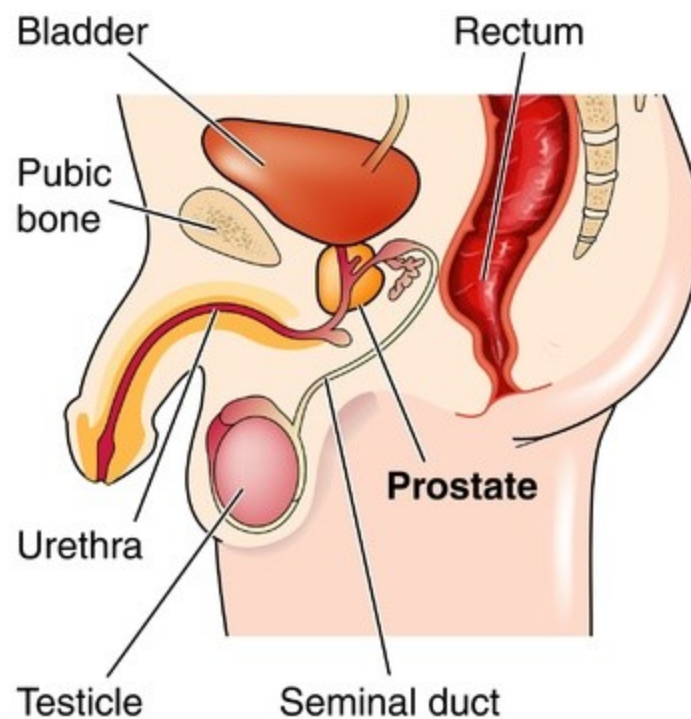




Quantum Health

Prostate Health Quick Start Guide



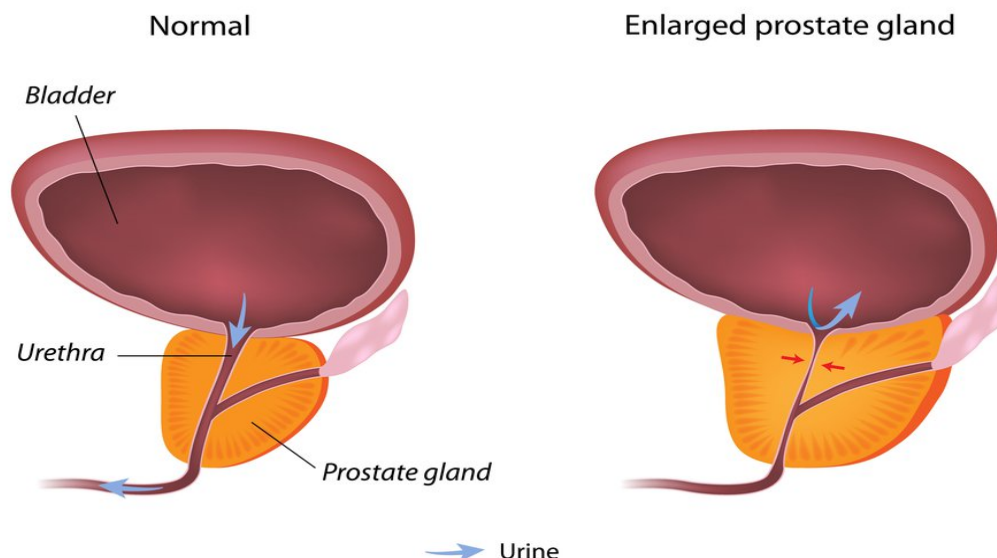
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What is the Prostate?

The prostate is a small round gland surrounded by a capsule of connective tissue containing many smooth muscle bundles that are continuous with the bladder. It can't be felt 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 (DHT) 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

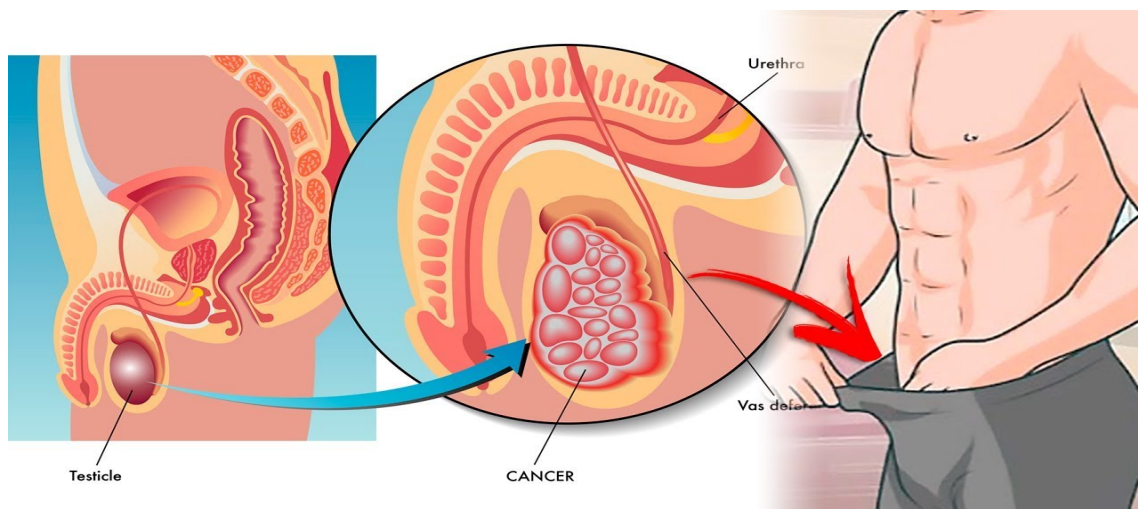
- Infection and inflammation of the prostate gland
- Causes burning during urination and pelvic pain
- Causes painful urination with burning or itching
- Bacterial condition affects old and young men alike
- Rapid onset of symptoms often with a fever
- Cloudy fluid at the tip of the penis
- Treated with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

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 steroidal anti-inflammatory agents.

Prostate Cancer

- Most commonly diagnosed cancer in Australia
- Shares risk factors with BPH (including diet and stress)
- 95% survival rates with early detection from a Prostate Specific Antigen (PSA) screening
- Some cancer treatments can cause incontinence or impotence
- Don't wait for 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 and educate yourself on how to maintain optimal prostate health. Conventional medicine is not preventative. It is a symptom oriented medicine. This means that you need to inform yourself and choose to take action.

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

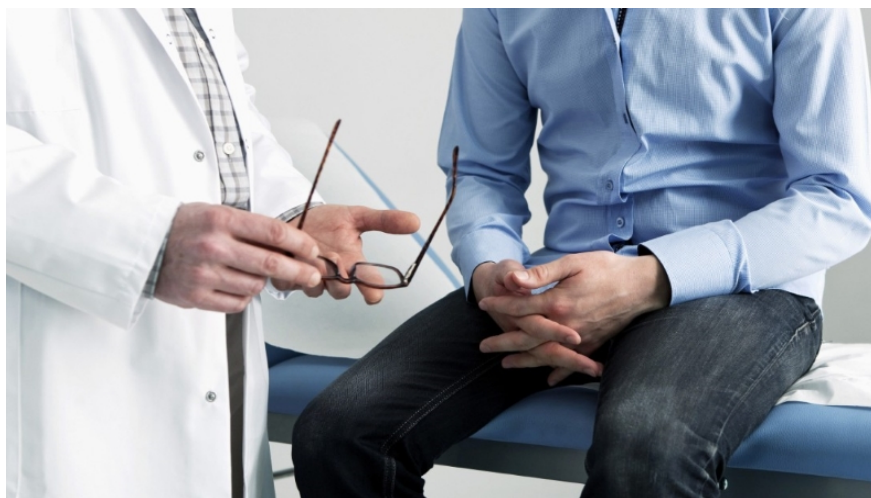
There are three options for treating enlarged prostates: Medical, Surgical and Natural. Medications are quick to work but have side-effects including: erection problems, ejaculation problems, reduced sexual desire, and tiredness. They mask symptoms for a few years and surgery can still be required. Surgery 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 (Prostate Specific Antigen) screening - to check for BPH and cancer
- Physical Exam – to assess prostate size, via the rectum
- Urine test – to check for any abnormalities
- Ultrasound – scanning device to look at the prostate

If the rectal exam is putting you off getting tested, please let your doctor know. 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 may prevent kidney damage and the need for surgery.

Causes Of An Unhealthy Prostate

- Changes in men's hormones between the ages of 40 and 55
- This is referred to as the male andropause or manopause
- Testosterone production in the testes declines as you age
- An overproduction of Dihydrotestosterone (DHT) stimulates (unwanted) growth of the prostate.
- Lack of building of muscles, bones and connective tissue can also contribute, lowering libido and virility

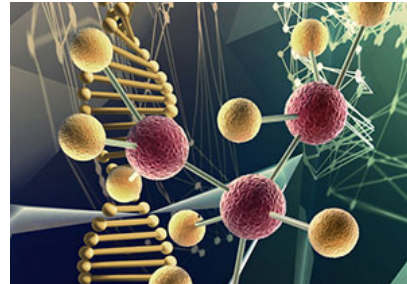
Effects

- As testosterone levels drop some men experience a loss of sexual desire and reduced physical strength.
- Expect changes in behaviour and attitudes, moods and emotions.
- Many men question values and accomplishments.
- The classic 'mid-life crisis' can also occur at this time.

Hormonal Damage

Thousands of chemicals have leached into our food and water systems. The cocktail of pharmaceuticals, pesticides and plasticizers is interfering with our delicate hormonal systems.

Nourishing the body with critical micro-nutrients supports vital self-repair and detoxification pathways. You can help your body restore hormonal balance.



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

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

Complete the prostate symptoms questionnaire to determine where you are in terms of symptom severity.

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 a leading risk factor 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 antioxidant rich drinks such as green tea.

Step 6: Train

Your pelvic floor is a set of muscles that can be trained through physical strengthening exercises such as in Pilates or using a Kegel Exerciser.

Step 7: Supplement

Take the six natural ingredients proven to help, as listed on the following pages.

Assessment

Have you experienced any of these symptoms?

- Blood in the urine
- Burning sensation or pain when urinating
- Hesitancy or urgency to urinate
- Difficulty in holding urine
- Inability to empty the bladder completely
- Inability to urinate at all
- Need to urinate immediately
- Weak urine flow
- Interrupted sleep (need to urinate at night)
- Wetting or staining of underwear
- Itchy feeling in penis
- Decrease in sexual desire
- Difficulties getting an erection, or experiencing impotence
- Pain when ejaculating or during sex
- Discomfort in the testicles, groin or penis
- Feeling uncomfortable when sitting
- Lower back pain

If you are experiencing any of the above symptoms, please take note and don't ignore them. Use our prostate symptoms questionnaire as the first step.

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 aggravating your prostate. Do you sleep with tight and restrictive nightwear? Get something loose fitting of high quality breathable fabric.

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. It is recommended to develop a daily or weekly routine of exercise that includes both walking, light workout and stretching.

Nutrition

- Reduce processed or packaged foods (full of chemicals, artificial colourants and preservatives)
- Choose organic or pesticide free foods
- 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.

Flax Seed Oil (*Linum usitatissimum*)

Exceptionally rich in lignans which bind to hormones and protect against prostate cancer

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

A rich source of omega-3 fatty acids that support cell membrane structure for prostate protection

Binds DHT & alpha-reductase, slowing prostate growth

Lycopene (Tomato)

Tomatoes contain the potent antioxidant lycopene

These antioxidant qualities may reduce the damaging effects from free radicals

Lycopene may significantly reduce the risk of prostate cancer, and reduce prostate enlargement

Pumpkin Seed Oil (*Cucurbita pepo*)

The seed significantly reduces prostate symptom score and eases an overactive bladder

Cucurbitacins slow conversion of testosterone to DHT

Lab tests show 50% reduction in prostate growth

High in amino acids: alanine, glycine and glutamic acid

Saw Palmetto (*Serenoa repens*)

Traditionally used in Western medicine to balance hormone levels, reduce inflammation and improve urinary function; reduces urinary symptoms

Blocks 90% of conversion of testosterone to DHT

Repeatedly shown in studies to reduce prostate enlargement

Selenium

A mineral normally found in rocks and soil. Primarily used as an antioxidant that aids in reducing damage caused by free radicals, and helps to further support the immune system

Reduced cancer risk with higher selenium levels

Zinc

Helps enable the production of testosterone, which can aid in minimising erectile dysfunction

Inhibits activity of alpha-reductase making DHT

Zinc is essential for male potency and sex drive; a zinc deficiency can predict prostate disease

Protects cells from oxidative damage and enhances cellular repair

These six supplements individually have immense power, and when combined in the correct doses may completely transform the prostate, eliminating symptoms naturally.

Quantum Health's Prosamin™ for men is a specifically designed natural remedy that combines these six powerful ingredients. The researchers at Quantum Health combined the expert advice and insight of pharmacists and naturopaths to formulate this supplement to support the prostate.

Prosamin™ for men is an advanced formulation that contains clinical doses of the active ingredients. It is licenced and manufactured exclusively in Australia using only the highest quality ingredients, and following the strictest GMP manufacturing practices.

A dose of 2 capsules per day with these high-strength ingredients has been bringing relief and healing to thousands of men.

<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 Prosamin™ Customer After Just 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 Prosamin™ 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 Prosamin™, 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. The *Prosamin*™ 6-month cycle of 2 capsules per day may achieve the following.

MONTH 1

- The high-strength formula directly nourishes cells of the prostate
- Production of DHT is reduced and prostate growth slows
- New cells incorporate the essential nutrients
- Many men start to experience some symptom relief, e.g. less pain or tenderness

MONTH 2

- The prostate starts to shrink as DHT levels drop
- Urinary restriction and urgency are reduced
- Bladder control is improved as muscle strength is enhanced
- Most men feel a greater sense of urinary control (minimised urgency) and significant pain reduction

MONTH 3

- Nutrients have now been fully assimilated into new cells
- Testosterone levels are increased as DHT levels drop
- Libido and erection control are improved with the increased testosterone production
- At this point the majority of men experience a significant reduction of symptoms

MONTH 4

- Improved blood flow nourishes the prostate and surrounding tissues; and detoxification and elimination are enhanced
- Urinary flow is now further improved as the prostate shrinks
- Urinary symptoms have virtually disappeared
- Energy is enhanced due to better sleep

MONTH 5

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

MONTH 6

- The prostate continues to shrink back to its normal size
- Bladder musculature is restored
- Libido and sexual health are 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 shown by scientists to relieve symptoms associated with Benign Prostatic Enlargement.

Bottom of the Bottle Guarantee

Quantum Health proudly offers you our famous 'Bottom of the Bottle' 6-month guarantee. If you take Prosamin™ continuously for a full 6 month cycle and aren't satisfied with the results, you qualify for a full 100% money-back refund. Simply return all six empty bottles, with a brief note describing your reason for return.

You have the ability to try out Prosamin™ for six months 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 guide is not intended to be a substitute for professional medical advice and should not be relied on as health or personal advice. Always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health or a medical condition.

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