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The processing of food destroys a good portion, if not all, of the zinc normally contained in it. Dr. Earl Mindell, Ph.D., R.Ph, and the author of The Vitamin Bible says "Most of the zinc in food is lost in processing, or never exists in a substantial amount due to nutrient-poor soil." And the world famous founder of the free radical theory of aging, Dr. Denham Harman, M.D., Ph.D., Professor Emeritus at the University of Nebraska School of Medicine stated, "Some 90% of the population consumes diets deficient in zinc." Unfortunately zinc is essential for not only the health of the immune system, tissue strength and eyesight, but also is vital for the health and well-being of the male prostate gland which utilizes 10 times more zinc than any other organ in the body.

In this country so dependent on processed foods, our rates of prostate infection, enlargement and cancer are far above those of third world countries who do not "enjoy" such amenities. This consideration is important for all men over 40 when testosterone levels begin to decrease. It has been shown that, by the age of 65, most American men have enlarged prostates with their attendant urinary and sexual dysfunctions not to mention that, for men, the third most common site for cancer is the prostate gland. In fact, the New York Times reported recently that American men spend \$3 billion dollars annually on prostate surgery.

Fortunately however, there may be a nutritional silver lining to this particular cloud. Dr. M. Fahim and Dr. J. Harman published a clinical study in a government medical journal showing that *treatment with zinc reduces prostate enlargement*. Dr. A. Leake and Dr. G.D. Chisholm reported in the Journal of Steroid Biochemistry that *zinc can prevent the hormonal action that causes prostate enlargement*. Dr. Earl Mindell, R.Ph., author of one of the most widely used reference books, The Vitamin Bible, says, "My research and that of numerous prominent scientists show that men are not ingesting the nutrients that may delay or prevent prostate disorders. Many double-blind clinical studies have shown that when men do get the proper nutrition, their problems subside." And Dr. Benjamin

Freidrich, Geriatric Specialist from the University of Medicine and Pharmacy in Bucharest reported, "The pain and discomfort of most prostate disorders could be avoided with proper preventative nutrients. Even those suffering from enlarged prostates respond very quickly to nutritional therapy."

In total, eight prominent research scientists **published confirming studies that sufficient zinc is of vital necessity for having a healthy prostate gland.**

However, zinc alone may not be the only answer. Dr. K.W. Donsabach reported on another double-blind study of patients with enlarged prostates. Half of these patients were given a placebo and half took a special mixture of amino acids high in *glycine* and *glutamic acid*. At the end of the study, 92% of those taking the amino acids had significantly reduced the size of their prostates. Dr. H.M. Fienblat and Dr. J.C. Gant confirmed the value of this amino acid mixture in an report published in the Journal of The Maine Medical Association.

For men over 40, do consider adding amino acid chelated **DYNAMITE® Zinc Plus** as an adjunct to the basics of **Elixir™**, **DYNAMITE®** or **DYNAMITE Plus™** and **Tri-Mins™ Plus**. ■