



PHP Monday Morning Health Minute

February 23, 2009

Volume 3, Number 8

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**Listen on
Wednesday,
February 25 to hear
all about all
about Super Male
Formula**



A WORD FROM DAVE....

In today's world, the signs of genetic disorders are more evident than ever before. Whether it is the skyrocketing incidence of autism, ADD, premature births, or infertility- there are many signs that something is dramatically wrong with the human genome. Since these statistics have been kept, sperm counts among North American males have declined an average of 1% each year. Furthermore the mobility of sperm (ability to swim straight) has also been reduced by over 30% due to the proliferation of hydrogenated oils in our food supply. When you consider that stress, heat, diet, and physical fitness all play a role in fertility, these statistics are not surprising. In honor of February's connection with love and fertility, as well as the it's designation as "Wise Health Care Consumer month," we have decided to focus on this little discussed health issue that can greatly affect a loving couple trying to conceive. Please read the information below to educate yourself on this important matter and tune in Wednesday night for our weekly Consumer Education call at 6 pm PST/ 9 pm EST. Simply dial (212) 461 5800 and enter pin code #8246 when prompted.

Please also remember (and tell your friends) that for your convenience we also archive all recorded Consumer Education conference calls on our website www.phporder.com. Simply click on the 'Education' tab at the top of the home page, then click on *Listen & Learn*, scroll down to the Consumer Education Calls and click on "*listen online.*" Education is power- be sure to check them out and let us know what you think!

-Dave Sandoval

Author of The Green Foods Bible

Founder of PHP

American Ginseng Aids Male Sex Performance

Sourced from The Doctors' Prescription for Healthy Living (V7 N4)

Men seeking an extra edge in the bedroom should know about the increasingly well-documented prosexual powers of **American ginseng (panax quinquefolium)**.

“In Asia, ginseng is commonly included in herbals used for the treatment of sexual dysfunction. Recent studies in laboratory animals have shown that both Asian and American forms of ginseng enhance libido and copulatory performance,” note researchers at the Department of physiology, Southern Illinois University School of medicine, Carbondale.

In one study that investigated the effects of American ginseng on male rat mating behavior, researchers found that, “Ginseng-treated male rats demonstrated a significant decrease in mount intromission and ejaculation latencies compared to vehicle controls.” They added, “These results demonstrated that P. quinquefolium significantly facilitates male copulatory behavior.”

These studies, they say, “lend growing support for the use of ginseng in the treatment of sexual dysfunction.”

There are several ways American ginseng stimulates libido. American ginseng affects the central nervous system and has been shown to favorably alter sex-hormone secretion, say the researchers. Various forms of ginseng, including American, have quite another benefit, which might also account for its aphrodisiacal effect.

“Indeed, there is good evidence that ginsenosides can facilitate penile erection by directly inducing the vasodilatation and relaxation of penile corpus cavernosum. Moreover, the effects of ginseng on the corpus cavernosum appear to be mediated by the release and/or modification of release of nitricoxide...” As we have noted in previous articles, impaired nitric oxide production is a key cause of male erectile dysfunction. Thus, American ginseng appears to help men overcome this age-and disease-related condition.

All true ginsengs have “panax” (the Greek word for panacea or cure all) as part of their scientific name. Panax ginseng from Asia and Panax quinquefolius from North America are the two primary forms of true ginseng. American ginseng can be taken over long period of time without causing overuse reactions. This is partly because American ginseng has a higher concentration of the ginsenoside Rb-1. The Rb-1 ginsenoside has a calming effect on the body (Yin qualities), helping it manage stress, while Rg-1 has a stimulating effect (Yang qualities), giving the body energy. The ratio of Rb-1 to Rg-1 is 5:1 in American ginseng and only 2:1 in Asian ginseng. This is the reason American ginseng has been found to be more effective than Asian ginseng in stress management and controlling high blood pressure, in addition to its prosexual properties.

CORDYCEPS

This nourishing superfungus offers modern-day cures for the immune, heart and respiratory systems.

Imagine a mushroom so rare that in its natural form, it's found only on the Tibetan plateau. Now envision that this finicky fungus could improve your respiratory and heart functions, combat cancer, reduce liver and kidney disease, rev up your immune system and even give your sex life a boost. Is it any wonder this magical mushroom known as cordyceps has been considered one of the most precious of Chinese medicines for nearly 1,500 years?

Cordyceps (*Cordyceps sinensis*) is a fungus that naturally grows on the back of a caterpillar found only in China, Nepal and Tibet. Although it has been the subject of extensive animal trials in China, Japan and Korea, researchers aren't sure exactly how its components combine to make such a super healer- though a few studies may provide insight.

A Chinese study published in the December 2005 issue of the *Journal of Pharmacy and Pharmacology* found that the polysaccharide in cordyceps is an antioxidant and anti-inflammatory. It also helps prevent tumors, lower blood sugar and lipid levels and regulate the immune system. Other studies have shown that two of cordyceps' chemical constituents- cordycepin and cordycepic acid- help improve lung function and increase energy levels and sex drive.” Because cordyceps is a vasodilator {widens blood vessels}, which gives more nutrients to the muscles and organs and improves cardiovascular health,” says Paul Stamets, author of *Mycelium Running: How Mushrooms Can Help Change the World*.

Not bad for a fungus with a high ick factor, don't you think?

Product Knowledge Call

February 25, 2009

SUPER MALE FORMULA

Wednesday @ 6pm PST

Call 212-461-5800 pin 8246#

Listen to the February 18th Call:

[Click here](#) - Happy Heart Healthy Heart

Remember...

Knowledge is Power!!

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SUPER MALE FORMULA



With stress taking a greater toll on our daily lives, more and more men find that they suffer from reduced performance and many have turned to one or more of the chemically composed libido formulas on the market. Unfortunately, most of these have documented and potentially severe side effects. PHP believes that you can reject those in favor of Super Male Formula™.

Science and nature now provide safe, effective, and powerful testosterone enhancing alternatives that come from all natural sources. Whether you are interested in increasing muscle mass, building endurance, speeding recovery, or increasing your libido, Super Male Formula™ will provide your body with the support it needs.

Super Male Formula is available in gelatin capsules and contains Velvet Antler, Long Jax, American Ginseng, Ginkgo Biloba, Ginger, Oat Grass, Cordyceps, and Green-lipped Mussel. Together they will bring out the "super male" within every man.

Ingredients:

Velvet Antler: This remarkable ingredient's use can be traced back to China in 206 BC where it was used to treat impotence and since then has been used to treat that and a host of other ailments.

Long Jax™: A proprietary extract of Eurycoma Longifolia, a plant, which is a proven aphrodisiac and testosterone booster.

American Ginseng: Traditional Chinese and Korean Medicine has used Ginseng for centuries. Evidence exists that Ginseng can increase testosterone levels, sperm production, and enhance sexual activity.

Ginkgo Biloba: Used to increase blood flow throughout the body to reverse impotence related to poor circulation.

Ginger: This herb has been used for thousands of years in Asia and in Ayurvedic medicine as a sexual stimulant creating a warm sensation during sexual activity.

Oat Grass: Contains unique proteins and lipids that positively affect the male reproductive organs while nourishing and strengthening the nervous system.

Cordyceps: This ancient Chinese mushroom is used to help the body increase endurance, strength, and potency.

Green-Lipped Mussel: Studies have shown this to increase the level of Human Growth Hormone (HGH), which affects the production of testosterone in men.

Yucca: This has been added in order to break down the surface tension of water molecules in the stomach allowing the other ingredients to be absorbed more readily.

Click [here](#) for more info or to purchase Super Male Formula

Do you know PHP's staff naturopath?

PHP is proud to have naturopath **Dr MICHAEL WOHLFELD** on staff- the best part is that health and nutrition consultations with Dr Wohlfeld are **ABSOLUTELY FREE** of charge with no strings attached! Make sure you take advantage of this valuable resource...

***He can be reached via his toll-free number **(800) 962 LIFE (5433)** and/or via e-mail at **askphpdoc@gmail.com**.
Get to know Dr Wohlfeld- you will be glad that you did!***