

Prostate Health

What Is the Prostate?

The prostate is the male sex gland, and it can be found beneath the bladder. Around the size of a walnut, the prostate fits around the urethra, carrying urine away from the bladder. It also produces a thick fluid that is part of the semen.

What Problems Can Develop with the Prostate?

- **Prostatitis** occurs when the prostate grows swollen and enlarged, resulting in deep pelvic pain or pain during urination or ejaculation. Prostatitis may be caused by an infection.
- **Benign Prostatic Hyperplasia (BPH) or Enlargement (BHE)** occurs in men over the age of 50. If the prostate grows enlarged to squeeze the urethra, it can cause difficulties in urination.
- **Prostatodynia** is a long-term, chronic prostate disease. Though the disease does not have signs of inflammation or infection, it can cause pain and discomfort in the pelvis.
- **Prostate Cancer** is one of four life-threatening prostate disorders. Prostate cancer can often develop without noticeable symptoms; one in 11 men may have prostate cancer in their lifetime.

What Causes Prostate Cancer?

Prostate cancer is different from other types of cancers in the body, as there are small areas of cancer that are within the prostate that can stay dormant for a very long time. In a small number of men, the prostate cancer can grow more quickly and then spread to other areas of the body, especially the bones.

ICR Scientists may have made significant progress in prostate cancer research but very little is actually known about the genes and the molecular mechanisms that can actually cause prostate cancer. The disease still isn't fully understood, and current treatments need to be improved upon for more to be known about it.



“My prostate used to be in so much pain especially when I went to urinate. I used to dread the experience. The prostatitis was caused by an infection, but I really began to worry when I found blood in my urine and the pain in my back was excruciating. I took your advice and followed the prostate health plan. I can now say that I am feeling much better.”

- Andrew, Solihull



Follow the Health Plan as recommended for the best results:

Click
for more
details

PROSTATE HEALTH PLAN

The plan below is designed to improve and support the health of the prostate. When combined with a naturally healthy lifestyle, it's possible for prostate symptoms to improve and over a few short weeks, prostate and general health will get better as a result.

*Your 4-8 Week Plan, From my eBook, by Robert Redfern
Supplements to support healthy digestion and organs - in order of priority:*

- **Prostate Plus+** - Designed for prostate recovery, maintenance and health. Take 1-2 tablespoons daily.
- **Serranol** - Take 2 capsules x 3 times per day. Take 30 mins before eating a meal with water. Reduce to 1 x 3 after a good relief. Contains SerraEnzyme, Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days. **(See www.Probiotic29.com/studies.)**
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.

Other Highly Recommended Products

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.