

## Men's Single Biggest Health Problem — Beaten Naturally!

Turn Your Body's Time-Clock Back To "Young Man" — Be Leaner, More Muscular, More Energetic, Healthier, And Have A Sex Drive That Just Won't Quit!

### Reclaim Your Testosterone... The Gift of The Gods

Karlis Ullis, a medical director at UCLA and an internationally recognized authority on men's health, puts it this way:

"Testosterone is a near-magic substance that makes a man a man! There is no other substance on the planet, natural or manmade, that can have such profound effects. It can restore or boost sex drive in men of virtually any age. It can decrease fat tissue and increase muscle tissue. It can sharpen the mind and build confidence. It can increase overall energy levels and boost mental acuity."

But more than just making you manly, testosterone will help protect you from a long list of chronic diseases:

○ *Heart Disease*

#### The Dr. Sears Testosterone Self-Assessment Test

1. frequently 2. Occasionally 3. Never

- |  |   |
|--|---|
| 1. Do you have trouble obtaining an erection?                                  | 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> |
| 2. Do you lose your erection before orgasm?                                    | 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> |
| 3. When attempting sexual intercourse, how often is it unsatisfactory for you? | 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> |
| 4. How often do you lack interest in sex?                                      | 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> |
| 5. Do you drink alcohol?   | 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> |
| 6. Do you smoke tobacco?   | 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> |
| 7. Do you find yourself with a lack of ambition                                | 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> |

- *Type II Diabetes*
- *Stroke*
- *Depression*
- *Alzheimer's*
- *Obesity*
- *Osteoporosis*
- *Arthritis*

It's not a mistake that these illnesses are most common in men over 40. It's not a mistake that your libido drops, you develop problems with erections, your knees hurt when you walk down steps, that you're more likely to feel depressed, that your stomach is fat, and that you forget things. All these problems - and more serious ones too - are the result of what some doctors call "the natural aging process."

And the natural aging process is all about the loss of testosterone.

### **The Gods Are Fickle - What They Give So Easily, They Also Take Away**

When you were in your twenties and thirties, you had all the testosterone you need. As a result, you had

or motivation?

8. Do you ever lack the energy to climb a short flight of stairs? 1 ☐ 2 ☐ 3 ☐

9. Do you ever find yourself becoming moody, depressed or irritable without good reason? 1 ☐ 2 ☐ 3 ☐

10. How often do you find yourself lacking the strength to lift heavy household objects, like a full garbage can? 1 ☐ 2 ☐ 3 ☐

11. How often do you lack the desire to get up in the morning? 1 ☐ 2 ☐ 3 ☐

12. How often are you disinterested in exercising? 1 ☐ 2 ☐ 3 ☐

13. How many prescription drugs do you take? 3 + ☐ 1-2 ☐ n/a ☐

14. Pinch your fat just to the side of your >1" ☐ 1" ☐ <1" ☐

energy and grit and clear ideas. But testosterone declines with age, and as it does, so do your mental and physical abilities. The decline starts in your early thirties and, little by little, gets worse every day. By the time you're in your mid-forties, there are real signs of deterioration in your anatomy and in your functional capacity.

To make matters worse, estrogen increases while testosterone decreases, partly due to a conversion of testosterone to estrogen. One recent study found that estrogen levels in an average 54-year-old man are higher than those of an average 59-year-old woman!

***It's a vicious cycle of decreasing testosterone and increasing estrogen. You start to look and feel more like a woman but your mind, and your culture, still expect you to be a man!***

And it's not just how you look and feel. When a man's T/E ratio declines, it also increases the risk of heart attack and stroke. And high levels of estrogen in men are implicated in benign prostatic hypertrophy (BPH). That's the enlargement of the prostate gland at the base of the penis that makes it difficult to begin urinating... and

belly button;  
how much can  
you pinch

15. What is ☐ >50 ☐ 35-50 ☐ <35 ☐

your age?

### Scoring:

**Score 10pts for each 3**

**Score 5pts for each 2**

**Score 1pts for each 1**

### Interpretation:

**Above 125:** You Stud! Keep up the good work!

**100-125:** Average. You might benefit from higher testosterone levels, but it's not urgent

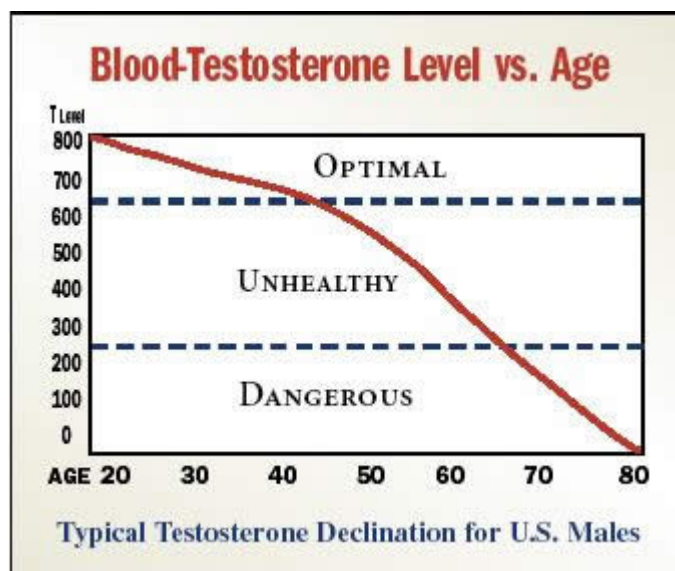
**Below 100:** Deficient. You are probably suffering from falling testosterone levels. Seek a solution

even harder to stop.

Just look what happens in your body over time:

But you can prevent the ravages of aging...and you can do so naturally and safely by keeping your testosterone production at healthy levels. Probably the most exciting thing for any man is the fact that with today's knowledge you can boost your testosterone naturally, and "turn back the clock" on the main cause and symptoms of male aging.

Take the testosterone test on the preceding page. If you score poorly, you probably should improve your testosterone profile.



### Don't Procrastinate...Start Now!

Don't wait for a non-caring medical bureaucracy or a misinformed media to catch on to the truth about testosterone. Don't let time, an emasculating culture or feminizing pollutants steal your energy and virility.

For masculine health, testosterone is often the only solution. But beware of testosterone injections. They can be painful, expensive, and potentially

harmful if not carefully monitored.

Plus, your body is smart. If you're injected with a synthetic testosterone, your body identifies it as a foreign substance and gears up liver enzymes to remove it from your blood. If you continue to get injections, your body also will decrease its

production of testosterone by the testes.

### Your Body Is Just Defending You

If the dose is increased to try to overcome these defenses, your body will respond by decreasing the sensitivity of its testosterone receptors. Result? The same blood level of testosterone has less effect on testosterone's target tissues... your sex organs and muscles.

And if you increase the dose yet again - to try to get back those initial benefits - your body can simply turn off the gene that produces testosterone receptors. Then all the testosterone in the world will do no good.

But you can safely boost your testosterone to the levels you once had as a young man. And enjoy all the benefits: By boosting your testosterone naturally, you can:

- *Build muscle without lifting one finger in exercise...*
- *Fight off that increasing body fat that everyone tells you is "just part of getting older..."*
- *Prevent angina and high blood pressure...*
- *Improve your mental capabilities...*
- *Reduce your risk of osteoporosis and keep your bones strong...*
- *Boost your libido and your sexual functioning...*



Find out everything you need to know to boost your testosterone completely naturally in our special report, Testosterone: The Key To Maximum Male Health. You'll find details on how to get your FREE copy later on.

**Saving Your Prostate - How to Avoid and/or Remedy America's #1 Health Problem for Men**

Every man has a hidden health problem waiting to happen.

If you are over 40, yours may have already begun. The problem involves a dangerous little saboteur that lies between your bladder and your penis - a place where you don't want problems. I'm talking, of course, about the prostate gland - a potential cause of disturbed sleep, incontinence, impotence, disease and even death!



The earliest sign of trouble - nocturia - begins as a nagging ache that nudges you from your dreams.

You look at the clock (3 a.m.), roll over and cross your legs. It's no use. Pressure turns to pain. And you make another trip to the bathroom, wondering whether you'll be able to get back to sleep.

Most of my patients tell me they don't mind waking up once. Even twice. But when you have to get up three or more times, it's ridiculous. What's more ridiculous is how common a problem it is.

**Benign prostatic hyperplasia (BPH) is the number one diagnosis made in American men over the age of 55. The common name for this condition is a swollen or enlarged prostate. The longer you live, the greater your chances of being afflicted by it. Eighty percent of American men will get it at some point. If you make it to 80 years of age, your probability reaches 90%.**

These shocking statistics beg for an explanation. Are men born with a design flaw? Or is it something we're doing? In the following pages, I'll give you the answer to these questions and tell you how to eliminate your prostate problems. But you must begin with an open mind because I'm about to show you that most of what you've been told about prostate problems - by the medical mainstream - is seriously flawed.

**Stop Listening to the Medical Establishment, Stop Listening to Popular Alternative Theories, and Learn the Truth About Your Prostate Health...**

Popular misconceptions about the prostate begin with a mistaken notion of the cause of enlargement. The condition is NOT caused by natural testosterone. Quite the contrary, it is caused by unnatural environmental pollutants that overwhelm testosterone metabolism.

And guess what? When you have a flawed understanding of causation, you get flawed treatments.

**The most popular mainstream treatment strategies for the prostate are cutting (surgery), burning (radiation) and poison (drugs). They do not address the cause, and they can cause serious complications and side effects.**

**Most alternative treatments also come up short, and tend to show an inadequate understanding of the cause. Although they are much safer than mainstream interventions, they are equally ineffective.**

The real cause comes from the environment. We are doing things to tell our prostates to grow, and the prostate is doing nothing but following orders. These orders are given at the cellular level by a deluge of hormonal pollutants - including the growth-stimulating hormones dihydrotestosterone (DHT), estradiol, and a host of "mimickers" (chemicals that disrupt endocrine glands).

### **On the Trail of the Real Cause of Prostatic Disease**

In the early 90s studies appeared showing lower than average testosterone levels in men with both benign enlargement of the prostate and prostatic cancer.

This shattered the conventional wisdom that prostate disease was caused by testosterone and was an inevitable consequence of being a man. Now that this theory is disproved, there is hope that a man can beat prostate disease without giving up his manhood.





I began to suspect environmental causes when population studies began showing a mass of evidence that prostatic disease is a curse of industrialized nations. It is rare in third-world countries, very common in developed countries and rising rapidly in emerging countries.

One study really stood out. In 1993, a European report revealed that prostatic disease rates in American blacks were the highest of any group on earth. But rates for the same diseases in African blacks were among the lowest.

Another group with very low rates of prostatic problems is Asian men, with the Chinese fairing the best. But what happens if that Chinese man moves to America? You guessed it. His risk rapidly catches up to the average American-born man. In other words, for African-Americans and Asian-Americans, living in the US is a bigger risk factor for prostatic disease than genetic make-up.

And yet another clue came from the study of men born with a rare deficiency of the enzyme 5-alpha-reductase. It converts testosterone to dihydrotestosterone (DHT). Men without it have very low levels of DHT but normal or high testosterones. Prostatic disease in this group is extremely low.

### "Why Didn't My Prostate Doctor Tell Me About DHT?"

Later studies found DHT to be much more powerful than testosterone at stimulating prostate growth. It binds to growth receptors on prostatic cells. When DHT binds to these receptors it signals the prostatic cells to grow and proliferate. It's concentrated in prostatic tissue, and is even more concentrated in diseased prostates. And while testosterone declines with age, concentrations of DHT in the prostate increase with age.

DHT can now be measured in your blood. It's not routinely done but your doctor can order the lab to perform a DHT test on your blood sample if you ask. I have found it to be quite valuable. In my patients who have a DHT in the upper half of normal, I usually recommend that they take action to lower it.



**In short, the evidence shows that the testosterone derivative DHT is the principal enlarger of the prostate, and the good news is that DHT can be blocked by natural plant derivatives like saw palmetto extract and beta-sitosterol.**

The evils of environmental pollutants have been well documented. But the key question is, what can be done about it? Well, you can't change the entire industrialized world. But you can protect yourself from a world gone awry.



### **Lower Your DHT, But Do It Naturally**

I'd like to send you another FREE gift, a report that will tell you all about how to relieve any prostate symptoms you may have now, and help prevent prostate disease - even prostate cancer - in the future.

It's called *Eleven Secrets for a Healthy Prostate*. In it you'll learn why the prostate is such a trouble spot for men, and the very best and safest natural remedies that can stop prostate problems in their tracks.

*Find out why surgery is NOT SAFE...learn natural treatments for prostate problems that date back 3,500 years, including a plant extract that can inhibit as much as 90 percent of the transformation of testosterone into DHT, the powerful hormone believed to be responsible for prostate enlargement...*

*Learn about a special "combo" supplement that's been shown to achieve a 29 percent increase in urinary flow, a 44.7 percent reduction in residual urine, and a 50.4 percent reduction in the need to get up in the night to urinate, and the vegetable that the Journal of the National Cancer*

***Institute reports can decrease the risk of prostate cancer by 33 percent...plus more!***

There's so much more to tell you about your health - but so precious little space here. It's vitally important that you realize most of what you've been told about your health is wrong. And there is so much information you need. Let me give you just a few examples...

■ **THE CHOLESTEROL MYTH EXPOSED!** Low cholesterol is actually dangerous for you. It's been associated with depression, anxiety, violent behavior, suicide, hemorrhagic stroke, low DHEA levels, chronic inflammation, and low hormone levels, including low Progesterone (or Estrogen dominance).

■ **HOW TO CLEAN OUT YOUR ARTERIES!** Long before you get to needing angioplasty, there are safe, natural ways to flush your arteries and restore healthy circulation throughout your body.

■ **THROW OUT THOSE EYEGLASSES!** You can restore your vision naturally. Certain supplements will improve your vision within minutes!

■ **EXERCISE AS LITTLE AS 5 MINUTES A DAY AND SHED FAT WHILE PACKING ON MUSCLE!** Almost everything you've heard about exercise is wrong. In fact, much of it is bad for you. I'll show you how to exercise the right way and triple the benefits you get.

■ **REBUILD DAMAGED JOINTS AND BANISH BACK PAIN FOREVER!** You can reverse the damage that's been done to joints and rid yourself of chronic pain quicker than you think.

■ **BOOST YOUR BRAIN POWER!** You can - almost immediately - increase your brain power and improve virtually all your mental functioning.

■ **TURBOCHARGE YOUR LOVE LIFE!** Forget Viagra - there are safe, natural ways to increase your desire and stamina. I'll even show you the very best positions for incredible lovemaking.

And there's still so much more. That's why I'd like to send you the TEN FREE REPORTS I mentioned earlier - showing you how to change nearly every aspect of your health. It's not a dream to be slim, strong, healthy and full of vim and vigor. It's an easily attained reality.

I'd like you to try a subscription to my men's health letter. It's called *Health Confidential For Men*, and every issue is loaded with proven research and findings to help you perform your best as a man in every area... from the boardroom to the bedroom.

**CAUTION!** Don't even peek at it if you're sold on the popular medical theories about male health. If that's the case, then *Health Confidential For Men* is not for you. We refuse to surrender to surgery and drugs. And we don't waste any time trying to be politically correct.

Our issues are written to inform you of the truth about male health...and to help you live life to the fullest. We provide you with only the best, scientifically proven natural methods to help you enjoy maximum health without suggesting you live like a monk, turn into a rabbit-food-eating, pill popping hypochondriac and without having you give up all the good things that make life worth living in the first place!

With *Health Confidential For Men*, you'll never be at a loss for up-to-date natural cures and treatments for what ails you - from back pain to hypertension, sexual potency issues to preventing cancer, heart disease and more. You'll know the best ways to stay in shape, the supplements that truly work (and those that don't), and how you can still enjoy good food and drink while staying at the top of your game at all times.

*So let me make my offer to you right now...*

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