitelbaum's short list: magnesium. This mineral “increases the strength of your heart muscle and helps keep heart rhythms steady and smooth.” He recommends 200 mg daily or up to 400 mg (although this can trigger diarrhea in some sensitive people).

Prostate problems

The prostate gland can be the location of several health concerns, ranging from harmless—but bothersome—to severe.



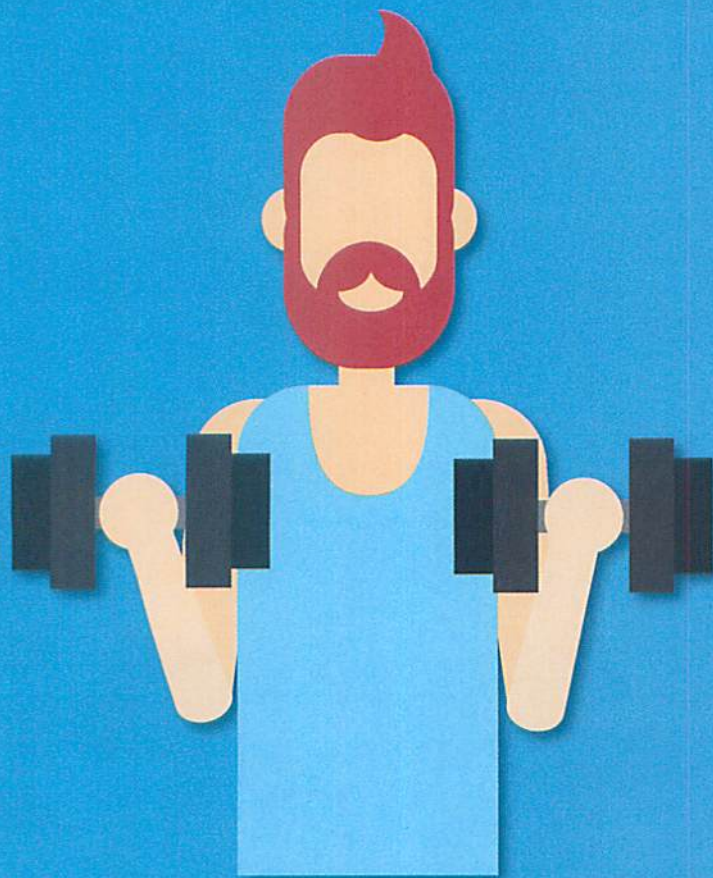
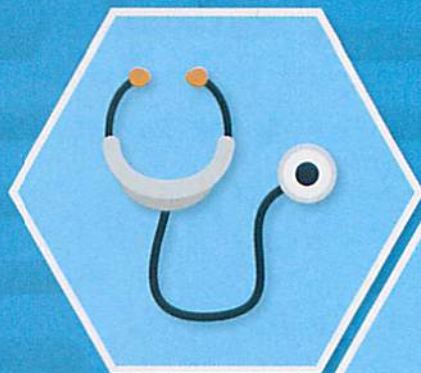
Benign prostatic hyperplasia (BPH) is a common, noncancerous prostate condition. The urinary urge and frequency caused by BPH can be vexing. Many men find symptom relief from saw palmetto supplements, with research typically based on 320 mg of saw palmetto extract daily. Prostatitis, which also causes the symptoms of frequent and urgent need to urinate and pain with urination, can be aided by saw palmetto supplements too.

One out of every six men develops prostate cancer in his lifetime; it's a leading cause of cancer-related death for men, second only to lung cancer. Lycopene, a member of the carotenoid family and a powerful antioxidant, has been shown in several

studies to reduce the risk of developing or dying from prostate cancer (generally in the amount of 15 mg per day). Lycopene is most abundant in tomatoes and foods made from tomatoes. Lycopene supplement absorption improves when it's taken with a meal containing a little fat.

Joint junctions

One in every five American men reports joint pain (generally from either osteoarthritis or rheumatoid arthritis), notes the Centers for Disease Control and Prevention. A great go-to for joint relief is curcumin, which is an antioxidant and anti-inflammatory extracted from the spice turmeric. This herbal extract offers relief for aching joints without the



Pick your male multi

Almost everyone (not just men) misses the mark at least a little when it comes to eating the perfect diet. Think of a good multivitamin/mineral as a safety net to fill in any nutritional gaps. A multi makes sense for all men, but especially for anyone who has a diet low in fruit and vegetables or tends to eat the same foods day in and day out. It's a good idea to get a gender-specific multi designed with a man in mind. For example, while iron is important for women, most men should avoid extra iron; so check that your multi doesn't include this mineral. You might even select a multi that include herbs and nutrients that are valuable for prostate health (e.g., lycopene) or heart (e.g., zinc).

risk of adverse effects associated with conventional medications. But it's not just about masking discomfort. Research shows that curcumin can help rebuild joint tissue by replacing damaged cartilage with new, healthy cartilage. Aim for 400 mg of curcumin twice a day.

All areas of connective tissue in the body contain collagen. This protein plays an important role in healthy joints. Supplementing with a form called collagen hydrolysate offers joint benefits, particularly for those with osteoarthritis. Research with a group of 80 people with knee

or hip osteoarthritis indicates that 2,000 mg of collagen daily results in less pain and better joint function.

Bedroom woes

While erectile dysfunction is reported by just five percent of 40-year-olds, the numbers go up to 15 to 20 percent of 65-year-olds. Clearly, there is a higher risk as the years go by. Erectile dysfunction can be triggered by a circulation issue, depression, anxiety, or diabetes, or it can be a side effect of a medication. The herb ginkgo promotes circulation to the blood vessels that feed the

brain, and that same mechanism of action is thought to boost blood flow to the penis, which would be beneficial in garden-variety erectile dysfunction. For erectile issues due to prostate surgery, this herb could also help. A typical dose, based on research, is 240 mg of ginkgo extract daily. ❁



Victoria Dolby Toews, MPH, has been a health journalist for more than two decades; her latest book is *Life After Baby: Rediscovering and Reclaiming Your Healthy Pizzazz* (Basic Health Publications, 2012).

"Curcumin Mediated Suppression of Nuclear Factor-kB Promotes Chondrogenic Differentiation of Mesenchymal Stem Cells in a High-Density Co-Culture Microenvironment" by C. Buhmann et al., *Arthritis Res Ther*, 2010 • "Effect of *Ginkgo biloba* Extract (EGb-761) on Recovery of Erectile Dysfunction in Bilateral Cavernous Nerve Injury Rat Model" by Y.N. Wu et al., *Urology*, 5/15 • "Effect of the Novel Low Molecular Weight Hydrolyzed Chicken Sternal Cartilage Extract, BioCell Collagen, on Improving Osteoarthritis-Related Symptoms: A Randomized, Double-Blind, Placebo-Controlled Trial" by A.G. Schauss et al., *J Agric Food Chem*, 4/12 • "Efficacy and Safety of Saw Palmetto Extract Capsules in the Treatment of Benign Prostatic Hyperplasia" by X.B. Ju et al., *Zhonghua Nan Ke Xue*, 12/15 • "Improving BPH Symptoms and Sexual Dysfunctions with a Saw Palmetto Preparation? Results from a Pilot Trial" by A. Suter et al., *Phytother Res*, 2/13 • "Lycopene, Tomato Products and Prostate Cancer-Specific Mortality Among Men Diagnosed with Nonmetastatic Prostate Cancer in the Cancer Prevention Study II Nutrition Cohort" by Y. Wang et al., *Int J Cancer*, 6/16 • Personal Communication: Jacob Teitelbaum, MD, 5/16

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FROM A GLOBAL PERSPECTIVE | NOTES FROM OUR FORMULATORS
 Adaptogenic herbs from Traditional Chinese Medicine reduce physical and mental fatigue while improving focus and concentration, including schisandra berry, white panax ginseng and rhodiola rosea. Herbs from European and Ayurvedic medicine contribute to the relaxing effects of At Ease and At Ease PM. Brain Awakening supports cognitive function with extracts of Amla berry and Lion's Mane, popular throughout Japan, China and Vietnam.

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