

What every Man
should know about
Andropause
(Male Hormone Imbalance)

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Health Care - Naturally !

Health Care - Naturally !

Support

SpaceAge provides round the clock support through its Health Centers, Authorized Doctors / Health Professionals and on the Internet to all individuals, Doctors, Health and Beauty Care Professionals and Organizations interested in Health Care through Natural means.

Hormone Support Help Line: 1-800-861-0513 (USA)

For the name of the Authorized Clinic, Doctor or Health Professional in your area please contact us.

The information provided here is for education purposes only and is not intended as diagnosis, treatment, or prescription for any disease. It is recommended that you see an informed Health Care Professional concerning medical problems. A physical examination and case history will allow your Health Care Professional the opportunity to consider many essential factors, not covered in this booklet, before recommending a treatment program. Any treatment program can produce adverse reactions in sensitive individuals, and there are inherent risks in any self-treatment. The decision to use or not to use any of this information is the sole responsibility of the reader.

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Health Care - Naturally!



Pramod Vora is a Counselor on **Health / Beauty Care & Reverse Aging** through Natural Means. He is engaged in giving Seminars for the education of the masses and in training Doctors and Health Professionals who are interested in Alternative Approaches to Health and Beauty Care based on the concepts of "MODERN AYURVEDA" which he has evolved.

He has been an Advisor to the Medical Profession and a Personal Coach to Doctors in Modern Medicine / Ayurveda. He has personally counseled thousands of Patients, over one hundred Celebrities and hundreds of Doctors and guided them towards Perfect Health.

Pramod Vora has spent the last decade Re-researching into the principals of New Age Science where mass, energy and consciousness are equated with each other. He is deeply involved in Natural Health Care and Healing of the Body, Mind & Soul and Spiritual Science. He is engaged in re-researching **KAYA KALPA** the Ancient Indian Science of Rejuvenation and Anti-Aging of the Body and **PHYSICAL IMMORTALITY** with the aid of Ayurvedic Herbs, Aromatherapy, Bio-Electronics, Bio-Magnetics and Siddha System of Medicine (older than Ayurveda) coupled with the principles of Spiritual Science.

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RESEARCHER IN KAYA KALPA & PHYSICAL IMMORTALITY!

Positive Weight Release does not subject the Body to the trauma of 500 Calories per day Diet which can lead to under nourishment and expose the Body to the risk of damage to its Organs.

The 4th Dietary Supplement in our Rejuvenation Program is known as **Shilajit** which is a Natural Mineral supplement in its original natural form (not a extract or freeze dried low potency form); which provides a number of natural trace minerals in their natural form to help speed up the working of the Organs. These minerals are found high up in the Himalayas.

In Conclusion

Detoxifying and Rejuvenating the Body is a first step to Positive Weight Release.

Herbal Dietary Supplements

Our **Super Slim Fast** - 850mg - 2 capsules, taken before Breakfast, Lunch and Dinner are known to help release weight.

Slim Excel - 850mg - 1 to 2 capsules, taken with Breakfast, Lunch and Dinner are known to help to increase Thermogenesis.

Colon Cleanse - 850 mg - 2 to 4 capsules at Bedtime, has been successfully used by Weight Watchers in conjunction with **Slim Excel and Super Slim Fast**.

Fenugreek - 500 mg is another Herb which has been successfully used by Weight Loss Watchers in conjunction with **Super Slim Fast**.

CelluLite - 850 mg is a Dietary Supplement which helps dissolve Cellulite and Fat.

Fat Burner - 750 mg is a Dietary Supplement which helps to scrape away excess Body Fat.

Kelp - 500 mg is Dietary Supplement which has been used to increase the Rate of Metabolism of the Body. This helps to rapidly burn the assimilated food.

Please note that all our Herbs are in their Original Natural Form and are Naturally Conditioned using our Proprietary Processes to improve their natural potency. This is unlike many Herbs on the market which are either Extracts or Freeze Dried or lower potency versions.

These Herbal Dietary Supplements will help you to find out for yourself, what others have already found out, that treating the whole Body rather than the symptoms is a healthy and successful way to release weight.

Caution: If Weight increase is the result of a Hormone Imbalance or Estrogen Dominance in the Body, it is absolutely necessary to also correct this.

What Every Man

Should Know About Andropause !

(Male Hormone Imbalance)

If you have experienced....

Difficulty Passing Urine	Enlarged Prostate	Incontinence
Impotence	Erectile Dysfunction	Lack of Sex Drive
Prostate Inflammation	Lowered Libido	Prostate Cancer
Headaches / Migraines	Burning Sensation Urinating	Breast Enlargement
Mood swings / Depression	Panic / Weeping	Rapid Weight loss
Inability to lose weight	Blood Sugar Imbalance	Hair loss
Fatigue	Leg / Muscle Cramps	Hypoglycemia
Foggy thinking / Memory loss	Feelings of being crazy	Anger / Irritability
Lack of interest in Sex	Hysteria	Bone loss (Osteoporosis)
Water retention / Bloating	Allergies	Age and Liver spots
Low Blood Sugar	Swollen feet / ankle	Dry aging skin
Adult Acne	Low Thyroid symptoms	Insomnia
Reduced Muscular Strength	Low Sperm Count	Diabetes

... you may be experiencing **Hormone Imbalance** in your Body!

The above symptoms have been identified due to Hormone Imbalance in the Body. Many men have reversed the above symptoms and found relief by using Herbal Dietary Supplements like **Royale** and **Soyam**; and have made Dietary changes in their daily food intake to include *Soy Beans, Tofu, Sesame Seeds* and other sources of **Natural Calcium**. This has helped to re-establish the Natural Hormone Balance in their bodies in a very Natural manner.

What is Andropause?

Andropause is a Hormone Imbalance due to the lack or absence of Testosterone which is the Male Hormone. Historically, by the age of 55 the amounts of Testosterone secreted by the Testis is significantly lower than it was at the age of 40 years. By the age of 80 most of the Male Hormone levels decrease to pre-puberty levels.

There exists a relationship between the Testis, Testosterone, the Brain and the Pituitary Glands in the Male Body.

Positive Weight Release Appendix "A"

Andropause is a simple **Endocrine Imbalance** that can be easily corrected today. All Male Hormones gradually decline with passing years. Testosterone (from the Testis); Human Growth Hormone (from the Pituitary); and DHEA and Androstenedione (from the Adrenal Glands) all begin to drop steadily.

During the last couple of decades this steady drop in Hormone production has been accelerated due to Estrogens in our environment (herbicides, pesticides, fungicides, Hormones used to produce fatter animals, larger eggs, more milk, etc.). The overall effect is less bio-available Testosterone in the Body by the age of 40 instead of the historic age of 55 years.

Rectification of this by **Testosterone Replacement Therapy (TRT)** has its own risk factors. The biggest being that whenever any Hormone is administered, the **Endocrine Glands** which normally produce it; and which have their own intelligence and regulating mechanism; **ceases to function and atrophy** with each passing month of external **Hormone Replacement Therapy (HRT)**. The downside being that, once you start HRT in any form - synthetic or natural, you will have to commit yourself to life long therapy; like a Diabetic Patient on increasing levels of Insulin with each passing year.

A safer approach to rectify this, will be to concentrate on those factors which can:

- 1) alleviate the decline in Hormone production through Detoxification and Rejuvenation of the Body;
- 2) stimulate the Endocrine Glands to produce more Hormones through Rejuvenation of the Endocrine System; and
- 3) counteract the exposure to Environmental Estrogens through Dietary Changes and safe Herbal Dietary Supplements.

What is Hormone Imbalance ?

Hormone Imbalance is a man made Imbalance of the 20th Century. The industrial world we live in today, the **Petrochemically Polluted Environment** and the diet all contribute to the exposure of the human body to high levels of Synthetic Estrogen which is the main cause of Hormone Imbalance. Today most men experience these symptoms at an early age of 40 years.

The Petrochemical Products we are constantly exposed to, cause high levels of Estrogen in the body, which cause a malfunction of the Endocrine System of the Body and create a Hormone Imbalance situation.

In order to understand how Hormone Imbalance begins, it is useful to look at the natural aging process of the human body. The levels of the male sex hormone Testosterone decrease with advancing age, and the ratio of Testosterone to Estrogen falls. Further due to exposure to the environment and diet the Estrogen levels rise still further and lower this ratio further.

Enlarged Prostate which affects approximately 50% of the male population above the age of 50 and over 75% of the male population above the age of 70 is due to Hormone Imbalance in the body. Traditionally this was due to the aging of the body but has become more pronounced in the last couple of decades due to the Petrochemically Polluted Environment we live in and the Hormone rich diet we eat.

The Traditional Approach

Traditionally, Weight Control has been to view weight increase as a Symptom and mankind has spent billions of Dollars and hours in its fruitless control by **"Passive"** means. This paper is presented to put forth a new School of Thought on an emerging concept called **Positive Weight Release** which is an **"Active"** type of Weight Release Program.

This paper explains the reasons for a change in the traditional approach from a totally **"Passive Symptomatic Treatment"** to an **Active Program** known as **"Overhauling the Body"**.

Overhauling the Body

When the Body starts to accumulate weight, it means that the various Organs of the Body have slowed down and the rate of metabolism of the Body has therefore also slowed down.

A more appropriate and a **Positive Approach to Weight Release** would be, as a first step, to **Detoxify the Body**, so that the Organs which have slowed down as a result of the Toxins accumulating in the Body, will speed up with the removal of Toxins from the Body.

The second step is, to **Rejuvenate the Body** and **"fine tune"** the Body (just like an automobile at its 25,000 mile Tune Up); further speed up the Organs so that the **Rate of Metabolism** is increased and the food being assimilated by the body is burnt much faster; and the Body does not continue to accumulate weight like before.

There are 4 Herbal Dietary Supplements (**Colon Cleanse, Kidney Care, Detoxifier and LivMax**) that are involved in the Detoxification of the Body. These detoxify the intestines, the Kidneys, the Blood and the Liver respectively. There is an optional herb **LungClear** which can be used by people living in highly polluted environments and/or who were smokers at any time in the past. **LungClear** will help to clear and Detoxify the lungs.

There are 3 Herbal Dietary Supplements (**Energizer, Kaya Kalpa and Kama Sutra**) that are involved in the Rejuvenation of the Body. Each capsule contains a number of Herbs which are targeted to different Organs of the Body, including the Brain - which is the "Super Computer" and "Master Server" which controls the whole Body. All these Rejuvenating Herbs are capable of **increasing the Rate of Metabolism of the Body back (Reverse Aging)** to when the body was much younger. For people who occasionally or habitually drink alcohol, or have very serious Chronic ailments, it is advisable to use **Gooseberry** to carry out a second level of Detoxification and Rejuvenation of the Liver.

This way, the **Weight Gain Challenge** of the Body may be overcome in a more positive way, as we are going right to the root cause of Weight Increase rather than working in isolation on the Symptom of Weight Increase.

Herbal Dietary Supplements required per person to start Program:

Colon Cleanse	30 capsules	Fertility (M)	100 capsules
Kidney Care	30 capsules	Winter Cherry	100 capsules
Detoxifier	30 capsules	Royale	100 capsules
LivMax	30 capsules	Hi Libido	100 capsules
LungClear	30 capsules	Hormone (M)	100 capsules
		Soyam	100 capsules
Energizer	100 capsules	Natural Calcium	100 capsules
Kaya Kalpa	100 capsules	CalCare	100 capsules
Kama Sutra	100 capsules		
Shilajit	100 capsules		
Gooseberry	100 capsules	Super Slim Fast	100 capsules
Ginkgo	100 capsules	Slim Excel	100 capsules
		Kelp	100 capsules
Super Colon Cleanse	30 capsules	Fat Burner	100 capsules
Super Kidney Care	30 capsules	Colon Cleanse	100 capsules
Go Smooth	100 ml		
		HBP	100 capsules
Magnetic Necklace		Super HBP	100 capsules
Magnetic Bracelet		Blood Flow	100 capsules
		Cayenne	100 capsules
Blood Flow Massage Oil	100 ml		
		Brain Tonic	100 capsules
		Gotu Kola	100 capsules

Note: It may be advisable to continue regular use of Natural Calcium, Royale and Energizer after the completion of the above Program, with gaps of 2 to 4 weeks after each period of 10 to 12 weeks.

BEAUTIFICATION OF THE BODY - NATURALLY !

Recommended for Models, Actors, Actresses and Flight Attendants.

- A. Breast Development Program
- B. Height Increase Program
- C. Weight Reduction Program
- D. Acne, Black Heads and Blemishes Program
- E. Radiant Eyes Program
- F. Hair Care Program
- G. Skin Care and Complexion Program
- H. Facial Hair Removal Program
- I. Reverse Aging Program
- J. Physical & Mental Stamina Program
- K. Muscles / Body Development Program **(for Male Models & Actors)**
- L. Voice / Speech Development Program **(for Actors & Singers)**
- M. Miss Universe Program

Please contact us for Program details.

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How do Men Become Estrogen Dominant ?

Our Environment and Food:

Today we are continuously surrounded by new environmental compounds called **Xenoestrogens**. These Estrogens, which are primarily petrochemical, have a very potent estrogen – like activity. They are in our air, fuels, pesticides, herbicides, fungicides, plastics, clothing, bug / mosquito sprays and personal care products.

Our diet is also contaminated with Hormones. Synthetic Estrogens are now used to fatten cattle, as well as other meat-producing animals, and to increase milk and egg production. Most of us are ingesting Hormones in many of our meals.

Use of Synthetic Estrogens:

Estrogen Dominance problems can be exacerbated by the use of Synthetic Estrogens in the form of Herbicides, Pesticides and Fungicides by the Farmers. Birth control pills are not Bio-degradable and can leave the water supply and soil contaminated for decades to come. Synthetic Hormones have molecular structures that are not compatible with our physiology. We do not have enzymes designed to modify their effects, nor can they be efficiently excreted.

Therefore, these synthetics can have an unnatural and far more potent hormonal effect on our body systems than Natural Hormones.

Andropause:

The levels of the Male Sex Hormone - Testosterone decline with advancing age which causes a change in the ratio of Estrogen to Testosterone in the body. A point is reached when the levels of Testosterone become so low that Estrogen finally begins to dominate.

Symptoms of Estrogen Dominance

Enlarged Prostate, Urinary Problems, Low Sex Drive, Impotence, Diabetes, Allergies, Depression, Fatigue, Foggy thinking, increased risk of stroke, infertility, rapid increase in weight and Osteoporosis to name a few.

If the body has a proper balance of Testosterone to Estrogen, many of these symptoms can be alleviated.

What is Testosterone ?

Testosterone is one of the primary Male Sex Hormones produced in a man's body. A healthy male has approximately 1000 to 1200 nanograms/dl of Testosterone at the age of 20. After the age of 35 there is a steady decline in these levels. By the age to 40 to 50 one sees a significant drop in these levels. By the age of 80 these levels decline to prepuberty levels of 100 to 200 nanograms/dl.

Natural Testosterone

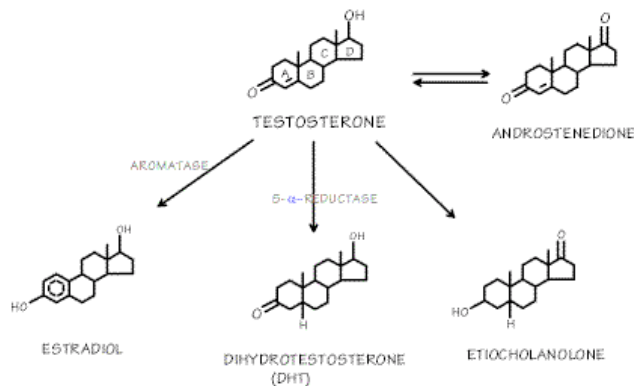
Natural Testosterone can be produced in the Body by intake of a Herbal Dietary Supplement called **Royale** and eating Soy rich foods. Soy contains Diosgenin, which when digested, is converted by the Body into Natural Testosterone - fully compatible with the human body and with no side effects !

Since the Body has its own intelligence and knows how much Testosterone is required by it, there is no chance of excessive Testosterone being produced and causing any side effects in the Body. The use of Synthetic or Natural Testosterone treatment is plagued by the problems of deciding the correct dose for each person. Herbal Dietary Supplements like **Royale** and foods like Soy do not have these problems as the Body itself regulates the digestion and absorption of these foods and takes from them exactly what ever it needs and the rest gets eliminated from the Body as waste matter in due course.

Natural Testosterone generated inside the Body can help to decrease the symptoms and discomfort associated with Estrogen Dominance (and / or Testosterone Deficiency). Natural Testosterone produced in our Body is better, safer, and does not have the side effects associated with Synthetic Hormones or Hormone Replacement Therapy (HRT). Yet, because natural substances cannot be patented, pharmaceutical companies choose to market the Synthetic Hormones and Hormone Replacement Therapies and Programs.

Natural Testosterone Restores Balance of Body & Mind

Biochemically, Natural Testosterone provides the raw materials inside the Body from which all other Steroid Hormones are made. It is the precursor for DHEA, cortisone, estrogen and salt-regulating aldosterone, etc. (as illustrated below). Natural Testosterone, therefore, has a balancing effect on the entire body. As a precursor, it gives the metabolism the flexibility it needs to create harmony in the dynamic, fluctuating system of the body. Our metabolism can synthesize from Natural Testosterone the other steroids it needs on a minute to minute basis. On the other hand, Synthetic Testosterone cannot act with the flexibility of a precursor and this is one reason they produce side effects. **Furthermore, because Natural Testosterone can convert into other Hormones, it is often all that many men will need.**



Natural Testosterone increases the communication between the Endocrine Organs. It gives men that sense of well being and control. It allows a man the ability to age slowly and naturally and make comfortable transitions from Puberty through Andropause and beyond.

Week	Natural Herbs	Duration	Remarks	(For Adults - 110lbs approximately)
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C. REJUVENATION OF THE BODY

(Start this Program after completion of Detoxification of the Body).

3rd to	Energizer	28 Days	1 capsule of all five types in the morning and evening.
6th week	Gooseberry Shilajit Kaya Kalpa Ginkgo		

D. REPEAT ABOVE DETOXIFICATION PROGRAM

7th week	Colon Cleanse Kidney Care	7 days	Repeat as above
8th week	Detoxifier LivMax LungClear	7 days	Repeat as above

end of 8th week

E. REPEAT ABOVE REJUVENATION PROGRAM

9th and	Energizer	14 days	Repeat as above.
10th week	Gooseberry Shilajit Kaya Kalpa Ginkgo		Continue regular use of Energizer, Kaya Kalpa and Ginkgo with gap of 2 to 4 weeks after every 10 weeks of uninterrupted use.

end of 10th week

Notes:

- Herbs work best if taken with a little Milk. Alternatively, Fruit Juice / Water may be used.
- Drink at least one glass (8.oz / 250ml) of water along with Capsule(s).
- During the entire period of Detoxification of the Body, daily drink 8 to 12 glasses of water. Out of these 2 to 4 glasses should be fresh Lemon / Lime Juice with either Salt (preferably Black or Rock Salt), or Honey, or Sugar (preferably unrefined).
- People with Higher levels of Toxins in the Body, tend to notice higher levels of discomfort, in the form of mild Headaches, constant urination, feeling of feverishness, etc.
- Doses mentioned above are typically for 110 lbs. body weight. For substantially higher body weight dose may have to be increased proportionately.

pH Test

Monitor early morning pH of your Saliva before you brush your teeth or eat or drink anything. It is OK to gargle with fresh water. To obtain fresh Saliva, throw away the Saliva from your mouth after swishing it around a few times. Do this repeatedly for three or four times. The fifth Saliva is the one you want to monitor the pH value. A strip of pH paper should be dipped in Fresh Saliva and immediately removed. Color of the pH strip 60 seconds after dipping and immediately removing from the Saliva should be Blue in color and corresponding to 7.5 value given on cover of pH strips Booklet. If your value is less than 7.5 add 2 to 4 drops of AlkaBoost in a glass of drinking water and drink 2 to 4 glasses through out the day. Gradually increase from 4 drops to 16 drops per day to achieve a pH of 7.5. Monitor your pH twice a week till your pH becomes 7.5 and stays at that level. You may discontinue taking AlkaBoost thereafter but continue monitoring your pH once a week to be sure that your body is maintained Alkaline.

If you have an Enlarged Prostate

Benign Prostate Hyperplasia (BPH) is a result of Hormone Imbalance. The incidence of BPH is dependant on the action of Male Hormones (Androgens) within the Prostate Gland. These changes within the Prostate Gland reflect the many significant changes in both male (androgen), female (estrogen) and pituitary hormone levels in men.

Levels of the main male sex hormone Testosterone decrease with advancing age, but Estrogen, Prolactin, LH and FSH levels are all increased. The exposure to Synthetic Estrogen in the environment and diet help to accelerate these levels further. This explains the growing incidence of Prostate Enlargement and Cancer in the last 25 years.

The ultimate effect of these changes is that there is an increased concentration of Testosterone within the Prostate Gland and an increased conversion of this Testosterone to an even more potent form known as Dihydrotestosterone (DHT). The increase in levels of Testosterone and DHT is largely due to a decreased rate of removal combined with an increase in the activity of the enzyme 5-alpha-reductase, which converts Testosterone to DHT. Elevated levels of Estrogen inhibits the elimination of DHT from the Prostate Gland in cases of BPH.

If untreated, BPH eventually obstructs the bladder outlet, resulting in **Urine Retention** and eventual **Kidney Damage or Failure**.

As men age, Progesterone levels fall, Testosterone becomes converted to Dihydrotestosterone (DHT) and Estrogen levels rise and become dominant. The effect of this is weight gain, some breast enlargement, an enlarged Prostate Gland and sometimes Prostate Cancer. Testosterone actually protects against Prostate Cancer, whereas DHT does not protect against the carcinogenic effects of increased Estrogen. The conversion of Testosterone to DHT is promoted by the enzyme 5-alpha-reductase. The action of this enzyme is inhibited by Progesterone. Progesterone is also a precursor to Testosterone synthesis in the human body and also inhibits its conversion to DHT. This is important since Testosterone antagonizes and limits Estrogen effects, thus preventing **Prostate Cancer**.

ProstateCare is a Herbal Dietary Supplement which is known to decongest Enlarged Prostate.

Saw Palmeto is known to help shrink enlarged Prostate by preventing the formation of DHT in the body by blocking the action of the enzyme 5-alpha-reductase.

Coriander & Cumin are known to help reduce burning sensation while passing urine.

WaterX helps to increase the flow of urine.

Kidney Bladder Flush helps to fight Prostate inflammation.

Soyam is another Herbal Dietary Supplement rich in Phytosterols. It is a precursor to Progesterone which in turn is a precursor to Testosterone which can help prevent Cancer of the Prostate and also inhibit the action of Synthetic Hormones entering the Human Body.

Week	Natural Herbs	Duration	Remarks (For Adults - 110lbs approximately)
Option if you have High Blood Pressure:			
1st to 12th week	HBP Super HBP (Regulates Blood Pressure)	12 weeks	1 to 2 capsules each type morning and evening.
1st to 12th week	Magnetic Bracelet (Reduces Stress & BP)	12 to 24 weeks	Wear on right wrist day and night. Increase number of hours of daily use gradually.
1st to 12th week	Blood Flow Cayenne (Helps to keep Blood thin and free flowing)	12 to 24 weeks	1 to 2 capsules each type morning and evening.
1st to 24th week	Magnetic Necklace (Helps to dissolve plaque from Arteries)	24 weeks	Wear day and night. Increase number of hours of daily use gradually to avoid discomfort.
Option if you have Chronic Constipation, Acidity & Indigestion			
3rd and 4th week	Super Colon Cleanse (To remove extra Toxins from Colon)	14 days	2 capsules at Bedtime. If required, take 3 or 4 capsules to achieve 2 bowel movements.
3rd and 4th week	Super Kidney Care (To remove extra Toxins from Kidney)	14 days	2 capsules in the morning.
5th to 8th week	Go Smooth (To remove acidity and help digestion)	4 weeks	1 to 2 teaspoons at Bedtime.
Option if you have Impotence:			
1st to 12th week	Ginkgo (Improves Blood Circulation & Erection)	12 weeks	1 to 2 capsules in the morning and evening.
1st to 4th week	Blood Flow Massage Oil (Helps to increase Blood supply and reduce Erectile Dysfunction)	4 weeks	Massage 1 to 2 times a day to Pubic region, Penis and Perineum. Leave overnight for best results.
Option if you have Loss of Memory, Concentration and Foggy Thinking:			
1st to 12th week	Ginkgo (Improves Blood Circulation to the Brain)	12 to 24 weeks	1 to 2 capsules in the morning and evening.
1st to 12th week	Brain Tonic Gotu Kola	12 to 24 weeks	1 to 2 capsules each type in the morning and evening with Milk/Fresh Fruit Juice/ Water.
Option if you would like to Release Weight Positively:			
1st to 12th week	Super Slim Fast (Reduces Weight)	12 weeks	2 capsules 1 hour before Breakfast, midday and evening meals.
1st to 12th week	Slim Excel (Increases Thermogenesis)	12 weeks	1 capsule with Breakfast, Lunch and Dinner.
3rd to 6th week	Colon Cleanse (Assists in Weight Release)	4 weeks	2 capsules at Bedtime. If required, take 3 or 4 capsules to achieve 2 bowel movements.
9th to 12th week		4 weeks	2 capsules at Bedtime. If required, take 3 or 4 capsules to achieve 2 bowel movements.
1st to 12th week	Kelp (Enhances Rate of Metabolism)	12 weeks	1 to 2 capsules with midday and evening meals. Gradually increase from 1 to 2 per meal to achieve no more than 1lb weight release per week. Add only 1 capsule per week to your daily dose if required.
1st to 12th week	Fat Burner (Releases excess Fat)	12 weeks	1 to 2 capsules morning and evening.

If you have Hypoglycemia or Low Blood Sugar

Sugar is the fuel on which our entire body runs. The use of refined and concentrated Sugar causes the Pancreas to overreact by producing too much insulin, which in turn burns up the sugar causing low levels of blood sugar known as Hypoglycemia.

The burnt up Sugar releases energy for the body to use. Any excess energy that the body does not require is stored as glycogen in the Liver and Muscles as a fuel reserve or converted to fat. This can result in weight gain.

The Adrenal Glands secrete a Hormone which begins the process to change glycogen back to sugar. The body replaces the depleted glycogen reserve by converting fat into glycogen as a ready reserve.

The most common cause of Hypoglycemia is poorly functioning Adrenal Glands. Sluggish Adrenal Glands cause slower conversion of glycogen to sugar in time of need.

Adrenal Glands tend to get sluggish due to the accumulation of Toxins in the body, which accelerate the slowing down of the body and cause its rapid aging.

When the amount of insulin necessary to convert a given amount of sugar has been secreted, it is the job of the Adrenal Hormone to send a message to the Pancreas to stop producing insulin. A sluggish Adrenal Gland will be late in this function, thus allowing an overproduction of insulin with a resultant "Excessive low blood sugar levels" or Hypoglycemia. The function of the Adrenal Glands is monitored by the Pituitary Glands.

Hypoglycemia in infants and children is also due to poorly functioning Adrenal Glands.

Royale is a Herbal Dietary Supplement which serves as a Tonic for the entire Endocrine System. It stimulates the Pituitary, Hypothalamus, Adrenal, Thyroid, Testis/Ovaries, Pancreas to tune them up to a healthy functioning so that they efficiently begin releasing normal quantities of Hormones in a timely manner. A proper Detoxification of the Body to remove Toxins of the body should also be taken up to eliminate Toxic Imbalance of the Body. This should be followed by Rejuvenation to give the body a fine tune up.

Diabetes Mellitus

Testosterone plays an important role in preventing and treating Diabetes Mellitus or High Blood Sugar which occurs when the cells are not able to take in sugar or metabolize it properly. Testosterone helps the Insulin receptors inside the cells to function more efficiently thereby reducing the incidence of high blood sugar which increases with old age.

An improper functioning of the Endocrine Glands can also cause the Pancreas to produce less insulin which can also manifest as High Blood Sugar levels.

Royale being a Tonic for the Entire Endocrine system can help a deficient Pancreas to produce more Insulin when required and also help the Testis to produce more Testosterone if required. **Royale** can therefore be of help for all types of Diabetes.

SugarLess, Fenugreek and Turmeric are other Herbal Dietary Supplements which are known to regulate Blood Sugar.

TEN WEEK PROGRAM TO GOOD HEALTH !

(Suggestions for Men with Andropause / Hormone Imbalance / Low Libido / Impotence)

Week Natural Herbs Duration Remarks (For Adults - 110lbs approximately)

A. DETOXIFICATION OF THE BODY

1st week **Colon Cleanse** 7 days Start with 1 capsule at Bedtime for the
(To remove Toxins from the Colon) 1st two days and then go up to 2 capsules
at a time. If any serious discomfort is felt
reduce dose back to 1 capsule or discontinue use for one or two
days and continue with a lower dose thereafter. When the Body tries
to detoxify itself certain discomfort may be felt and is quite normal.

Next morning after you start Colon Cleanse you should notice an increase in your bowel action and in the amount of fecal matter that you eliminate. The consistency should also be softer. If this does not happen, you may gradually increase to two or three or four capsules on each subsequent day and see how it works. Continue taking these capsules for 7 days till you have a minimum of 2 bowel movements each day, i.e. one for each major meal you eat.

1st week **Kidney Care** 7 days Start with 1 capsule in the Morning and
(To remove Toxins from the Kidney) then gradually go upto 2 capsules at a time.

Avoid drinking Alcohol & eating Meat during the 2 week Detoxification Program.

end of 1st week

2nd week **Detoxifier** 7 days Start with 1 capsule in the Morning
(To remove Toxins from the Blood) and then gradually go upto 2 capsules
at a time.

2nd week **LivMax** 7 days Start with 1 capsule in the Evening
(To remove Toxins from the Liver) and then gradually go upto 2 capsules
at a time.

2nd week **LungClear** 7 days Take one capsule in morning.
(To remove Toxins from the Lungs)

end of 2nd week

B. SPECIAL HEALTH CHALLENGES

(Start this in the first week along with Detoxification of the Body).

Option if you have Hormone Imbalance:

1st to **Fertility (M)** 12 weeks 1 to 2 capsules in the morning and evening.
12th week (Helps to increase Sperm Count)

1st to **Winter Cherry** 12 weeks 1 capsule in the morning and evening.
12th week (Helps to generate Growth Hormones)

1st to **Royale** 12 weeks 1 to 2 capsules in the morning and evening.
12th week (Tonic for Endocrine Glands / Increases Testosterone)

1st to **Soyam** 12 weeks 1 to 2 capsules in the morning and evening.
12th week (Rich in Phytosterols + Precursor
to Testosterone)

1st to **Kama Sutra** 12 weeks 1 to 2 capsules in the morning and evening.
12th week (Tonic for Reproductive Organs)

1st to **Hormone (M)** 12 weeks 1 to 2 capsules in the morning and evening.
12th week (Helps to generate Male Hormones)

1st to **Hi Libido** 12 weeks 1 to 2 capsules in the morning and evening.
12th week (Increases Libido)

Option if you have Osteoporosis:

1st to **Natural Calcium** 12 weeks 1 capsule in the morning and evening
12th week (Increases Bone Density)

1st to **CalCare** 12 weeks 1 capsule in the morning and evening
12th week (Enhances assimilation of Calcium)

The Urgent Need of Today

Today millions of men young and old suffer from disorders related to Hormone Imbalance due to the high levels of Estrogen in our Diet and the environment.

Estrogen enters our Body through:

1. The grains - wheat, rice, lentils, etc., Milk, Eggs and Meats that we eat;
2. The Petrochemical products like Herbicides, Pesticides and Fungicides; Mosquito and Cockroach sprays;
3. The Pollution that we breathe; and
4. The contraceptive pills which have entered our environment.

This has affected approximately 50% men above the age of 40 years and 80% above the age of 70 years.

In short, ***Hormone Imbalance has reached Epidemic Proportions.***

There is an urgent need for the authorities like the "Health Ministry", " Food & Agricultural Ministry" and the "Environmental Protection Agency" (EPA) to wake up to this ***Stealth Epidemic*** that is undermining the health of the people.

Our Center is engaged in decimating information of this subject. We also offer Free Counseling on changes required to be made in Dietary patterns to face the onslaught of Synthetic Estrogen in our lives. Synthetic Estrogen is not biodegradable and the soil and seeds will stay contaminated for decades to come unless a massive "Clean-up Operation" is immediately undertaken on a priority basis.

Bibliography :

1. Eugene Shippen - 1998
The Testosterone Syndrome
M Evans & Co., New York
2. Jed Diamond - 1997
Male Menopause.
Sourcebooks, Inc., Naperville.
3. Dr. Malcolm Carruthers - 1997
Maximizing Manhood
Harper Collins, London

Other interesting Booklets to read:

1. A New Approach to Health & Beauty Care for the Millennium.

(Shows you how to Detoxify and Rejuvenate the whole Body and Naturally combat Chronic Ailments)

2. AlkaBoost

(Shows you how to Naturally help the Body become Alkaline and rid itself of Acidic wastes - the secret of Reverse Aging, Health and Youthful Vitality)

3. What Every Woman Should Know About the Hormone Crash !

(Shows you how to correct Hormone Imbalance, Reverse Osteoporosis and Release Weight Positively)

Low Sex Drive & Impotence

Impotence or Erectile Dysfunction is the inability to have or sustain an erection long enough to have a meaningful sexual intercourse.

Approximately 50% of normal healthy males experience some degree of impotence by the age of 40.

Impotence can be a vascular disorder caused due to loss of elasticity in the arteries - a condition which causes poor circulation and impaired blood flow. Another cause could be the deposition of plaque in the blood vessels leading to the penis, in which case the blood supply to the penis is insufficient to create or sustain an erection, resulting in impotence.

Healthy circulation and blood flow are necessary to maintain an erection. Erectile dysfunction tends to occur gradually until the night time or early morning erections cease altogether or are so flaccid that successful intercourse does not occur.

Chronic alcoholism can damage the nerves inside the penis also resulting in impotence.

Smoking damages the tiny blood vessels in the penis that must enlarge to accept the substantial onrush of blood required to attain and maintain an erection.

Blood Flow is a Herbal Massage Oil which can be applied to the Pubic region, Penis and Perineum. It is known to help dissolve plaque, improve Blood Circulation and regenerate damaged nerves.

Ginkgo is a Herbal Dietary Supplement, which when used for a prolonged period of time, normally 3 to 6 months, is known to help improve Blood Circulation and Erection

Hormone Imbalance or a disorder of the Endocrine Glands can cause levels of Testosterone to decline to extremely low levels also causing Impotence and **Loss of Sex Drive or Libido.**

Royale is a Herbal Dietary Supplement, which serve as a Tonic for the entire Endocrine System and is capable of raising Testosterone levels in the body.

Usage Guide

This Booklet is intended to offer general instructions for the use of Natural Herbal Dietary Supplements and Herbal Oils. It is important to understand that every man is different, and his hormone levels are unique. We offer these suggestions as a starting point for experimentation to discover what works best for you. Nothing stated here is intended as a treatment for any disease or illness, and should not take the place of consulting a nutritionally conscious, informed physician.

Many men using these guidelines discover that they experience almost immediate results. Others report results after one, two or three weeks, and some men do not see significant results until they have gone through three or four months of continued use. Most men, who use these Herbal Dietary Supplements regularly and consistently for a sufficient length of time, experience the relief they desire.

Testosterone Stimulates Bone Building

Testosterone is an anabolic Hormone which helps to build muscles, bones and connective tissues. Testosterone therefore helps in preventing and treating **Osteoporosis**. Testosterone is used to build muscle mass by professional weight lifters and athletes. A deficiency in Testosterone brings about a weakness in muscles and bones.

Royale which is a Tonic for the entire Endocrine System can therefore be used to successfully reverse Osteoporosis when combined with exercise (walking 30 minutes daily) and sources of Natural Calcium like Carrot juice, Orange juice or Sesame seeds.

Dietary Recommendations

Eat lots of Soy Beans in your daily diet to improve the Hormone Balance of your Body and to reduce the risk of Prostate Cancer & Osteoporosis. Soy Beans are a rich source of Calcium and can be had in the form of Flour, Granules, Nuggets or plain roasted or salted Beans. Boil fresh Soy Bean Pods in salted water and eat as a snack.

Dried Soy Beans lentils can be soaked overnight in water and/or germinated to be eaten as a salad or cooked as a vegetable. Soy Beans can be ground to flour and added in 20% quantity to Wheat flour to make conventional Bread, Syrian Bread or Asian Indian Breads (Chappatis / Rotis / Nans / Parathas / Puris). Eat tofu, Soy Sauce and Miso regularly. High fiber diet can decrease total circulating Estrogens in the Body.

Soy contains Diosgenin which is a precursor to Progesterone / Testosterone which helps to redeposit Calcium back on the Bones. Soy also contains Phytosterols which relieve Enlarged Prostate.

Walk 30 minutes daily. High Estrogen Levels are modulated by cruciferous vegetables, such as kale, collard greens, mustard greens, broccoli, cabbage and turnips. Eat one serving daily. A good source of Natural Calcium which is easily assimilated in the body is Sesame seeds. The Black variety has a higher therapeutic value and lower Oil content. You may soak overnight and eat. Chew to a fine paste. Include Sesame Seeds with your daily meals. They are a rich source of Calcium, Proteins, Magnesium and Iron. Eat Tahini (white Sesame Seed Paste) / white Sesame Seed + Dried Roasted Coconut Chutney with every meal. Fresh Coconut water and Carrot / Orange Juice are also rich sources of Calcium. Almonds are another rich source of Calcium. They contain trace mineral Boron which is essential for proper assimilation of Calcium in the body. Soak 5 - 10 Almonds overnight, skin and eat every morning.

Eat only unrefined crystalline Sea Salt which is a rich source of Natural Iodine. Peas are also rich in Iodine.

Drink 2 cups of Beet Root, Carrot and Wheat Grass juice each day.

If you have an Enlarged Prostate, eat a quarter cup of Raw Pumpkin Seeds or Sunflower Seeds each day. Consume 2 to 4 oz. (50 to 100 gms.) of Soy Foods regularly to decrease the risk of Prostate Cancer. In case of Urinary Incontinence take one to two tablespoons of Sesame Seeds with Jaggery each day. Walk minimum 30 minutes daily. Avoid intake of Alcohol (especially Beer), Caffeine and Sugar.

Tell Tail Signs for Wives to look out for

1. Difficulty passing Urine
2. Depression
3. Increase in weight
4. Fatigue
5. Anger & Irritability
6. Headaches / Migraines
7. Poor Erection
8. Lack of Sex Drive
9. Poor Memory / Fuzzy thinking
10. Forgetfulness
11. Mood swings
12. Insomnia

If these and many more Symptoms go un-noticed, it can cause tensions in the marriage and home and may result in the relationship or marriage falling apart. So don't take Hormonal Imbalance in your Man's Body lightly. It is a serious matter which can be easily and safely corrected within a few weeks of making simple Dietary changes and by intake of necessary Herbal Dietary Supplements for a short duration.

Many men become incapable of normal functioning, both physically and emotionally, because of a Hormonal Imbalance in their body. Correcting this speedily is important. Besides the obvious health benefits, many have saved their marriages, their families, their careers and their sanity by taking corrective Herbal Dietary Supplements.

Reversing The Hormone Imbalance

As a first step, **Detoxify the Body**, so that the Organs which have slowed down as a result of the Toxins accumulating in the Body, will speed up with the removal of Toxins from the Body.

There are 5 Herbal Dietary Supplements (**Colon Cleanse, Kidney Care, Detoxifier, LungClear and LivMax**) that are involved in the Detoxification of the Body. These detoxify the intestines, the Kidneys, the Blood, the Lungs and the Liver respectively.

The second step is to **Rejuvenate the Body** and "*fine tune*" the Body (just like an automobile at its 25,000 mile Tune Up); further speed up the Organs so that the **Hormone generation in the Body** is stepped up. Herbs to be used during Rejuvenation are **Energizer, Kaya Kalpa, Kama Sutra, Shilajit** and **Gooseberry**.

The **Royale** and **Soyam** will help in the natural synthesization of Testosterone in the Body and maintain an automatic natural balance between the Testosterone and Estrogen levels so that you do not become Estrogen Dominant. These Herbal Dietary Supplements can be taken simultaneously with the beginning of the Detoxification of the Body and can be continued right through the Rejuvenation of the Body till the symptoms of Hormone Imbalance are reversed.

In conclusion it is right to say that **Detoxifying and Rejuvenating the Body is the first step to Reversing the Hormone Imbalance**.

A Detoxification and Rejuvenation Program, once thoroughly done, is known to recreate in some cases, a Natural Hormone Balance within the Body even where the Testis have been damaged or infected by Viral infections such as Mumps. This has been reported in many cases where the Adrenal Glands have stepped in with increased Hormone production.

To reverse the effects of Weight Increase please refer to our **Positive Weight Release Techniques** given in Appendix "A" where the Rate of Metabolism of the Body is adjusted to help shed weight.