
ASPECTS OF MEN'S HEALTH

PART II: HERBS

Edward Joy



WHAT IS MEN'S HEALTH

'Men's health' is often used to describe issues relating specifically to the prostate.

Prostate dysfunction most commonly manifests as benign prostatic hyperplasia (BPH) that affects some 3.2 million men in the UK, of which more than one third are over the age of 50.



WHAT IS THE PROSTATE GLAND

The prostate is both an accessory gland of the male reproductive system and a muscle-driven mechanical switch between urination and ejaculation.

The prostate is a gland below the bladder and in front of the rectum in men and people assigned male at birth (AMAB). It consists of connective tissues and glandular tissues. It **adds fluid to semen, and its muscles help push semen through your urethra.**





MOST COMMON DISORDERS FOR MEN UNDER 40

- Testicular Cancer
- Sexually transmitted diseases
- Depression
- Sports injury
- Skin cancer
- Hernia



MOST COMMON DISORDERS FOR MEN IN THEIR 40'S

- Erectile dysfunction
- Cardiovascular disease.
- Prostate enlargement.
- Diabetes mellitus.
- Osteoarthritis.
- Sleep apnea.
- Colon Cancer.
- Mental health issues



MOST COMMON DISORDERS FOR MEN IN THEIR 60'S

- Hearing Loss
- Cataracts
- Back pain
- Neck pain
- Osteoarthritis.
- Chronic obstructive pulmonary disease
- Diabetes
- Depression
- Dementia

WHAT MEN DO SO WRONG?

Don't

Talk about their health

Over 100,000 men die every year from undiagnosed diseases

Do

Drink more

Men are more likely to drink alcohol than women. When looking at self-reported drinking behaviour by sex, the latest data shows that 61.9% of men and 52.4% of women drank alcohol (ONS)

Do

Smoke More

About 15% men smoke daily compared to about 11% of women (ONS)

Do


Get injured more

Globally, 23% of men compared to 14% women have been seriously injured at work

- Men are more likely to do dangerous, physically taxing roles

MEN VERSUS WOMEN



A close-up photograph of a tree trunk cross-section, showing concentric growth rings in shades of brown and tan. A prominent dark knot is visible in the lower-left quadrant. The text is overlaid on the right side of the image.

Plant medicines bring to the body
a force that stimulates energy
production to the body...

A close-up photograph of a tree trunk cross-section, showing concentric growth rings in shades of brown and tan. A prominent dark knot is visible in the lower-left quadrant. Two thin white horizontal lines are positioned near the top and bottom of the image.

They detoxify, through alteratives,
diuretics and diaphoretics, ...

Each plant produces a powerful
concoction of constituents that protect
the plant from the trials of the world
around it...

Thomas Bartrum

Because of our innate connection to the botanical world we benefit from these chemicals in our own way...

Edward Joy



None of this exists
between people and
fungi

Edward Joy

SAW PALMETTO

Serenoa serrulata

- Adaptogen, urinary antiseptic, endocrine regulator
- Helps manage enlargement of the prostate gland and increases the sex drive
- Blocks DHT (Dehydrotestosterone) production, whilst inhibiting 5 alpha reductase which converts testosterone into DHT
- Has shown to have positive results in improving Benign prostate hypoplasia symptoms in clinical trials



PMD: 22522969

DHT

Dihydrotestosterone (DHT, 5 α -dihydrotestosterone, 5 α -DHT, androstanolone or stanolone) is an endogenous androgen sex steroid and hormone primarily involved in the growth and repair of the prostate and the penis, as well as the production of sebum and body hair composition.

The enzyme 5 α -reductase catalyzes the formation of DHT from testosterone in certain tissues including the prostate gland, seminal vesicles, epididymides, skin, hair follicles, liver, and brain tissue



SAW PALMETTO

Serenoa serrulata

Take saw palmetto when a male client is

- Experiencing body hair loss
- Experiencing loss of muscle tone
- Putting on weight
- Getting up in the night to visit the toilet
- Losing sexual appetite.



HAWTHORN

Crataegus

- Support cardiovascular health
- Positive heart restorative, antispasmodic, anti-hypotensive.
- Sedative to the nervous system, reduces cholesterol aggregation acting as a mineral solvent
- Lacks toxic effects of other cardiac glycosides
- Supports energy flow into the retracting heart muscle.



LINDEN FLOWER

Tilia

- Antispasmodic, diaphoretic, sedative, anticoagulant, anxiolytic, immune enhancer.
- Supports protein absorption for those with poor digestion.
- Easing of the blood pressure, reducing pain in the head or eyes relating to arteriosclerosis.
- Lime flower tea makes a satisfying alternative to caffeinated tea.
- Reduces nervous tension



MACA TUBER

lipidium

- Support innate antioxidant production including superoxide dismutase
- Aphrodisiac and adaptogenic
- Thymoleptic, of particular use in hypogonadism
- Caffeine free energy booster
- Maca has a reputation for boosting fertility, particularly in men where claims of higher sperm counts have been attributed but not yet substantiated
- High nutritive content including b vitamins, C and zinc



HORSERADISH

Cochleria armoracia

- Urinary antiseptic, diaphoretic and carminative
- Aphrodisiac and adaptogenic and antirhumatic
- Good for physical exhaustion and listnessness
- Warming tonic for digestion and gently increase circulation.



DRY GINGER ROOT

Zingiber officinale

- Once ginger is dried, many of its active compounds, shogaols become more active, Gingerols.
- The more pungent herb is very good for men's health.
- Dry Ginger is highly active in the breakdown of platelet aggregation.
- Its enzymes stabilize blood flow and support the kidney
- As an anti-inflammatory, it has no saturation point so will continue to have benefits, the more you take.
- Gingerols support the heart muscle, the endothelial tissue and support the elimination of toxicity



TURMERIC RHIZOME

Curcuma longa

- Support cardiovascular health
- The polyphenol, curcumin is one of the most powerful botanical antioxidants with the potential to shield bodily tissue from some of the most destructive toxins, cleansing the liver and encouraging bile production through the gall bladder
- Curcumin blocks inflammatory receptors making it a fast acting anti-inflammatory and analgesic.
- Supports energy flow into the retracting heart muscle.



NETTLE ROOT / NETTLE LEAF

Urtica dioica

- Nettle root and leaf support the elimination of toxins through the kidney, whilst also support the integrity of the kidney itself
- Regular intake of nettle root provides the body with an available form of lignan which can alter the testosterone balance in the prostate and prevent the buildup of unnecessary epithelial tissue in the prostate.
- Nettles are hypoglycaemic in diabetics
- They eliminate urates and lactic acid buildup which slows the onset of osteoarthritis.



DAMIANA

Turnera diffusa

- Aphrodisiac
- Antidepressant, diuretic, thymoleptic
- Stimulating tonic to the central nervous system
- Enhances sexual performance in men.
- Good for men suffering with impotence, frigidity, prostatitis, physical weakness and depression.
- Excellent, combined with skullcap or ashwagandha for dementia and feeble constitution.



PUMPKIN SEED

Curcubita genus

- A highly available source of zinc. Good for men in western countries that provides little zinc.
- Pumpkin seeds have an antimutagenic effect, which plays out well for those with inflammatory disorders relating to the prostate



ASHWAGANDHA

Withania somnifera

Supports natural immunity

Enhance physical performance

Mental strength

Natural Sleep

Promotes overall health

Promotes longevity

Bitter, astringent and warming

Beneficial to the heart

Promotes Memory

Supports co-ordination

Increase vigour and vitality

Aphrodisiac

Use with caution in people who suffer with depression



ASHWAGANDHA

Withania somnifera

- **Alkaloids.** Some examples are tropine, pseudotropine, isopelletierine, and anaferine.
- **Acylsteryl glucosides.** Some examples are Sitoindoside VII and VIII²
- **Steroidal lactones.** Some examples are withaferin A, sitoindoside IX, and X.
- **Withanolides** are a group of at least 300 naturally occurring steroids built on an ergostane skeleton. They occur as secondary metabolites primarily in genera of the nightshade family.
Structurally, withanolides consist of a steroid backbone bound to a lactone or one of its derivatives; they are produced via oxidation of steroids.



GINSENG

Panax ginseng meyer

- Hypoglycemic, aphrodisiac, heart tonic
- Revitalising in old age
- Physical weakness, good to revitalise the body after surgery
- Improves sexual performance, endurance and well being.
- To be taken as a restorative for a short period of time.



FENUGREEK

Panax ginseng meyer

- A safe non-steroidal thymoleptic herb
- Nutritive, anti-inflammatory, demulcent
- Reduces level of blood sugar
- Used as a kidney tonic in China for over 1000 years
- For growth in undernourished,
- Impotence



WHAT SHOULD MEN DO TO SUPPORT THEIR HEALTH?

Do

Check your sleeping position.

Many men suffering from sleep apnea, which has wide ranging effects on you health, can make a simple adjustment to their sleeping position to support their nighttime breathing

Do

Eat less

Men are far more likely than women to eat larger portions than necessary.

Do

Eat better

Excess blood sugar causes dips in testosterone levels. Stay away from chocolate, keep carbohydrate intake complex

Do

Exercise regularly

There is no better mechanism to managing good hormone balance than to exercise regularly.

WHAT SHOULD MEN NOT DO TO SUPPORT THEIR HEALTH?

Don't

Drink beer

Beer is a barley fermentation flavoured with hops, the long term effects of beer consumption on men lowers testosterone levels, ensures weight gain and dampens muscle tone.

Don't

Eat processed foods

They can hardly be avoided but following a wholefood diet is in many case much easier and more beneficial to men who can be reluctant to follow a very restrictive diet.

Don't

Eat before going to bed

It is worth leaving time for the stomach to empty before retiring. Any unprocessed starch will quickly be converted to glucose with little benefit

WHAT SHOULD MEN TAKE TO SUPPORT THEIR HEALTH?

Take

Vitamin C

Not only does vitamin C fulfil over 500 metabolic pathways, it is involved in all our steroidal output and excess vitamin C deposits nitrus oxide to the blood.

Take

Fish Oil or Vegan DHA

Men are far more likely than women to eat larger portions than necessary.

Take

A good carotonoid complex

Excess blood sugar causes dips in testosterone levels. Stay away from chocolate, keep carbohydrate intake complex

Take

Fenugreek, ginger or horseradish daily

The spice of life.