



Quintessential Health Care

An Integrated Health Resource

What Men Must Know About Alternative Health

Greetings!

Before we get into the meat of this month's newsletter on natural health solutions for men, we wanted to let you know...we're hiring!

QHC is seeking a clinic administrator to help with day-to-day clinic management and bookkeeping.

The right person for the job would be upbeat, organized, and self-motivated. An interest in natural medicine is a plus.

You can find the job description at the bottom right of this newsletter, and we SO appreciate you passing the word on to the right people.

Now, onto our top tips, tools, and online natural health resources for men.

Enjoy!

Message from Milly

Men's health is an issue often overlooked in natural medicine.

Why?

Because historically, most of the people seeking alternative care are...women.



However, times are changing!

And more and more men are tired of feeling sick, and are seeking real solutions to common ailments like:

Cholesterol, heart health, and prostate issues...which is where I will focus my message today.

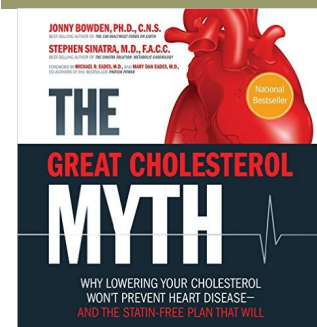
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*Health Thyself and
Never Stop Learning:
Top Online Health
Resources for Men*



Book Pick of the Month:

[The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin-free Plan That Will](#)

Too many men fall victim to bad advice about cholesterol and heart disease.

The Great Cholesterol Myth, by Johnny Bowden, PhD and Steven Sinatra, MD, exposes the bad science and dangers

Let's start with cholesterol and heart health.

Perhaps you've heard about the recent expose on fraudulent science conducted in the 1950s, linking fat consumption with heart disease.

A man by the name of Ancel Keys conducted a bogus study of seven countries which examined the association between diet and cardiovascular disease.

The study revealed what we now accept as "the norm", and postulated high consumption of fat predisposes one to heart disease.

Mr. Keys failed to mention that countries whose citizens consumed high-fat diets, like Holland and Norway, have *low* incidences of heart disease, and countries whose citizens consume low-fat diets, like Chile, had *elevated* rates of heart disease.

Despite these inconsistencies and outcries from numerous scientists, the US Senate led by George McGovern, published the first dietary goals for the USA in 1970, with the supposed desire to reverse heart disease.

The guidelines were as follows...

- Eat less fat and cholesterol
- Eat less refined and processed sugar
- Eat more complex carbohydrates from vegetables, fruit, and grains

Basically a low-fat, high carbohydrate diet for everyone.

Consequently from this time onward, obesity and type 2 diabetes skyrocketed...and heart disease is still the #1 killer of men AND women.

The sad thing is, despite new science proving the opposite, most of us still default to the old food pyramid as a "healthy way of eating".

These days, I tell people to do the opposite.

Eat starches and sweets minimally, consume plenty of vegetables and healthy fats (more on this to come), and moderate amounts of lean proteins.

If you can eat organic and grass-fed meats and wild caught low-mercury fish, all the better.

Now, onto fats...which greatly affect men's heart and prostate health...

Most people know that trans-fats have been proven to

behind 50+ years of cholesterol-lowering diets and drugs, and shows you how to prevent heart disease with simple dietary changes.

A must-read for men!

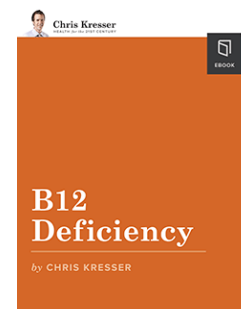


50 Articles on Men's Health from Dr. Mercola

When it comes to online natural health and nutrition advice for men, Dr. Mercola is one of your best bets.

[This link takes you to his top 50 men's health articles](#) on exercise, prostate health, heart health, impotence, arthritis, sleep issues, and a lot more.

Dr. Mercola's site is chock-full of the latest scientific research on nutrition and natural medicine, and has been recognized as the world's #1 natural health website since 1997.



increase LDL cholesterol and cause heart disease.

However, our understanding of "good and bad fats" seems to stop there. So let's clarify!

The two types of "good fats" are called monounsaturated and polyunsaturated fats and come mainly from vegetables, nuts, seeds, and fish.

Healthy fats are generally liquid at room temperature, not solid.

Two exceptions to this rule are: coconut oil and pastured butter—these are very healthy, stable fats that should be enjoyed in moderation.

Too much saturated animal fat, however, has been shown to increase the risk of heart disease in men. Some is beneficial, but not too much.

Moreover, a growing body of evidence suggests that highly processed seed oils, like cottonseed or canola oil, may do the same.

Fat counts really for men because of its impacts on the heart and prostate.

To recap: eat mostly liquid fats like olive oil, and enjoy coconut oil and pasture-raised butter as well. Avoid highly processed seed oils and too much animal fat.

Now, onto...

Prostate health...

Prostate cancer is the leading form of cancer in men.

Why? Partly because the prostate gland handles the brunt of the male body's toxic burden.

Getting an annual PSA can help enormously to catch potential problems early.

There are also other diagnostic tools available like 3D MRIs, and cutting edge therapies such as [Proton Therapy](#).

However, an ounce of prevention is worth a pound of cure.

Doing a simple detoxification in the fall and spring can go a long way to keeping your prostate healthy.

Optimizing your nutrition with foods that prevent inflammation (such a fruits, vegetables, and healthy fats), regular exercise, and balancing stress levels will go a long way too.

B12 Deficiency---a silent epidemic in older men

B12 deficiency is a common yet little-known issue that affects men and women alike, especially as they age.

The scary thing about B12 deficiency, is its symptoms include cognitive decline, depression, and immune dysfunction.

So, a person could be wrongly diagnosed with early Alzheimer's when a simple nutritional deficiency may be to blame.

In his free eBook: "[B12 Deficiency](#)", Chris Kresser breaks down the common symptoms and causes of B12 deficiency and offers advice on how to fix it naturally.

Chris Kresser, an acupuncturist, author, and nutrition expert, has been featured on Dr. Oz and was recently named one of the "Top 100 Most Influential People in Health and Fitness".

His website: [chriskresser.com](#) is another excellent online health resource for men.

**We're
HIRING...Spread the
Word**

JOB DESCRIPTION

We have more tips and information on preventing common male health ailments throughout the newsletter, so read on to learn more.

Blessings,

-Milly

***Ancient Wisdom Modern Medicine:
Digestive Support...Without Painful Side Effects***

It's been proven that long-term use of antacids can cause painful kidney stones...ouch!

Next time you need a little digestive help, skip the antacids and try this instead...



Catalyst-7 is a plant-based digestive enzyme that helps your body break down proteins, carbs, sugars, and fats efficiently without any harmful side effects.

Call: **770-446-1140**, [email us](mailto:info@quintessentialhealth.net), or [stop by](http://www.quintessentialhealth.net) to order products or schedule an individual BioEnergetic Assessment today to get to the bottom of your digestive issues.

**for Clinic
Administrator at
QHC**

The tasks needed of our Clinic Administrator are diverse, ranging from managing the reception area to inventory control and bookkeeping.

The ideal candidate will need to be highly competent in prioritizing work and working with little supervision.

He/She will be self-motivated and trustworthy; with a pleasant personality and dynamic professional attitude.

The ideal candidate will be able to provide professional and friendly service to our customers.

The goal is to ensure the smooth running of our clinic and contribute in driving sustainable growth.

**For consideration,
please call: 770-446-1140.**

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