

# OurHealthNews

Making Health Affordable  
Together

## NOTES FROM THE KAT

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Greetings [[firstname]],

### Protect Your Prostate with Beta Sitosterol & Other Prostate Allies

Okay guys (and gals who love guys), the secret is out, according to the [Prostate Cancer Foundation's Survey](#), prostate health is genuinely on your mind. A whopping 73% of men say they're concerned about developing prostate cancer -- and for good reason.

Prostate cancer ranks the most common non-skin cancer in America, affecting 1 in 6 men. Non-smoking men have a *higher risk of developing prostate cancer than of developing colon, bladder, melanoma, lymphoma and kidney cancers--combined*. A startling statistic.

And, while breast cancer gets more press, a man is 35% more likely to be diagnosed with prostate cancer than a woman is to be diagnosed with breast cancer!

So, be sure to keep up on those physicals, as prostate cancer often produces no symptoms until the cancer is advanced.

However, prostate cancer isn't the only concern to an aging man's prostate. Benign Prostatic Hyperplasia or BPH affects millions more men, and while not usually harmful, can make life pretty wretched if left unmanaged.

So c'mon guys, let this kat give you some tips on managing BPH and fending off prostate cancer.

Ladies, this is for you, too. Don't stop reading. Men are unlikely to seek medical attention or talk to their docs about prostate health, yet it turns out if you urge them to talk prostate health, they're more likely to broach the subject. So, gals do keep sharing what you learn with your favorite guys.

#### The Aging Prostate Gland

The prostate is a walnut-sized gland surrounding a man's urethra. The prostate produces fluid that carries sperm during ejaculation, and because of its position surrounding the urethra, it plays a role in controlling the flow of urine.

Around age 40, hormone levels change and cell growth accelerates, spurring the prostate to grow. At first, many men experience few symptoms, but eventually as the prostate continues to swell around the urethra, urinary flow may become somewhat restricted.

Unfortunately, the bladder does not entirely empty during urination, leading to that "gotta go" feeling far too often when BPH is in play (again, not a symptom of cancer or even a precursor of cancer but dreadfully annoying and uncomfortable).

**Fast Facts:** Interestingly, BPH is present in only 20% of men in their 50's, jumps to 60% of men in their 60's, and moves up to 70% of men in their 70s. Of course, inquiring minds want to know what that lucky 30% of men without BPH in their 70's is doing right! ^..^

**Beta Sitosterol, Saw Palmetto & Other Allies - Staples for Prostate Health & Comfort**

[Start Saving on Supplements TODAY!](#)

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### Top 10 Latest top sellers!

1. [Heart Plus](#)
2. [Green Tea Extract](#)
3. [Constant Health Packs Rich Chocolate](#)
4. [Constant Health Packs French Vanilla](#)
5. [B-Trio](#)
6. [Vitamin D3](#)
7. [Multi-Vites](#)
8. [Eye Protection](#)
9. [Fish Oil \(large bottle\)](#)
10. [Liquid Calcium w/mag.,vit D3 & boron](#)

### Member Spotlight



Thanks you Teri - your service is second to none.

Thanks,  
Gaye

**Tell-A-Friend** Please "[Tell a Friend](#)"  
If your friends and family care about supplement quality *and* love a good deal, they will certainly thank you! ^..^



### Contact Us

Phone: 800-667-0781 Mon-Fri 10am-4pm EDT

Web: [www.ourhealthcoop.com](http://www.ourhealthcoop.com)

Invasive traditional treatments for BPH can be more than a drag - sometimes (gasp) resulting in sexual dysfunction. However, many a Co-op member has had good luck managing BPH without resorting to such desperate measures.

If you're not already buying a couple of Co-op favorites for prostate health (or just turned 50 and want to beat the stats), listen up.

Members swear by Beta Sitosterol and Saw Palmetto, two supplements handy for staving off BPH symptoms and also identified for [anti-tumor activity](#) too:

**Beta Sitosterol** - works to alleviate discomfort associated with BPH by increasing urinary flow rates, and decreasing residual urinary volume and prostate size. Beta sitosterol also gets high marks for supporting normal cholesterol levels (did you know that it inhibits cholesterol absorption in the intestines by 50%?!).

Meanwhile, we've heard over and over that our Beta Sitosterol product provides *significantly better* relief than competing products. We're not surprised. Our formulation is a standardized concentrate that provides 60mg of active plant sterols in 150mg, while formulas with no standardized concentrate may have more powder but no guarantees of **active components**.

**Saw Palmetto Complex** also contains valuable plant sterols that support prostate health and an aging man's "quality of life":

- **Saw Palmetto** - helps improve urinary flow and reduce frequency and urgency of urination. Saw palmetto also exhibits anti-inflammatory and hormone balancing effects. Some folks say saw palmetto helps prevent hair loss and claim it is also an aphrodisiac. Is that really true?! However, you may want to know that saw palmetto is indeed considered anabolic, which means it's a muscle builder -- a nice bonus for aging bodies!
- **Pygeum Africanum** - lowers levels of prolactin, which stimulates hormones in the prostate to increase prostate size and tissue density. This botanical is particularly important for beer drinkers (you know who you are), as beer increases levels of prolactin. Pygeum also helps regulate the immune system and insulin activity.
- **Pumpkin Seed Oil** - regarded as a 'superfood,' pumpkin seed oil is rich in vitamins A and E, loaded with zinc (essential to prostate function), and high in Omega 3 and Omega 6 fatty acids. Pumpkin seed oil also offers antioxidant and anti-inflammatory benefits, and can help regulate the hormones that cause the prostate gland to grow and swell.
- **Uva Ursi** - a urinary antiseptic, which can help protect the prostate from infection moving backwards from the urinary tract. Uva ursi can also reduce painful urination.

Here are some other less-obvious prostate supporters:

**Fiber** - supports prostate health by lowering PSA (prostate specific antigen) levels and inhibiting carcinogenic cellular activity (by binding with carcinogens and other harmful compounds and eliminating them from the body). Sigh, you can't get away from all the good news about fiber.

**Melatonin** - known for sleep regulation, melatonin also supports proper function of the prostate. Melatonin has been shown to reduce prostate weight and size (a comfort benefit) and also has been shown to prevent prostate cancer. Remember, melatonin is a very powerful antioxidant, often studied for use against cancer (and costs pennies per serving).

**Fast Fact:** Researchers have found that men with prostate cancer have *low* melatonin levels.

**Battling Prostate Cancer? Check Out Bill Henderson's Beating Cancer Gently Site**

If you are faced with cancer and have yet to read Bill Henderson's [Cancer Free: Your Guide to Gentle, Non-](#)

[Toxic Healing](#), this kat highly recommends you do. Bill has dedicated the last 15 years of his life to alternative cancer treatment research. He's helped thousands leave cancer behind and reclaim their health. Tell him the Co-op sent you!

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## Health in the News

- [Heartburn Meds May Lead to Bone Breaks.](#)  
According to a presentation at this year's Digestive Disease Week 2009, even short-term use of popular acid-reducing heartburn drugs may raise the risk of hip fractures.  
*Word to the wise:* ditch the meds, alkalize your diet with veggies and minerals, and make sure you up your intake of digestive enzymes and probiotics! ^..^
- [Ginkgo Reduces Neuropathic Pain in Animal Studies.](#) Ginkgo biloba extract now shows promise against a common and hard-to-treat type of pain in animal data according to the International Anesthesia Research Society's journal.

'Til next time, fair members!

Still purringly yours,

**Guido**

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**Tell-A-Friend**  Please ["Tell a Friend"](#) If your friends and family care about supplement quality *and love* a good deal, they will certainly thank you! ^..^

Please use the following link to order products:

<http://store.ourhealthcoop.com>

DO NOT write to Guido about orders, as your order inquiry will only be delayed!!! The "kat" is happy to receive and respond to other types of notes though!

For all questions related to orders, or for email orders, PLEASE USE: [orders@ourhealthcoop.com](mailto:orders@ourhealthcoop.com)

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