

# 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 Prostate Formula. Prostate Formula 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 FO. *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 Prostate Formula 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)

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Dr. Colgan consults and lectures for many organisations including the US National Institute on Aging, the New Zealand Government, Tein Laboratories Inc, Weider Health & Fitness, Usana, Matracouticals, and Digital Equipment.

His professional memberships include the American College of Sports Medicine, the New York Academy of Sciences, and the British Society of Nutritional Medicine. He is also on the Council of International American Association of Clinical Nutritionists, the certifying authority for clinical nutritionists.

Dr. Colgan has published numerous titles of them bestsellers, including *Prevent Cancer Now* (CI Publications), *The New Nutrition* (apple), and the recent bestseller *Hormonal Health* (Apple).

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**I**N THE new millennium time seems to run out for most people; there is never enough time to get everything done whether you are a housewife or a stockbroker.

**T**he current thinking in business, the media and society is that you should invest your time only in things that give you a big return. In my heart I know of no better investment than two hours (2 sessions by 1 hour) a week to get the rewards of the EDUCO system which in a nutshell means to draw out your true potential from within.

These sessions, held in Cork and other locations at various convenient times, can rid your life of stress, worry, fear and countless other distractions from your true self and life.

I have been holding these classes in Cork for over twelve years and have seen countless people improve their lives. I have also seen the huge growth in numbers of entrepreneurs and successful sports-people and I know that these people need support to

realise their often incredible aspirations. In Cork, we are now offering classes and seminars *exclusively for business and sportspeople* as well as our usual classes.

So if your goal is to realise your potential and uncover the true you we may be able to provide you with the help you need.

- VENUES**
- Cork:** Tony Quinn Health Centre  
20 Academy Street, Cork City  
021-276364 Tuesday 4 April 7:30-9:00
  - Dublin:** Tony Quinn Health Centre  
66 Eccles Street (opp. Mater Private)  
Wed. 8th March 8.30-10.00 pm.
  - Royal Dublin Hotel, O'Connell Street**  
Tuesday 28th March 7.30-9.00 pm.
  - Rathmines:** Tony Quinn Health Centre  
2 Wynnfield Road 4974234  
Monday 6th March 6:30-8:00
  - Dun Laoghaire:** Tony Quinn Centre  
96 Lwr. Georges St. 2809881.  
Tuesday 4 April 7:30-9:00
  - Malahide:** Grand Hotel 8780938  
Tuesday 29th March 9.00 - 10.30
  - Galway:**  
Galway Bay Hotel Salthill 091 584685  
Wed 1st March 8:30-10:00
  - Limerick:**  
Jury's Inn, Temple St. Pk. 688 888



**RELAXATION SEMINAR:**  
 We also hold three-hour relaxation seminars once a month, which are super sessions to get you out of the grind of modern life. Next one in Cork (7-10pm):  
**Mon 20th March**