**THE HEALTH & FITNESS REPORT**

**Make prostate health a high priority**

We are all aware, males have their own special body parts and there are specific steps to take to keep those parts working and aging more smoothly.

Lifestyles of many men have departed from the basic aspects prior to 1950. Less men are working manual labor-type jobs and are living a frantic lifestyle in cars and offices. Men are eating on the run at odd hours. Men are being forced to work more with their minds than with their bodies.

All men need a good dietary supplement program to help protect them from getting ill and to reduce chronic degenerative disease patterns.

**“An ounce of prevention...Is worth a pound of cure”**

There are three things men should consider in the pursuit of health:

1. The use of a high-quality multi-vitamin
2. For enhanced heart health use omega-3 fatty acids
3. Use specific nutrients for the health of the prostate

As a professional baseball player for 16 years, I was paid to stay in shape and I didn’t realize how fast I was aging. When I turned 40, I finally started to really notice the aging process.

I knew that I wasn’t getting the nutrients that I needed in my diet so, using LOGIC, I began using high quality dietary supplements. Unfortunately, I had no idea that one supplement was better or worse than another.

I am from a family of six children and was raised by a stay-at-home mother and a high school football coach/math teacher. My mom was a wonderful cook and we always had plenty of great meals. At our family dinners, I was given a little red pill called a One-A-Day multiple vitamin. That was the extent of my experience with taking vitamins until I was traded from the Chicago White Sox to the Kansas City Royals in 1982 at age 33.

My KC teammate, George Brett endorsed a vitamin line and supplied everyone with a free box of vitamins that consisted of six individual tablets in cellophane bags. Since they were free, and I figured they wouldn’t hurt me, I used them.

**The Age of Enlightenment**

In 1991, I was 41 and I learned my One-A-Day and the free baggies from Brett were inadequate. I was fortunate enough to meet Durk Pearson and Sandy Shaw, renowned research scientists and authors of the New York Times best-selling book, “Life Extension, A Practical Scientific Approach.”

Life Extension was written in 1982 to

**CONTINUED ON NEXT PAGE**

**Concussions need immediate attention**

I remember the play well. Kansas City Chiefs quarterback Trent Green, was sliding to the ground after scrambling to the right. Here comes Robert Geathers of the Bengals and he absolutely destroys Green.

It was ugly. How was that not a late hit? He was later diagnosed with a severe concussion. He, and anyone who has repeated brain trauma, is at risk of developing CTE or Chronic Traumatic Encephalopathy. CTE is a progressive degenerative disease of the brain.

Possible symptoms include memory loss, impulse control problems and many more.

Just a few weeks ago I was at one of my son’s soccer games. A teammate took a nasty fall and hit his head. The coach waved me over to check him out. She was very concerned about a concussion. Thankfully, he was fine. Later, I went to the soccer league’s website and was very pleased to see all of the resources for coaches and parents. Education about traumatic head injury is getting better. I’m glad to see my alma mater, Virginia Tech, ranking football helmets for concussion prevention.

So, here are some basic facts about concussions:

- You don’t have to lose consciousness to have a concussion.
- Symptoms can last hours to months.
- Symptoms may include, but are not limited to, the inability to think clearly, not remembering new information correctly, dizziness, being easily upset and significant sleep pattern changes.
- Any person that may have a concussion needs to see a doctor. It is an emergency situation requiring immediate care if you see an increase in pain associated with a headache, confusion, vomiting and nausea.
- Also, a decrease in coordination requires immediate help.

Lastly, if someone loses consciousness, has seizures or has one pupil larger than another, it is a medical emergency.

Chiropractic Physician Dr. William Thomas believes our bodies are designed to heal themselves, when given the right environment, and is passionate about helping people build that healing environment. He uses conventional and alternative treatments to stimulate the body’s natural healing potential. Along with his chiropractic and nutritional practice, he is one of only a few practitioners that use a mild hyperbaric chamber to treat people with neurological, metabolic and musculoskeletal conditions. Visit his website at summitofhealth.com.
Prostate Health | From Page 10

Help doctors understand the importance of using certain nutrients to combat disease and the aging process. I have become good friends with Durk and Sandy, who have designed formulas for their own personal use that I offer through my company, Life Priority.

Durk and Sandy exposed me to indisputable truths about the importance of using essential nutrients in proper dosages to get the best results.

Life Priority’s Cornerstones for the Male Immune System

One-Per-Meal Lifeguard: If men only wanted to take one supplement with each meal, it would be a potent multivitamin like the One-Per-Meal Lifeguard product from Life Priority.

Men can build their foundation with this “potent” daily multivitamin to ensure they are getting most of the essential vitamins and minerals including, but not limited to, Vitamin A, Vitamin C, (not ascorbic acid but the non-acidic versions of Vitamin C, ascorbyl palmitate and calcium ascorbate), Vitamin D-3, Omega-3 fatty acid (from fish oil), and the B-complex vitamins, B1 (Thiamine), B2 (Riboflavin), B3 (Niacin), B5 (Pantothenic Acid), B6 (Pyridoxine), B9 (Folate), B12 (Cobalamin), etc. Taking this high quality multi-vitamin with each meal may just be the “Lifeguard” that you need for better health.

Omega-3 Priority: Cardiovascular disease is the No. 1 killer of men. The heart health benefits of omega-3 fatty acids are well-documented being first reported in the early 1970s. Omega-3 fatty acids are considered essential fatty acids, which means they are essential to human health but cannot be manufactured by the body. For this reason, omega-3 fatty acids must be obtained from food. Omega-3 fatty acids can be found in fish and certain plant oils. Also known as polyunsaturated fatty acids (PUFAs), omega-3 and omega-6 fatty acids play a crucial role in brain function, heart health, thrombosis, blood pressure and improved vascular function, as well as normal growth and development.

There is also strong evidence these substances can help prevent and treat atherosclerosis by inhibiting the development of plaque and blood clots, each of which tends to clog arteries.

Extensive research indicates omega-3 fatty acids reduce inflammation and help prevent certain chronic diseases such as heart disease and arthritis. These essential fatty acids are highly concentrated in the brain and appear to be particularly important for cognitive and behavioral function.

The typical American diet tends to contain 11 to 30 times more omega-6 fatty acids than omega-3 fatty acids and many researchers believe this imbalance is a significant factor in the rising rate of inflammatory disorders in the United States.

Prostate Priority: Young or old, males should be aware of and learn about what may be the most important part of their body, the prostate gland. The prostate gland is a walnut-sized gland found only in men. Starting at age 40, hormonal changes make maintaining prostate health an important priority for most men. More than 30 million men suffer from prostate conditions like prostatitis, BPH or prostate cancer that negatively affect their quality of life. This year more than 230,000 men will be diagnosed with prostate cancer and about 30,000 will die from it.

There are many independent research reports that document certain nutrients that can help keep the prostate healthy. These nutrients are included in the Life Priority product, Prostate Priority, and include zinc, vitamin D-3, saw palmetto extract, pygeum, pumpkin seed oil and lycopene.

Saw palmetto is the best known natural solution for maintaining prostate health and proper urinary function. Pygeum is another herb that has shown prostate-supporting benefits based on numerous clinical studies and has been widely used and studied in Europe for decades.

I believe the use of dietary supplements is an important part of helping keep the prostate healthy. Please visit www.lifepriority.com and read about the Life Priority products mentioned in this article, One-Per-Meal Lifeguard, Omega-3 Priority and Prostate Priority.

To Your health!

Greg Pryor, who was a member of the 1985 World Champion Kansas City Royals, is the co-owner of Life Priority Inc. est. 1994. He works with dietary supplement ingredient manufacturers and research-scientists to bring high-quality, research-based dietary supplement ingredients and formulas to the marketplace.

See the whole line of Life Priority products at www.lifepriority.com. Contact Greg at gpryor@lifepriority.com.