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EPISODE 11:

Under the Hood

The raw science and unfiltered truth of men's health.

LEARNING GUIDE SUMMARY:

UNDER THE HOOD : The raw science and unfiltered truth of men's health.

This briefing document synthesizes research and health protocols provided by Nature Fresh Health Products, primarily authored by health researcher Sue Visser. The central thesis of the provided materials is that many modern chronic conditions—specifically hormonal imbalances like Polycystic Ovarian Syndrome (PCOS) and Benign Prostatic Hyperplasia (BPH), kidney stones, and sexual dysfunction—are primarily rooted in dietary errors, liver congestion, and environmental toxins.

The sources emphasize a “clean up” approach involving:

- * Hormonal Regulation: Targeting the conversion of testosterone into Dihydrotestosterone (DHT) through specific herbal interventions (Saw Palmetto, Agnus Castus) and dietary shifts (high protein, low carbohydrate).
- * Nutritional Intervention: Utilizing the blood group diet, gluten elimination, and zinc supplementation to address systemic inflammation and insulin resistance.
- * Phyto-pharmacology: Leveraging specific plants like Red Clover for its isoflavone content to manage menopause and cancer risks, and Tribulus Terrestris for libido and urinary health.
- * Organ Support: Prioritizing liver and gallbladder flushing to ensure the proper breakdown of excess hormones and toxins.

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The PCOS-BPH Connection: The DHT Pathway

A significant portion of the research identifies a shared metabolic pathway between Polycystic Ovarian Syndrome (PCOS) in women and prostate disease (BPH) in men. Both conditions are linked to the activity of the 5-alpha reductase enzyme.

The Role of Dihydrotestosterone (DHT)

- * Conversion: The 5-alpha reductase enzyme converts testosterone into DHT, a potent androgen 90% more active than ordinary testosterone.
- * Dietary Triggers: While the enzyme is usually dormant in adults, it is stimulated by diets high in carbohydrates (sugar and starch) and fats, combined with low protein and zinc deficiency.
- * Systemic Effects:
 - * In Women: Inhibits ovulation, causes ovarian cysts, hirsutism (facial hair), deeper voice, and male-pattern baldness.
 - * In Men: Initiates prostate enlargement, adult acne, and hair loss.
 - * Shared Symptoms: Insulin resistance (Syndrome X), weight gain, and infertility.

Therapeutic Protocols for DHT Regulation

The documentation outlines a "7-step protocol" to block and bind DHT:

1. Dietary Ratio: Consuming 60% lean protein to 40% vegetables/fruit to block enzyme activity.
2. Zinc Supplementation: 30–60 mg per day to prevent testosterone from converting to oestrogen or DHT.
3. DHT Blockers: Use of Saw Palmetto and Nettle Root to inhibit the 5-alpha reductase enzyme.
4. Hormone Binding: Utilizing fresh pumpkin seed juice (rich in beta-sitosterol) to bind freely circulating testosterone.
5. Receptor Modification: Agnus Castus (Chaste Berry) is recommended to prevent testosterone from binding to receptors in women.

Phytotherapy Focus: Red Clover (*Trifolium pratense*)

Red Clover is highlighted as a potent, traditionally recognized remedy containing a unique combination of phytochemicals.

Chemical Composition

Red Clover contains a form of natural Vitamin E (tocopherol) and four specific isoflavones:

- * Genistein
- * Daidzein
- * Formonetin
- * Biochanin

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Medicinal Applications

* Menopause and SERMs: Red Clover acts as a Selective Oestrogen Receptor Modulator (SERM). It provides a natural alternative to Hormone Replacement Therapy (HRT) by providing weak oestrogenic effects that can block stronger oestrogens at cell receptors. It is noted for reducing hot flushes and improving bone density (reversing bone resorption by over 4% per year).

* Cancer Support: Used traditionally to treat certain cancers by blocking the regenerative effects of anabolic steroids on cell receptors.

* Purification: Described as having sedative, depurative (purifying), and detergent properties, helpful for spasmodic coughs, acne, eczema, and psoriasis.

Kidney and Urinary Health

The sources categorize urinary issues into three primary causes and provide specific herbal interventions for each.

Primary Causes of Dysfunction

Cause	Description	Recommended Intervention
Bacterial Infection		Occurs when urine becomes acidic due to high sugar, dehydration, or weakened immunity. Cranberry juice, Eugenia berries, Parasite Remedy, Olive Leaf.
Hormonal Upsets		Contraceptives depleting Vitamin B6 can lead to yeast or fungal invasions. Vitamin B6 supplementation, intimate hygiene.
Kidney Stones		Formed when urine is high in oxalates and phosphates (acidic). Phosphoric acid from junk food leaches calcium from bones to form stones. Calcium Complex (magnesium + calcium), Renotone tablets, Vitamin B6 + Magnesium.

Natural Kidney Cleansing

A recommended kitchen-based cleanse involves a juice made of:

- * Parsley and celery (2 cups)
- * Dandelion leaves
- * Cucumber or watermelon (white bits)
- * Taken for 3-4 days prior to a liver flush.

Sexual Dysfunction and Male Health

The documents report that 60% of South African men over 40 suffer from erectile dysfunction (ED), citing a “boxed canyon” of medication side effects and poor lifestyle choices.

Factors Contributing to Impotence

* Chronic Illness: Diabetes is cited as the number one cause. Heart disease, hypertension, and obesity (which triples the risk) are also major factors.

* Medication Side Effects: 25% of ED cases are attributed to medications, including thiazide diuretics, antidepressants (SSRIs and MAOIs), and blood pressure drugs.

* Hormonal Decline: The fall in free serum testosterone and increases in sex hormone binding globulin with age.

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Natural Alternatives for Vitality

- * L-arginine: Used to increase nitric oxide and blood flow, similar to the mechanism of synthetic PDE5 inhibitors.
- * Tribulus Terrestris: Treats declining testosterone at the pituitary level; noted as a non-irritant diuretic and aphrodisiac.
- * Ginkgo Biloba: Recommended at 40-80mg per day to improve circulation to the genital area.

Dietary and Lifestyle Foundational Principles

The research posits that most degenerative diseases originate “at the dinner table.”

The Blood Group Diet and Gluten

- * Genetic Specificity: Health is tied to eating according to blood type to avoid “disruptive lectins” that impair thyroid activity and the immune system.
- * Gluten Intolerance: Overlaps significantly with PCOS symptoms (infertility, bloating, fatigue). The protocol recommends total elimination of wheat, rye, oats, and barley.

Parasites and Toxins

- * Cyst Formation: The documents suggest that some ovarian cysts and uterine fibroids are protective enclosures formed by the body to wall off parasites (flukes, giardia) and toxic residues.
- * Environmental Triggers: Chemical solvents in cosmetics, benzene, and fluorocarbons are cited as catalysts that allow parasite larvae to hatch within the human body.

Product and Regulatory Information

Nature Fresh Remedy Summary

- * Parasite Remedy: Used for acute infections and “cleaning up” the system.
- * Olive Leaf Tincture: Antimicrobial support for long-term infection control.
- * Coleus Forskohlii: Used for insulin metabolism, weight loss, and thyroid stimulation.
- * Prostate Remedy: A blend of Saw Palmetto, Nettle, Dandelion, and Willow Herb to reduce PSA levels and support urinary flushing.

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BEFORE YOU BEGIN: A WORD OF CAUTION: This information is not intended as medical diagnosis or treatment. Please consult an appropriate health practitioner for advice if you have a medical problem, as we are not in a position to do so. We merely provide nutritional guidelines that you can learn to establish a suitable eating plan for good results.

It is your responsibility to let your doctor know if you wish to adjust your current medications. Please check up on any potential drug reactions and intolerance you may have to any of the herbs and spices and fresh fruit and vegetables. It is best to consult a health professional that can help you monitor your progress, should you need allergy testing, your blood group identified or advice on supplementation, herbal & homeopathic remedies or medications.

Official DISCLAIMER: This unregistered medicine has not been evaluated by the SAHPRA for its efficacy, quality, safety or intended use.

Source References:

Health Articles & Educational Resources

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Product Listings & E-Commerce Catalog

Nature Fresh. (n.d.). NF 034 Prostate Remedy (50ml Herbal Tincture & Hormone Balancer). Nature Fresh Online Store.
<https://www.naturefresh.co.za/Ecommerce/25>

Nature Fresh. (n.d.). NF 032 Hormone Balancing Sweet Potato (50ml Herbal Tincture & Hormone Balancer). Nature Fresh Online Store.
<https://www.naturefresh.co.za/Ecommerce/30>

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