



Mike Casey

Herbal Remedies Class Ten: Mens Health

- A. **Men were created very different from women.** Physically speaking men have a prostate gland and testes that are very much different from the glands that women were created with, among other more obvious attributes. Men have different needs and ratios of hormones needed for health.
- B. A weakened male system can include: general body weakness or fatigue, low ambition, low energy, impotence, premature ejaculation, low or excessive sex drive, adrenal weakness, anemia, depression, hormone imbalance, lack of endurance, prostatitis (inflammation of the prostate) and/prostate cancer, frequent urination.

Prostate Gland

- A. The prostate gland is part of the male reproductive system. It is clam-shaped and consists of three lobes, which surround the neck of the bladder and urethra. It is partly muscular tissue and partly glandular tissue. The glands are exocrine and have ducts that open into the prostate portion of the urethra.
- B. The prostate gland secretes a thin, semi-clear, alkaline fluid, which makes up 30 percent of the seminal fluid. This fluid is used primarily for lubrication, but also stimulates active sperm movement.
- C. **Prostatitis (inflammation of the prostate gland) occurs from acidosis. The most contributing factor however is hypoactive adrenal glands.** This creates low steroid production to counterbalance aggressive male hormones. This leads to prostate over-stimulation and inflammation.

Testes/Testicles

- A. A male has two oval-shaped testicles located in the scrotum. These are the male reproductive glands and are a part of the endocrine gland system. Reproductive cells called spermatozoa are produced in the testes. These glands also produce testosterone and inhibin.
- B. Testosterone is secreted by the interstitial cells call “Cells of Leydig,” and inhibin is secreted by the sustentacular cells. It should be said here that testosterone (steroid) is like estrogen in its aggressive nature in creating cellular changes. Progesterone is a cortical-type steroid produced in the adrenal glands that counterbalances estrogen and testosterone, especially when they create inflammation. Testosterone is also produced in the cortex of the adrenal glands of both males and females.

- C. Testosterone accelerates growth and cellular function, as well as stimulates the flow of blood. It has similar characteristics to estrogen in affecting secondary sexual characteristics as well. **Never give the body something it should produce on its own (testosterone, progesterone...)! If you take a hormone that your body is supposed to produce on its own you will further shut down the production of that hormone in the body as the body recognizes that there is sufficient supply.**

- D. **The Reproductive system works hand-in-hand with your glandular system. All of the endocrine glands are vital to the health and well-being of the physical body.** It is enough to say that every tissue in your body interacts with every other tissue. This is why we should look at the body as a whole entity, working as one for the well-being of itself. Most people do not think of strengthening their cells, so they keep passing down genetically weakened tissue generation after generation and now each generation is weaker than the last. **Your glands are the bosses (controllers and regulators) of the cells, tissues and organs of the body, keep them healthy!**

- E. **Having a healthy reproductive and glandular system as a man first starts with diet and eating the foods that God created for us to eat and in the manner in which he created us to eat them. A living, raw food diet energizes the gonads and the glandular system. A raw food diet is also very anti-inflammatory to these tissues.**

- F. Use medicinal herbs to speed up cleansing, regeneration and strengthening of the body, reproductive and glandular system. Many herbs are very powerful for reducing inflammation specifically in the prostate, and for energizing the male systems!

Herbs for Men

- A. **Deer Antler:** In the Spring antlers naturally grow at an astounding rate of up to 2 cm daily. This displays the powerful growth factors and special nutrients involved to grow such tissue so quickly. Deer antler has a long and illustrious history as a **muscle building**, blood building, **sexual rejuvenating**, kidney and adrenal fortifying agent of physical transformation. It is loaded with growth factors, anti-inflammatory action and regenerative power. **It improves athletic performance, improves lean muscle mass**, increases production of red blood cells, improves mental facility and acuity, has anabolic and growth stimulating properties, boosts **function of the whole endocrine system and cardio-vascular system**, accelerates wound healing, **improves libido and sexual function**, and slows the deteriorating effects of aging.

- B. **All Ginsengs:** Ginseng is a **powerful “adaptogenic” herb** that has a history of herbal use going back over 5,000 years and is regarded as having almost magical powers to promote health, body vigor and to prolong life. **It stimulates function of the endocrine glands especially the adrenals**, increases energy levels, boosts physical performance and endurance, helps increase strength, **boosts sexual function and desire**, enhances immune system function, mental function, balances blood sugar levels and promotes general well-being. It has been used to both stimulate and relax the nervous system, and increases capillary circulation in the brain and decreases the effects of stress.

- C. **Maca:** Maca is an adaptogenic herb, from South America and also has been called “Peruvian ginseng.” It **has a high effect on the endocrine gland system, normalizing and boosting their function and hormone productions.** Some benefits of maca are that it boosts energy levels, improves stamina, promotes a clear mental focus and **restores optimum hormone balance.** It has been known to raise energy in a balanced way, increase physical stamina, good source of protein and nutrients, reduce recovery time, anabolic effect, **balance hormones and raises testosterone levels.**
- D. **Nettles:** Nettle Leaf, also known as stinging nettles because the leaves are lined with stinging hairs, has been used for centuries mainly to treat allergy symptoms. It is a highly nutritive herb with a broad range of actions and one of the few herbs for the thyroid gland. It is very alkalizing, increases circulation, helps reduce arthritis and rheumatism, great for joints, shrinks swollen tissues, excellent for pregnancy nutrition, helps remove mucus and is a great blood purifier and body regulator. It has been **proven clinically to be a male ally plant by keeping testosterone in the free and active state and preventing the conversion of testosterone to the damaging estrogen metabolites.** People with low testosterone have low levels of FREE testosterone. Nettle keeps testosterone circulating in your system longer by preventing it from becoming bound to the sex hormone binding globulin.
- E. **Saw Palmetto Berry:** Saw Palmetto is **known as the “male herb” as it is most well known for its anti-inflammatory and healing effect upon the prostate.** It is a **great herb for the endocrine glands** (thyroid, adrenal, pancreas, pituitary, etc.) and helps increase urine flow and kidney function so very useful in UTIs. It also has a strong **effect upon the adrenal glands,** increasing neurotransmitters and steroids and aids in sugar issues involving the pancreas and adrenals.
- F. **Fo-Ti:** Fo-Ti, or also called “He-Sho-Wu”, is one of the most important traditional Chinese “longevity herbs”. It is a rejuvenator having a **powerful effect on the endocrine glands,** which in turn, strengthens the whole body. It is a famous adaptogen that **modulates the hormones,** tonifies the kidneys and liver, increases blood flow to the heart and strengthens the whole cardiovascular system and is slightly sedative and calming to the nervous system. **It stands out among the top fertility herbs and builds sexual staying power for men and women.**
- G. **Pumpkin Seed Oil:** Pumpkin Seed Oil has long been used to **support prostate health.** It is very high in minerals, especially zinc (the prostate has the highest concentrations of zinc in the body) and magnesium. It’s a great source of Omega-3 plant based oils. It can help with blood pressure, boosting immune function, cell growth and division, sleep, mood, eye and skin health, insulin regulation and **increasing male sexual function.** It has been **proven to reduce inflammation of the prostate and support prostate health.**
- H. **Cordyceps Mushroom:** Cordyceps is **one of the most prized immune boosting and energy enhancing adaptogens known in Chinese herbalism.** Often compared to Ginseng! It’s known for dilating the lung’s airways, providing more oxygen to the blood, increasing cellular oxygen absorption by up to 40%. It’s

said to noticeably increase physical strength and stamina, improve function of the heart, boost immune system, improve athletic performance, **boost endocrine gland and hormone production. It helps enhance erectile function, increases libido, improves sperm motility, influences the release of testosterone and increases blood circulation.**

- I. Ashwagandha: It literally means “the grounded strength of a stallion” and also known as “Indian ginseng”, it is a prized adaptogen traditionally used in ayurvedic medicine in India but now known worldwide. It shows **positive effect on the endocrine**, cardio and central nervous systems. It boosts immune function and while blood cell count, increases energy, **increases physical strength and endurance**, helps improve brain function and blood flow. **It is said to impact sexual health, increasing fertility, sperm count and motility and supports libido.**
- J. Pine pollen and bee pollen: Bee pollen is a special substance that can only be produced by nature. Manmade pollen does not possess the same unique properties, even though it is chemically identical, as far as science can determine. When laboratory synthesized pollen is fed to bees, they die even though all of the known nutrients are present. Bee pollen is the richest known source of vitamins, minerals, amino acids, hormones and enzymes. It is **used by many bodybuilders and Olympic athletes alike to increase strength, endurance and has all 22 amino acids, half of which are free form. Pine pollen has similar nutrient properties but also has higher levels of plant sterols than bee pollen. These are hormone precursors and lead to an increase in testosterone production and balances the ratio of androgens to estrogens in the body.**
- K. Tribulus Terrestris: Tribulus is **widely used to enhance sexual desire in both men and women and to treat erectile dysfunction.** It has been shown in studies **to increase levels of testosterone and to increase sex drive, performance and increase sperm production.** It’s used a lot by athletes to **increase strength and mass.** It also stimulates blood circulation and has been helpful in treating some cardiovascular conditions as well as being used by the Chinese as a liver tonic.
- L. Tongkat Ali: Tongkat Ali has been **shown in many studies to have a powerful effect on raising testosterone levels, some studies showing by as much as 3-4 times!** It contains a plethora of beneficial compounds, including protective antioxidants which inhibit cellular aging, phytochemicals that are anti-viral and anti-cancerous, helps lower high blood pressure and is proven twice as potent as aspirin against fevers. But what excites people the most is the testosterone boosting, increase in sex drive and function, increase in energy and muscle mass.
- M. Chaste Tree Berry: Chasteberry is often used to **regulate hormone imbalances** in men and women and to **lower testosterone in men.** In men it also helps **suppress the onset of prostate inflammation and cancer, which is also associated with high testosterone levels.** It increases the production of progesterone, it stimulates and normalizes the pituitary gland (which is the master gland and controls the other glands and hormone balance), nourishes and supports the endocrine gland system and may also help clear up acne.

- N. Mucuna Pruriens: Mucuna Pruriens is an amazing herbal adaptogen that is well known for its wide range of tonifying, strengthening and all around beneficial properties but it is **best known as a potent herbal aphrodisiac. It builds fertility in men (increases semen volume, sperm count and sperm motility), promotes sexual stamina, helps build muscle**, great for depression, treats insomnia and deepens sleep as it very high in L-DOPA which is the precursor to the neurotransmitter dopamine. Dopamine works as one of the **best natural HGH releasers** by stimulating the pituitary to increase its production. Dopamine also increases other youth hormones such as testosterone.
- O. Muira Puama: Muira Puama is one of the most active botanicals with a long history of traditional use as an energy tonic, general health improver and **remedy for impotence and sexual insufficiency and is known in some circles as “The Viagra of the Amazon.”** It has been shown to increase blood flow to the pelvic area, aiding in erections in men, and longer use enhances the production of sex hormones in both sexes. It has also been used for stress management, nervous system stimulation and for general overall health.
- P. Cistanche: Cistanche has been proven to have **positive effects on the immune system, the endocrine gland system, the reproductive system**, on the central nervous system and brain, and on levels of hyaluronic acid in the body, the substance that keeps skin soft and supple and joints pain free and lubricated (and is thought to be the key dietary ingredient in the longevity of those in the Okinawa prefecture in Japan). It's known to have great anti-aging benefits, **boosts libido in men and sexual function, is a sexual rejuvenator and increases fertility**, promotes healthy circulation, **increases strength and athletic performance** and improves skin quality.
- Q. Epimedium: Epimedium, also known as horny goat weed, is native to China and has been used for centuries as a natural aid for both physical and mental vitality. It has potent antioxidant activity, helps **regulate hormone function**, protects the heart, maintains brain health, balances the immune system, anti-aging effects, energizing **and libido-stimulating**. It encourages blood flow, has many alkaloids and plant sterols that have similar actions as testosterone and helps balance hormone function so they are in proper balance.

Recommended products:

- A. **Gland Strengthening/Testosterone Increasing:** Dr Morse's Gland Tonic and Ultimate Immune Tonic, Raw Forest Foods Endocrine Strengthening, Macalibrium, Tongkat Ali Tincture or Capsule extract, Pine Pollen tincture or powder, Mucuna tincture or extract
- B. **Prostate Health:** Dr Morse's Prostate Tonic, Prosta-Aid by Cedar Bear, Pumkinol, Bell Ezee Flow Tea
- C. **Sexual Function and Desire:** RAWphrodisiac, Libido Support by Cedar Bear, Forza