

# NATURAL HEALTH JOURNAL

April 2011 • \$5.00

## The hidden culprit that's "feminizing" your prostate

**This little-known risk affects every man over 50 and robs you of urinary control and sexual pleasure. But a new discovery can reverse the damage in just weeks.**

### IN THIS ISSUE...

■ **The hidden hormones in your food.** *Page 1*

■ **How to tell if you're at risk for "Man Boobs."** *Page 3*

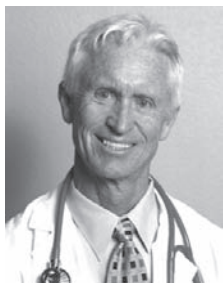
■ **A common garden weed** that makes saw palmetto and pygeum work even better. *Page 3*

■ **The amazing tree bark** that relieves prostate symptoms. *Page 5*

■ **A prostate protector** that's ignored by almost everyone. *Page 7*

■ **The next big breakthrough** for a healthier prostate. *Page 10*

■ **How to get all the prostate support you need** at a fraction of the cost. *Page 11*



Frank Shallenberger, M.D.

By Frank Shallenberger, MD

**T**here's a hidden culprit stalking your prostate and your body. This culprit can cause you all sorts of health problems.

It can make your muscles softer, and your arms and legs flabby. It can even cause you to grow "man boobs" and cause your hair to get thinner and fall out prematurely.

What's more, this hidden culprit can cause your prostate to swell up until you have trouble peeing, and have to run to the bathroom over and over. Often several times a night.

What is this culprit? *It's estrogen.* That's right, estrogen.

**Did you know the average male over age 50 has more estrogen in his body than his wife or girlfriend of the same age?** It's true! And it's true even for healthy, active men.

*Here's why:*

**First, there are estrogen-like chemicals in our environment.** Bisphenol-A in plastic drink bottles. Estrogen-like chemicals in detergents, personal care products, air fresheners, paints, and more. They're everywhere ... constantly seeping into our food and water.

**Second, there are hidden hormones in our food.** Commercially raised beef, chicken and pork are loaded with hormones to speed up their growth. Even healthy foods have soy additives that act like estrogen. You'll find soy listed as "vegetable protein" in non dairy ice cream, veggie burgers, snack foods,

*(Continued on next page...)*

energy bars ... even vitamins and medicines.

### Third, there's the aging process.

The older we get, the more fat cells we have. Fat cells churn out an enzyme called aromatase. Aromatase turns testosterone in your body into the most powerful form of estrogen, called estradiol.

No wonder your body is accumulating more and more estrogen ... while your testosterone levels decline.

## What happens when you have too much estrogen?

When your estrogen goes up and your testosterone goes down, it throws your whole body out of whack.

It can lead to flabby muscles. Weaker erections. Mood swings. It can impact your overall cardiovascular health.



Too much estrogen can enlarge your prostate, making it harder to pee. You wake at all hours of the night and rush to the bathroom. When you do try to urinate, you feel like you never completely empty your bladder.

Too much estrogen can even trigger male pattern baldness. Your body tries to compensate for the feminizing effects of rising estrogen by converting it into the hormone DHT, which is 10 times stronger than testosterone.

Higher concentrations of DHT interrupt

the normal growth cycle of hair follicles on your head. You start growing thinner, wispiest hair. Until you lose the ability to grow healthy new strands of hair completely.

Too much estrogen robs you of what it means to be a man. You lose strength, sex drive, muscles, even your ambition. Your body begins to look more feminine. You get softer — everywhere. Your ability to perform sexually can fall apart.

Luckily, there's a solution that gets at the root cause of this problem.

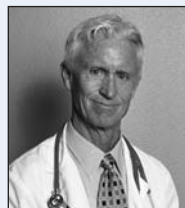
## The little-known nutrient that reduces estrogen and shrinks a swollen prostate

Scientists have discovered a single nutrient that can reduce the estrogen build-up and erase these symptoms. It's called *di-indolylmethane*, or "DIM" for short.

Supplementing with DIM can help reduce the steady climb of estrogen in your body. It does so by converting bad estrogen into "good" estrogen by-products. These good estrogen by-products trigger more testosterone to be released in your bloodstream.

Having more free testosterone works wonders for your sex drive, energy levels, fitness and your prostate health.

It can help shrink your swollen prostate down to normal size. It can relieve the pain and discomfort that comes from prostate problems ... and boost your urine flow (with no more dribbling or straining).



### About the Author — Frank Shallenberger, MD, HMD

**Dr. Frank Shallenberger** is the founder and medical director of the Nevada Center for Complementary

Medicine. He is past president of the Nevada State Homeopathic and Integrative Medicine Association, and has served as a Clinical Instructor in Family Medicine at the University of California

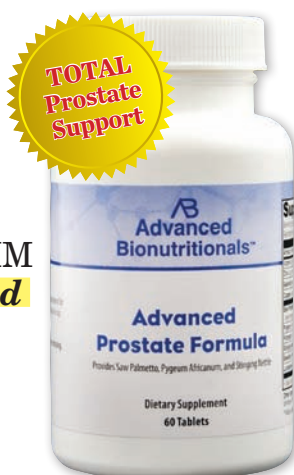
School of Medicine in Davis, California.

Dr. Shallenberger has published numerous scientific papers, and is the author of two books, *Bursting With Energy* and *The Type 2 Diabetes Breakthrough*. He is the originator of Bio-Energy Testing™, CheZone, and Prolozone™ Therapy, and has trained over 700 doctors in the use of these techniques.

It doesn't stop there. DIM is a potent immune booster. It helps you fight off viruses. It can elevate your fitness levels and help you build lean, hard muscle. And it revs up your energy levels and promotes a healthy, active sex life.

There's no question in my mind. If you're a man over 50, you need to take DIM. That's why I called my friends at Advanced Bionutritionals and asked them to add DIM to their popular **Advanced Prostate Formula**.

As a result, they now offer what I think is the most complete, most powerful prostate reliever ever. It gives you a complete foundation for advanced prostate support in one daily supplement. It starts with DIM and adds all the other essential prostate nutrients including...



### **The common garden weed that makes saw palmetto and pygeum work even better**

You probably know that saw palmetto and pygeum are two of the most effective natural treatments for prostate problems. Dozens of studies show these two herbs can boost urinary flow ... alleviate the sudden urges to pee ... and relieve the discomfort of a swollen prostate.

Yet now, scientists have discovered that a common garden weed dramatically boosts the effectiveness of saw palmetto and pygeum. In fact, **people who added this herb to saw palmetto were able to cut their nighttime bathroom visits in half!**

So what is this revolutionary prostate nutrient? It's a common prickly plant found in America and Europe called *stinging nettle*.



Stinging Nettle

Stinging nettle helps block another cause

(Continued on next page...)

## **How to Tell If You're At Risk for "Man Boobs"**



**D**id you know the average male over age 50 has more estrogen in his body than his wife or girlfriend of the same age? It's shocking but true.

Here's how to tell if your estrogen levels are too high.

- ✓ **Are you gaining weight, especially around your belly?**
- ✓ **Feeling more tired than usual?**
- ✓ **Is your hair thinning?**
- ✓ **Irritable, short-tempered, or moody?**
- ✓ **Feeling bloated?**
- ✓ **Less interested in sex?**
- ✓ **Have poor memory or concentration?**
- ✓ **Are your muscles shrinking, getting softer or turning to flab?**

If so, you could be suffering from a hormone imbalance triggered by declining testosterone levels and increasing estrogen. To find out how to correct this condition, see the article beginning on page 1.

of prostate problems, too. That culprit is the hormone DHT. DHT can cause your prostate to swell up.

Saw palmetto and pygeum work by blocking DHT. It appears that stinging nettle may work in a similar way.

Stinging nettle is just one of several powerful nutrients you need for optimal prostate health. You should also take...

## The plant sterol that strengthens your prostate

*Beta-sitosterol* is another prostate nutrient that's making the medical literature lately. That's because several double-blind clinical studies show this plant sterol can reduce the symptoms of a swollen prostate, especially when you combine it with saw palmetto.

In one study, patients taking beta-sitosterol saw a 3-fold decrease in their prostate problems, as measured by the International Prostate Symptom Score. This test measures urine flow and the amount of urine remaining in the bladder.

In another study, published in the British Journal of Urology, 177 patients with enlarged prostates significantly increased their urinary flow and had better bladder emptying.



Pumpkin seeds

Guess where you can find a great source for beta-sitosterol? *Pumpkin seeds!* Pumpkin seed oil contains phytosterols

just like saw palmetto and pygeum. Pumpkin seed has been used by doctors for years in Germany, where it's an approved supplement for treating enlarged prostate

**Advanced Prostate Formula** gives you a whopping 216 mg of beta-sitosterol in every dose. It's packed into the pumpkin seed, saw palmetto and pygeum in the formula.

In addition, pumpkin seeds contain a protein called myosin. Myosin helps your muscles to contract ... like the smooth

muscles around your urinary system and your prostate gland.

When your muscles contract better, it keeps your prostate pumping ... your ejaculations flowing ... and your sex life going strong.

## The "tomato sauce" solution to a swollen prostate



You've probably heard about a powerful antioxidant called *lycopene*. Lycopene is the pigment that gives tomatoes their bright red color.

Lycopene fights free radicals that can damage cells throughout your body. In fact a landmark study of 50,000 men at Harvard Medical School showed that men who eat large quantities of tomatoes, rich in lycopene, have healthier prostates than those who do not.

But what you may not know is that lycopene can also slow down and even stop your prostate from enlarging! In a recent study, men who took only 15 mg of lycopene a day slowed their prostate growth to a crawl.

You can load up on lycopene-rich foods like fresh tomatoes, tomato sauce or watermelon to get these benefits. Or you can take a daily dose of **Advanced Prostate Formula**, which gives you all the lycopene your prostate needs to stay healthy.

## Swedish Flower Pollen

**Advanced Prostate Formula** also contains *Cernilton*®. This flower pollen extract has greatly reduced and even eliminated prostate problems for millions of men around the world. Two double blind, placebo-controlled studies show that Cernilton improves symptoms of an enlarged prostate.

Cernilton improved nighttime urination in nearly 70% of cases. Patients had emptier

# Why Take DIM Instead of Indole-3 Carbinol?

You may have heard about Indole-3 Carbinol and how it protects your prostate. Indole-3 Carbinol is found in cruciferous vegetables like broccoli, cabbage, cauliflower and Brussels sprouts, too. In fact, when indoles digest in your stomach, they release a bunch of compounds.

DIM is one of them.

But I recommend you take DIM instead of Indole-3 Carbinol for your prostate. *Here's why:*

**First, Indole-3 Carbinol is highly unstable.** Studies show it breaks down quickly in your stomach and very little leaves the intestines to circulate in your

bloodstream. In contrast, DIM is a more stable compound and more readily absorbed by your body.

**The second big difference is safety.** Higher doses of oral Indole-3 Carbinol have triggered a host of side effects in humans, such as dizziness, gastritis and nerve toxicity. In one instance, I3C produced a "bad" estrogen metabolite that's been linked to a higher risk of abnormal cell growth.

DIM does not trigger this metabolite. In fact, **there are no known side effects of DIM from either the clinical studies or patient cases.** That's why **Advanced Prostate Formula** includes 200 mg of DIM in each daily dose.

Put **Advanced Prostate Formula** to the test TODAY...



bladders. And it shrank their swollen prostates, a fact confirmed by ultrasound tests.

## The amazing tree bark that relieves prostate symptoms

The African tree bark extract called *pygeum* is one of the world's most popular prostate remedies. Many studies show it improves urinary flow, reduces the number of times you have to pee each night and even relieves pain with urination.

In one French study, patients taking pygeum significantly reduced their need to urinate and more completely emptied their bladders. In another study, **nearly 2 out of 3 men improved their urinary function.**

## Saw Palmetto

No prostate formula would be complete without saw palmetto, the granddaddy of natural prostate remedies. Dozens of clinical

trials over four decades show it can shrink an enlarged prostate, improve urinary flow, relieve discomfort and reduce the number of times you have to pee each day.

Like DIM and pygeum, saw palmetto promotes healthy levels of testosterone. It reduces the levels of DHT and the enzyme 5-alpha reductase, two other culprits linked to enlarged prostate.

But you have to take at least 350 mg of saw palmetto each day, with the right 85% to 90% fatty acid concentration, to get the kind of results in the clinical trials. You get even more than that in **Advanced Prostate Formula**.

## The "male mineral"

Zinc is vital for prostate health and for male hormone activity. You need zinc to produce sperm and semen. There's more zinc in your prostate gland than any other part of

*(Continued on next page...)*

your body.

Maintaining normal zinc levels is important to sexual function. One study found that patients with chronic prostate problems had 9 times less zinc than patients with healthy prostates.

Like other nutrients, zinc levels decline as you get older. Infections and stress deplete your zinc as well. But supplementing with

zinc can have dramatic results.

Researchers at Cook County Hospital gave patients with swollen prostates 150 mg of zinc daily for two months. All patients reported improvement in their prostate health. **3 out of 4 men saw their prostates shrink in size,** as shown on digital exams and X-rays.

Zinc should definitely be part of your prostate health plan. But when you take zinc,

## 10 Ways We GUARANTEE Advanced Bionutritionals Products are the Best Supplements Money Can Buy

I'm sure you've heard of vitamins, herbs and other nutritional products that flunked lab tests. At Advanced Bionutritionals, we make sure that NEVER happens. In fact, our manufacturing process guarantees purity, potency and quality 10 different ways:

**#1. We only use suppliers and growers that we've known for years.**

**#2. We only use ingredients that have been proven effective in scientific studies.**

**#3. All our ingredients are 100% standardized** to the levels used in those studies.



**#4. All our ingredients are lab-tested** by independent third-party laboratories, using state-of-the-art methods such as

High Performance Liquid Chromatography, Atomic Absorption, and Mass Spectrometry.

**#5. All our ingredients come from 100% natural sources and are GMO-free.** There are no artificial colors, artificial binders, artificial fillers, or artificial preservatives.

**#6. All our ingredients are screened for pesticides, metals and other contaminants.**

**#7. Our manufacturing process conforms with or exceeds standards set by the U.S. government,** the Medicines Control Agency of Europe, the U.S. Pharmacopeia, and the state of California.

**#8. Every single batch of product undergoes rigorous dissolution and disintegration tests,** to ensure that it is absorbed in your stomach and intestines rather than passing through unabsorbed.

**#9. Every single step of our manufacturing process is double or triple-checked** and signed off by a quality control officer to ensure accuracy, purity and potency.



**#10. Every bottle is immediately safety sealed for lasting freshness and potency.** And each bottle is marked with an expiration date.

For you, that means the best quality possible. In fact, we guarantee it. If you're unsatisfied with *Advanced Prostate Formula* for any reason whatsoever, simply return the empty bottle and we'll refund every penny you paid, including shipping and handling.

**See page 15 to order or call toll-free 1-800-728-2288 to get started right now!**

your body absorbs less copper. Copper plays a big role in your antioxidant systems. So you need to take both zinc *and* copper to get the right balance of these two essential nutrients. You'll find both in ***Advanced Prostate Formula***.

## Selenium

Seven population studies in the past decade looked at the link between selenium and prostate health. All but one showed that selenium protects your prostate.

In one study, **men with the highest levels of selenium had healthier prostates**. In another study, patients taking 200 micrograms of selenium a day had better colon, prostate, and lung health. Clearly, selenium should be on your list of prostate nutrients, along with...

## The prostate protector that's ignored by almost everyone

You probably think vitamin D is a "bone vitamin." And it is. But did you know vitamin D is absolutely essential to a healthy prostate?

That's why I strongly urge you to supplement with vitamin D.

## A potent combination

Any one of these nutrients ... DIM ... saw palmetto ... pygeum ...nettle ... have shown their effectiveness in dozens of clinical studies. But it should come as no surprise that when you combine them, they're even more powerful.

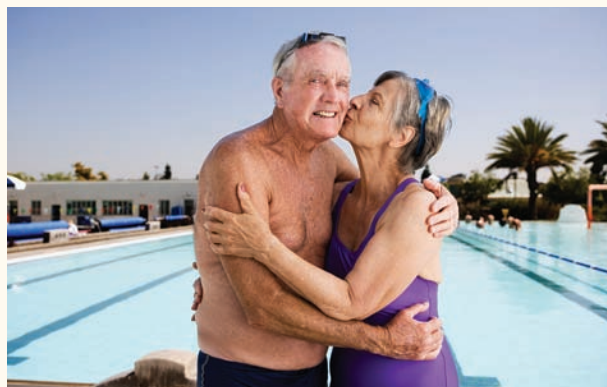
I've seen this myself. I've found that combining these herbs has a synergistic effect. That's why I'm so pleased that **Advanced Bionutritionals** has included *all* of them in their new and improved prostate remedy, ***Advanced Prostate Formula***.

## Shrink your swollen prostate and end your nighttime miseries — guaranteed!

By now you've seen the hidden culprit that's secretly "feminizing" your prostate

*(Continued on page 10...)*

# Why suffer any longer?



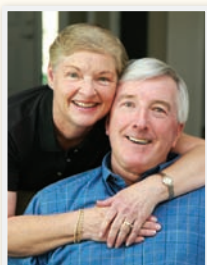
***Advanced Prostate Formula*** with DIM helps you...

- ✓ **END** the constant trips to the bathroom
- ✓ **RELEASE** a strong urine flow — no more stops and starts and dribbling
- ✓ **RELIEVE** the pressure on your bladder and that "never empty" feeling
- ✓ **SLEEP** soundly through the night and wake up feeling energized
- ✓ **SHRINK** your swollen prostate down to normal size
- ✓ **STOP** the burning sensation every time you pee
- ✓ **RESTORE** your hormone balance for better prostate and overall health
- ✓ **STRENGTHEN** your prostate muscles for stronger ejaculations and a better sex life!
- ✓ **BLOCK** the formation of DHT that swells your prostate and thins your hair
- ✓ **RAMP UP** your energy levels and muscle strength!

See page 15 to order or call 800-791-3395 any time 24 hours a day, seven days a week.



# Prostate Sufferers Reclaim Their Lives and Health!



## **“My love life is back!”**

“From my perspective, the greatest benefit (of *Advanced Prostate Formula*) is in our marriage. My husband’s prostate medication had a dampening effect on our love life, but thanks to

*Advanced Prostate Formula*, my husband not only recovered from that, he seems 10 years younger!”

— Mrs. Charles Morrissey, MI

## **“Advanced Prostate Formula, gave me needed relief!”**

“*Advanced Prostate Formula* has relieved the feeling of fullness in the bowel at the rectal area, which had nothing to do with the colon, but was an enlarged prostate symptom.”



— Walter B. Udell, PA



## **“Your Advanced Prostate Formula is the best!”**

“*Advanced Prostate Formula* has proven to be better than anything I have used from health food stores.”

— Walter Greifenhagen, FL

## **“I have no problems!”**

“I have no problems and particularly like the smooth, easy-to-take capsules. What more could you want?”

— Julius Pieper, WI

## **“Finally, a good night’s sleep!”**

“Since taking *Advanced Prostate Formula*, my nightly trips to the bathroom have been reduced from the usual 4–5 per night to 1 or 2 to none! I am very pleased ... thank you for a wonderful product.”



— Roderick K. Peet, MA

## **“I was skeptical ... now I’m symptomless!”**

“I realized that something had to be done about my prostate problems: an enlarged prostate gland, nocturnal urination, difficulty in starting, and weak urine flow. I began taking *Advanced Prostate Formula* with some skepticism. Now, after a year, I am symptomless.”



— Dr. John Thorne, FL

## **“Advanced Prostate Formula is a must for every man over 40!”**

“I believe every male over 40 years old should take *Advanced Prostate Formula* to keep the prostate under control. We are all prone to this misery, and it will be a serious problem to all males. Taking *Advanced Prostate Formula* faithfully will keep it under control.”

— Bert Dunham, VA



## **“I cut out my nightly trips to the bathroom!”**

“Before I began taking *Advanced Prostate Formula*, I was up to urinate every hour on the hour. Since I began taking it, I now get up once a night at most, usually not at all, even if I drink a lot of water before going to sleep.”

— Ron Willrich, IA

## **“I don’t need to visit the bathroom, but they do”**

“With the *Advanced Prostate Formula* I have a smooth and steady stream. I usually wake up during the night, but sometimes I just roll over and go back to sleep. When having breakfast or coffee and doughnuts with friends, who are my age, I don’t need to visit the restroom but they do.”



— Joe E., Countryside, IL

### **“No longer get up in the night”**

“I started taking *Advanced Prostate Formula* about two years ago — I no longer have to get up 3 to 4 times a night.”

— *Orris Linvick, OK*



### **“I sleep better and don’t have to get up”**

“I have used a number of products to try to reduce the swelling and some seem to be effective, but only for a short time.

I was never satisfied with the results until I discovered your formula. I sleep better and don’t have to get up as much at night.”

— *Gary C., Abilene TX*

### **“Sleeping soundly”**

“Thanks to *Advanced Prostate Formula*, I am now sleeping soundly through the night.

— *Ernie Kotsch, Largo, FL*

### **“Prostate Health Never Better”**



“I believe the *Advanced Prostate Formula* has [significantly improved my prostate health. I have to get up fewer times in the night and have a steady stream. Thank you.”

— *Sam H., Austin, TX*

### **“Thank you for a good product”**

“I am down to one wake up a night having been using it for about 30 days. Getting better as time goes on. Thank you for a good product.”

— *Eugene K., Bismarck, ND*



### **“The change was amazing”**

“I have been using a Saw Palmetto supplement from another company and switched to *Advanced Prostate Formula* two months ago. The change was amazing. No more dribbling, a smooth steady stream when using the bathroom.”

— *Mike M., Manchester CT*

### **“Trips to the bathroom cut in half”**

“Since using *Advanced Prostate Formula* and to my delight I am happy to report my nightly trips to the bathroom have been cut to less than half. My urine stream is considerably stronger, and my night’s sleep has improved vastly. Thanks for your fine product!”

— *Jim J., Phoenix, AZ*



### **“Sleeping through the night”**

“I am greatly improved. Sleeping through the night and all, but have also followed Dr. Rowen’s advice and have stopped eating most meats, certainly red meat. I also take your Delta Fraction. Tocotrienols and redoxulin. The combination seems to be quite powerful.”

— *Steve M., Centennial CO*

### **“The sense of urgency is gone”**



“The formula has worked well for me. I sleep soundly thru the night instead of getting up 2 or 3 times and my urine stream is stronger. Also the sense of urgency is gone.”

— *James M., Chicago IL*

### **“Big improvements in sleep quality”**

“Needless to say, I am already happy with the big improvement in sleep quality. The stream is steadier and stronger, which is a minor miracle with all the prescription hypertension medications I am taking.”

— *Stan H., New Lenox, IL*



### **“Quite pleased with the results”**

“Since I started taking *Advanced Prostate Formula* I have experienced a reduction in the number of times I have to go to the bathroom during the night and my flow is smoother with a reduction in dribbling. I am quite pleased with the results I have had with the *Advanced Prostate Formula*.”

— *Bill C., Anacoco, LA*

gland ... causing it to swell up like a balloon ... choke off your urine stream ... and send you running to the bathroom over and over.

You've seen how a little-known plant extract called DIM conquers this hormone culprit. Shrinks your swollen prostate. Even helps you fight viruses, build lean muscle and ramp up your energy.

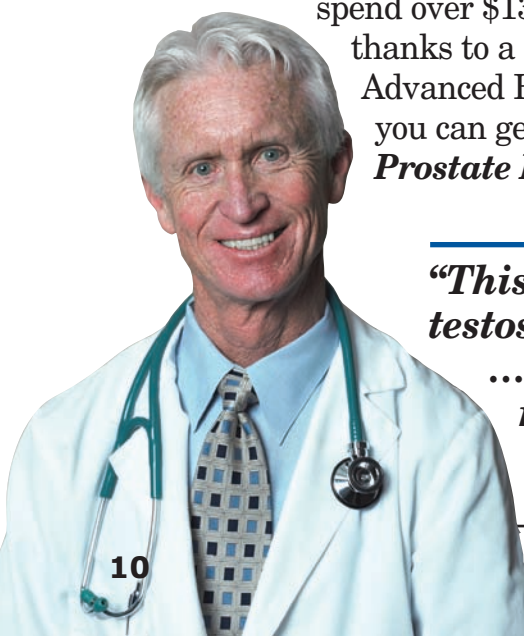
And you've seen how beta-sitosterol and the unique combination of 11 targeted nutrients in **Advanced Prostate Formula** can release a torrent of urine flow and help you empty your bladder more completely. Ending that "always having to go" feeling. And trigger muscle contractions in your urinary system and prostate ... to rev up your ejaculations and supercharge your sex life!

Isn't it time you experienced the benefits of **Advanced Prostate Formula** yourself?

### **Try Advanced Prostate Formula at the lowest price and get 3 FREE Gifts!**

This is the only prostate formula I know that contains DIM plus 10 other essential nutrients for optimal prostate health. You get DIM, saw palmetto, pygeum, nettle, pumpkin seed with beta-sitosterol, Swedish Flower Pollen and more. A total of 11 targeted nutrients guaranteed to give you complete prostate protection.

If you tried to buy all these nutrients at your local health food store, you'd easily spend over \$130 a month. But thanks to a special offer from Advanced Bionutritionals, you can get **Advanced Prostate Formula** with



***"This formula has it all ... DIM to re-balance your testosterone levels ... beta-sitosterol ... saw palmetto ... pygeum ... nettle ... lycopene ... and more. It's the most complete prostate protector I know."***

***— Frank Shallenberger, M.D., H.M.D.***

DIM for as little as \$29.95 per bottle.

What's more, it's so much easier to get these nutrients in one convenient supplement, rather than having to mix and match them yourself. All the work has been done for you!

It's great to know that in these tough economic times, Advanced Bionutritionals has kept their critical prostate formula so affordable. And just look at what else you get when you try a one-month supply of **Advanced Prostate Formula**:

### **The One-Month Advanced Prostate Formula Starter Pack**

...is just \$39.95 plus shipping and handling. Plus you'll receive a FREE GIFT that I'd like to send to you right away:



**FREE Gift #1: The Next Big Breakthrough for a Healthier Prostate** (a \$9.95 value)

This Special Report reveals the amazing story behind DIM and the 10 other nutrients in **Advanced Prostate Formula**. You'll get details on the scientific studies and hear true-life success stories from the people who've used these nutrients. You'll also find out about:

- **The nutrient discovery** that can eliminate the root cause of your swollen prostate and significantly improves your prostate health.
- **Why Saw Palmetto and Pygeum don't work for everyone.** And what to take instead.

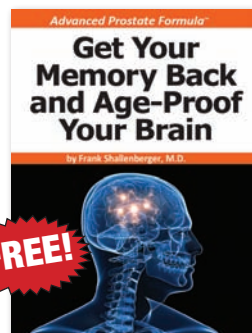
- **The truth about “andropause” in men.** What causes it ... common symptoms ... and what you can do to reverse the problem.
- **How DIM can improve your mood,** enhance memory, help you build lean, strong muscles, and even improve your sex drive.
- **The surprising link between thinning hair and prostate problems.** And what you can do to avoid both problems.
- **And much, much more.**

If you're still plagued by a swollen prostate and nighttime trips to the bathroom, you'll want to get your hands on this Special Report right away. And the report is yours FREE.

### Get extra prostate support with 3 bottles and get another FREE gift!

If you'd like to save more than 10 percent on your order and make sure you have enough **Advanced Prostate Formula** on hand, then I suggest you try a 3-month supply for just \$107.85 plus shipping and handling. You save \$12.00 off the regular price. Plus you receive:

**FREE Gift #1: The Next Big Breakthrough for a Healthier Prostate** (a \$9.95 value)



**FREE Gift #2: Get Your Memory Back and Age-Proof Your Brain** (a \$9.95 value)

If you've had memory problems you may have tried nutritional supplements such as ginkgo, choline, or phosphatidyl serine. But these supplements usually provide only minor improvements. That's because they all miss the #1 cause of memory loss. And it isn't a nutritional deficiency at all! In this Special Report, you'll discover...

## Advanced Prostate Formula Gives You All the Support You Need At a Fraction of the Cost

If you tried to purchase the individual ingredients in *Advanced Prostate Formula* at your health food store, you could easily spend...

Ingredient	Typical Cost
Vitamin D .....	\$4.38
Zinc.....	\$4.37
Selenium .....	\$15.60
Copper .....	\$4.38
Saw Palmetto.....	\$22.66
Pygeum .....	\$10.17
Pumpkin seed oil .....	\$17.03
Stinging Nettle .....	\$16.00
Swedish Flower Extract.....	\$11.77
Lycopene.....	\$12.58
<b>TOTAL COST:.....</b>	<b>\$131.95</b>

But thanks to this special offer, you can get **Advanced Prostate Formula** with DIM for as little as \$29.95 per bottle. **That could save you as much as \$102.00 per month!**

What's more, it's so much easier to get these nutrients in one convenient supplement, rather than having to mix and match them yourself. All the work has been done for you!

- **The major cause of memory loss** that almost everyone ignores. Yet the remedy is so simple and costs absolutely nothing! (And no, it's not exercise.)
- **The popular remedy for upset stomach** that can lead to brain lesions and memory loss! Millions take it. Do you? What you should use instead.
- **A common mineral that can lead to memory problems.** New research shows it reduces blood flow to the brain, leads to dementia, depression, even strokes. Simple way to reverse the damage.

(Continued on next page...)

- **The European secret for better memory.** This amino acid derivative protects against memory loss—even from strokes and injuries. And it's so safe, you can take it as a daily supplement.
- **How to tell if forgetfulness is a sign of more serious memory problems.** Just try this simple 2-minute “pop quiz.”
- **And much, much more.**

## For the biggest savings and the lowest price per bottle, try the 6-month pack

If you're really serious about maintaining a healthy prostate for life—and saving the most money—you should try a 6-month Advanced Prostate Formula savings pack.

You'll pay just \$179.70 for a 6-month supply. That's a whopping savings of \$40.20 off the regular price. And shipping and handling is FREE!

What's more, you'll receive all 3 of these Special Reports...

**FREE Gift #1:** *The Next Big Breakthrough for a Healthier Prostate* (a \$9.95 value)

**FREE Gift #2:** *Get Your Memory Back and Age-Proof Your Brain* (a \$9.95 value)

**FREE Gift #3:** *The No-Pill, Total Arthritis Cure.* *The little-known therapy that works no matter how worn out your cartilage is* (a \$9.95 value)

Conventional approaches to arthritis only mask the pain or treat the symptoms. They don't offer you way to get rid of arthritis at the root cause. But there's a little-known arthritis therapy that works no matter how worn out your cartilage is. In fact, it even works when there's no cartilage left! What's more, it's a permanent cure for many forms of arthritis. In this Special Report you'll discover...

- **How to cure your arthritis permanently** — by rebuilding the entire joint from the inside out.
- **Arthritis pain gone completely!** 9 out of 10 of patients walk away pain-free after this breakthrough treatment. Combines two little-known natural therapies.
- **The arthritis risk factor that shows up on your *finger*nails!** It could point to a common mineral deficiency that's causing your miserable joint pain. Here's how to tell ... and a simple way to relieve your arthritis pain and swelling in as little as 4 weeks.
- **What to do if you have rheumatoid arthritis.** Since rheumatoid arthritis is an auto-immune disorder, re-building the cartilage is not enough.
- **And much, much more.**

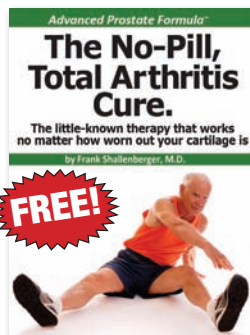
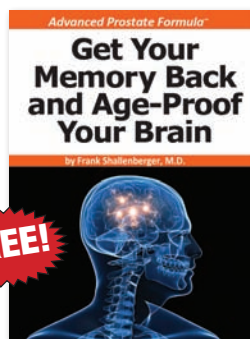
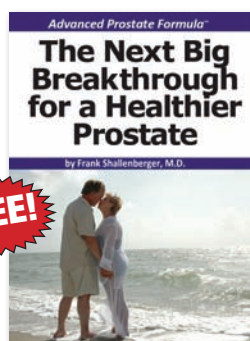
## Order within 7 days and get FREE shipping, too!

Nobody likes having to pay for shipping. But since **Advanced Prostate Formula** with DIM isn't available in stores, there's no other way to get it except by mail order.

Truth is, the cost of packaging and shipping your bottles so they arrive safely and securely adds up to real money. That's why you'd normally have to pay \$6.95 for shipping and handling. (From what I'm told, this barely covers it, especially for larger orders!)

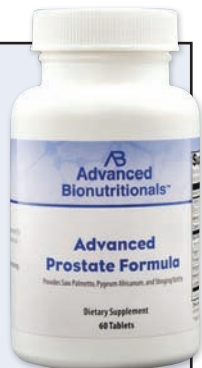
But I've arranged for you to pay ZERO for shipping and handling when you request any size order of **Advanced Prostate Formula** with DIM within the next 7 days!

We're willing to eat the cost of shipping just so we can get this powerful formula into your hands



# 11-in-1 Prostate Protection

Each daily dose of **Advanced Prostate Formula** gives you all these beneficial nutrients:



## Supplement Facts

Serving Size 1 Tablet

Servings Per Container 60

Amount Per Serving	% Daily value**
Vitamin D3 (as cholecalciferol)	400 I.U. 100%
Zinc (as zinc glycinate chelate**)	15 mg 100%
Selenium (as selenium amino acid complex)	50 mcg 71%
Copper (as copper glycinate chelate)	0.5 mg 25%
Saw Palmetto ( <i>Serenoa repens</i> ) berries, dried extract, min. 45% fatty acids and sterols	213 mg *
Pygeum ( <i>Pygeum Africanum</i> ), bark, 30:1 dried extract	50 mg *
Pumpkin ( <i>Curcubita pepa</i> ) seed, 4:1 dried extract	160 mg *
Stinging Nettle ( <i>Urtica dioica</i> ) root, 4:1 dried extract	50 mg *
Swedish Flower Pollen dried extract	50 mg *
Diindolylmethane (DIM)	100 mg *
Lycopene Complex	10 mg *

\* Daily value not established

Other ingredients: Tricalcium phosphate, silicon dioxide, powdered cellulose, croscarmellose sodium, stearic acid, and cellulose coating.

as soon as possible—and let it start working for you right away!

But you can only get free shipping if you order **Advanced Prostate Formula** within the next 7 days. So why not do it right now? After all, you're fully protected by a...

## Down-to-the-Last-Pill GUARANTEE

We know how powerful **Advanced Prostate Formula** with DIM is and stand behind this amazing product. That's why it's backed by an unconditional 100% money-back guarantee. You risk nothing.

Simply try **Advanced Prostate Formula** with DIM and if you don't agree that it's the best supplement you've ever tried for your prostate problems, simply send back the empty bottle and we'll refund every penny you paid, including shipping and handling.

I can't think of a better way to convince you to try the biggest breakthrough in prostate health in quite a while. You'll be glad you did.

Since you risk absolutely nothing, why not order today? Send in the Introductory Savings Certificate on page 15. Or call **800-791-3395** any time of day or night.

## Picture yourself free from prostate problems...

Imagine how great it'll feel to get 7 or 8 hours of uninterrupted sleep every night. And wake up with more energy than you've felt in years.

Imagine feeling relaxed and confident about your sex life and your ability to perform. Not just now, but 10 years from now.

Imagine how great it'll feel to go to the bathroom only when you have to. To pee like a racehorse ... feel completely relieved and empty ... and not have to worry about another bathroom break for hours!

You'll be able to do all the things you love ... whether it's taking long walks or long car rides, trips, golf games, swimming, exercising and more. Isn't that the way you want to live your life?

That's why I urge you to order your supply of **Advanced Prostate Formula** today. See page 15 to order right now.

**Or call us toll-free at 1-800-791-3395** (24 hours a day, 7 days a week) and we'll rush you your supply.

Finding your Real Cures,

Frank Shallenberger, MD

**P.S.** Remember, with every Advanced Bionutritionals product, **you are completely protected by an unconditional guarantee.** If at any time you're not satisfied with **Advanced Prostate Formula**, just return the unused portion for a full refund of every penny you paid, including any shipping charges. Advanced Bionutritionals will refund your money even if you've finished the entire bottle!

# Choose from three *Advanced Prostate Formula* Savings Packs and get started today!

## BEST VALUE: The Six-Bottle Value Pack

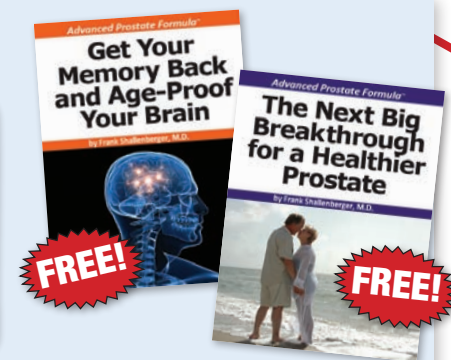
- **PLUS ALL 3 SPECIAL REPORTS!**

Lowest  
cost per  
bottle!



## GREAT VALUE: The Three-Bottle Savings Pack

- **PLUS TWO SPECIAL REPORTS**



## ✓ **GET FREE SHIPPING** OFFER EXPIRES in just 7 days!

Don't miss this opportunity to save even more. Now you can get **FREE SHIPPING** if you order within 7 days of receiving this bulletin. Just order *Advanced Prostate Formula* within the next 7 days and we'll wave all postage, packaging and shipping charges.

## Trial Offer: The One-Bottle Starter Pack

- **PLUS ONE SPECIAL REPORT**



### Down-to-the-Last-Pill Guarantee

Simply try *Advanced Prostate Formula* with DIM. If you don't agree that it's the best supplement you've ever taken for your prostate problems, send back the empty bottle and we'll refund every penny you paid, including shipping and handling.

There's no better way to see the difference *Advanced Prostate Formula* can make in your life than to try it risk-free. You'll be glad you did.

  
Frank Shallenberger

## Three Easy Ways to Order!

- 1. BY MAIL:** Complete the Introductory Savings Certificate and mail to: *Advanced Bionutritionals, PO Box 8051, Norcross, GA 30091-8051.*
- 2. BY FAX:** 1-770-399-0815. Fill out the Introductory Savings Certificate and fax BOTH sides (so we have your name and address) to 1-770-399-0815. Fax lines are open 24 hours a day.
- 3. PHONE for FASTEST SERVICE:** Call Toll-Free 24 hours a day, 7 days a week  
**1-800-791-3395**



Call toll-free 1-800-791-3395

## Advanced Prostate Formula with DIM INTRODUCTORY SAVINGS CERTIFICATE

Save \$40.20 on our BEST VALUE DEAL and get up to **3 FREE REPORTS!**

☒ **YES, Dr. Shallenberger,** I want to get rid of the hidden culprit that's feminizing my prostate. And I want to take advantage of the healing breakthroughs that help promote greater urine flow, better sexual performance, thicker hair, and more. Please rush me new and improved **Advanced Prostate Formula** with DIM as I've indicated below. I understand that if I am unsatisfied with **Advanced Prostate Formula** for any reason, I will receive a full and prompt refund of the purchase price — including shipping.

1. Please choose the **Advanced Prostate Formula** Supply You Prefer:

☐ **BEST VALUE!** Send me a 6-month supply of **Advanced Prostate Formula** with DIM. I pay just \$179.70. That's only \$29.95 a bottle! I save \$40.20 on my order. **Shipping is FREE. Plus I get 3 FREE Special Reports:**

- **Special Report #1: *The Next Big Breakthrough for a Healthier Prostate*** (a \$9.95 value)
- **Special Report #2: *Get Your Memory Back and Age-Proof Your Brain*** (a \$9.95 value)
- **Special Report #3: *The No-Pill, Total Arthritis Cure. The little-known therapy that works no matter how worn out your cartilage is*** (a \$9.95 value)

Lowest  
cost per  
bottle!

☐ **GREAT VALUE!** Send me a 3-month supply (180 tablets) of **Advanced Prostate Formula** with DIM for just \$107.85 plus \$4.50 shipping & handling. I save \$12.00! **Plus I get 2 FREE Special Reports:**

- **Special Report #1: *The Next Big Breakthrough for a Healthier Prostate*** (a \$9.95 value)
- **Special Report #2: *Get Your Memory Back and Age-Proof Your Brain*** (a \$9.95 value)

☐ **TRIAL OFFER.** Send me a 1-month supply (60 tablets) of **Advanced Prostate Formula** with DIM for just \$39.95 plus \$4.50 shipping & handling. And include my **FREE Special Report:**

- **Special Report #1: *The Next Big Breakthrough for a Healthier Prostate*** (a \$9.95 value)

☐ **MY FREE SHIPPING AND HANDLING!** I'm responding within 7 days so I can get **FREE** shipping and handling on any size order!

**Get FREE  
Shipping and  
Handling**

On any order if  
you respond within  
7 days!

**Save an extra  
\$4.50 per order.**

Total prices with  
free S&H are:

**6 months = \$179.70**

**3 months = \$107.85**

**1 month = \$39.95**

### Please Choose Your Method of Payment:

☐ My check is enclosed for U.S. \$ \_\_\_\_\_, made payable to *Advanced Bionutritionals*

☐ Please charge my: ☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

Card #: \_\_\_\_\_ Exp. \_\_\_\_/\_\_\_\_ Amount: \$ \_\_\_\_\_

Signature: \_\_\_\_\_ Telephone: (\_\_\_\_) \_\_\_\_\_

(in case we have a question about your order)

### Ship to:

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Subscriber number \_\_\_\_\_ (see mailing label, upper left)

☐ Email address, so we can send you Dr. Shallenberger's Free Weekly Health Alerts—cutting-edge information about your most pressing health concerns. \_\_\_\_\_

(Outside the U.S., call for shipping quote. Sorry, we are currently unable to ship to Canadian addresses.)

**Mail in the envelope provided, or call TOLL-FREE 1-800-791-3395**

(24 hours a day, 7 days a week)

**Advanced Bionutritionals • PO Box 467939 • Atlanta, GA 31146-7939**

NATURAL HEALTH JOURNAL  
P.O. Box 8051  
Norcross, GA 30091-8051

Presorted  
Standard  
US Postage  
**PAID**  
Southern MD  
Permit No 5383



**\*\* SPECIAL MEN'S ISSUE \*\***

## **YOUR APRIL 2011 ISSUE ENCLOSED**

Because of postage increases we've had to fold your issue in half. Break the tabs to read and enjoy.