

# PROSTATE CARE

## FOOD COMPOUND VITAMIN

*Mineral & Herbal Formula*



Supports Healthy  
Prostate & Urinary Function

Provides Lycopene from the Right Foods

Saw Palmetto, Pygeum & Cranberry

Vital Amino Acids



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*Product Rationale*  
*By Cynthia Pileggi*



# RIGHTFOODS™ Prostate Care

## *Rationale*

The prostate gland plays an important role in fertility, producing the fluid that carries sperm during ejaculation. Normally about the size of a chestnut, the prostate gland sits in the pelvic region on top of the urethra. When it becomes enlarged the gland can put pressure on the urethra, and obstruct the flow of urine from the bladder. Prostate health is a primary concern for men as they age. Studies indicate that 50% of men in their 60's and 90% of men in their mid-80's have benign prostatic hyperplasia, BPH, (also known as benign prostatic hypertrophy). Only about half of those will develop symptoms. "Benign prostatic hyperplasia is a slow, progressive enlargement of the fibromuscular and epithelial structures within prostate gland."

Symptoms of BPH can include:

- Frequency of urination
- Difficult or painful urination
- Dribbling of urine
- Scant urination
- Incomplete emptying of the bladder
- Night time frequency of urination

Possible factors contributing to BPH include:

- Age-related hormonal changes
- Prostaglandin imbalance
- Typical American Diet
- Environmental pollutants
- Imbalances in insulin and prolactin
- Alcohol consumption, especially beer
- Stimulants such as those found in coffee
- Certain medications may also aggravate BPH

BPH is considered an androgen-dependant disorder of metabolism. As men age there levels of steroidal hormones go through dramatic changes. They experience decreased levels of testosterone and increased levels of prolactin, estradiol, and other hormones. The effect of these changes can cause an increase in dihydrotestosterone (DHT) levels in prostate tissue. DHT is a potent androgen derived from testosterone, which is believed to be a primary contributing factor in BPH.

RightFoods™ Prostate Care is designed as both a tonic and for nutritional support for the prostate gland and for BPH. This combination of amino acids, amino acid chelated zinc, whole herb extracts and food compound rich foods provide comprehensive support for the prostate gland and urinary system.

### **L-Glutamic Acid, DL-Alanine, Glycine**

Three amino acids, L-Glutamic Acid, DL-Alanine, Glycine have been studied by several research groups in treatment of benign prostatic hyperplasia (BPH). The studies found that this combination of amino acids reduced and/ or relieved many of the symptoms associated with BPH including: nocturia, urgency and frequency of urination, delayed micturition and enlargement. The dosage of the tri-amino acid combination is based on the levels used in the study published in the *Journal of the Maine Medical Association* in 1958. (Ref. 11). The Study concluded the following: (1) In a series of 40 cases of diagnosed benign prostatic hypertrophy, the use of glycine-alanine-glutamic acid capsules reduced the size of the enlarged prostate in 93% cases, including 33% in which the gland was restored to normal size. With the placebo only 5% showed partial reduction of prostatic enlargement, in no case to normal size. (2) The treatment relieved nocturia in 95% (complete relief in 72%), urgency in 81%, frequency in 73%, discomfort in 71%, and delayed micturition in 70%. With the placebo nocturia was relieved in 15% (complete relief in 5%), urgency in 11%, frequency in 15%, discomfort in 9%, and delayed micturition in 4%. (3) No untoward effects were observed in any case. (4) The modus operandi appears to be an anti-edemic (diuretic) action whereby edematous swelling affecting the prostate gland and surrounding perineal tissues is reduced. A special metabolic activity may be a factor. (5) The great majority of cases of benign prostatic hypertrophy should be treated conservatively and the glycine-alanine-glutamic acid mixture is recommended as an effective palliative.

### **Zinc**

The prostate contains higher levels of zinc than any other organ. Supplemental Zinc is a key part of most nutritional programs designed to support the health of the prostate. Many studies attest to the benefits of Zinc supplementation in both prevention and treatment of BPH, for reducing enlargement and relieving symptoms. The efficacy of zinc is due in part, to zinc's involvement with androgen metabolism. Zinc has been shown to inhibit the activity of the enzyme that converts testosterone to DHT, and to inhibit prolactin secretions.

Zinc functions in many of the enzyme systems of the body. Important to the immune function, wound healing, sexual function, sensory function, SOD production and the health of the skin. Zinc provides nutritional support to the T cells, white blood cells and thymic hormones, thymulin in particular. Deficiency appears to reduce production of T & B lymphocyte cells. Zinc has anti-viral properties. The most critical trace mineral for male reproduction, Zinc affects testosterone levels, sperm count, sperm motility and prostate function. An important non-enzyme function of Zinc is the enabling of the transcription factor to bind with DNA and stimulate transcription of a gene. The form of all minerals is crucial to their utilization, so RightFoods™ **Prostate Care** uses 100 % amino acid chelated Zinc for optimal efficacy.

### **TONIC WHOLE HERB EXTRACTS & THERAPEUTIC WHOLE FOOD EXTRACTS**

“Whole plant extracts, artfully and scientifically prepared, provide the most complete range of the plant's chemistry and synergy and therefore exercise the most holistic influence on the physiology.”

*Naturopathic Handbook of Herbal Formulas*, Herbal Research Publications, Inc., Ayer, MA., pg. 14, 1973.

### **Whole Herb Extracts**

In most cases using concentrated whole plant extracts is the best means of herbal delivery. If the herb is not extracted the active constituents can be locked within the cell walls. The more concentrated the extract the more active constituents are available for delivery. For example, 8:1 means eight pounds of whole herb are extracted and concentrated to equal one pound of whole herb extract. In this case the value of the extract is at least eight times greater than the value of the non-extracted herb. Using these potent whole herb extracts is

important for maximum efficacy of the herbs. Extraction creates a huge advantage. All the herbs in RightFoods™ **Prostate Care** are properly extracted for maximum efficacy of the formula.

#### **Saw Palmetto Berry** (*Serenoa repens*)

Saw Palmetto is a small palm tree that is native to the coastal regions of the southeastern United States. Saw Palmetto appears to inhibit dihydrotestosterone, the compound that has been linked to prostate enlargement. It has also been found to reduce inflammation associated with BPH. Saw Palmetto is a diuretic, urinary antiseptic and endocrine agent whose action strengthens and tones the male reproductive system. Compounds of Saw Palmetto include sterols (beta-sitosterol), fatty acids (caproic, lauric, palmitic, oleic, capric), ethyl esters of the fatty acids and sterols, carotenes, tannins and polysaccharides. As a tonic herb, Saw Palmetto Berry can be taken regularly to strengthen the prostate, urinary tract and endocrine systems. Saw Palmetto is generally recognized as safe.

#### **Pygeum Bark** (*Pygeum africanum*)

For centuries, Pygeum bark has been traditionally used in Africa for male health, prostate enlargement, impotence and infertility. Pygeum is an evergreen tree that can reach 100 feet in height. Compounds include phytosterols (beta-sitosterol and beta-sitosterone), fatty acids, triterpenes, and esters of ferulic acid. Pygeum is often combined with Saw Palmetto and pumpkin seeds for treatment of BPH, inflammation and edema. Research and traditional use indicate that Pygeum's actions help relieve symptoms and reverse the condition of BPH. Secretions of the prostate and bulbourethral glands are enhanced with use of Pygeum bark. The esters of ferulic acid support the endocrine system, including the adrenal glands. In addition, Pygeum assists in lowering cholesterol levels. Elevated cholesterol levels have been deemed a contributing factor in BPH. Wild crafted Pygeum has the possibility of becoming endangered so using cultivated Pygeum bark is important.

#### **Tomato Concentrate**

Research indicates that the red carotene in tomatoes, Lycopene, is a powerful antioxidant and free radical scavenger of singlet oxygen. Cancer research indicates that men, whose diets are rich in tomatoes which is rich in lycopene, have lower prostate cancer risks. Tomatoes and lycopene function in protecting cardiovascular health and may effect proper blood clotting. Tomato concentrate provides Vitamin C, Niacin, Phosphorous, and Carotenes, especially the highly active antioxidant Lycopene. Tomatoes contribute to cholesterol management, cardiovascular and prostate health.

#### **Marshmallow Root** (*Althea officinalis*)

BPH can cause irritation in the urethra and soothing, demulcent Marshmallow root is the perfect choice to treat the aggravated tissue. Marshmallow root is rich in mucilage containing a variety of polysaccharide compounds. Marshmallow root has anti-inflammatory, diuretic, demulcent, and emollient properties. It soothes, heals and reduces the inflammation of effected tissues.

#### **Nettle Leaf** (*Urtica dioica*)

Nettle is a highly nutritious tonic herb rich in Chlorophyll, Indoles, Vitamin C, and Minerals such as Potassium, Iron, Trace Minerals, Silica, and Acetylcholine. Nettle leaf is a tonic, nutritive, diuretic, astringent, hypotensive and has alterative properties that support the blood. Research has shown nettles to be supportive to the immune system. Nettle leaf is included this formula for its support to the blood, genital-urinary and immune systems and nutritive properties.

#### **Pumpkin Seed Extract** (*Cucurbita Pepo*)

Pumpkin seeds contain important Omega –3 Fatty acids, compounds and Zinc that support the health of the prostate gland and are thought to help relieve symptoms of BPH. This nutrient dense food contains Protein, Vitamin B Complex, Iron, Zinc, Vitamin A, Phosphorus and Calcium.

Pumpkin seeds provide a vast array of important nutritional factors and are an important inclusion in the diet and in this formula. A diet rich in whole foods is the foundation for optimal prostate support.

**Cranberry Extract** (*Vaccinium macrocarpum*).

Research indicates that the proanthocyanin compounds in cranberries have powerful antioxidant activity and protective properties that support the urinary tract and reduce chances of bladder infection. They are a rich source of protective anthocyanins which are shown to increase intracellular Vitamin C, decrease capillary permeability and protect collagen. When BPH inflammation is severe causing interference with the bladder's proper emptying, infection in the urinary system can occur. Cranberry and blueberry in the diet and through supplementation can be supportive and a preventative measure.

***Hydrilla verticillata***

*Hydrilla verticillata* is a fresh water rooted algae found in Georgia and Florida. *Hydrilla* is especially rich in calcium, with abundant trace minerals, polysaccharides, amino acids, micro and macro nutrients. This superior green food possesses protective antioxidant and detoxifying activity.

**Whole Food Extracts**

The Complete Active Range™ of whole foods in RightFoods™ **Prostate Care** enhances the efficacy of the formula and contains a full spectrum of beneficial color pigments (food compounds).

**Complete Active Range™ Food Compounds:**

**Terpenes** (Carotenoids\*: Carrot 3:1), (Limonoids: Orange 3:1, Lemon 3:1), (Saponins: Alfalfa 3:1), (Lycopene: Tomato Extract 4:1); **Phenols** (Betanin: Beet 3:1), (Anthocyanins: Cranberry 25:1, Wild Blueberry 7:1), (Flavonoids: Citrus 3:1, Acerola 4:1, Rose Hips 4:1), (Isoflavones: Kudzu 10:1; **Amines** (Chlorophyll: Hydrilla 50:1), (Enzymes: Green Papaya 3:1); **Polysaccharides** (Rice Bran 3:1, Shiitake 3:1), (Pectin: Apple 3:1); **Organosulfurs** (Indoles: Cabbage 3:1), (Sulforaphanes: Broccoli 5:1), (Isothiocyanates: Kale 3:1), (Thiosulfonates: Onion 3:1); **Lipids** (Omega-3: Flax 3:1), (Sterols: Pumpkin Seed 4:1), (Isoprenoids: Spinach 3:1); **Organic Acids** (Ellagic Acid: Black Currant 3:1), (Coumaric Acid: Green Pepper 5:1).

\*Carotenoids include Lutein, Zeaxanthin, Cryptoxanthin, Alpha-Carotene, and Lycopene.

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