

Prostate Summary

SUPPLEMENTS

Palmetto Plus	3 Capsules 3 X per day or Palmetto Plus <u>Forte</u> (forte with adenoma)
Argizyme	2 capsules 3X per day
Bio-Mega 3	2 capsules 3X per day
*Lipo D/C -	2 sprays under the tongue 2X per day (aromatase inhibitor)
Liquid Iodine internally	20 drops 3 X per day

May use additional Iodine as follows: Use 50 drops in 2 oz of distilled water per day in a rectal syringe to reduce swelling every other day for prostate hypertrophy – retain for 8-10 minutes

For Infection use:

Renal Plus	4 tablets X 3 per day
Dismuzyme Granules	3 teaspoons 2X per day
Cytozyme –THY	4 tablets 3 X per day

Pumpkin and sunflower seeds are beneficial with prostate hypertrophy

With Prostate Adenoma Use: *Prostsol – clinicians have reported PSA drops from 100 to 2

LAB NOTES

Test for Zinc Deficiency using aqueous zinc taste test (in office)

PSA –increased in most men with prostate cancer and can be increased with benign prostate hypertrophy. PSA increases the rate of detection prostate cancer, but some are biologically insignificant. PSA is not accurate after a digital rectal exam or ejaculation. PSA is useful when serial measurements are taken (especially when numbers double).

Optimal Range: <2.0 ng/ml Laboratory Range: < 4.0 ng/ml (age adjusted)

Free PSA- If PSA is >4 but <than 10 ordering a free PSA is suggested.

IF the free is >25% benign hypertrophy is probable, if <25% prostate adenoma is probable

Serum Creatinine if over 1.2, rule out prostate hypertrophy. Note: this will often will show up before PSA is elevated. Males with increased muscle mass will have higher numbers

DIET

All alcohol, grains, gelatin, and dairy products must be eliminated from the diet. **There is a large body of scientific information and clinical feedback indication these foods especially the dairy will exacerbate prostate hypertrophy.**

See page 29 of “More Than Just a Bunch of Numbers” manual for more information,
* the above products are not from Biotics Research but act as aromatase inhibitors