

# LIBIDO

In this report I recommend nutritional supplements which may be made available to me through a colleague. If you want to purchase these nutritional products, please write to me immediately. I'll contact my supplement supplier, and push the program forward. Send me your note: [DrNewdell@bh2012.com](mailto:DrNewdell@bh2012.com) February 15, 2010

Restoring Youthful Energy, Health, and  
Sexual Interest and Ability

Dr. Stephen Newdell

April 2009

Price: \$50

Yes You Can Restore Your Youth, Feel and Look  
Youthful and Healthy And Enjoy the Exciting Sexual  
Desire and Satisfaction you knew in earlier years.

Don't play games with little herb packets in convenience shops, or buying unknown promises from sheisters making outlandish promises through Email advertisements.

Read through this. You're "officially" one of my extension patients. Call Douglas Labs to place orders. These products will help restore much of your youth and energy.

This is report is about SEX. Understand from the beginning, sexual ability is not somehow unrelated to the rest of your health picture.

Sex is physically demanding. To be able to respond in bed you need good health and youthful energy. You can have it when you treat yourself well and take good supplements.

Read my free book for weight loss offered at [www.BH2012.com](http://www.BH2012.com) and improve your health with proper eating and good supplements. It's much more than only weight loss. It's a good eating life style that will help you get healthy and stay that way for many years!

### If You Intend To Print This

You're welcome to print this out but I suggest to save money you order your printer to do it in black ink.

# Balancing Your Hormones to Feel Well and Retain or Revive Your Youthful Sex Drive

**(For Men and Women)**

**These statements are not in any way endorsed by Douglas Labs and have not been evaluated by the U.S. Food and Drug Administration.**

Dr. Stephen Newdell

## **Topics I'll Cover**

About Progesterone

Supporting Estrogen Function

Testosterone For Men and Women

Prostate Gland Health and more

High Power Testosterone Booster

Decrease Testosterone Production For Women Growing Facial Hair

L-Arginine - The Youth Protein

**T**his is a long rather “high-power” lesson for men and women. We’re entering the realms of mood, sexual response, and sexual-physical development. Be advised, this is not written for “the gentle-ladies quilting club.” This is for an "adult" audience.

I've been reluctant to release this information. I'm doing it as an experiment. We'll see what response I get. Do me this favor. Read what I said and don't assume I said something else. As an example: If I say you "can improve your sexual performance" I did not say you are supposed to become a promiscuous person. I simply said your body isn't working as energetically as it should be and we can correct that problem.

Before we launch into this I want to summarize a very important point. 95% of North Americans are walking health disasters because they haven't followed the simple health lessons in my book and because they don't get the foundational nutrition they need. Most people will get it from the products I promote and from good healthy food.

If you need *more*, like something to boost you sexual interest and energy, and balance your endocrine (hormone) system, you'll get it from the Douglas Labs products I discuss below. But before you buy these excellent and more costly products read my book, cleanse your body internally, and start using the nutrition products I recommend.

**Welcome to the most powerful, and controversial health report on the site. Here I'll reveal life-changing information that can make you strong, youthful and shockingly sexual. This information will help young people remain youthful for many more years than their peers, and help middle-age and older folks regain and retain much of their youth, strength, sexuality and vitality. Printed in Europe or Asia no one would think it's shocking, but as an international actress once said, "For the world sex is a fact of life, but in America it's always a scandal."**

I know you remember I said that you could enjoy the luscious feeling of youth and sexual desire running through your veins. That's the truth. The whole idea of aging is misunderstood and I intend to give you the straight information here and now.

If you're young and sexual now, that's great and we want to help you stay that way. Why not? If you're feeling like your youthful energy and vitality has slowly waned as if

you are passing through a long dark grieving period, I want you to know you can regain much of that vitality.

You can feel warm and strong, mobile and sexual and you can do it without drugs that only stimulate you and leave you feeling “burned around the edges.” (Many of those pharmaceuticals have a list of side effects as long as your arm. Sometimes they can kill.)

Youthful energy and interest is all about hormone balance. I'm especially talking about Growth Hormone, and Testosterone, Estrogen and Progesterone.

As I mentioned toward the end of my book, many doctors these days are saying that women are not in need of more Estrogen. In fact, there are so many “estrogen mimic” chemicals around that most women are sick, depressed, gaining weight, having terrible emotional upsets and more problems, because they have too much Estrogen and insufficient Progesterone to balance it.

Women who experience fatigue, depression, overweight, lack of sex drive, menstrual distress, and menopause (especially earlier than age 45) almost universally need more progesterone, NOT more estrogen.

Both Men and women, produce some Testosterone.

Large amounts of Testosterone in young males produce the “male characteristics” such as: rougher skin, stronger muscles, deep voice, male sexual characteristics including genital growth. Testosterone is also important to help men have emotional balance.

**Women need small amounts of Testosterone to maintain their emotional balance. Many women who have lost their libido (sexual interest) and fall into depression easily may be in need of a natural source of Testosterone.** This is still somewhat new information for many people who labor under the misconception that Testosterone is a uniquely male hormone. You read it right. Women need Testosterone too, in smaller amounts.

Fortunately an herbal supplement allows your body to make what it needs and control the amount and flow of hormone, or chemically change the hormone into other useful hormones. Therefore the chance of a woman becoming “masculinized” is rather remote.

**The girls who do body building and gain huge muscles do that with steroids, a specific eating regimen, other supplements to cause them to produce masculine hormones, and hours of heavy lifting. That muscular development *will not* happen to women living a normal every-day life style and taking an herbal supplement to help balance their Testosterone.**

Of course there are a few women who are genetically inclined to gain strong muscle rather quickly when they get into body building, but it’s my opinion that those women are the rare 3% of us.

When men don’t have sufficient Testosterone they will have the following symptoms:

- Decreased initiative, drive and competitiveness,
- tendency to be “grumpy,”
- decline in memory,
- loss of passion and sex drive,
- loss of ability to sexually perform
- loss of muscle strength and general “fitness”
- gaining excess weight notably around the abdomen
- lack of energy,
- perhaps digestive troubles

Please review the special report section in my book entitled: *The Most Powerful Causes of Feminine Cancer and How to Prevent It*

**Regarding Progesterone**, here's an excerpt from my book:

**To name a few benefits of natural progesterone we see that it:**

- Helps use fat for energy

- Reacts as a natural diuretic (rids the body of excess water and therefore “bloating”)
- Is a natural antidepressant (a mood elevator)
- Facilitates thyroid function (allowing you to warm up, lose weight and feel energetic.) This will reduce the false goiter (neck swelling) in many women.
- Normalizes blood clotting (Blood clots where it should, and clears from where it doesn’t belong, thereby helping to avoid strokes and heart disease.)
- Restores libido (sex drive)
- Normalizes blood sugar levels (your energy comes back and fat burns off)
- Prevents endometrial cancer
- Helps prevent breast cancer
- Increases bone density (the *opposite* of osteoporosis)
- Cleans estrogen receptors
- Brings about many more benefits too numerous to mention.

*I can't promise any cures. This is simply what the research indicates.*

In summary, hormones make us “feminine” or “masculine” and allow us to have healthy, strong, properly functioning, attractive bodies. If hormones are out of balance all kinds of illness results.

Now that you have a good review of what hormone imbalance can do to you, I’d like to present information of vital importance to help you keep your hormones properly balanced.

Let’s start with the Progesterone Concerns.

Please note: Progesto-Mend™ is formulated to support naturally the best function of progesterone producing glands.

If I attempt to tell you what each herb does you’ll have a small herbal encyclopedia and I’m pretty sure most of my readers don’t want that. You want to know the solution to the problem. Progesto-Mend™ is possibly one of your best solutions.

Your medical doctor may not understand this. He may insist you need more estrogen, but proper blood testing will contradict him. Try this product for two months and you’ll probably see some very good results, especially if you’re age 30 or older.

# Progesto-Mend<sup>TM</sup>

## DESCRIPTION

Progesto-Mend<sup>TM</sup>, provided by Douglas Laboratories<sup>®</sup>, is a combination of phytoprogesterones, progestogenic adaptogens and other herbs that support optimal progesterone function by maintaining the health of progesterone producing glands and by supporting the healthy function of progesterone responsive tissues

## FUNCTIONS

Phytoprogesterones (phytosterols with progesterone-like activity) are provided by Chasteberry and *Dioscorea villosa*, which are able to support the health of progesterone responsive tissues without being chemically converted into progesterone.

The progestogenic herbs, Rehmannia, Bupleurum, and *Coleus forskohlii* all belong to a class of adaptogens that support the proper progesterone producing function of the adrenal glands in both genders.

Herbs which mimic other actions of progesterone (including healthy neurological function) complement the phytoprogesterones and progestogenic herbs. This formulation offers support of healthy progesterone function.

## INDICATIONS

Progesto-Mend may be a useful dietary supplement for individuals wishing to support healthy progesterone production and function.

### **Request FORMULA #99092 Progesto-Mend**

#### **3 capsules Contain:**

Progesto-Mend Herbal proprietary Blend ..... 2100.... mg  
Rehmannia(root), Bupleurum(root), Passion flower(aerial parts), Peony(root),  
Coleus forskohlii(root, standardized to 10% forskohlin), Dioscorea  
villosa(root) and chasteberry extract(fruit)

## SUGGESTED USE

Adults take 3 capsules daily with meals or as directed by physician.

## SIDE EFFECTS

WARNING: Not to be used by pregnant or nursing women

## HOW SUPPLIED

Supplied in bottles of 90 capsules.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

- Agarwal KC, Parks RE Jr. Forskolin: a potential antimetastatic agent. *Int J Cancer*. 1983 Dec 15;32(6):801-4.
- Ben-Shlomo I, Goldman S, Shalev E. Regulation of matrix metalloproteinase-9 (MMP-9), tissue inhibitor of MMP, and progesterone secretion in luteinized granulosa cells from normally ovulating women with polycystic ovary disease. *Fertil Steril*. 2003 Mar;79 Suppl 1:694-701.
- Dhawan K, Kumar S, Sharma A. Anti-anxiety studies on extracts of *Passiflora incarnata* Linnaeus. *J Ethnopharmacol*. 2001 Dec;78(2-3):165-70.
- Halaska M, Raus K, Beles P, Martan A, Paithner KG. [Treatment of cyclical mastodynia using an extract of *Vitex agnus castus*: results of a double-blind comparison with a placebo] *Ceska Gynekol*. 1998 Oct;63(5):388-92. Czech.
- Yamamoto M, Kumagai A, Yamamura Y. Structure and action of saikosaponins isolated from *Bupleurum falcatum* L. II. Metabolic actions of saikosaponins, especially a plasma cholesterol-lowering action. *Arzneimittelforschung*. 1975 Aug;25(8):1240-3.
- Yang HO, Ko WK, Kim JY, Ro HS. Paeoniflorin: an antihyperlipidemic agent from *Paeonia lactiflora*. *Fitoterapia*. 2004 Jan;75(1):45-9.
- Zanoli P, Avallone R, Baraldi M. Behavioral characterisation of the flavonoids apigenin and chrysin. *Fitoterapia*. 2000 Aug;71 Suppl 1:S117-23.
- Zhang R, Zhou J, Jia Z, Zhang Y, Gu G. Hypoglycemic effect of *Rehmannia glutinosa* oligosaccharide in hyperglycemic and alloxan-induced diabetic rats and its mechanism. *J Ethnopharmacol*. 2004 Jan;90(1):39-43.

If you're serious about this and you've "had it" with feeling depressed, sick, old, sexless, and tired I recommend you buy two bottles and take the product every day for two months, then decide if it was the right product for your condition. It's cheap compared to medicine, and has no side effects. No guarantees -- it's your experiment, but it may very well be the solution you need.

# Progesto-Mend™



<i>Formula</i>	<i>Size</i>	<i>S.R.P.</i>
<b>99092</b>	<b>90 Capsules</b>	<b>\$40.50</b>
<b>HEALTH FUNCTION:</b> <i>Female Specialties, Hormonal Support</i>	<b>SUGGESTED USAGE:</b> <i>3 daily with food</i>	
Supplies a combination of phytoprogestones, progestogenic adaptogens & other herbs that support optimal progesterone function by maintaining the health of progesterone producing glands and by supporting the healthy function of progesterone responsive tissues.	<b>Three Capsules Contain:</b> Progesto-Mend™ Herbal Proprietary Blend ..... 2,100 mg. <i>Rehmannia (root), Bupleurum (root), Passion flower (aerial parts), Peony (root), Coleus forskohlii (root, standardized to 10% forskohlin), Dioscorea villosa (root) and Chasteberry extract (fruit).</i>	

# Progesto-Mend™

## DESCRIPTION

Progesto-Mend™, provided by Douglas Laboratories®, is a combination of phytoprogestones, progestogenic adaptogens and other herbs that support optimal progesterone function by maintaining the health of progesterone producing glands and by supporting the healthy function of progesterone responsive tissues

## FUNCTIONS

Phytoprogestones (phytosterols with progesterone-like activity) are provided by Chasteberry and *Dioscorea villosa*, which are able to support the health of progesterone responsive tissues without being chemically converted into progesterone. The progestogenic herbs, Rehmannia, Bupleurum, and *Coleus forskohlii* all belong to a class of adaptogens that support the proper progesterone producing function of the adrenal glands in both genders. Herbs which mimic other actions of progesterone (including healthy neurological function) complement the phytoprogestones and progestogenic herbs. This formulation offers support of healthy progesterone function.

## INDICATIONS

Progesto-Mend may be a useful dietary supplement for individuals wishing to support healthy progesterone production and function.

## FORMULA (#99092)

### 3 capsules Contain:

Progesto-Mend Herbal proprietary Blend ..... 2100 mg  
Rehmannia (root), Bupleurum (root), Passion flower (aerial parts), Peony (root), Coleus forskohlii (root, standardized to 10% forskohlin), Dioscorea villosa (root) and chasteberry extract (fruit)

## SUGGESTED USE

Adults take 3 capsules daily with meals or as directed by physician.

## SIDE EFFECTS

WARNING: Not to be used by pregnant or nursing women

## HOW SUPPLIED

Supplied in bottles of 90 capsules.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

- Agarwal KC, Parks RE Jr. Forskololn: a potential antimetastatic agent. Int J Cancer. 1983 Dec 15;32(6):801-4.
- Ben-Shlomo I, Goldman S, Shalev E. Regulation of matrix metalloproteinase-9 (MMP-9), tissue inhibitor of MMP, and progesterone secretion in luteinized granulosa cells from normally ovulating women with polycystic ovary disease. Fertil Steril. 2003 Mar;79 Suppl 1:694-701.
- Dhawan K, Kumar S, Sharma A. Anti-anxiety studies on extracts of Passiflora incarnata Linnaeus. J Ethnopharmacol. 2001 Dec;78(2-3):165-70.
- Halaska M, Raus K, Beles P, Martan A, Paithner KG. [Treatment of cyclical mastodynia using an extract of Vitex agnus castus: results of a double-blind comparison with a placebo] Ceska Gynekol. 1998 Oct;63(5):388-92. Czech.

Yamamoto M, Kumagai A, Yamamura Y. Structure and action of saikosaponins isolated from *Bupleurum falcatum* L. II. Metabolic actions of saikosaponins, especially a plasma cholesterol-lowering action. *Arzneimittelforschung*. 1975 Aug;25(8):1240-3.

Yang HO, Ko WK, Kim JY, Ro HS. Paeoniflorin: an antihyperlipidemic agent from *Paeonia lactiflora*. *Fitoterapia*. 2004 Jan;75(1):45-9.

Zanoli P, Avallone R, Baraldi M. Behavioral characterisation of the flavonoids apigenin and chrysin. *Fitoterapia*. 2000 Aug;71 Suppl 1:S117-23.

Zhang R, Zhou J, Jia Z, Zhang Y, Gu G. Hypoglycemic effect of *Rehmannia glutinosa* oligosaccharide in hyperglycemic and alloxan-induced diabetic rats and its mechanism. *J Ethnopharmacol*. 2004 Jan;90(1):39-43.

**These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.**

**Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440**

Copyright 2005 Douglas Laboratories. All Rights Reserved

Progesto-Mend™ Formula 99092

Price: (doctors man not discount)

90 capsules (1 month's supply) for just \$40.50

Supporting Estrogen Function

## Estro-Mend™

Douglas Labs also has a product called Estro-Mend. This product **does** supply estrogen mimics. It is formulated to support healthy Estrogen function. Many women may find after beginning to use this product that they will have smoother skin, improved libido (sex interest), and even uplifted and slightly enlarged breasts. If you think you lack Estrogen try Estro-Mend™

My friend "Delia" was widowed at age 30. She had given birth to 4 children before we met. She is from the Philippines and was not surrounded by estrogen mimic chemicals. She had some nutritional deficiencies. She began using this product (at age 35) and finds it very helpful. She is able to modulate the dosage to her comfort level.

We first began this treatment in the Philippines when I brought her my own made herbal tea with similar ingredients. Her libido was so strong at first she was nearly climbing the trees, but we modulated the dosage and she began to feel well and look healthier by the day.

Now in the US, she uses Estro-Mend part of the month (she figured out the schedule that is right for her) and now she looks great and feels well.

(Women should also see: **Restoring Your Sexual Interest and Orgasmic Pleasure** )

**Cautionary Note:** Women younger than age 35 using this product *may possibly experience breast enlargement*. Without question estrogen supplements are proven to assist breast development. The addition of L-Arginine will increase the effect and help maintain a small waist too. Traditionally women under age 18 are warned to avoid herbs of this type. However, I am aware of women who do take similar herbal products in the forests of primitive countries for the purpose of breast enlargement to attract a prospective husband, and they seem to have no ill effects and live long healthy lives.

If you are under age 18 and want to do this I suggest you do it in cycles 4-weeks on and 4-weeks off. This will probably cause permanent natural breast growth/enlargement. There are some theories that state that too much estrogen can lead to development of cancer when in the presence of chronically irritated tissue. That is why it is suggested that you follow a 4-week on and 4-week off cycle. This, in theory, will permit your body to self balance allowing for healthy natural development.

When you reach the figure measurements you want you can stop using the product. Breast development/enlargement will be permanent. You may take one capsule a day during the estrogenic time of your normal menstrual cycle if you find you need it. (The estrogenic portion of your monthly cycle is explained in my book. (More about this at the bottom of this section.)

(This product should be taken in cycles to avoid developmental abnormalities caused by too much estrogen, among them excess weight gain, endometriosis and certain types of cancer. I would suggest using the product 4 weeks on and 4 weeks off as a safe cycle. I make no guarantees. Women under age 20 using this product assume their own risk. What I say here is to be considered theoretical. There are no absolute clinical studies for proofs or cautions.)

Women age 25 and older taking this product will experience breast enlargement and/or uplifting firmness. This product formulation is very similar to other formulations sold for that purpose.

**The other manufacturers making endless claims on the Internet** are completely unpredictable and often prove to be unreliable, at two and three times the price! When you deal with most of them you deal with “fly-by-night” people seeking a fast profit. Many of them deal with a manufacturer located right next door to the pornographers in Los Angeles. I checked. I know what goes on! I don’t like it or trust it.

**When you deal with Douglas Labs** you deal with a 50-year-old company which has garnered the respect of the entire health-care industry. Their purity is unquestioned, what they say on the label is really what is in the capsule without variation. The Douglas Labs manufacturing process meets US and International pharmaceutical standards.

In addition, Douglas Labs prices are much lower than some of the other “stuff” I’ve seen advertised. (That means they’re making an honest living without price gouging. We operate under the idea that if we’re honest you’ll deal with us regularly. Fly-by-nighters do not understand that concept.) Be wise. If you want to experiment with these herbal formulations do business here. You’ll get results and you’ll do it for about 66% less money.

The on-line picture of the write up for the product is difficult to read. I’ve retyped it here.

## Health Function: Female Specialties

**Estro-Mend™ Formula 99260** supplies a synergistic blend of herbs and other nutrients designed to support healthy estrogen function. The isoflavone complex of soy, Pueraria lobata and red clover, support 2-hydroxylation, glucose utilization and bone health.

Phytoestrogens mimic the functions of estrogens without proliferative actions, and include Black cohosh, and Salvia which support and minimize the changes sometimes experienced during menopause.

Other herbs including Bacopa, Salvia, Schisandra and Cranberry support cognition, memory and antioxidant protection.

Suggest Usage:  
3 daily with food

Three Capsules Contain:

Isoflavone Complex Herbal Proprietary Blend .... 375 mg.

Pueraria lobata (Kudzu, root), Red Clover (flowering tops, standardized to 8% isoflavones) and Novasoy™ Isoflavone Concentrate.

Black Cohosh (standardized to ....60 mg.  
8% triterpene, glycosides, root)

Estro-Mend™ Herbal Formula 99260

Proprietary Blend.....1,185 mg.

Bacopa monniera (standardized to 20% bacosides, leaf) Cranberry (fruit) Dong Quai (root), Schisandra (standardized to 0.9% schisandrins, fruit and seeds), Sage (Salvia officianalis, leaf) and Hops (aerial parts).

I'm very pleased to offer this product. There have been many formulations on the market of dubious value. This one we can trust!

**Estro-Mend™ Formula 99260**

**PRICE: 90 Capsules (1 month's supply) just \$41.30**

(This is an honest and I think rather generous offer. As I said, I've check and I know what goes on. With other advertisers you'll pay three times the price and get much less.)

Here's the latest date copied from the Douglas Laboratories Website:

# Estro-Mend™



Formula	Size	S.R.P.
<b>99260</b>	<b>90 Capsules</b>	<b>\$41.30</b>

**HEALTH FUNCTION:**  
*Female Specialties, Hormonal Support*

**SUGGESTED USAGE:**  
*3 daily with food*

Supplies a synergistic blend of herbs and other nutrients designed to support healthy estrogen function. The isoflavone complex of soy, *Pueraria lobata* and red clover, support 2-hydroxylation, glucose utilization and bone health. Phytoestrogens mimic the functions of estrogens without proliferative actions, and include Black cohosh, and *Salvia* which support and minimize the changes sometimes experienced during menopause. Other herbs including *Bacopa*, *Salvia*, *Schisandra* and *Cranberry* support cognition, memory and antioxidant protection.

**Three Capsules Contain:**

- Isoflavone Complex Herbal  
 Proprietary Blend ..... 375 mg.  
*Pueraria lobata (Kudzu, root), Red Clover (flowering tops, standardized to 8% Isoflavones) and NovaSoy™ Isoflavone Concentrate.*
- Black Cohosh..... 60 mg.  
*(standardized to 8% Triterpene Glycosides, root)*
- Estro-Mend™ Herbal  
 Proprietary Blend ..... 1,185 mg.  
*Bacopa monniera (standardized to 20% Bacosides, leaf), Cranberry (fruit), Dong Quai (root), Schisandra (standardized to 0.9% Schisandrins, fruit and seeds), Sage (Salvia officinalis, leaf) and Hops (aerial parts).*

## Estro-Mend™

### DESCRIPTION

Estro-Mend™, provided by Douglas Laboratories®, supplies a synergistic blend of herbs and other nutrients designed to support healthy estrogen function.

### FUNCTIONS

The isoflavone complex of soy, *Pueraria lobata* & red clover, support 2-hydroxylation, glucose utilization and bone health. Phytoestrogens mimic the functions of estrogens without proliferative actions, and include Black cohosh, and *Salvia* which support and minimize the changes sometimes experienced during menopause. The phytoestrogens found in *Dong Quai* help to increase vaginal lubrication by maintaining mucus tissue health. Adaptogens with nootropic properties such as *Bacopa*, *Salvia* and *Schisandra* support cognition, memory and the facilitation of learning; functions associated with optimal estrogen function. The antioxidant properties in this formulation, further enhanced by *Cranberry* fruit extract, maintain the antioxidant activity provided by healthy estrogen function. This formulation offers support of healthy estrogen function.

### INDICATIONS

Estro-Mend may be a useful dietary adjunct for individuals who wish to support healthy estrogen function.

### FORMULA (#99260)

**3 Capsules Contain:**

Isoflavone Complex Herbal Proprietary Blend .. 375 mg

*Pueraria lobata* (Kudzu, root), Red Clover (flowering tops, standardized to 8% isoflavones) and Novasoy™ Isoflavone Concentrate

Black Cohosh ..... 60 mg

(standardized to 8% triterpene glycosides, root)

Estro-Mend™ Herbal Proprietary Blend ... 1185 mg

*Bacopa monnieri* (standardized to 20% bacosides, leaf), Cranberry (fruit), Dong Quai (root), Schisandra (standardized to 0.9% schisandrins, fruit and seeds), Sage (*Salvia officinalis*, leaf), and Hops (aerial parts)

**SUGGESTED USE**

Adults take 3 capsules daily with meals or as directed by physician.

**SIDE EFFECTS**

WARNING: Not to be used by pregnant or nursing women.

**HOW SUPPLIED**

Supplied in bottles of 90 capsules.

**STORAGE**

Store in a cool, dry place, away from direct light. Keep out of reach of children.

**REFERENCES**

Hirata JD, Swiersz LM, Zell B, Small R, Ettinger B. Does dong quai have estrogenic effects in postmenopausal women? A double-blind, placebo-controlled trial. *Fertil Steril.* 1997 Dec;68(6):981-6.

Hohmann J, Zupko I, Redei D, Csanyi M, Falkay G, Mathe I, Janicsak G. Protective effects of the aerial parts of *Salvia officinalis*, *Melissa Officinalis* and *Lavandula angustifolia* and their constituents against enzyme-dependent and enzyme-independent lipid peroxidation. *Planta Med.* 1999 Aug;65(6):576-8.

Lieberman S. A review of the effectiveness of *Cimicifuga racemosa* (black cohosh) for the symptoms of menopause. *Journal of Womens Health* 1998;7:525-9.

Liu J, Burdette JE, Xu H, Gu C, van Breemen RB, Bhat KP, Booth N, Constantinou AI, Pezzuto JM, Fong HH, Farnsworth NR, Bolton JL. Evaluation of estrogenic activity of plant extracts for the potential treatment of menopausal symptoms. *J Agric Food Chem.* 2001 May;49(5):2472-9.

Miranda CL, Stevens JF, Helmrich A, Henderson MC, Rodriguez RJ, Yang YH, Deinzer ML, Barnes DW, Buhler DR, Nathan PJ, Clarke J, Lloyd J, Hutchison CW, Downey L, Stough C. The acute effects of an extract of *Bacopa monniera* (Brahmi) on cognitive function in healthy normal subjects. *Hum Psychopharmacol.* 2001 Jun;16(4):345-351

Nikolic D, Li Y, Chadwick LR, Grubjesic S, Schwab P, Metz P, van Breemen RB. Metabolism of 8-prenylnaringenin, a potent phytoestrogen from hops (*Humulus lupulus*), by human liver microsomes. *Drug Metab Dispos.* 2004 Feb;32(2):272-9.

**These statements have not been evaluated by the Food and Drug Administration.**

**This product is not intended to diagnose, treat, cure, or prevent any disease.**

**Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205**

800-245-4440



Young women at the time of their first menstrual cycle in some South East Asian countries are known to consume an estrogenic herb as part of a Buddhist “coming into maturity” ceremony. I suspect in some of these women there is an alteration of the signaling mechanism in the hypothalamus which causes a change at the level of the pituitary gland. The result is a continual release, I hypothesize, of a variant of one of the breast-development hormones. (Present science names one or two hormones but doesn’t break them down to their variants.)

Some of the girls develop enormous breasts and nipples. There are risks with such supplementation. One may be development of cancer in later life. We simply have no information about the effects on these women past age 25. I plan to study this in future. For now let’s just say, I know what you’re thinking. Teenage girls should take Estro-Mend at their own risk with these understandings.

## Testosterone

**Next I’m going to discuss products for increasing Testosterone.** Remember please, I said that this is important both for men and women. Many women find they are gaining weight, experiencing depression, lack of sexual interest and general exhaustion. It was quite a

surprise when the first research appeared saying that some middle aged women lacked sufficient testosterone. Now it's more commonly accepted knowledge in the scientific community.

Many Men of course after age 25 or 30 really begin to feel a decrease in testosterone production. They first realize their gaining fat and losing their sexual interest. Of course most of them don't want to admit they're not "Superman" and that's actually why so many men have shorter lives than women do. Many men simply refuse to seek health-care when they need it and sometimes death is the consequence.

Well guys, if you want to you can do that, but I prefer a long healthy life, and I feel no shame in admitting that I take vitamins and herbs to stay youthful and healthy. My wife loves to have me around and I'm thankful every day for her companionship and a healthy life. You can have it too. Get the healthcare you need and get these supplements.

It makes no sense to me why guys will get tattoos, wear body jewelry punctured through their flesh, perfumes, even nail polish and colored hair, but refuse to take treatment, medicines or supplements to keep them healthy. Perhaps it is because they don't know that good health is available to them through internal body cleansing and nutritional supplements.

This first product is excellent for men and women. I've emboldened in red the most important notes for those of you who aren't knowledgeable about herbs and physiology.

Take this at face value then. If you've been suffering with the symptoms I've described, one of these product will help you. Testo-Gain™ is a good product and I suggest you try it and see how your health improves.

**Caution:** Until we know more I would caution that young men under age 18 **should not** take Testosterone Boosting products. The fantasy is that by doing so they'll gain permanently larger genitals and larger muscles. Well....yes that may happen. The young man also might alter his pituitary gland and testicular function leading to serious illness later in life. If you're going to dare to do it anyway I suggest you do it as you would taking a body building "stack." Take the product in cycles 4-weeks on and 4-weeks off. Take measurements, put it on a chart and stop when you reach the measurements you're seeking. Add

L-Arginine to the supplementation for better and faster results for muscle building. (Middle age men should not expect genital growth but will find that L-Arginine will reduce fat, increase muscle mass and may also increase semen volume and restore orgasmic pleasure.)

If girls under age 18 use this product they may gain more muscle but also risk gaining some masculine characteristics including enlarged clitoris, reduced clitoral sensation during sex-play, more body hair, deeper voice. Again, there may be unforeseen risks involving the endocrine system, particularly the pituitary gland. One is generally advised against experimentation with these types of products when under age 18.

Don't take body-building to the extreme. Exercise, eat well and make the best of your natural inclination without trying to "play God" and make yourself into something you were never meant to be.

Word Definitions:

Andro: prefix meaning 'man or male'

Androgen: Any hormone that increases male characteristics

Androgenic: pertaining to the production or development of masculine characteristics.

Anti: prefix meaning against or over against

# Testo-Gain<sup>TM</sup>

## DESCRIPTION

Testo-Gain<sup>TM</sup>, provided by Douglas Laboratories<sup>®</sup>, is a synergistic combination of phytoandrogens, androgenic adaptogens and other herbs **designed to help promote optimal testosterone function by maintaining the health of testosterone producing glands and by supporting the healthy functions of testosterone responsive tissues in men and women**

## FUNCTIONS

Androgenic adaptogens, which **support the proper testosterone producing function of the gonads in both genders**, include *Tribulus terrestris* as well as *Withania somnifera*, which maintains healthy gonadotrophic hormone production.

Phytoandrogens support the function of testosterone and may mimic the anabolic and libido enhancing functions of testosterone.

The anabolic function of testosterone is supported with *Eleutherococcus senticosus*, *Lepidium meyenii* and *Mucuna pruriens*. While all phytoandrogens

can support healthy sexual function, Epimedium and *Lepidium meyenii*, maintain control over the antiandrogenic affects of glucocorticoids and maintain L-arginine-nitric oxide activity, respectively.

**The L-dopa found in Mucana may maintain optimal sex drive and sexual impulses in humans by supporting dopaminergic functions. This formulation offers hormone-free support of testosterone function for both men and women.**

#### **INDICATIONS**

Testo-Gain may be a useful dietary supplement for individuals wishing to support healthy testosterone function.

**FORMULA #99094 Testo-Gain 90 caps \$37.20**

#### **Three Capsules Contain:**

Testo-Gain Herbal Proprietary Blend ..... 2250 mg.

Asparagus (young shoots), Damiana (leaf), Epimedium (Horny Goat Weed, aerial parts, standardized to 10% icarin), *Lepidium meyenii* (maca, root), *Mucuna pruriens* (seed, standardized to 10% l-dopa), *Tribulus terrestris* (root), *Withania somnifera* (Ashwaganda, root), and *Eleutherococcus senticosus* (root, standardized to 0.8% eleutherosides)

#### **SUGGESTED USE**

Adults take 3 capsules daily with meals or as directed by physician.

#### **SIDE EFFECTS**

WARNING: Not to be used by pregnant or nursing women.

#### **HOW SUPPLIED**

Supplied in bottles of 90 capsules.

#### **STORAGE**

Store in a cool, dry place, away from direct light. Keep out of reach of children.

#### **REFERENCES**

Al-Ali M, Wahbi S, Twajj H, Al-Badr A. Tribulus terrestris: preliminary study of its diuretic and contractile effects and comparison with Zea mays. J Ethnopharmacol. 2003 Apr;85(2-3):257-60.

Al-Qarawi AA, Abdel-Rahman HA, El-Badry AA, Harraz F, Razig NA, Abdel-Magied EM. The effect of extracts of Cynomorium coccineum and Withania somnifera on gonadotrophins and ovarian follicles of immature

Wistar rats. *Phytother Res.* 2000 Jun;14(4):288-90.  
Arcasoy HB, Erenmemisoglu A, Tekol Y, Kurucu S, Kartal M. Effect of *Tribulus terrestris* L. saponin mixture on some smooth muscle preparations: a preliminary study. *Boll Chim Farm.* 1998 Dec;137(11):473-5.  
Archana R, Namasivayam A. Antistressor effect of *Withania somnifera*. *J Ethnopharmacol.* 1999 Jan;64(1):91-3.  
Arletti R, Benelli A, Cavazzuti E, Scarpetta G, Bertolini A. Stimulating property of *Turnera diffusa* and *Pfaffia paniculata* extracts on the sexual-behavior of male rats. *Psychopharmacology (Berl).* 1999 Mar;143(1):15-9.  
Arushanian EB, Baida OA, Mastiagin SS, Popova AP, Shikina IB. [Effect of eleutherococcus on short-term memory and visual perception in healthy humans] *Eksp Klin Farmakol.* 2003 Sep-Oct;66(5):10-3. Russian.  
Gonzales GF, Cordova A, Vega K, Chung A, Villena A, Gonez C, Castillo S. Effect of *Lepidium meyenii* (MACA) on sexual desire and its absent relationship with serum testosterone levels in adult healthy men. *Andrologia.* 2002 Dec;34(6):367-72.

## Testo-Gain™



Formula	Size	S.R.P.
<b>99094</b>	<b>90 Capsules</b>	<b>\$37.20</b>

### HEALTH FUNCTION:

*Female Specialties, Male Specialties,  
Hormonal Support*

A synergistic combination of phytoandrogens, androgenic adaptogens and other herbs designed to help promote optimal testosterone function by maintaining the health of testosterone producing glands and by supporting the healthy functions of testosterone responsive tissues in men and women.

### SUGGESTED USAGE:

*3 daily with food*

### Three Capsules Contain:

Testo-Gain™ Herbal  
Proprietary Blend ..... 2,250 mg.  
*Asparagus (young shoots), Damiana (leaf), Epimedium (Horny Goat Weed, aerial parts, standardized to 10% Icarin), Lepidium meyenii (Maca, root), Mucuna pruriens (seed, standardized to 10% l-dopa), Tribulus terrestris (root), Withania somnifera (Ashwaganda, root) and Eleutherococcus senticosus (root, standardized to 0.8% Eleutherosides).*

Prostate Gland Health and More

## Uro-Pro™ (For Men ONLY!)

**Uro-Pro™ (For Men ONLY!)** contains a special blend of nutrients including Saw Palmetto and *Pygeum africanum*, rich sources of free fatty acids and phytosterols, which help to maintain proper prostate function.



For men who are losing their hair and experiencing Prostate Dysfunction, and for men who want to prevent these problems, regular daily ingestion of this product may be very helpful.

Combining this product with L-Arginine and a good multi-vitamin like Ultra Preventive X® may improve libido and sexual response for middle age men remarkably.

I've had excellent reports from those patients who experimented with it my suggested combination. They are absolutely delighted with the return of their sexual abilities and general energy. Several have reported making love several times in a day and 15-20 very pleasing ejaculations per month. For a man who *had* lost all sexual interest this is a very gratifying change.

I recommend men with this need combine these products with Male X Booster® for better response.

Here are excerpts from the Douglas Labs web site. If you want to read all of their references see their data sheet.

**DESCRIPTION:** Uro-Pro™ is a synergistic and comprehensive combination of vitamins, minerals, amino acids, herbals and other nutrients, carefully formulated and specifically designed to support the healthy structure and function of the prostate gland.

**FUNCTIONS:** (excerpts) The active ingredient of Uro-Pro™ have been shown to positively affect the structure and function of the prostate gland during the normal aging of men. Saw Palmetto (*Serenoa repens*), aided by pygeum (*Pygeum africanum*), inhibits the conversion of testosterone to its more active, and potentially deleterious form, dihydrotestosterone (DHT)....

Supplementation of *Pygeum africanum* extract, in men 50 to 75 years, significantly improved several aspects of prostate function, including nocturnal frequency (need to leave the bed to urinate), maximum flow and volume.

That's said: I add that men under age 50 may use this product to prevent hair loss and prevent prostate problems as they grow older. I know a good many



# Uro-Pro® (For Men ONLY!)



Formula	Size	S.R.P.
<b>82044</b>	<b>60 Capsules</b>	<b>\$34.80</b>

### HEALTH FUNCTION:

*Male Specialties*

Uro-Pro® contains a special blend of nutrients including Saw Palmetto and Pygeum africanum, rich sources of free fatty acids and phytosterols, which help support prostate health.

### Each Capsule Contains:

Saw Palmetto Berry .....	160 mg.
<i>(standardized extract)</i>	
Pygeum africanum.....	50 mg.
<i>(standardized extract)</i>	

### SUGGESTED USAGE:

*1 daily*

Pumpkin Seed Powder .....	100 mg.
L-Glycine.....	50 mg.
L-Alanine .....	50 mg.
L-Glutamic Acid.....	50 mg.
Proanthocyanidins (OPC 85+) .....	10 mg.
Vitamin A .....	2,500 I.U.
Vitamin E.....	30 I.U.
<i>(d-Alpha Tocopheryl Succinate)</i>	
Vitamin B-6 .....	25 mg.
<i>(Pyridoxine HCl/Pyridoxal-5-Phosphate)</i>	
Zinc (elemental, Picolinate) .....	15 mg.

# Uro-Pro™ (For Men Only!)

## Nutritional support for prostate health

### DESCRIPTION

Uro-Pro™, provided by Douglas Laboratories, is a synergistic and comprehensive combination of vitamins, minerals, amino acids, herbals, and other nutrients, carefully formulated and specifically designed to support the healthy structure and function of a man's prostate.

### FUNCTIONS

The active ingredients of Uro-Pro™ have been shown to positively affect the structure and function of the prostate gland during the normal aging of men. Saw Palmetto (*Serenoa repens*), aided by pygeum (*Pygeum africanum*), inhibits the conversion of testosterone to its more active, and potentially deleterious form, dihydrotestosterone (DHT), via inhibition of alpha-5-reductase. Saw palmetto not only inhibits the binding of DHT to cellular receptors, but also has alpha1-adrenoceptor-inhibitory properties. Alpha1-adrenoceptor antagonism may be responsible for saw palmetto's therapeutic effect in supporting the urinary tract during the normal aging of men. Saw palmetto extracts have also been found to inhibit the biosynthesis of proinflammatory prostaglandins and leukotrienes

which may exacerbate those symptoms.

Supplementation with *Pygeum africanum* extract, in men 50 to 75 years, significantly improved several aspects of prostate function, including nocturnal frequency, maximum flow and volume. Pygeum extract decreases prolactin and cholesterol levels in the prostate, which in turn decreases uptake and reduces the number of binding sites for testosterone in the prostate. In addition, pygeum extract, like saw palmetto, interferes with the synthesis of proinflammatory prostaglandins. Pumpkin seed is thought to have similar pharmacotherapeutic properties.

Vitamin E, zinc, and proanthocyanidins provide potent antioxidant protection against oxidative damage to the prostate. The amino acids glycine, alanine, and glutamic acid, as well as vitamin B-6 and vitamin A, have been suggested to reduce proliferation of prostate tissue cells.

## INDICATIONS

Uni-Pro™ capsules may be a useful dietary supplement for men who wish to support and maintain the healthy structure and function of their prostate gland.

## FORMULA (#82044)

### Each Capsule Contains:

Saw Palmetto (standardized extract).....160 mg  
*Pygeum Africanum* (standardized extract).....50 mg  
Pumpkin Seed Powder.....100 mg  
Glycine .....50 mg  
L-Alanine.....50 mg  
L-Glutamic Acid.....50 mg  
Proanthocyanidins (OPC 85+).....10 mg  
Vitamin A .....2,500 I.U.  
Vitamin E (d-alpha Tocopheryl Succinate) ...30 I.U.  
Vitamin B-6 .....25 mg  
(Pyridoxine HCL/Pyridoxal-5-Phosphate)  
Zinc (elemental, Picolinate).....15 mg

## SUGGESTED USE

Adults take 1 capsule daily or as directed by physician.

## SIDE EFFECTS

No adverse effects have been reported.

## STORAGE

Store in a cool, dry place, away from direct light.  
Keep out of reach of children.

## REFERENCES

Bracher F. [Phytotherapy of benign prostatic hyperplasia]. *Urologe A* 1997;36:10-7.

Carbin BE, Larsson B, Lindahl O. Treatment of benign prostatic hyperplasia with phytosterols. *Br J Urol* 1990;66:639-41.

Dogru-Abbasoglu S, Aykac-Toker G, Kocak T, et al. Antioxidant enzyme activities and lipid peroxides in the plasma of patients with benign prostatic hyperplasia or prostate cancer are not predictive. *J Cancer Res Clin Oncol* 1999;125:402-4.

Dreikorn K, Schonhofer PS. [Status of phytotherapeutic drugs in treatment of benign prostatic hyperplasia]. *Urologe A* 1995;34:119-29.

**D**Fleshner N, Fair WR, Huryk R, et al. Vitamin E inhibits the high-fat diet promoted growth of established human prostate LNCaP tumors in nude mice. *J Urol* 1999;161:1651-4.

Gerber GS, Zagaja GP, Bales GT, et al. Saw palmetto (*Serenoa repens*) in men with lower urinary tract symptoms: effects on urodynamic parameters and voiding symptoms. *Urology* 1998;51:1003-7.

Goepel M, Hecker U, Krege S, et al. Saw palmetto extracts potently and noncompetitively inhibit human alpha1-adrenoceptors in vitro. *Prostate* 1999;38:208-15.

Ho SM, Viccione T, Yu M. In vitro and in vivo inhibition of nuclear type II estrogen binding sites in the dorsolateral prostate of noble rats. *J Steroid Biochem Mol Biol* 1993;46:489-95.

Lee SC, Kuan CY, Yang CC, et al. Bioflavonoids commonly and potently induce tyrosine dephosphorylation/inactivation of oncogenic proline-directed protein kinase FA in human prostate carcinoma cells. *Anticancer Res* 1998;18:1117-21.

Ripple MO, Henry WF, Schwarze SR, et al. Effect of antioxidants on androgen-induced AP-1 and NF-kappaB DNA- binding activity in prostate carcinoma cells. *J Natl Cancer Inst* 1999;91:1227-32.

Wilt TJ, Ishani A, Stark G, et al. Saw palmetto extracts for treatment of benign prostatic hyperplasia: a systematic review [published erratum appears in *JAMA* 1999 Feb 10;281(6):515] [see comments]. *Jama* 1998;280:1604-9.

**These statements have not been evaluated by the Food and Drug Administration.**

**This product is not intended to diagnose, treat, cure, or prevent any disease.**

**Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440**

copyright, Douglas Laboratories, All Rights Reserved

Male-X Booster

## **Reversing The Aging Response**

I've saved the best of the testosterone booster products for last. This last product will boost testosterone levels in men and women. I'm going to discuss this mostly for men. However, women do well to read this too.

For women who think they need more testosterone to improve libido and muscular strength, and perhaps even aggressive energy in the high-stress business world this product will give you what you're looking for. If the man you love is showing signs of wearing out too soon, you really do need to read and understand this.

Many men are secretly concerned that their libido (sexual interest) and sexual abilities are diminishing. They don't desire sex as often. They don't feel sexual. Sexual Performance is reduced or downright "dismal," and disappointing for both partners. They might admit they experience orgasm with ejaculation infrequently, perhaps as little as 1 or 2 times in 30 days. Volume of ejaculate is less than half of what it was when they were young. Pleasure at ejaculation is disappointing. When they remember how they performed at age 15 or 16, this present situation looks bleak indeed and is a cause for some silent grief and may perhaps affect other aspects of a normal healthy life.

This man may also feel cold, tired, exhausted, muscle sore especially by bed time. He doesn't recover from exercise as quickly as he did years earlier. Exercise leads to muscle soreness more easily.

He is gaining weight, and losing hair. His muscles no-longer have a firm appearance. Skin is beginning to hang under the jaw and under the chest (pectoralis major) muscles.

General around-the-house work, and even climbing stairs is a strain. Driving to work is tiring. After a day of work he arrives home exhausted. When the car engine stops and he opens the door he feel as if they could be "poured" onto the earth and would just lie there sleeping.

If his wife says any words other than “hello” he’s likely to “bark” at her.

Life is not fun and weekends are for lounging and wondering if there is some way to avoid returning to work on Monday.

This is a guy who needs to do everything my book says, and he should be supplementing with Ultra-Preventive X®, Testo-Gain, L-Arginine and a perfectly blended formulation of these herbs:

*Muira puama*, Maca extract (root), Horny Goat weed (aerial parts), Deer Antler Velvet, *Ginkgo biloba*, Damiana, Cayenne, Oats (*Avena sativa*), Ginseng (*Panax ginseng*), Caltrop (*Tribulus terrestris*)

You’ll find all of these herbs perfectly blended and crossed with vitamins, minerals and proteins so you can get consistent good results in Male X Booster

Younger men who take these herbs find improvement in sexual performance. But the herbs alone are only half the job, and consequently the herbs “don’t work” regularly and predictably.

That’s what you get when you buy cheap stuff from companies looking for a fast buck. Do the right job the right way, with the right products and you’ll realize you don’t need to spend big money for the gym membership. You don’t need to do major exercise. You need to do a little exercise at home and put the gym-membership into these best quality nutritional support products. You’ll feel better than you’ve felt in years.

## **Male X Booster**

For men seeking a testosterone boost for Libido (sexual interest) and sexual performance and to improve sports performance and

muscular development, this combination of products as described above with the addition of **Male X Booster** will be more effective than many of the so-called “stack” products -- and it costs a lot less.

OK, let's look at the Product Data Sheet: Those of you who have read a few herbal formulas should be well impressed....

## Male X Booster

### Male Specialties

#### DESCRIPTION

Male X BOOSTER Formula of Douglas Laboratories® is a vitamin and herb supplement specifically formulated to boost men's testosterone levels.

#### FUNCTIONS

The body requires protein to build muscle and other tissues, and to produce essential compounds such as hormones and enzymes. Therefore, they are vital for proper functioning of all physiological systems, including the nervous, musculo-skeletal, endocrine and immune systems.

Some scientists have suggested that increased protein synthesis follows prolonged exercise. Athletes competing in body building or endurance sport may require significantly more protein than the normal requirement.

**Cautions/Physiological Considerations:** Men may expect increase in muscle, decrease in fat, raised energy levels, improved libido and sexual performance. Caution: *Men under age 20 risk certain growth and developmental abnormalities, possibly acne, increased body hair, permanently increased genital size, abnormally high libido, increased aggressive behavior, possibly alternations of bone growth.* The author of this website recommends that men under age 20 avoid using this product.

**Vitamin E** is one of the body's most important antioxidant nutrients, protecting healthy cells from oxidative and free radical damage. Free radicals are unstable chemicals formed in the body during metabolism and from exposure to environmental pollutants. When an excessive number of free

radicals are formed, they can degrade the structure and function of healthy cellular components, especially membrane lipids, proteins, and nucleic acids.

Maca has been used for years in South America and is currently gaining attention in the United States. It is used as a general tonic and has significant energy, stamina, and endurance enhancing properties.

As a vasodilator, *Ginkgo biloba*, may provide the same result, as well as improving libido.

The leaves of the **Damiana shrub** (*Turnera diffusa*) were traditionally used as an aphrodisiac by the Mayan Indians of Central America. Although used as a restorative herb for women's reproductive functions, damiana has been principally seen as an herb for treatment of male impotence.

Native to the Brazilian rainforests, the tree *Muirapuama* (**potency wood**) has been used by Amazonian Indians as a nerve tonic and aphrodisiac.

**Horny Goat Weed** has been used traditionally to support sexual health and well-being.

## INDICATIONS:

Male X BOOSTER Formula may be a useful dietary adjunct for men who wish to supplement their diet with those nutrients important for male health.

# Male X BOOSTER



<i>Formula</i>	<i>Size</i>	<i>S.R.P.</i>
<b>99248</b>	<b>60 Vegetarian Capsules</b>	<b>\$33.30</b>

**HEALTH FUNCTION:**  
*Male Specialties*

**SUGGESTED USAGE:**  
*2 to 4, 30 to 60 minutes before sexual activity*

Newly updated formulation with maca root and horny goat weed for additional energy and stamina. Male X BOOSTER Formula is a synergistic combination of vitamins, herbs and other nutrients specifically formulated to support male health and vitality.

**Four Vegetarian Capsules Contain:**

- Protein (*as Fortified Soy Protein*)..... 1,100 mg.
- Vitamin E..... 40 I.U.  
*(as natural d-Alpha Tocopheryl)*
- Inosine ..... 100 mg.
- Proprietary Blend..... 1,876 mg.  
*Muira puama (Balsam, stem), Maca extract (root), Horny Goat Weed (aerial parts), Deer Antler Velvet, Ginkgo biloba (leaf), Damiana (leaf), Cayenne (fruit), Oats (entire plant, Avena Sativa), Ginseng (root, Panax Ginseng), Caltrop (fruit, Tribulus Terrestris)*

# Male X BOOSTER Formula Male Specialties

## DESCRIPTION

## INDICATIONS

Male X BOOSTER Formula of Douglas Laboratories® is a vitamin and herb supplement specifically formulated for a man's health.

Male X BOOSTER Formula may be a useful dietary adjunct for men who wish to supplement their diet with those nutrients important for male health.

## FORMULA (#99248)

## FUNCTIONS

### Four Capsules Contain:

The body requires protein to build muscle and other tissues, and to produce essential compounds such as hormones and enzymes. Therefore, they are vital for proper functioning of all physiological systems, including the nervous, musculo-skeletal, endocrine and immune systems. Some have suggested that increased protein synthesis follows prolonged exercise. Athletes competing in body building or endurance sport may require significantly more protein than the normal requirement.

Protein.....1,100 mg  
(as Fortified Soy Protein)

Vitamin E.....40 I.U.

(as natural d-alpha tocopheryl succinate)

Inosine.....100 mg

Proprietary Blend.....1,876 mg

*Muira puama*, Maca extract (root), Horny Goat weed (aerial parts), Deer Antler Velvet, *Ginkgo biloba*, Damiana, Cayenne, Oats (*Avena sativa*), Ginseng (*Panax ginseng*), Caltrop (*Tribulus terrestris*)

Vitamin E is one of the body's most important antioxidant nutrients, protecting healthy cells from oxidative and free radical damage. Free radicals are unstable chemicals formed in the body during metabolism and from exposure to environmental pollutants. When an excessive number of free radicals are formed, they can degrade the structure and function of healthy cellular components, especially membrane lipids, proteins, and nucleic acids.

## SUGGESTED USE

Adult males take 2 to 4 capsules 30 to 60 minutes before sexual activity or as directed by physician.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

Maca has been used for years in South America and is currently gaining attention in the United States. It is used as a general tonic and has significant energy, stamina, and endurance enhancing properties.

## REFERENCES

Adaikan PG, Gauthaman K, Prasad RN, et al. Proerectile pharmacological effects of Tribulus terrestris extract on the rabbit corpus cavernosum. Ann Acad Med Singapore 2000;29:22-6.

As a vasodilator, *Ginkgo biloba*, may provide the same result, as well as improving libido.

Adimoelja A. Phytochemicals and the breakthrough of traditional herbs in the management of sexual dysfunctions. Int J Androl 2000;23:82-4.

The leaves of the Damiana shrub (*Turnera diffusa*) were traditionally used as an aphrodisiac by the Mayan Indians of Central America. Although used as a restorative herb for women's reproductive functions, damiana has been principally seen as an herb for treatment of male impotence. Native to the Brazilian rainforests, the tree *Muira puama* (potency wood) has been used by Amazonian Indians as a nerve tonic and aphrodisiac. Horny Goat Weed has been used traditionally to support sexual health and well-being.

Bucci LR. Selected herbals and human exercise performance. Am J Clin Nutr 2000;72:624S-36S.

Cohen AJ, Bartlik B. Ginkgo biloba for antidepressant-induced sexual dysfunction [see comments]. J Sex Marital Ther 1998;24:139-43.

Kim HJ, Woo DS, Lee G, et al. The relaxation effects of ginseng saponin in rabbit corporal smooth muscle: is it a nitric oxide donor? Br J Urol 1998;82:744-8.

Nocerino E, Amato M, Izzo AA. The aphrodisiac and adaptogenic properties of ginseng. Fitoterapia 2000;71 Suppl 1:S1-S5.

Pittler MH, Ernst E. Trials have shown yohimbine is effective for erectile dysfunction [letter; comment]. Bmj 1998;317:478.

(continued on reverse)

Pittler MH. [Yohimbine in therapy of erectile dysfunction]. Fortschr Med 1998;116:32-3.

Riley AJ. Yohimbine in the treatment of erectile disorder. Br J Clin Pract 1994;48:133-6

**these statements have not been evaluated by the Food and Drug Administration.**

**This product is not intended to diagnose, treat, cure, or prevent any disease.**

**Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205**

**Copyright: Douglas Laboratories, All Rights Reserved**

**PRICE:** Formula 99248 Male X Booster 60 Capsules just \$33.30

### **I still can't believe it's this inexpensive!**

That works out to about 53¢ per dose. Now honestly, what sex drug or body building product can you buy that is this pure, this effective, and this well made backed by the research of Ph.D.'s for just 53 pennies per dose? Stop making the body-builder supplement guys rich.

You don't need shouting tough guys showing off their muscles in thongs and you don't need to see photos of nearly naked girls to get healthy. You need smart honest people making excellent products and telling you how best to use them. So, let's leave the pretty photos in the slick magazines to the muscle heads. Those of us who just want to be more youthful and healthy with no interest in body building competitions know this is the place to shop for supplements.

---

## **Testo-Quench**<sup>TM</sup>

Testo-Quench **does not** boost testosterone production. It **reduces** testosterone production for women growing facial hair and developing male characteristics.

Since I'm talking about Testosterone, I'll briefly cover the opposite, and less common problem – too much Testosterone.

#### Word Definitions:

Andro: prefix meaning 'man or male'

Androgen: Any hormone that increases male characteristics

Androgenic: pertaining to the production or development of masculine characteristics.

Anti: prefix meaning against or over against

Anti-androgens are products that reduce or diminish the effect of testosterone. This may be necessary for women who show unwanted male characteristics which would include facial hair, reduction in breast shape and size, reduction in normal vaginal health, comfort and function, deepened voice, roughened "masculine" skin, possibly middle-age acne. In men, especially after age 40 this

product may be helpful for reducing Benign Prostatic Hypertrophy (enlarged prostate which causes reduction of urine flow and general discomfort.)

Testo-Quench™ is meant to diminish the effects of testosterone in men and women who produce too much and have the unwanted consequences I've mentioned above.

# Testo-Quench™



Formula	Size	S.R.P.
99093	90 Capsules	\$40.00

**HEALTH FUNCTION:**

*Female Specialties, Male Specialties, Hormonal Support*

Designed to support the healthy function of testosterone-sensitive tissues in women, and the health of prostate tissue in men. The anti-androgens beta-sitosterol, palmitic acid and stearic acid are all active components of Saw Palmetto, Holy Basil and Fenugreek. Holy Basil and Fenugreek both have the ability to maintain healthy blood sugar and lipid levels, a beneficial function for both genders, but especially important for women with androgen excess. The antioxidant properties observed in each

**SUGGESTED USAGE:**

*3 daily with food*

of the herbs may also maintain prostate health and support the body's normal inflammatory processes.

**Three Capsules Contain:**

Testo-Quench™ Herbal  
Proprietary Blend ..... 2,160 mg.  
Saw Palmetto (berry, standardized to 25% Fatty Acids),  
Fennel (Foeniculum vulgare, seed), Urtica dioica (leaf, standardized to 1% plant silica), Ocimum sanctum (leaf),  
Trigonella foenum-graecum (seed) and Pygeum africanum (bark, standardized to 12% Phytosterols).

# Testo-Quench™

## DESCRIPTION

Testo-Quench™, provided by Douglas Laboratories®, is designed to support the healthy function of skin, hair, heart, breasts, vagina and other testosterone sensitive tissues in women, and the health of prostate tissue in men

## FUNCTIONS

The anti-androgens beta-sitosterol, palmitic acid and stearic acid are all active components of Saw Palmetto, Holy Basil and Fenugreek. Holy Basil and Fenugreek both have the ability to maintain healthy blood sugar and lipid levels, a beneficial function for both genders, but especially important for women with androgen excess. The antioxidant properties observed in each of the herbs may also maintain prostate health. The same properties can maintain the healthy function of testosterone sensitive tissue in women.

## INDICATIONS

Testo-Quench may be a useful dietary adjunct for men and women wishing to support testosterone sensitive tissues.

## FORMULA (#99093)

### 3 Capsules Contain:

Testo-Quench Herbal Proprietary Blend ..... 2160 mg  
Saw Palmetto(berry, standardized to 25% fatty acids), Fennel(*Foeniculum vulgare*, seed),  
*Urtica dioica*(leaf, standardized to 1% plant silica), *Ocimum sanctum*(leaf), *Trigonella foenum-graecum*(seed) and *Pygeum africanum*(bark, standardized to 12% phytosterols)

## SUGGESTED USE

Adults take 3 capsules daily with meals or as directed by physician.

## SIDE EFFECTS

WARNING: Not to be used by pregnant or nursing women

## HOW SUPPLIED

Supplied in bottles of 90 capsules.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

- Godhwani S, Godhwani JL, Vyas DS. *Ocimum sanctum*: an experimental study evaluating its anti-inflammatory, analgesic and antipyretic activity in animals. *J Ethnopharmacol.* 1987 Nov;21(2):153-63.
- Gulcin I, Kufrevioglu OI, Oktay M, Buyukokuroglu ME. Antioxidant, antimicrobial, antiulcer and analgesic activities of nettle (*Urtica dioica* L.). *J Ethnopharmacol.* 2004 Feb;90(2-3):205-15.
- Gupta A, Gupta R, Lal B. Effect of *Trigonella foenum-graecum* (fenugreek) seeds on glycaemic control and insulin resistance in type 2 diabetes mellitus: a double blind placebo controlled study. *J Assoc Physicians India.* 2001 Nov;49:1057-61.
- Kelm MA, Nair MG, Strasburg GM, DeWitt DL. Antioxidant and cyclooxygenase inhibitory phenolic compounds from *Ocimum sanctum* Linn. *Phytomedicine.* 2000 Mar;7(1):7-13.
- Mavi A, Terzi Z, Ozgen U, Yildirim A, Coskun M. Antioxidant properties of some medicinal plants: *Prangos ferulacea* (Apiaceae), *Sedum sempervivoides* (Crassulaceae), *Malva neglecta* (Malvaceae), *Cruciata taurica* (Rubiaceae), *Rosa pimpinellifolia* (Rosaceae), *Galium verum subsp. verum* (Rubiaceae), *Urtica dioica* (Urticaceae). *Biol Pharm Bull.* 2004 May;27(5):702-5.
- Paubert-Braquet M, Cave A, Hocquemiller R, Delacroix D, Dupont C, Hedef N, Borgeat P. Effect of *Pygeum africanum* extract on A23187-stimulated production of lipoxigenase metabolites from human polymorphonuclear cells. *J Lipid Mediat Cell Signal.* 1994 May;9(3):285-90.
- Prager N, Bickett K, French N, Marcovici G. A randomized, double-blind, placebo-controlled trial to determine the effectiveness of botanically derived inhibitors of 5-alpha-reductase in the treatment of androgenetic alopecia. *J Altern Complement Med.* 2002 Apr;8(2):143-52.

**These statements have not been evaluated by the Food and Drug Administration.**

**This product is not intended to diagnose, treat, cure, or prevent any disease.**

**Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205**

800-245-4440

□ 2005 Douglas Laboratories. All Rights Reserved

Testo-Quench

Formula 99093

90 Capsules

Standard

Price: \$40.00

---

## L-Arginine The Youth Protein

L-Arginine is an amino acid -- a product produced by digesting protein. It is necessary for many functions and has especially been noted to increase production of growth hormone.

When we are young we produce a lot of growth hormone which burns fat, strengthens muscle and is involved in the control of other hormones which keep us youthful, energetic and interested in sex. The amount of growth hormone we produce decreases beginning around age 18 - 21, and that is often the time we realize it's not so effortless to maintain our correct weight and the figure/physique we prefer to see.

Studies have shown that people deficient in growth hormone have less sex drive and less pleasure during sexual activity. Men may orgasm but less frequently. Men may also suffer from erectile dysfunction.

Women likewise may experience thinning of the vaginal walls, vaginal dryness, lack of sexual interest, and inability to have orgasm.

L-Arginine helps us produce nitric oxide, which is intimately involved in our ability to become sexually aroused and enjoy orgasmic response.

I have regularly taken L-Arginine on an empty stomach before bed and before exercise to maintain a more youthful body and to continue to strengthen muscle. And now, at the "ripe old age of almost 58" my reproductive system still functions and I still have a strong desire to express my love sexually.

My muscles are strong. My skin is "younger" than we find in most men my age. I can work hard. I adapt to temperature changes easily. I can be comfortable in cool and even cold weather and I am comfortable even when summer heat reaches 85 and 90 degrees with 70% humidity. My hair line receded a little and seems to have stopped.

All of this is indicative of a person who is physiologically younger and I'm sure L-Arginine and production of growth hormone is the major reason why -- because I've seen what happens to me when I *stop* taking it!

(I take L-Arginine on an empty stomach because there have been some theories that contend there will be competition at the cell membrane for protein intake if taken with other foods. I've never had any stomach distress taking L-Arginine this way.)

These comments are common in men my age following the eating recommendations in my book and taking multi-vitamins, minerals, calcium and magnesium, and L-Arginine.

If you're feeling a little cheated because the pleasures of a good sex life have slowly wound down to "ancient history" you can revive with the products on this page and particularly with an intake of L-Arginine.

I recommend 1500 mg per day for man and woman. 1 capsule when you get up in the morning and another before you sleep. You can't "overdose" on it, (it's not a drug it's a food!) so start with 1500 mg per day and if you feel well, continue! You can always cut down to one capsule if you think you want to experiment with it.

Read more of the official information from Douglas Labs below my comments.

Stephen Newdell, DC

Item #	Name	Size	SRP
ARG	L-ARGININE (700 mg)	100	\$16.40

Stock Status: Limited Quantity on Hand

# L-Arginine (700 mg.)



Formula	Size	S.R.P.
ARG	100 Capsules	\$16.40

**HEALTH FUNCTION:**  
General Health

**SUGGESTED USAGE:**  
1 daily

**Each Capsule Contains:**

Arginine (as L-Arginine).....700 mg.



# L-Arginine

A Versatile, Conditionally Essential Amino Acid

## DESCRIPTION

L-Arginine capsules, provided by Douglas Laboratories, contain 700 mg pure, crystalline L-arginine.

## FUNCTIONS

Amino acids have many functions in the body. They are the building blocks for all body proteins— structural proteins that build muscle, connective tissues, bones and other structures, and functional proteins in the form of thousands of metabolically active enzymes. Amino acids provide the body with the nitrogen that is essential for growth and maintenance of all tissues and structures.

Proteins and amino acids also serve as a source of energy, providing about 4 calories per gram. Aside from these general functions, individual amino acids also have specific functions in many aspects of human physiology and biochemistry.

L-arginine is a conditionally essential dibasic amino acid. The body is usually capable of producing sufficient amounts of arginine, but in conditions of physical stress, e.g., trauma or illness, endogenous synthesis is often inadequate to meet the increased demands. L-arginine can either be used for glucose synthesis or catabolized to produce energy via the tricarboxylic acid cycle. It is needed for tissue protein synthesis and ammonia detoxification via the urea acid cycle.

L-arginine is required for the synthesis of creatine phosphate. Similar to adenosine triphosphate (ATP), creatine phosphate functions as a carrier of readily available energy for contractile work in muscles.

Adequate reservoirs of creatine phosphate are necessary in muscle as an energy reserve for anaerobic activity.

L-arginine is also a precursor of polyamines, including putrescine, spermine and spermidine. Spermine and spermidine interact with DNA, act as physiological growth regulators of cell proliferation, and are involved in the stabilization of cell membranes and cell organelles. L-arginine is a potent stimulator of insulin, glucagon, and growth hormone release, and functions as a representative signal to the endocrine system that dietary protein ingestion has taken place.

### **INDICATIONS**

L-arginine capsules may be a useful nutritional adjunct for individuals who wish to supplement their diets with significant amounts of L-arginine.

### **FORMULA (ARG)**

Each capsule contains:

L-Arginine .....700 mg

### **SUGGESTED USE**

One to two capsules, three times daily at the start of a meal, or as directed by physician.

### **SIDE EFFECTS**

No adverse side effects have been reported.

### **STORAGE**

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### **REFERENCES**

Releasing hormone restore the blunted growth hormone-releasing activity of hexarelin in elderly subjects. *J Clin Endocrinol Metab* 1994;79:1440-1443.

Bower RH, Cerra FB, Bershadsky B, et al. Early enteral administration of a formula (Impact) supplemented with arginine, nucleotides, and fish oil in intensive care unit patients: results of a multicenter, prospective, randomized, clinical trial. *Crit Care Med* 1995;23:436-449.

Cynober L. Can arginine and ornithine support gut functions? *Gut* 1994;35:S42-5.

Cynober L, Le Boucher J, Vasson M-P. Arginine metabolism in mammals. *J Nutr Biochem* 1995;6:402-413.

De Bandt JP, Cynober L, Lim SK, Coudray-Lucas C, Poupon R, Giboudeau J. Metabolism of ornithine, a-ketoglutarate and arginine in isolated perfused rat liver. *Br J Nutr* 1995;73:227-239.

Phillips MC, Olson LR. The immunologic role of the gastrointestinal tract. *Crit Care Nurs Clin North Am* 1993;5:107-120.

Sato H, Zhao ZQ, McGee DS, Williams MW, Hammon JW, Jr.,

Vinten-Johansen J. Supplemental L-arginine during cardioplegic arrest and reperfusion avoids regional postischemic injury. J Thorac Cardiovasc Surg 1995;110:302-314.

Volta C, Bernasconi S, Iughetti L, et al. Growth hormone response to growth hormone-releasing hormone (GHRH), insulin, clonidine and arginine after GHRH pretreatment in obese children: Evidence of somatostatin increase. Eur J Endocrinol 1995;132:716-721.

Ziegler TR, Gatzert C, Wilmore DW. Strategies for attenuating protein-catabolic responses in the critically ill. Annu Rev Med 1995;45:459-480.

**These statements have not been evaluated by the Food and Drug Administration.**

**This product is not intended to diagnose, treat, cure, or prevent any disease.**

**Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205**

**Be sure to write down the formula numbers and products you want to avoid confusion, then phone or place your order on line.**

---

<https://retail.douglaslabs.com/index.cfm>



**Get Products Directly From Our Douglas Laboratories® website....**

---

These Statements have not been evaluated by the food and drug administration. No guarantee is made that these products will diagnose, treat, cure, or prevent any disease.

More Information At: <http://endoftheage.net/SupplementsIntro.htm>

**Restoring Your Sexual Interest  
and  
Orgasmic Pleasure  
With a Special Section For Women**

**Dr. Stephen Newdell**

**April 7, 2008**

Do you remember when sex was fabulous and desire for romance and a lover's touch just burned like a hot ember within you? And then it faded. What happened?

Your state of health is the major determining factor regulating your sexual interest and ability to enjoy orgasm. This is true of men and women, but in particular this article is aimed at women.

Women who've gone years without enjoying sexual pleasure and the blessed release of orgasm imagine that it takes a lot of work to reach that unattainable peak. But, it's really "work" isn't required. There are four factors to which you should pay attention. They are:

1. **Supplement:** Add high-quality fish oil, multivitamins, calcium, magnesium, zinc, iron, and vitamin C to your diet. Enjoy some dark chocolate for an added boost.
2. **Follow the 40-30-30 plan:** Eat foods that increase dopamine and testosterone levels. Your diet should be made up of approximately 40% carbs, 30% protein and 30% fats. Following the advice in my book makes this easy and automatic.
3. **Remove stimulants and hormones:** Eliminate caffeine, cigarettes and other stimulants, and avoid hormonal birth control methods. Also, don't consume excessive amounts of alcohol.
4. **Flex your pc muscles:** Work your PC – or pubococcygeus – muscle, using Kegel exercises, GyneFlex or vaginal cone weights to strengthen and improve vaginal control and increase sexual pleasure during intercourse.

By combining vaginal exercise and good nutrition your health and reproduction system health will improve, hormones will balance and you'll begin to enjoy the pleasures of an active sex life again. Particular among these is fish oil and the Douglas Laboratories **Mediterranean Forte** is an excellent product for this purpose. Also see **Lesson 10** at this website for further nutritional supplement information particular to this concern.

**The Secret Ingredient to Better Sex** has proven time and time again to be a healthy eating and nutrient intake regimen as described in my book, and above, and in Lesson 10. That will include vitamins, minerals, Calcium & Magnesium, healthy real foods, Vitamin C, L-Arginine, and some light regular daily exercise.

Strengthening the vaginal canal with Kagel exercise assisted with the above mentioned products can also do wonders for women – and of course your man will feel the difference too.

But it isn't just what you're *adding* that's going to change your sex life – it's also what you'll subtract: caffeine, trans fats, hydrogenated fats, and polyunsaturated fats that counteract the positive effects of omega-3 fatty acids found in fish oil and **Mediterranean Forte**.

### **The PC Muscles**

Regular physical activity counteracts and helps to neutralize the effects of stress. As your health improves your desire for sexual fulfillment also increases.

Strong PC muscles will make reaching orgasm easier and spontaneous as it helps to increase the blood flow to the vagina and clitoris. It also allows you to have a tighter vaginal grip which both you and your partner will certainly appreciate.

Doing pelvic floor exercises such as Kegels (squeezing and

releasing as if you're stopping yourself from urinating) is very valuable. You can make up various combinations of slow and fast, long and short squeezes, harder and softer in stair steps, and you can squeeze every third or fourth step as you take a walk. You can also do some squeezing while seated with nothing in particular to concentrate upon. (It may not be good to do this while driving.)

You should seriously consider investing in the Gyneflex program

<http://www.gyneflex.com/shop/home.php?partner=partner2&bid=3> to assist you in toning the PC muscles. (Much more on this site. Read on...)

Gyneflex is especially attractive because it's light, small, clean, inexpensive, requires no electricity or batteries, and if you forget and leave it in on your dresser no one really suspects it's anything other than something for sewing or hair care. Not only will strengthening the vaginal orifice muscles improve your sexual pleasure (and your lover's) it will help maintain your ability to control urination (incontinence) when you're ready.

Using such a device three to five times a week for 20 minutes to maximize your potential for sexual pleasure is well worth the effort – and at least as much fun as painting your nails! You can fit it in while you're getting showered, when you're getting ready for the day or ready to sleep.

Aerobic exercise, or at least a brisk walk daily for 45 minutes will also be very beneficial.

I also recommend you make liberal use of the exercises Kelly teaches in my book introduction Six Minutes-a-Day To A Perfect Waist to strengthen legs, back and abdominals.

Of course you're welcome to pass this page on to your friends, with my advanced thanks.

## **Dr. Newdell Recommends Gyneflex**

[Monthly Articles](#)   [Restoring Sexual Interest and Orgasm](#)   [More](#)

GyneFlex™ with Vaginal Tightening Program is a revolutionary doctor-developed resistance exerciser for pelvic floor muscles (PFM: also called vaginal or pubococcygeus, or love muscles). By exercising with GyneFlex™ on a regular basis, a woman can increase her inner muscle strength and tone to achieve optimum pelvic support and bladder control; and in turn, improve sexual function.

**GyneFlex™ has been created to help women empower themselves from the inside out.**



Like a weight-training program for your inner body, GyneFlex™ is to vaginal muscle exercise what dumbbells are to arm curls. Made from a gentle plastic that has been anatomically molded to comfortably fit our bodies, GyneFlex™ allows you to gauge your own progress as you exercise. Each box comes with 2 GyneFlex™ devices: one light and one medium resistance, so you can "work your way up" to better and better results! There are 6 different resistance levels available. And GyneFlex™ comes with a detailed exercise manual to answer your questions and guide every step of the way. Unlike Kegel's isometric exercises (which cannot build muscle strength), with GyneFlex's isotonic exercises, the more you train, the more you gain: in self-confidence, in control of more sensitive and stronger inner muscles.

**In just a few minutes a day, you can build a better life.**

Whether your Pelvic Floor Muscles are weak or strong, using GyneFlex now can prevent devastating problems ahead. And the benefits are most rewarding! GyneFlex™ is the first easy, sensible way to keep your "inner self" as healthy and happy as possible. Experience the best within you. **Act now.**

**Welcome to a better life. GyneFlex™**

Try it, it will make a difference.

To start your better life now, click below.

*GyneFlex™ with VTP™ is the only medically designed exerciser*

*offering resistance exercise for vaginal muscles . As with any exercise program, first consult with your health-care practitioner for specific recommendations.*

## **The PC Muscles**

Regular physical activity counteracts and helps to neutralize the effects of stress. As your health improves your desire for sexual fulfillment also increases.

Strong PC muscles will make reaching orgasm easier and spontaneous as it helps to increase the blood flow to the vagina and clitoris. It also allows you to have a tighter vaginal grip which both you and your partner will certainly appreciate.

Doing pelvic floor exercises such as Kegels (squeezing and releasing as if you're stopping yourself from urinating) is very valuable. You can make up various combinations of slow and fast, long and short squeezes, harder and softer in stair steps, and you can squeeze every third or fourth step as you take a walk. You can also do some squeezing while seated with nothing in particular to concentrate upon. (It may not be good to do this while driving.)

You should seriously consider investing in the Gyneflex program

<http://www.gyneflex.com/shop/home.php?partner=partner2&bid=3>

to assist you in toning the PC muscles.



Gyneflex is especially attractive because it's light, small, clean, inexpensive, requires no electricity or batteries, is not complicated, is silent and easy to understand and use.

The program offered at the Gyneflex Website is very well written and complete. All together these varying exercise resistance instruments offer an "elegant" solution to strengthening the Pelvic Floor muscles. And, if you forget and leave one on your dresser top it looks like something for sewing or hair care.

Their website includes instructions, and the products come with an instruction manual. These instruments will last your lifetime and longer. I really think every woman should own the entire set of these instruments (different colors indicate different resistance strength.)

Not only will strengthening the vaginal orifice muscles improve your sexual pleasure (and your lover's) it will help maintain your ability to control urination (incontinence) and improve over all reproductive system health. Many women give testimony to the improvement in the quality of their lives since using the Gyneflex program.

Using this device three to five times a week for 20 minutes to maximize your potential for sexual pleasure is well worth the effort – and at least as much fun as painting your nails! You can fit time in for this while you're getting showered, when you're getting ready for the day or ready to sleep.

Here are sample pages from the Gyneflex Website. Their "order" links will allow you to buy yours.

## GyneFlex™

### Sexual Function

GyneFlex™ exercise enhances sexual arousal and sexual response. It may make having an orgasm easier, controlling the timing of orgasm easier and having multiple orgasms easier. In addition, you may find that your orgasms are stronger and longer.

When you regularly exercise your vaginal muscles (so called pubococcygeus or Love Muscles or most correctly Pelvic Floor Muscles {PFM}) by regularly squeezing them against progressive flex resistance, you re-educate your neuro-muscular wiring, gaining control of vaginal muscle contraction and you stimulate muscle development of tone, strength and endurance. Regularly exercised muscles have improved blood circulation and new nerve and blood vessel supplies.

Muscle re-education (see **Vaginal Tightening Program Defined**) means that clenching your vaginal muscles against flexing resistance (GyneFlex™), holding, then releasing, builds muscle co-ordination and control. "In order to learn contraction of the correct muscles, the patient must be enabled to exercise against resistance". Only the GyneFlex™ is medically designed to do just that. The enhanced awareness of the voluntary nature of contracting the vaginal muscles is like practicing the piano: the more you practice, the more accurate and agile the coordination of your fingers becomes.

Muscle development means that by squeezing against flexing resistance, holding, and then releasing you make your muscles firmer and tighter at rest (tone), stronger with contractions, and able to contract for longer (endurance). This is isotonic exercise, just like doing arm curls at the gym. It is the physiologic principal of GyneFlex™ that a "muscle will gain in strength in accordance with the amount of work demands placed on it".

GyneFlex™ is the only medically designed flexing vaginal exerciser. Regular exercise re-educates your pelvic floor muscles and develops them.

## How GyneFlex™ Exercise Affects Sexual Fitness:

### 1. Muscle Re-education with VTP™

- a. Clenching the vaginal muscles against flex resistance, holding, then releasing them builds voluntary control. The clenching-releasing vaginal exercises can lead to amazing results. Once you have learned vaginal muscle control you can choose the timing of your orgasms. Both partners should slow down and stop all movement, and she should gently but firmly clench and hold her muscles. This will reverse the flow of sexual energy and forestall her orgasm temporarily. With resumed stimulation you can build up the tension to more and more powerful orgasms with longer periods of pre-orgasmic intimacy. Strengthening the muscles creates the ability to control the timing of orgasm by choice and is very empowering, increasing the self-confidence necessary for a woman to voluntarily choose to lose control and slip temporarily out of herself, which is the single most important element in her being able to have one or more fantastic orgasms. "Having orgasmic control is the single most important step in elevating sex to art".
  
- b. Muscle re-education is like practicing the piano. It increases voluntary muscle coordination. Clenching and releasing GyneFlex™ teaches you that you can voluntarily clench and hold the penis as many times during lovemaking as you desire. If you concentrate on feeling aware of your vaginal muscle contractions, you can actually learn to contract different layers of your vaginal muscles in a ring-like fashion, contracting the outer ones first and then the inner ones. Then by pulling in your stomach while you contract your vagina, you can literally suck the penis into the vagina. A woman who chooses to contract her trained muscles voluntarily, rather than wait for those contractions to occur during orgasm, is able to pull her lovers penis deeper and deeper inside her, bathing the penis with her most intimate energy and love. Additionally, if you visualize your vagina as a cylinder composed of hoops, rings or fingers closed in a loop, you can contract your trained muscles as though squeezing your fingers one after the other. When your vaginal muscles are well controlled through GyneFlex™ exercise with VTP™, a woman can learn to manipulate them from outermost to innermost - so that the separate groups of vaginal muscle fibers contract sequentially. This may lead to the situation where you can squeeze the rings of muscles as if you were playing separate notes in a musical composition. You can create chords, change key and compose both crescendos and refrains and in so doing transmit a powerful, intimate symphony to your lover without ever moving your body. Advanced lovers learn to combine this "playing the flute" by

vaginal muscle contraction/relaxation with techniques of touching and massaging the clitoris, penis and anus that take them to previously unimagined levels of excitement and arousal.

Of course, a woman can derive enormous satisfaction from vaginal muscle control alone. It facilitates your becoming a truly liberated, sensual, and loving partner. It may make orgasms easier and better during masturbation, as well as intercourse. This learning is readily transferred into the ability to have multiple orgasms.

## 2. Vaginal Muscle Development

Enhanced blood circulation and nerve development associated with exercise does several things. It means more awareness and perception of genital sensations. It also means increased bathing of clitoral, vulvar, vaginal and pelvic cells in health promoting oxygen and rejuvenating circulating sex hormones. Additionally, resistance to disease may be enhanced due to increasing the genital flow of white blood cells, which defend the body against viruses and bacteria. Enhanced blood flow helps reduce the local accumulation of free radicals and eliminate metabolic toxins.

Each of us has felt the tingling warmth resulting from vigorous exercise or deep massage. Exercising any muscle increases blood flow to that area. Increased vaginal and pelvic blood flow may contribute to the retardation of hormone-dependent aging, more youthful skin, and improved genital tone.

Increasing the resting tone of your vaginal muscles means that instead of being flabby, soft and cushy to the touch, they are firm and have a tension that transmits the sensation of touch much more intensely. All touch sensations may become stronger, more vivid, more exciting and more titillating because there is literally more electrical energy coming from your pelvic nerves.

Since GyneFlex™ exercise actually develops muscle strength and endurance, it contributes to having more powerful orgasms. Since the vaginal muscles are stronger, the strength of their contraction during orgasm may be increased which, in turn, increases the intensity of your feeling during orgasm. Since stronger muscles do not fatigue as quickly, the number of vaginal muscle contractions during orgasm may be increased, which in turn increases the length of time of your orgasms. Thus, GyneFlex™ exercise with VTP™ helps you have stronger and longer orgasms. The control that comes from vaginal muscle reeducation builds the self-confidence and enhanced pleasure that encourages extending time spent in lovemaking.

### **GyneFlex™ With VTP™ And Orgasm:**

The physical, spiritual and mental climax of the dance of love is, of course, the orgasm. It is a lightening burst of electrical energy surging from the fantasy centers of the brain, speeding through the spinal cord into every nerve, every muscle, every cell of our body. The focus of this energy is on the erogenous

areas, particularly the nipples and clitoris, the lower third of the vagina (where vaginal muscles are), the vulva and anus.

Orgasm has tremendous health benefits. It causes the release of numerous sex hormones and endorphins that stimulate the body's vital organs and glands, and give a sense of relief and joy. Orgasm causes a rapid heartbeat, increased respiration rate and is an excellent form of aerobic exercise. It creates a detoxification of your entire system as muscles contract in a spasmodic response like a mini-seizure, squeezing toxins and the waste products of metabolism out of the muscles and tissue under the skin. In fact, the French sometimes call orgasm 'La petit mort', the "little death", because it is similar to a seizure in the sense that one may lose awareness of time, place and person in orgasmic ecstasy. Orgasm brings profound pleasure, happiness, joy and relief of tension that counters today's stress filled life-styles. It is the ultimate intimate connection with another human being and promotes health and longevity in the most profound ways. GyneFlex™ with VTP™ may make orgasms easier, better, more frequent and stronger. Choose to make a difference in your own life, and improve your health as well as happiness. Order a set now.

Portions of this section were taken from the book **Passionate Sex: Discover the Special Power in You** with the authors' permission.

To Purchase  
Go to the Gyneflex Website, read more, click  
their "order" links

More Information At: <http://endoftheage.net/SupplementsIntro.htm>

# "Getting Younger With Your Own Made Growth Hormone"

Lesson #2  
Dr. Stephen Newdell

Perhaps you've heard the news. Here's what human growth hormone can do for you.

- Increases lean muscle
- promotes more comfortable movement
- Reduces Body Fat
- Improves body temperature regulation
- Lowers Cholesterol

- Lowers Blood Pressure (reduces likelihood of heart disease)
- Removes Wrinkles
- Eliminates Cellulite
- Reverses Muscle Wasting
- Improves Kidney Function
- Improves memory and cognitive function
- Accelerates Wound Healing
- Improves Skin Tone
- Increases Bone Density
- Reduces Stress Levels
- Aids in deep restful sleep
- Increases sexual interest (Libido)
- Increases sexual orgasmic ability
- Increases male erectile ability and female lubrication and pre-intercourse preparation. (It might be that your diagnosed "Erectile Dysfunction" is reversible. If you're using drugs to enjoy intercourse you might be able to stop using them.)

Your body produces growth hormone but doesn't release it as readily now as it did when you were younger. In several studies patients using **growth hormone releaser** show more energy, better skin texture, improved strength, improved libido and sexual performance, and improved memory.

Some advertisers claim they'll sell you growth hormone. They had better not. If they do they'll violate the law. Growth Hormone is a prescription only item. It's dangerous to use without the correct dosage and it's not easy to store in anything other than a crystallized form.

What those advertisers sell is a homeopathic formula which isn't hormone at all. By definition it is "the energy of" a hormone but the hormone isn't there. It becomes more mystic than anything – essentially they sell water with a blessing over it. They add a drop of hormone to gallons of water and continue diluting and diluting and the more dilute it is the more "X"s they add to the dosage label. By definition there's no hormone left. It's just "energy" mixed in water. (???? I never quite understood this.)

But YOU did produce a lot of growth hormone when you were a child or a teenager. We peak in production sometime before age 22. After age 22 we produce less, and less and less and grow older and older, and fatter, and less sexual. We see that our blood pressure rises, our muscle strength decreases, our skin changes, and our hair falls out.

Some people say that hair loss is caused by a change in the chemical make up of testosterone to di-hydro-testosterone. I hypothesize that this change can be traced back to a lack of growth hormone and its effect upon the pituitary gland. My personal clinical experiment has been to raise the production of my own

growth hormone levels and see if in addition to the other effects my hair thickens. So far it's been working. My skin is younger, my muscles continue to grow as I lift weight, I still have a powerful libido and thankfully a wife who appreciates it.

**My wife also is staying youthful** by taking the supplements necessary to release growth hormone and following the eating regimen in my book. The eating regimen I recommend in that book promotes more growth hormone and more of the "youth-ing" effects of other hormones. But to really help yourself become younger a combination of vitamins, minerals and one particular amino acid taken at the right time can do wonders for you. (An amino acid is what you get when you break protein down in digestion. There are OVER 100 amino acids, twenty of them are essential for life (because we can't make them, we have to eat them.) One in particular causes the release of growth hormone. We need more of it to retain our youth as we grow older.

## **I recommend L-Arginine for everyone!**

### **Here's why**

L-Arginine has for years been referred to as a "Growth Hormone Releaser" and is sometimes included in diet powdered drink products. The metabolism of L-Arginine leads to the formation of nitric oxide.

Nitric Oxide:

- Improves blood vessel dilation, circulation and blood flow.
  - Improves sexual system function, ability to enjoy orgasm in women and men, with increased seminal fluid production in men and improved lubrication in women. You'll probably enjoy more orgasms more often after using this product. Expect effects within any time-span from one week to two months. Even women as young as age 25 report improvement in sexual arousal and pleasure after supplementing with L-Arginine.
    - It improves wound blood clotting and healing, ...
    - and exercise tolerance. (You'll recover faster, strengthen muscle, have less soreness.)
    - supports healthy lipid (fat) metabolism (lowers blood cholesterol) and ...
    - appears to stimulate the immune system to scavenge *free radicals* (they make us grow older)....
      - and thereby defend against cancer development and general aging.
- In a study with elderly adults** L-Arginine facilitated healthy tissue recovery and....
- supported healthy sexual function and sperm motility.

L-Arginine also plays a role in synthesis of hormones such as insulin (**helpful for diabetics**)

- New studies suggest that Growth Hormone supports glucose (blood sugar) metabolism. That helps with diabetes and general energy maintenance and brain function.

Nitric oxide is also used in the brain to improve memory and general brain function.

New studies suggest that L-Arginine may also improve urinary bladder comfort and function. That means if you always feel like you have to find a bathroom, L-Arginine supplements might alleviate that problem too. If you're taking drugs to prevent that feeling that "you always gotta go" this might cure the problem. Wouldn't *that* be cool?

**What is L-Arginine?** Oh, I thought you knew. When protein is digested it breaks down to several chemical chains called "amino acids" which are essential to life and are used for various functions including making your own proteins and hormones. L-Arginine is one of those amino acids. In concentrated dosages, without competition from other amino acids present simultaneously in the blood stream, L-Arginine will attach to cell receptor sites and improve growth hormone release and metabolism. Growth hormone does all of those wonderful things that make people physiologically youthful.

L-Arginine supplements are generally discouraged for people who suffer migraine headaches, depression, autoimmune disease and disorders, and for individuals who suffer frequent outbreaks of shingles and herpes zoster (cold-sores) on the lips or genitals.

References:

1) Siani A, et al. Blood pressure and metabolic changes during dietary L-arginine supplementation in humans. Am J Hypertens 2000 May; 13 (5 Pt 1):547-51.

2) Dr. Daniel Rudman MD. New England Journal of Medicine

**DOSAGE RECOMMENDATION:** L-Arginine is best taken on an empty stomach so that it won't meet competition with other amino acids at cell receptor sites. I suggest taking (2) 500 mg capsules of L-Arginine in the morning as soon as you wake up, and (2) more in the evening just before you go to sleep, because you produce most of your growth hormone during deep sleep and the presence of additional L-Arginine in the blood at that time is probably beneficial. (It's the only supplement I keep on my bedside table so I won't forget it.) If you prefer to take two 750 mg capsules instead that's perfectly all right. Experimenting won't harm you. You'll find out what works best for you, and the price for the larger dosage is almost the same.

I have found L-Arginine combined with daily vitamin and mineral supplements, daily light exercise and the nutritional regimen that I suggest in my book to be extremely effective in speeding fat reduction, maintaining correct weight and fat to muscle ratio, improving the appearance of skin, and hair, improving and maintaining a more youthful sexual interest and ability to perform and enjoy sexual union, and generally developing a feeling of well being.

I find these recommendations promote general good health and improved energy for myself and everyone to whom I've recommended them in over 25 years of health-care practice.

Men and women have privately told me amazing stories about fat reduction and sexual performance improvement. In simple terms my friend, you'll "get physically younger" and stay "younger" many more years if you follow my advice and supplement daily every day of the year with L-Arginine. (If you have a success story, send it to me at my email address. I'll keep your name a secret of course, but the general community of our readers will be encouraged by your endorsement.)

I also have an educated guess that the so-called "brown fat" that won't move (under your waist band and in cellulite) will be "mobilized" and finally "burned off" for energy with sufficient time and regular daily doses of L-Arginine. If you find that works for you, please let me know.

L-Arginine 500 mg. Request Formula 7932 when you order.  
60 Capsules -- Just \$10.40  
Recommended Dosage: 2 Capsules an hour before breakfast.  
2 Capsules just before you go to sleep.

L-Arginine 700 mg. Request Formula ARG when you order.  
100 Capsules -- Just \$15.60 (I like these best. SN)

**It's not just vitamins. It's an Education!**

Be sure to write down the formula numbers and products you want to avoid confusion, then phone or place your order on line.

<https://retail.douglaslabs.com/index.cfm>



Get Products Directly From Our Douglas Laboratories® website....

Get your account number FREE from  
Douglas Labs

Phone In (after that if you wish you can order on line). To place your order on line, (or by phone) at Douglas Laboratories you will need to get your own **account number/username and password.**

Douglas Labs' products are the finest in the world and are sold exclusively through doctors. You will be recognized as one of our extension patients.

Please write this number down now:

**Fulfillment Account # 2104882** This number references Dr.Newdell.

Call Douglas Labs at 1-800-245-4440 (or 1-888-DOUG-LAB).

The customer service representatives there will take care of everything for you and accept your order.

**Be sure to write down the formula numbers and products you want to avoid confusion, then phone or place your order on line.**

<https://retail.douglaslabs.com/index.cfm>



## Get Products Directly From Our Douglas Laboratories® website....

To see the entire Douglas Laboratories catalog you must first get your own account number. Once you have that you'll be able to see a huge selection of products and learn much more about nutrition.

OUTSIDE THE USA, we can also accept your orders. Douglas Labs has several distributions points in England, Europe and Japan.

---

I remember years ago when L-Arginine was so expensive. Now ("What a country!") it's very reasonable at the Douglas Labs Standard Retail Price. All doctors must follow this price guideline. To think you can increase your growth hormone levels and rejuvenate for such a low price is just amazing. Take this and watch fat burn off, skin get firmer, and muscle grow faster with exercise. It's amazing and it's been one of my big secrets for staying young." -- Dr. Stephen Newdell

These Statements have not been evaluated by the food and drug administration. No guarantee is made that these products will diagnose, treat, cure, or prevent any disease.