

Secret Men's Business

It's no secret that ageing brings with it some unwanted surprises, including poor memory, aches and pains and, for a large percentage of men, erectile dysfunction. Erectile dysfunction is defined as the inability of a male to attain or sustain an erection sufficient for intercourse and ejaculation. Whilst it can be devastating, it's not all bad news. There is a range of natural treatment options available to suit the needs of different men.



ARE YOU AT RISK?

Erectile dysfunction is estimated to affect more than one million men in Australia, with prevalence increasing with age. Should this occur repeatedly over a period of time, consult your doctor, as it can be the first symptom of an underlying condition. It's the most common sexual health issue in men and can be progressive, so early treatment is important. Most medical experts now agree that 80% of erectile dysfunction cases are due to physical causes with the remaining 20% due to psychological causes.

RISK FACTORS AND CAUSES

Physical:

- Vascular disease: Hardening of the arteries, heart disease, stroke and hypertension affect blood flow in and out of the penis
 - Diabetes: Can damage nerves and blood vessels that supply the penis
 - Hormonal imbalances involving DHEA, testosterone, prolactin, thyroid hormone and growth hormone
 - Surgery for the prostate, colon and rectum, and radiation therapy to the pelvic region, where nerves and blood vessels have been damaged
 - Nerve damage from pelvic fractures, multiple sclerosis and spinal cord injury
 - Side effects of some medications
 - Chronic health conditions
 - Iron overload
 - Lifestyle factors - Smoking, alcohol, caffeine, recreational drugs, working long hours, fatigue, insufficient sleep and lack of exercise
- ### Psychological:
- Relationship issues
 - Performance anxiety
 - Depression
 - Stress
 - Low self-esteem

WHAT CAN YOU DO?

Here are some natural treatment options that may be of benefit:

Physical treatments

Nutritional supplements including:

- ✓ L-Arginine, which is a precursor to nitric oxide. Increasing the production of nitric oxide in the penis as well as the behavioural circuits in the brain has been shown to improve erectile dysfunction
- ✓ Vitamin E, fish oils and quercetin to improve circulation and artery health
- ✓ B vitamins, magnesium and vitamin C to help support the stress response
- ✓ Zinc is needed for testosterone production, and a deficiency can lead to erectile dysfunction, so have your zinc levels tested

Herbal medicines including:

- ✓ Korean ginseng contains active ingredients that increase nitric oxide production. Korean ginseng also helps the body adapt to stress. Due to its stimulating nature, limit use to two months duration, followed by a one month break
- ✓ Ginkgo biloba promotes dilation of blood vessels and improves blood flow throughout the body, including to the penis. Ginkgo also regulates the tone and elasticity of blood vessels, making circulation more efficient

- ✓ Tribulus is a popular herb used to boost libido and enhance sexual function. It is thought to do this by increasing levels of DHEA, testosterone and nitric oxide release

Other modalities to consider:

- ✓ Acupuncture to boost vital life energy
- ✓ Chelation therapy to clear plaque from arteries
- ✓ Chiropractic or osteopathy to correct spinal misalignments
- ✓ Sitz baths. This involves alternating hot and cold baths, with water up to the waist, three minutes hot and three minutes cold. Repeat three times. Do this two to five times a week. This increases blood flow to the area

Psychological treatments

If the cause of erectile dysfunction is related to emotional or mental health, you may find it helpful talking to a trained counsellor, psychotherapist or psychologist. Some men may benefit from couples therapy to discuss unresolved relationship issues. Homoeopathy or hypnosis may also help where the cause is psychological.

FOOD FOR THOUGHT

Some philosophies consider erectile dysfunction may be the absence of arousal in a man's life.

LIFESTYLE CHANGES

- Stop smoking and avoid recreational drugs
- Exercise to improve circulation
- Avoid caffeine
- Ensure adequate sleep
- Talk to your partner – most women are understanding and are quite happy with a kiss and cuddle
- Allow sufficient time between ejaculations to replenish appropriate nutrients
- Practice non-ejaculatory sex by strengthening your pelvic floor muscles. Traditional Chinese medicine recognises the benefits of this for your health and vitality
- If you ride a bicycle choose a soft bicycle seat for riding long distances
- Meditate and practice yoga for stress relief

Natural medicines can take time to bring the body back into balance and harmony. Before taking any of these recommendations, speak to a healthcare professional to check for suitability with any prescribed medications.

Secret Men's Business at Australian NaturalCare Products:

Natural Perform Plus For Men • Korean Ginseng 500mg Super Strength • Ginkgo 2000 • Natural Vitamin E 500IU • Fish Oil 1000mg • Magnesium Plus • Super C 1000 • Zinc Plus • Super B 50

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WELLNESS NEWS

Issue 18 - March 2010

Welcome to the NaturalCare Wellness News. This issue we have articles on sunscreen, as well as a special article on dairy fact and fiction, some secret men's business and a yummy mocktail to cool you down.

SUNSCREEN - THE GOOD, THE BAD AND THE UGLY

A vast amount of sun-safe education has made us aware of the dangers of the sun. Sunscreen has become part of the Australian culture and it has become second nature to apply sunscreen whenever you go outdoors. But we've discovered that not all sunscreens are the same!

What is sunscreen?

Sunscreens include ingredients that reflect, absorb or scatter ultraviolet (UV) radiation from the sun. The sun emits three different types of radiation: UVA, UVB and UVC rays. Most sunscreen ingredients help filter UVA and UVB rays. UVC rays are usually absorbed by the ozone layer and generally don't reach the earth. One common belief is that if you wear sunscreen you are fully protected from the harmful rays of the sun. This is false. Sunscreens only filter a portion of UV rays; they do not block them completely.

The toxic side of sunscreen

Some sunscreens are full of chemicals, of which some have been known to be toxic and to have detrimental effects in the body. Laboratory testing has even linked some of these chemical ingredients with health problems. Approximately 35% of applied sunscreen enters the bloodstream.

Toxic chemicals and their effects:

Some of the chemicals that can be used in sunscreen include:

- **Octyl methoxycinnamate (OMO)** – mimics oestrogen, disrupts hormones, may cause skin sensitivity and allergies to light, and generates free radicals in skin cells
- **4 Methylbenzylidene camphor** – disrupts hormones, effects oestrogen binding sites in the uterus, may cause sperm abnormalities, increases breast cancer risk, alters calcium balance and may lead to osteoporosis



- **Benzophenone** – generates free radicals, causes skin allergies to light, is readily absorbed into the body and damages cell DNA and embryonic cells
- **Oxybenzone** – mimics oestrogen, damages cells, deactivates antioxidant systems, may accumulate in fatty tissues and mothers with high oxybenzone levels can deliver underweight baby girls
- **PABA** – damages DNA, increases skin cancer susceptibility and causes free radical damage
- **Padimate-O** – damages DNA and may cause skin ageing
- **Titanium Dioxide** – generates free radicals, damages DNA and may trigger skin cancer development
- **Avobenzone** – damages DNA and causes skin allergies to light
- **Psolaren** – generates free radicals

The sun is vital for health

As we all know, vitamin D is crucial for our health. To assist in the body's production of vitamin D and to build up our skins' resistance to the sun we need approximately 10 - 15 minutes of unprotected sun exposure each day. Following this daily dose of exposure, we recommend protecting yourself from the sun.

Natural sunscreens

There is a solution! Amidst all the chemical doom and gloom, natural alternatives are available. Natural sunscreens provide you with a choice about what you are putting on your skin (and into your blood stream). Natural sunscreens should only have zinc oxide as the active ingredient. Zinc oxide is a naturally occurring mineral and is considered safe for human use. It gives broad-spectrum coverage and reflects both UVA and UVB rays. Other commonly used natural ingredients include antioxidants and plant based oils.

Next time you reach for a bottle of sunscreen, stop and take a look at the ingredients. Are those ingredients listed as toxic chemicals worth putting on your skin?

Protect yourself safely from the sun

- Wear protective clothing – a long sleeved shirt, hat and sunglasses
- Seek shade
- Avoid sun exposure in the hottest part of the day
- Use a natural sunscreen
- Consume a diet rich in antioxidants

UV Natural SPF 30+ Sunscreen is available from Australian NaturalCare Products

References available on request.

DAIRY – THE HIDDEN TRUTHS EXPOSED

Have you considered how modern processing practices and developments in the dairy industry are affecting the milk and milk products that you consume and how this may affect your health? Here's some information to get you thinking.

A look back in history

Whilst hunter-gatherers of times past did not use milk products, nomadic and agricultural societies dating back as far as 9,000 years relied on the milk of cattle, goats, sheep, horses, water buffalo and camels. Today, dairy cow's milk and milk products are consumed in abundance and linked to a myriad of health conditions including allergies, diabetes, chronic ear infections, cancer and prostate conditions. So what has changed?

Life of the modern dairy cow

A century ago cows produced just 8 - 12 litres of milk a day, compared to today's average of 20 litres per day. This has been accomplished by high-protein feeding and selective breeding to produce cows with abnormally active pituitary glands. The pituitary gland also produces other hormones, including growth hormone that can be found in the water portion of the milk. Excessive pituitary hormones have been linked to the formation of tumours and some studies have shown a connection between milk consumption and cancer.

Dairy cows in Australia are pasture fed and also fed a variety of grains and concentrates in their supplementary feed, including soybean meal to increase milk production. Producing large quantities of milk puts a significant strain on the cow and can increase the rate of infections of the teat and udder (mastitis) as well as cause other problems. Antibiotics are used to treat mastitis and also to promote growth and reduce the amount of feed the cows require. This results in antibiotic residues in the milk. In Australia maximum residue limits (MRLs) are set, yet it is possible for antibiotic residues to be present in the milk you buy. Little research has been done to determine what effect this is all having on our health.

The natural lifespan of a cow is 20 years, yet today's dairy cow rarely lives beyond 7 years. Most people don't realise that to produce milk, a dairy cow has to become pregnant and produce a calf every year. Calves are taken from their mothers within 12 – 24 hours of birth, and the new mother is swiftly returned to milking.

Modern processing methods

The process of pasteurisation is where milk is heated to 72°C for no less than 15 seconds and then cooled to 4°C or less. This process has been introduced to destroy harmful bacteria and extend shelf life.

Yet pasteurisation alters milk's amino acids, making the proteins less absorbable, destroys many vitamins and promotes the rancidity of unsaturated fatty acids. Pasteurisation also reduces the availability of milk's mineral components, such as calcium, magnesium and phosphorus and destroys all valuable enzymes in milk. These enzymes help the body assimilate all body building factors, including calcium. Without these milk is difficult to digest, may promote allergies, chronic fatigue and possibly even diabetes. The process of homogenisation, where milk fat is broken down into smaller particles so that it no longer separates, has also been linked to heart disease.

Milk for sale

Step into your local supermarket and you'll find a multitude of different types of milks. Let's take a look first at skim milk, low fat milk and reduced fat milk. These have reduced

levels of butterfat content, which also means reduced amounts of fat-soluble vitamins such as vitamin D, necessary for calcium absorption and bone health. So if you do want a drink of milk, the full fat variety is the better option nutritionally.

Skim milk, low fat milk, powdered milk, instant powdered milk and even condensed milk, have added milk solids and subsequently higher levels of lactose, which can upset digestion, especially in the elderly. Some flavoured milks are flavoured with artificial sweeteners, which may cause health problems of their own.

Some milk may be fortified with added nutrients, including calcium, vitamin D, protein, iron and omega 3 fatty acids. Added vitamin D is the synthetic vitamin D2, an inferior form with lower activity and poorer stability and absorption compared to natural vitamin D3. Vitamin D2 is only 20 – 40% as effective as vitamin D3, and remember that vitamin D is needed for calcium absorption.

Marketed for convenience, ultra heat treatment (UHT) milk is best avoided. In this process, milk is heated to temperatures as high as 135°C – 150°C for a few seconds. This produces long life milk that can be stored for extended periods, but is even more devoid of nutrients, and harder for the body to absorb and digest than regular milk.

Lactose intolerance and dairy allergy

Lactase is the enzyme needed to digest the milk sugar lactose. Lactase may decline and disappear within 12 months of being born; only 30 to 40% of the world's population produces lactase as adults. Overuse of antibiotics also contributes to lactose intolerance. Common symptoms include bloating, cramping, diarrhoea, constipation, flatulence and abdominal pain. A substance released from the A1 protein in cow's milk may actually cause some of these symptoms. In this situation A2 milk may be beneficial.

Lactose reduced or lactose free milk is available for people who are lactose intolerant. Some or all of the lactose is removed, making it easier to digest. Milk naturally contains lactose so if you can't tolerate milk, perhaps this is not the best option for your health.

A small percentage of people may be allergic to the milk protein casein, which is difficult to digest. Common symptoms include itchy skin conditions, and gastrointestinal and respiratory problems.

What about organic?

Organic milk is produced without hormones, synthetic chemicals or antibiotic residues. Compared to non-organic milk, research has found organic milk contains more vitamin E, beta-carotene, omega 3 fats, lutein and zeaxanthin and conjugated linoleic acids, important fats linked to reduced heart disease and diabetes. Organic cows have access to fresh air and green pastures, and a diet higher in fresh grass, clover pasture and grass clover.

Dairy alternatives

In order to get your daily calcium requirements, you can also look to non-dairy alternatives as calcium can be obtained from a variety of other food sources. Try sheep or goat's milk products, rice or oat milk, unhulled tahini, nuts and seeds, dark green leafy vegetables, canned salmon with bones, dried figs, kelp, legumes, whitebait and eggs.

So what does this mean for you?

You might like to reassess the type of milk and milk products you are buying or even think about whether you want to reconsider using dairy. Try a dairy-free diet for two to four weeks and evaluate how you feel during this time. If you must have dairy, choose organic or A2 milk and milk products, depending on your individual needs, and use in moderation.

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RECIPE OF THE MONTH

TROPICAL SUNRISE

Try this refreshingly fruity mocktail when next entertaining with friends – it's sure to be a winner. You can even adjust the ratio of ingredients and turn it into a delicious punch.

Ingredients:

60ml Lemon juice
60ml Orange juice
60ml Pineapple juice
120ml Ginger ale
Dash of grenadine
Lime slices to garnish
Serves 2

Preparation:

1. Pour juices into a cocktail shaker with a few ice cubes.
2. Shake well.
3. Strain into chilled cocktail glasses.
4. Add ginger ale and then a dash of grenadine.
5. Garnish with slices of lime.



Our Naturopaths answer some of the most popular questions from the voicemail

Q. I am a 68-year-old woman and am suffering from urinary symptoms. I have to go to the bathroom a great deal during the day and all through the night. I often have to find a toilet very quickly. Could Prostate Care Pygeum 10 000mg assist me?

A. Prostate Care Pygeum 10 000mg is a male specific product. It may assist with the urinary symptoms associated with benign prostatic hypertrophy. Prostate Care Pygeum 10 000mg is not a suitable product for women to take, as women do not have prostate glands. Our product UriCare Control and Confidence may assist with the urinary symptoms you are experiencing.

Q. I have trouble swallowing some of your tablets. Why are they so big?

A. Our products are formulated to deliver therapeutic dosages based on the latest scientific and clinical evidence. We always strive to bring you efficacious products whilst minimising dosage requirements. Sometimes this means that our tablets will have to be larger to accommodate the therapeutic dosage of an active ingredient. If we were to make our tablets smaller, the number of tablets you have to take would have to increase to continue to deliver therapeutic daily dosages. If you have difficulty swallowing our larger tablets, we have included a break bar where possible, which allows for tablets to be broken in half easily. We also carry tablet cutters in our range, which may be of assistance to you for cutting those tablets without break bars in half for easier swallowing.



Darlene Young

