

IMPORTANT NEWS FOR ALL MEN OVER FIFTY

By Martin Forde ND DO

In recent years scientists have discovered that a group of plant substances called isoflavones may have profound health benefits.

People in less industrialised countries where the diet includes large amounts of isoflavones suffer relatively few hormone-related disorders.

In the typical Irish diet people often consume less than one-twentieth of the ideal amount of isoflavones and hormone-related problems are rampant.

SEXUAL FUNCTIONS

In men these typically affect the prostate gland. In countries such as Ireland, prostate problems may affect the majority of men over 50. Symptoms include difficulties with urination and with sexual function. Foods high in isoflavones include

black rye bread, lentils and various beans, and unless you eat considerable amounts of these every day you are likely to lack isoflavones in your diet.

PROMISING UNIVERSITY RESEARCH

A new supplement, Trinovin has been developed especially to help this problem. It is made from the common herb red clover, grown in Australia and New Zealand under strict quality assurance procedures, and manufactured in approved facilities to the highest standards. Trinovin provides a guaranteed and standardised once-daily supplement of the important isoflavones and has been the subject of promising university research.

MEN'S HEALTH

Ideal for helping maintain prostate health, Trinovin can be used on its own or if desired, in conjunction

with Formula P. Formula P contains Saw Palmetto together with other helpful herbs which are noted for their beneficial influence on men's health, but which work in a slightly different way from isoflavones.

References

- Buck A.C. *British Journal Of Urology*, 1996; 78:325-336;
- Adlercreutz H, Markkanen H, Watanabe S. *The Lancet*, 1993; 342: 1209-1210;
- Stephens F.O. *MJA*, 1997; 167: 138-140



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Read what one patient has to say about the holistic medicine approach ...

"My Whole Standard of Life has Improved"

"I am a 47 year old male whose whole standard of life has improved since going along for holistic medicine treatment. Aside from having back pain for 15 years (for which I was told surgery was due), since mid 1999 I developed a problem of urinary retention for which I was hospitalised for 2 weeks. I was diagnosed with an enlarged prostate gland. An operation was recommended and in the meantime a drug was prescribed for three months.

After being discharged from hospital I still had the problems and went to see a naturopath who practices holistic medicine. As well as treatment for my back, I was told to take Formula P and Trinovin. I took it upon myself to stop the drug because I was suffering side effects. After about two weeks taking the two supplements they regulated and corrected the urinary retention.

Regarding my back problem also things have improved greatly.

--- A grateful patient, Dublin.
(Name & address with editor)

In his book "Vita-Nutrient Solution," Dr. Robert Atkins, MD writes about a new breakthrough in nutrition that may improve our mental performance.

The smart nutrient

Of all the brain nutrients I use and recommend, phosphatidyl serine (PS) known as the smart nutrient may be the most effective. One researcher concluded that PS might reverse more than a decade's worth of age-related mental decline. The combined impact improves memory and energizes thinking.

A Boost to Mood and Brain Power

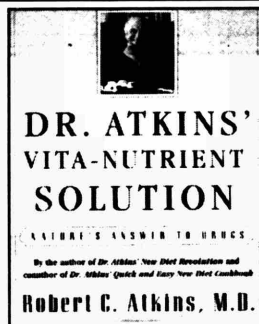
The relationship between mental health and diet is an important one. As some two dozen studies show, replenishing the PS supply boosts brain power, mood, and learning ability, with the most pronounced benefits seen among older people, as demonstrated in a study of 149 people over the age of fifty. Users improved their scores on memory and learning tests by 15 percent. The people who had the greatest impairment in their mental faculties improved the most. The benefits remained for up to four weeks after the subjects stopped taking the nutrient. One of the study's authors concluded that PS seems to reverse about twelve years of mental decline.

Athletes

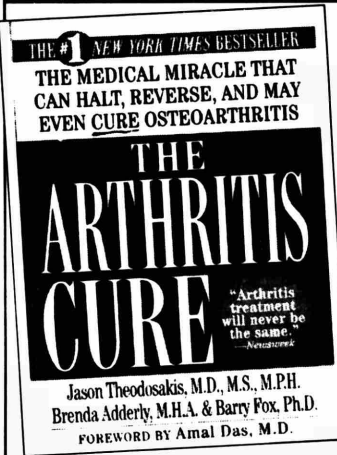
Exercise Recovery. High-intensity physical activity triggers the release of cortisol and other stress hormones that break down muscle tissue. In an attempt to limit the increased secretion, bodybuilders and other athletes are taking PS supplements.

Dr. Atkins continues: PS is very safe and has no side effects. It's best use is as a brain awakener before breakfast. You can't boost your PS reserves through diet. It is present in nearly all foods, but only in trace amounts.

The book, "Vita-Nutrient Solution" is published by Simon & Schuster. Book available at our stores - cost £12.95.



HEALTHY READING



THE ARTHRITIS CURE

"After two months on this remedy ... I have stopped limping, I am playing tennis and ice skating with less pain and my knees have stopped swelling".
- Jane Brody's "Personal Health" column in The New York Times.

Read the No. 1 New York Times Bestseller that's already changing the lives of Millions of Arthritis sufferers!

It's true - after years of suffering from degenerative arthritis, millions of Americans have finally begun to find relief. And you can, too! No longer do you have to endure the unpleasant side effects of painkillers or steroids. The surprisingly simple, inexpensive, and powerful answer lies in The Arthritis Cure.

THERE'S NO REASON TO SUFFER ANYMORE!

Learn how to use a nine-point program that includes a combination of two over-the-counter nutritional supplements - glucosamine sulfate, to help the body rebuild cartilage, and chondroitin sulfate, to protect joints from "cartilage-chewing" enzymes - to halt, reverse, and possibly even cure degenerative osteoarthritis. Backed up by years of research and long used by arthritis sufferers around the world, this revolutionary method is safe, easy, and proven effective. Stop suffering and start living today!

Includes critical information on dosages and brands, plus a powerful nine-point programme to combat arthritis pain.

Book available at our stores - cost £6.95.