

PROSTATE PROBLEMS

Natural progesterone is one of the best natural remedies for prostate inflammation (BPH) that can obstruct urinary flow and lead to impotence. Transdermal creams are the most effective means of hormone delivery.

Scientists are tracing the higher incidence of hormone-dependent cancers including cancer of the breast, prostate and testes to exposure to endocrine disrupters in the environment.³⁶ Petrochemical contamination from DDT, PCB, pesticides, the phylate DBP, and synthetic steroids in meat, are all implicated in interfering with hormone receptors, rendering them unable to function properly, eventually leading to cancer.

For prostate problems, peppermint acts as an anti-inflammatory to the prostate. Saw palmetto, Pygeum africanum, and pumpkin seed oil also reduce prostate swelling.³⁷

Single Oils:

Oregano, frankincense, myrrh, orange, Idaho balsam fir, cumin, thyme, blue cypress

Blends:

Mister, EndoFlex, Dragon Time, Australian Blue

EO Applications:

TOPICAL:

DILUTE 20-80, apply 2-4 drops between the rectum and scrotum twice daily. Mister works especially well here

VITA FLEX, massage 4-6 drops on Vita Flex reproductive points on the feet 2 times daily

RETENTION:

RECTAL, nightly for 7 days; rest 7 days, then repeat

Dietary Supplementation:

ProGen, Longevity Caps, Protec, ImmuPro, Master Formula HIS, Wolfberry Crisp

Zinc helps reduce prostate swelling. ImmuPro, ProGen, and Master Formula HIS are excellent sources of zinc.

Topical Treatments:

Prenolone, Prenolone +, Progessence

Benign Prostate Hyperplasia (BPH)

Almost all males over age 50 have some degree of prostate hyperplasia, a condition which worsens with age. BPH can severely restrict urine flow and result in frequent, small urinations.

Three herbs which are extremely effective for treating this condition are saw palmetto, pumpkin seed oil, and Pygeum africanum. The mineral zinc is also important for normal prostate function and prostate health. The hormone-like activity of some essential oils can support a nutritional regimen to reduce BPH swelling.

Single Oils:

Ledum, frankincense, myrrh, orange, Idaho balsam fir, cumin, tsuga, blue cypress

Blends:

Mister, EndoFlex, Dragon time, Australian Blue

EO Applications:

TOPICAL:

DILUTE 50-50, 1-3 drops between the rectum and scrotum 1-3 times daily

VITA FLEX, 1-3 drops on reproductive Vita Flex points on feet, 2 times daily

INGESTION:

CAPSULE, 00 size, 1 capsule 3 times daily

RICE MILK, 2-4 times daily

RETENTION:

RECTAL, 3 times per week, at night

BPH Specific Regimen:

The following regimen reduced PSA (prostate specific antigen) counts 70 percent in 2 months: PSA counts typically rise when BPH occurs.

BPH blend:

- 10 drops frankincense
- 5 drops myrrh
- 3 drops sage

Use the above blend for the following three applications simultaneously:

1. Mix the above amounts of essential oils with 1 tablespoon olive oil and use 3 times weekly as overnight rectal retention enema.
2. Massage 1-3 drops neat on Vita Flex reproductive points on both feet daily
3. Dilute above blend 50-50 with V6 Oil Complex and apply 2-4 drops topically between the rectum and the scrotum daily.

Dietary Supplementation:

ProGen, Master Formula vitamins, Longevity Caps, Protec, ImmuPro, Mineral Essence

Topical Treatments:

Prenolone, Prenolone +, Progessence

Other:

1 oz. Protec with 1-2 drops tsuga essential oil in a rectal retention enema. Retain overnight, 3 times weekly

Prostate Cancer

(See PROSTATE CANCER in [CANCER](#))

Prostatitis

Prostatitis is an inflammation of the prostate that can present symptoms similar to benign prostate hyperplasia: frequent urinations, restricted flow, etc.

Single Oils:

Rosemary, myrtle, thyme, tsuga, peppermint

Blends:

Mister, Dragon Time, Aroma Siez, Di-Tone

EO Applications:**INGESTION:**

CAPSULE, 0 size, twice daily

RETENTION:

RECTAL, 3 times per week, at night

TOPICAL:

DILUTE 20-80, apply 1-3 drops to the area between the rectum and the scrotum daily

VITA FLEX, massage 4-6 drops on reproductive foot Vita Flex points daily

Dietary Supplementation:

ProGen, Master Formula HIS, Longevity Caps, Protec, ImmuPro, Mineral Essence

Topical Treatment:

Prenolone, Prenolone+, Progessence

36. Skakkebaek NE, "Endocrine disrupters and testicular dysgenesis syndrome," *Horm Res* 2002;57 Suppl 2:43.

37. Zhang X, et al., "Effect of the extracts of pumpkin seeds on the urodynamics of rabbits: an experimental study," *J Tongji Med Univ* 1994;14(4):235-8.

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