



Quantum Health

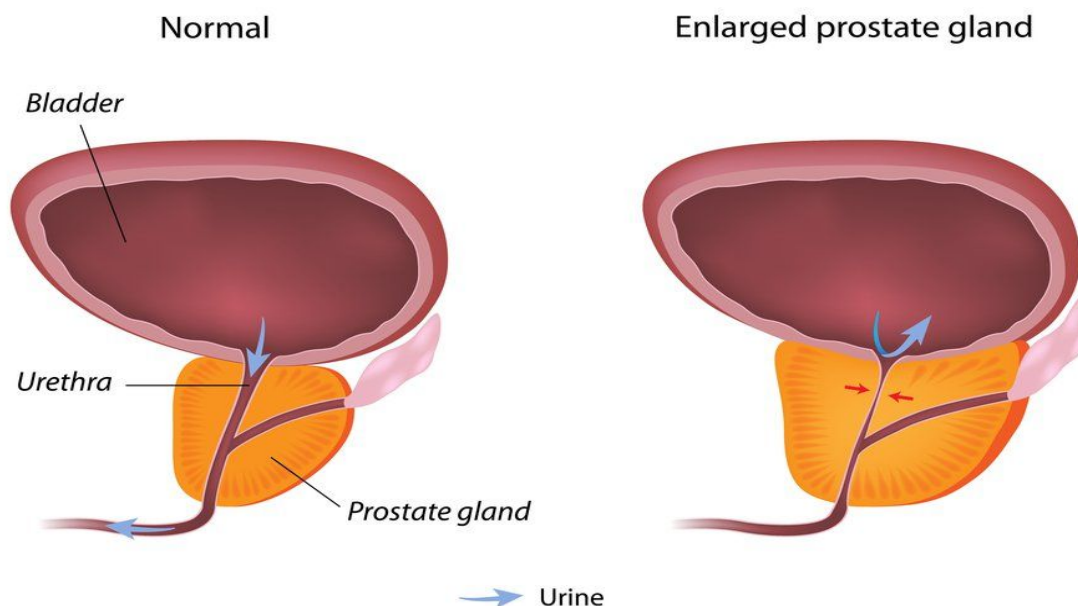
Optimal Prostate Health Quick Start Guide

What is the Prostate?

The prostate is a small round gland and muscle. You can't feel it inside you unless it is painful. It's the size of a walnut weighing between 15-20g. It sits below the bladder and wraps round the urethra, which is responsible for carrying urine and semen through to the penis.

Function & Features

The prostate produces fluids that make semen and nourish sperm. It also pushes semen out during ejaculation. Hormonal changes from age 40 onwards cause the prostate to get larger where an excess of the potent hormone dihydrotestosterone makes the prostate grow.



The Enlarged Prostate

Prostate enlargement as you age is normal and not everybody gets symptoms. In many men however it begins to get in the way of the flow of urine and semen. The swollen prostate squeezes the urethra, a condition called Benign Prostate Hyperplasia (BPH) a non-cancerous enlargement of the prostate. BPH cannot be detected until its late stages; it develops slowly over many years. As it gets bigger pain is often experienced during urination and sexual performance is affected.

Other Prostate Conditions

While BPH is the most common, there are also other conditions to be aware of.

Prostatitis

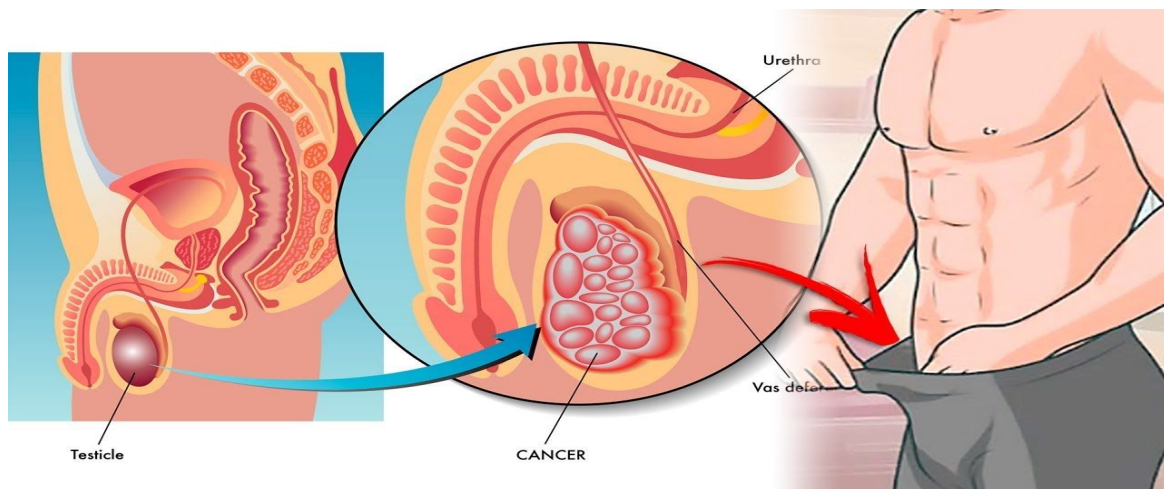
- Infection and inflammation of the prostate gland
- Causes burning during urination and pelvic pain
- Bacterial condition affects old and young men alike
- Rapid onset of symptoms often with a fever
- Painful urination with burning or itching
- Cloudy fluid at the tip of the penis
- Treated with antibiotics and muscle relaxants
- See a health-care professional if you have symptoms

Prostatodynia

- Inflammation caused by muscle spasms
- Painful or frequent urination
- Pain in the lower back, penis and scrotum
- Treated with antibiotics, muscle relaxants and non- steroid anti- inflammatory agents.

Prostate Cancer

- Most commonly diagnosed cancer in Australia
- Shares risk factors with BPH (diet, exercise and stress)
- 95% survival rates mainly due to early detection with Prostate Specific Antigen (PSA) screening
- Cancer treatment can cause incontinence/impotence
- Don't wait for a cancer to develop, there are steps you can take now to protect yourself from cancer and other prostate diseases naturally safely and effectively.



Early Intervention

Finding prostate problems early is critical and it can be dangerous to wait until symptoms become severe. You need to take action yourself and get educated on how to maintain optimal prostate health. Conventional medicine is not preventive it's a symptom oriented medicine, this means you need to educate yourself and choose to take action.

This guide is an excellent start but prostate health is an ongoing process, be sure to talk to your doctor the moment you feel any ongoing discomfort or pain.

Symptoms & Solutions

Urinary symptoms resulting from prostate enlargement are the most common condition associated with aging in men:

- 13% of men in their 40's have urinary problems
- 30% of men in their 70's have urinary problems
- 90% of men in their 80's have urinary problems

Fortunately this can be controlled and even reversed naturally if you get motivated and involved in maintaining your prostate health.

Catching it early is the key.

Look For The Early Warning Signs

When the prostate gets enlarged it blocks urine flow and urinary symptoms begin. Early symptoms often go unnoticed or ignored but can include

- Discomfort or pain in the prostate gland
- Reduced sexual ability (erection and ejaculation)
- Change in urinary frequency, urgency or discomfort
- The need to urinate multiple times in the night

Treatment Options

There are three options for treating enlarged prostates: Medical, Surgical and Natural. Medications are quick to work but have side-effects including: erection problems, ejaculation problems, reduced sexual desire, and tiredness. They mask symptoms for a few years and surgery is still required. Surgery to remove the prostate can damage the penis, cause erectile dysfunction, impotence and even incontinence. Natural treatments take longer to work as the body needs time to incorporate nutrients into new cells, however, nutritional remedies directly work on the root cause of the problem as they maintain and sustain optimal health from the inside out.

Medical Diagnosis

Your doctor may recommend tests to diagnose problems:

- PSA Blood Test - to check for BPH and cancer.
- Physical Exam – to assess prostate size, via the anus.
- Urine test – checking for infections or blood.
- Ultrasound – scanning device to look at the prostate,
- If the rectal exam is putting you off getting tested then let your doctor know.
- There are other more accurate and effective ways to be tested.
- Don't let embarrassment prevent you from seeking help.



Symptom Progression

Stage 1: The Sensitivity Stage. Increased need to urinate, stream is weak and thin

Stage 2: Bladder Not Emptying Fully. Urine remains in the bladder. Irritating need to urinate without relief

Stage 3: Normal Urination Not Possible. Normal urination is no longer possible. Urine builds up in the bladder and kidneys causing intense pain.

Treating symptoms as early as possible prevents kidney damage and the need for surgery.

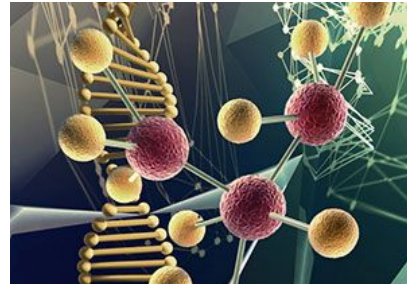
Causes Of An Unhealthy Prostate

- Hormonal Changes
- Hormones guide thoughts, behaviours and attitudes
- Men's hormones change between 40 and 55
- This is the male andropause or manopause
- Expect changes in attitude, mood and emotions
- Many men question values and accomplishments
- The classic 'mid-life crisis' can also occur at this time
- Many men also seek out risky behaviour, like affairs
- Testosterone
- Produced in the testes
- Production declines as you age
- Build muscles, bones and connective tissue
- Critical for libido and virility
- Levels drop after the andropause and some men experience a loss of sexual desire and reduced physical strength.
- Dihydrotestosterone (DHT)
- Produced in the prostate from testosterone
- Stimulates (unwanted) growth of the prostate
- Super-potent form of testosterone
- Also responsible for male pattern baldness, DHT creation is targeted by both medical and nutritional therapies by blocking an enzyme pathway and the production of DHT in the body.

Hormonal Damage

Thousands of chemicals have leached into our food and water systems. The cocktail of pharmaceuticals, pesticides and plasticizers are messing up delicate hormonal systems.

Nourishing the body with critical micro-nutrients supports vital self-repair and detoxification pathways. Your body can restore the hormonal balance if you help it.



Hormones dictate everything from our mood, thirst, hunger and sexual drive. During teenage years in puberty it is the cause of many major changes in our reproductive systems which creates the stereotype of the moody teenager.

As we grow older maintaining the balance becomes even more important as we try to maintain the best state of mind and energy levels through middle to old age.

Healing Solutions

Seven Simple Steps

Quantum Health has nearly three decades of experience helping resolve prostate problems in just 7 simple steps.

Step 1: Assessment

Check symptoms on our symptoms checklist to see if you have any noticeable symptoms. Complete the prostate health questionnaire to determine where you are in terms of symptom severity using our simple questionnaire.

Step 2: Education

Congratulations, you can tick this one off right away! This guide has the latest well researched and important information in regards to prostate health.

Step 3: Relax

Your body only goes into self-repair mode when you sleep or chill out, stress is the leading risk factors for disease and makes all other conditions worse.

Step 4: Lifestyle & Movement

Lose weight, eat a healthy nutritious diet, move more and ideally quit smoking, but take one step at a time.

Step 5: Liquids

Reduce bladder irritants like alcohol and caffeine and drink more water or anti-oxidant rich drinks such as green tea.

Step 6: Train

Your pelvic floor is a set of muscles than can be trained through physical strengthening exercises such as Yoga or Kegels.

Step 7: Supplement

Take the six natural ingredients proven to help.

Assessment

Have you experienced any of these symptoms?

- Blood in the urine
- Burning sensation or pain when urinating
- Decrease in sexual desire
- Difficulties getting an erection or impotence
- Difficulty in holding urine in
- Discomfort in the testicles, groin or penis
- Feeling uncomfortable when sitting
- Hesitancy or urgency to urinate
- Inability to empty the bladder completely
- Inability to urinate at all
- Interrupted sleep (need to urinate at night)
- Itchy feeling in penis
- Lower back pain
- Need to urinate immediately
- Pain when ejaculating or during sex
- Weak urine flow
- Wetting or staining of underwear
- If you are experiencing any of the above symptoms, please take note and don't ignore them. Use this questionnaire as the first step in resolving symptoms.

Assess Your Stress

It is important to allow the body time to heal, recover and repair by finding enjoyable ways to unwind, relax, nap, chill-out and get more sleep. Even the clothes you wear could be stressing out your prostate problems, keep 'em loose and stress free. Do you sleep with tight and restrictive bedwear? Get something more loose with high quality fabric that can breathe.

Movement

Exercise is the easiest, least expensive way to keep your prostate healthy. Men over 40 who exercise are 50% less likely to get prostate problems. The best form of exercise for prostate maintenance is walking although it is recommended to develop a daily or weekly routine of exercise that includes both walking, meditating and stretching.

Nutrition

- Reduce processed or packaged foods (full of chemicals)
- Choose organic or pesticide free
- Eat healthy fats (grass fed animal fats like butter)
- Eat your greens (dark and leafy or cruciferous)
- Eat a rainbow (different colours have different benefits)
- Eat tomatoes (they contain the 'magic' lycopene)
- Eat high quality protein and reduce dairy
- Stay hydrated with water and green tea
- Eat mindfully not in front of the TV



Dietary Supplements

There is growing scientific research verifying the immense power of natural treatments for prostate problems. You can't override years of bad eating habits or toxins from the environment but you can feed your cells with the critical nutrition they need.

Flaxseed

Exceptionally rich in lignans which bind to hormones

Binds DHT & alpha-reductase slowing prostate growth

Lignans also protect against prostate cancer

Levels of lignans in sperm is higher in countries with lower rates of prostate disease

Lycopene

Tomatoes contain the potent anti-oxidant lycopene

Lycopene significantly reduces risk of prostate cancer

Lycopene also reduces prostate enlargement

Pumpkin Seed

The seed significantly reduces prostate symptom score

Lab tests showed 50% reduction in prostate growth

Cucurbitacins slow conversion of testosterone to DHT

High amino acids: alanine, glycine and glutamic acid

Saw Palmetto

Blocks 90% of conversion of testosterone to the DHT

Repeatedly shown in studies to reduce enlargement

Reduces urinary symptoms and prostate growth

Selenium

Mineral normally found in rocks and soil

Used by the body to make immune proteins

Reduced cancer risk with higher selenium levels

Zinc

Essential for male potency and sex drive

Zinc deficiency can predict prostate disease

Inhibits activity of alpha-reductase making DHT

Protects cells from oxidative damage, enhances repair

These six supplements individually have immense power. When combined in the correct doses they can completely transform the prostate, eliminating symptoms naturally.

Quantum Health's Prosamín is a specifically designed natural remedy that combines these powerful 6 ingredients to formulate a supplement to support the prostate. The researchers at Quantum Health combined the expert advice and insights of pharmacists and naturopaths to formulate a supplement to support the prostate.

Prosamín™ for Men is an advanced formulation that contains clinical doses of the active ingredients. Licenced and manufactured exclusively in Australia using only quality ingredients within a top-class facility in Sydney following the strictest manufacturing practices.

The daily dose of 2 capsules per day have been bringing relief and healing to men with the high-strength ingredients:

<i>Serenoa repens</i> (Saw Palmetto)	3,200mg	<i>Linum usitatissimum</i> (Flaxseed)	720mg
<i>Cucurbita pepo</i> (Pumpkin seed)	50mg	<i>Lycopersicon esculentum</i> (Tomato)	840mg
Selenium (as Selenomethionine)	78mcg	Zinc (as Zinc amino acid chelate)	30mg



Testimonial From A Prosamín User After 2 Months

"For the past 20 years I've had trouble with my prostate. Every night I'd have to get up three times to urinate and this was a long and slow process as it would only dribble out and not empty completely. I visit my Doctor annually for blood and other tests and he recommended I use prostate drugs to help with the problem."

These drugs made absolutely no difference and my Doctor then suggested a surgical rebore to alleviate the problem which I was not keen to go through with. So I just put up with the problem.

A few months ago I was told about Prosamín and decided to give it a go. After using it for a month, I noticed that the need to get up every two to three hours each night had extended out to 5 or 6 hours. Now, I go once a night and instead of taking 10 minutes, it now only takes 2 minutes to empty my bladder. At 2 months now, it's even better, and my sexual function has improved markedly as well. This product is obviously reducing the symptoms I have dealt with for 20 years. Thank you for introducing me to Prosamín, I am looking forward to a much more comfortable and contented life."

-G.D. Age 65, Comboyne, NSW

Treatment Cycle

It takes time for your body to incorporate nutrition into cells, depending on the cell's natural life-cycle. This is what you can expect with a 6-month cycle of 2 capsules per day.

MONTH 1

- High-strength formula directly nourishes the prostate
- Production of DHT reduced and prostate growth slows
- New cells incorporate the essential nutrients
- Many men start to experience relief, e.g. less pain

MONTH 2

- The prostate starts to shrink as DHT levels drop
- Urinary restriction and urgency is reduced
- Bladder control improved with enhanced muscle tone
- Most men feel improved urinary control and comfort

MONTH 3

- Nutrients fully assimilated into new cells and tissues
- Testosterone levels increase as DHT levels drop
- Testosterone improves libido and erection control
- Majority of men experience significant improvement

MONTH 4

- Improved blood flow nourishes prostate and penisImmune detoxification and elimination is enhanced
- Urinary flow is improved even more as prostate shrinks
- Urinary symptoms have virtually disappeared
- Energy is enhanced due to better sleep

MONTH 5

- Urogenital system rebuilt at a cellular level
- Male hormones are balanced and virility enhanced
- The size of the prostate is now sub-clinical
- Urinary symptoms are no longer present

MONTH 6

- The prostate continues to shrink to normal size
- Bladder musculature is restored
- Libido and sexual health is maximised
- Expect to be completely symptom free

These are typical experiences and individual experience may vary depending on lifestyle, nutrition and health status. You can accelerate results further by following our lifestyle recommendations

Guarantee

Although we can't guarantee Proasmin will work for every man, we can guarantee you it is one of the most highly researched and well-designed prostate formulas.

It contains high quality evidence-based ingredients scientists have shown relieve symptoms associated with Benign Prostatic Enlargement.

Bottom of the Bottle

Quantum Health proudly offers you our famous 'Bottom of the Bottle' 6-month guarantee! If you take Proasmin for 6 months and aren't satisfied with the results (FOR ANY REASON AT ALL) you may return any unused portion for a full 100% money-back refund. Simply send us back the full or half-full bottles and we'll refund them. ALSO... if you feel you haven't got ANY relief at all send us back the empty bottles too and we'll refund those as well. You have the ability to try out Proasmin for a year totally risk free. By the way, nobody has ever taken us up on this generous guarantee, all we get is letters from men (and women) telling us how amazing life is now that urgent and painful toilet stops no longer interfere with their day!

Ordering

Order online... The fastest way to order is directly online through our website by simply visiting <https://www.quantumhealth.com.au/products/prosamin>

Order by phone.....Call 1800 25 15 66 with your credit card details.

This Month Only - Save 10% On Your Prosamin Order & Free Shipping

We know what it's like to suffer with a painful prostate. That's why we want to give you a 10% discount and free shipping on your next purchase of 3 months supply of Prosamin to help you get back to optimal health and living your life in comfort.

Just select "3 month supply" and use the code

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