

## PROSTATE PROTOCOL

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The following products make up this protocol:

- 1) container of: # 6111 Quint-Essence (300 vegi-Capsules)
- 4) containers of: # 3018 Saw Palmetto Berries (100 vegi-Capsules)

Prostate issues are primarily affected by a meat diet. The hormones in meat cause a rise in undesirable hormone levels. These may contribute to the formation of tumors with symptoms including frequent urination. A healthy amount of exercise is crucial to prostate health.

The best single herb to build, strengthen and tone the prostate is Saw Palmetto Berries (Item #3018). One must take enough of it to impact the gland, which requires:

3 to 4 vegi-capsules, 3 times daily **between meals**.

Taking a balanced nutrient formula such as Quint-Essence (Item #6111) is imperative:

take 2 or 3 vegi-capsules, 3 times daily **with meals**

Drink pure water ... preferably distilled. Juicing sweet potatoes or yams in with carrots, romaine and celery every day is beneficial for the entire body.

### **A holistic approach to health is more likely successful.**

A person's thoughts and/or consciousness is an important element in alternative healthcare. The founders of Universal Formulas strive to address the psychology of their clients while treating health concerns.

Any time there are issues (unbalanced or symptomatic) involving major organs and systems of the body such as the heart, gall bladder, pancreas, or the reproductive organs of the body, one could choose to review their thoughts and beliefs which support the creation of those symptoms.

In the case of the prostate, dealing with any uncomfortable issues around sex, would be very beneficial. Some areas to be aware of are the feelings such as guilt, judgment of inappropriate thoughts and desires, or maybe sadness or regret surrounding one's own sexually. These residual or current feelings should be acknowledged and allowed to be released. Most everyone harbor negative thoughts and feelings that may fester. We can allow ourselves to experience compassion and forgiveness to take their place.

### **Required FDA Statement:**

The FDA has not evaluated these statements. This or these product(s) are not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.