

Prostate enlargement, known as benign prostatic hyperplasia (BPH), is a condition in which the prostate gland becomes enlarged and can cause uncomfortable urinary symptoms. BPH is mainly caused by the proliferation of smooth muscle and epithelial cells located in the prostate. The prostate is located beneath the bladder and the urethra passes through the center of the prostate. Most males have continued prostate growth throughout life. As the prostate enlarges, the gland presses against the urethra leading to urinary issues.

The symptoms of BPH include urinary frequency, urinary urgency, an interrupted and weak urine stream, nocturia, urinary retention, and pain after ejaculation or urination. These symptoms arise from a blocked urethra and/or a bladder that is overworked.

Although the etiology of BPH is unknown, testosterone and dihydrotestosterone (DHT) are well-known to be related to the development of BPH. As men age, the amount of active testosterone in the blood decreases. Serum testosterone has been shown to decrease in men with age by approximately 2%–3% annually. Testosterone is produced in the testes and then spreads to the prostate where it is converted into dihydrotestosterone (DHT) through an enzyme, 5 α -reductase (5AR). Comparing to testosterone, DHT is a more potent endogenous androgen sex hormone which helps to compensate the decrease of testosterone. However, DHT has the effect of stimulating prostate growth. While testosterone decreases with age, the activities of 5AR and androgen receptors (AR) are also increased due to androgen balance.¹ In BPH patients, shared common features consist of proliferated prostate cells and increased DHT, AR, and PSA levels. High concentrations of DHT enhance prostate specific antigen (PSA) levels by binding with the androgen receptors. PSA levels also increase when the prostate is inflamed and measuring the PSA level is how prostate inflammation is monitored through blood tests (normal range <4.0 ng/ml, and <2.5 ng/ml for men under 50).

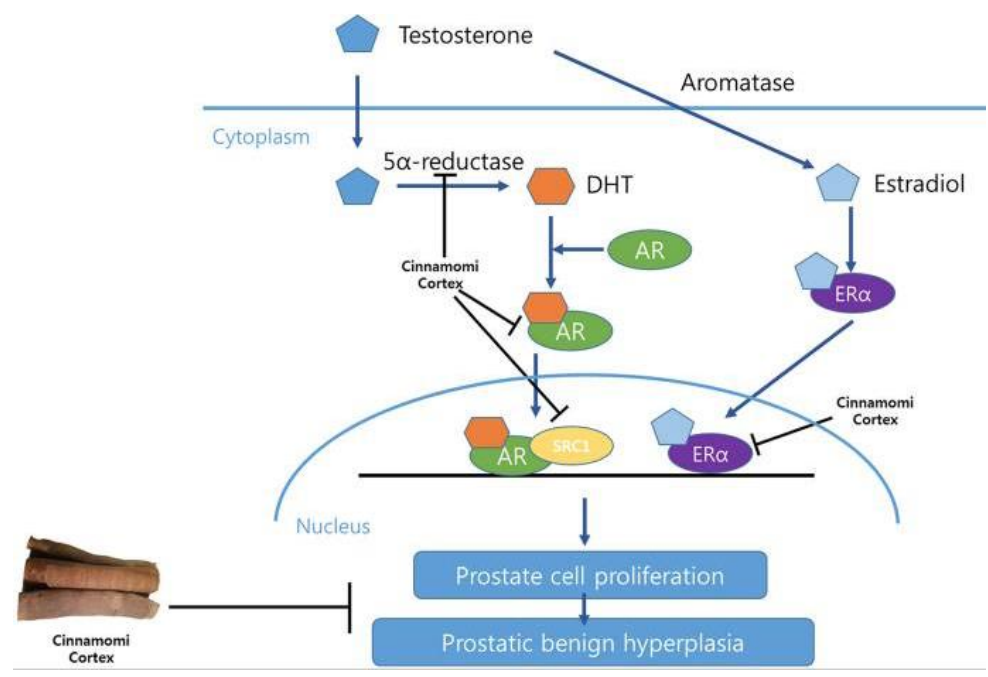
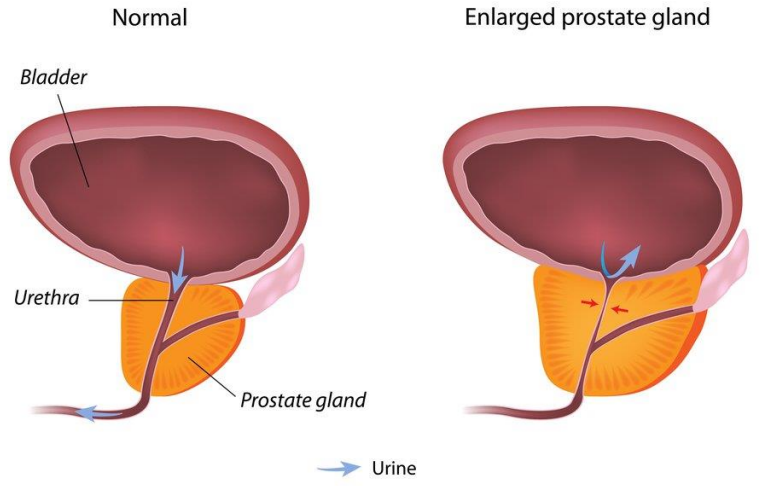


Figure One

Testosterone replacement therapy has been widely used as a treatment for ED. Since research has confirmed that prostate growth is proportional to testosterone levels, FDA has mandated warning on all testosterone products and stated that testosterone replacement therapy (TRT) in men with benign prostate hyperplasia (BPH) increases the risk of worsening signs and symptoms of BPH.

Estrogen is also found in the prostate and can contribute to the development of BPH. Estrogen receptors such as estrogen receptor- α (ER α), within the prostate, can mediate cell proliferation, whereas, estrogen receptor- β (ER β) mediate apoptosis (programmed cell death).¹ Aromatase is located in estrogen-producing cells in the testes and is involved in the production of estrogen by converting testosterone to estradiol. Estradiol binds with ER α where it enters into the nucleus and acts as a transcription factor which results in proliferation of the prostate cells.¹

Kidney and bladder damage and infection can occur and cause urinary tract inflammation in BPH patients due to the interruption in urine flow and urine retention. The urinary tract inflammation can further affect the prostate and aggravated prostate inflammation causing further increase of the PSA levels.

Wellness Recommendation

The wellness recommendation for BPH includes Prostate Formula, LC Balancer, Xcel, KS, and BI. Prostate Formula helps clear damp heat in the lower jiao. Prostate Formula helps to reduce prostate size. The herb Cinnamomi Cortex, used in Prostate Formula, has been shown to reduce prostate weight in testosterone propionate BPH rats through decreasing the main BPH-related receptors, ER α , and AR (Figure One).¹ Western blot analysis of the protein levels of PSA, 5AR, ER α , and AR were all down-regulated by Cinnamomi Cortex.¹ Through downregulating ER α , ER β which has many anti-proliferative actions and triggers prostate tissue apoptosis can reduce prostate weight and size. Ingredients in the Prostate Formula can help clear the prostate inflammation and bring down PSA levels.

LC Balancer nurtures kidney yin and helps to increase systemic microcirculation. This helps to increase nutrient absorption as well as improve circulation. Xcel nurtures kidney yang. By promoting blood flow to the kidneys, Xcel can help to restore the kidneys filtration function. KS clears kidney heat. The herbal ingredients in KS can help to reduce kidney inflammation also caused by urine retention in an individual with BPH. It is also recommended to use BI which clears bladder inflammation and infection.

Depending on the severity of the condition and the kidney's ability to remove toxins from the blood, Prostate Formula can be taken at half or full dose. For severe conditions with poor kidney function, it is recommended to take Prostate Formula at half the daily dose in the morning, Xcel at 2 capsules (one-third daily dose) in the afternoon, KS at 1 capsule in the morning and afternoon (two-thirds daily dose), and LC Balancer at 1-2 capsules in the morning and afternoon (half to two-thirds daily dose). Patients should experience symptom improvement within 2 weeks. 1-3 months of treatment is required to have significant improvement with sustained results. High PSA levels can be caused by prostate inflammation or infection of other organs such as the kidneys or lungs. If the PSA level is still high with the treatment, other pertinent treatment is required. Because BPH is an aging problem, patients should continue the LC Balancer after the treatment to maintain healthy microcirculation and prevent prostate inflammation.

Suggested Dosage at Full Dose

Prostate Formula: 3 capsules, 3 times a day

LC Balancer: 1 capsule, 3 times a day

Xcel: 2 Capsules, 3 times a day

KS: 1 Capsule, 3 times a day

BI: 1 Capsule, 3 times a day

Selected Case Studies

Case 1: Successful Improvement of Prostate and Urination Issues

Dr. James Sadleir, DC, LAc. Dipl. Ac. NCCAOM, Arlington Height, IL

A male patient, age of 65, suffered from prostate issues that were causing frequent urination throughout the night. The patient urinated on average 6 times per night and as a result, did not get adequate sleep. Initially, the patient was given the BI Formula, an herbal formula from Wei Laboratories, but there was no significant change. Then the doctor recommended another herbal treatment to enhance kidney and adrenal strength with Xcel Capsules and LC Balancer and abstain from sugar for 10 days. After 3 weeks, the patient saw great improvement and only urinated 2 times per night. The doctor then recommended another herbal treatment with the Prostate Formula, LC Balancer,

and Qi Booster. After 3 additional weeks of treatment, the patient was happy with the results. The patient underwent a prostate test and when he received the results, he was happy to report his PSA (Prostate-Specific Antigen) levels were in the normal range! (PSA was measured at 2.1 and the normal range is 0-4).

Case 2: Successful Improvement of PSA Levels

Jacklin Arastouzadeh, Lac, Beverly Hills, CA,

A 68-year-old male patient who was suffering from prostate cancer came for treatment. The patient had not begun chemotherapy and was looking at additional options. Dr. Jacklin recommended 4 weeks of herbal products from Wei Laboratories including LC Balancer, Qi Booster, Brown Juice, and Prostate Formula at half dose. At the end of his 4-week treatment, the patient went in for a PET scan and a blood test and found that his Prostate-Specific Antigen (PSA) levels had gone down from 25 to 13. The patient reported that he was having diarrhea after the treatment which could have been a detox mechanism. Dr. Jacklin tried a few different treatments and eventually, the Whitehead Formula, which removes colon heat, helped stop his diarrhea. Later on, the patient caught pneumonia and his PSA went up to 33. After the pneumonia treatment, the patient did another test, and the PSA went back down to 13 and remained at 13 ever since for over 9 months.

Case 3: Successful Treatment of Frequent Urination from an Enlarged Prostate

Ross Douglass, Lac, Basalt, CO

A 65-year-old male patient had been suffering from urination issues for the past 10 years. Ten years ago, he developed prostatitis with inflammation which was so severe that the enlarged prostate protruded the bladder causing bladder dysfunction. During the past 10 years, he has been using other herbal treatments to control the prostate inflammation with good results such as a normal PSA level. However, he still had a boggy feeling in the prostate area and had severe urination issues. Every night he needed to get up over 10 times. Dr. Douglas recommended an herbal treatment with products from Wei Laboratories including Prostate Formula in the morning to clean the residual heat in the prostate, LC Balancer to enhance microcirculation, KS to clear kidney inflammation, and Xcel to help the kidney filter the toxins in the afternoon.

Right after he started the treatment, he stopped his other herbal treatments. The first day, he felt extremely energetic and connected, but he then started feeling worse in the next few days. After reviewing his treatment, it was discovered that he only took the Prostate Formula. After recommending to add back the LC Balancer, KS, and Xcel in the afternoon, he reported feeling much better, and his urination issue was also improving. One week later, he felt restless and complained of low energy which could not be resolved by taking lots of water. After reviewing the treatment, it was found that he did not add Xcel in the afternoon. It was advised to take 2 capsules of Xcel, and he reported that his discomfort went away completely 3 hours later. However, he still had problems with residual urination retention and difficulty emptying his bladder completely. Therefore, the BI Formula was added to help remove the bladder heat and resolve his bladder issue. On the 2nd week, the treatment regimen was revised into taking the Prostate (1/4 cup) in the morning, LCB (2-3 capsule), KS (1 capsule), and BI (1 capsule) in the morning and afternoon, and Xcel (2 capsules) only in the afternoon with a lot of water. During the 2nd week of treatment, the patient reported a significant reduction in the boggy feeling.

After finishing the 2 weeks of treatment, his boggy feeling had shown great improvement with a reduction in the frequency of waking up during the night to 2-3 times. During the 4th week of treatment, there were two days he felt very depressed, had a hard time falling asleep, urinated 4-5 times in the middle of the night, and felt restless during the night. It is thought that such a response might be due to the damp from the prostate contaminating other parts of the body. Following these two days of discomfort, however, he felt so much better and even younger.

After one month of treatment, his energy was much better, his bowels were smoother, and he experienced less constipation. The Prostate improved by 40-50% with a decrease in boggy feeling, an improvement in urine stream, and completion of bladder emptying. The addition of BI had helped his bladder trabeculation a lot.

On the 2nd month of treatment, the dosage was further adjusted to Prostate (1/4 cup) in the morning, Xcel (1-3

caps) in the afternoon, LC Balancer (2-3 caps, 2-3 times a day), and KS and BI (1 cap, 2-3 times a day). After finishing the 2nd month of treatment, he felt much better and had more energy and better bowel movements. He urinated once on some nights and 2 to 3 times on other nights. He stopped BI. At the end of 2nd month, he improved 55-60% with a further decrease in the boggy feeling in the prostate area.

On the 3rd month, the dosage of the Prostate Formula was increased from 1/4 cup to 3/8 cup, and 1 more capsule of BI, KS, and Xcel was added in order to speed up improvement. After one week, he developed insomnia, rapid heartbeat, chest pain, a feeling of being overwhelmed, body heaviness, bloated stomach, and Qi stagnation. It was recommended to stop the treatment for a week or so to let the body clear the toxins. 5 days later, most of his discomfort was gone, however, the body heaviness and bloating and gas in the GI still persisted. The treatment resumed with the original half dose of the Prostate Formula and the other products at the original dosage. Formula B was added at 1 capsule twice a day to address the body heaviness and bloating and gas in the GI. Formula B worked very well. After taking 2 capsules on the 1st day and 1 capsule on the next day, all heaviness, bloating, and gas cleared up.

The patient continued the treatment for an additional 3 months, and at the end of his 6-month treatment, his boggy feeling was completely gone, and he could sleep through the night. He is very satisfied with the treatment results.

References:

Choi HM, Jung Y, Park J, et al. Cinnamomi Cortex (*Cinnamomum verum*) Suppresses Testosterone-induced Benign Prostatic Hyperplasia by Regulating 5 α -reductase. *Sci Rep.* 2016;6:31906. Published 2016 Aug 23.
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