



## Phone Consult Follow Up by Dr Ben

**For:** Richard

**Age:** 40's

**Sex:** Male

**Date:** October 18, 2010

**Consult Topic:** Low free testosterone, high LDL, immune weakness, high Alk phos, high CRP-hs, poor vision

**Symptoms Noted:** electrolyte deficiency, low zinc, homocysteine borderline

*[Press CNTRL and Click the Product Name highlighted in blue and it will take you to the product page at [www.HealthEGoods.com](http://www.HealthEGoods.com)]*

Product Name	Time of Day to take	Serving Size	w/ or w/o meals	Duration	Reasoning
<a href="#">Ultra CoQ 10</a>	Anytime	2 capsules once a day	During a meal	Until your cardiovascular profile improves, take 2 a day, then reduce to 1 cap/day	To reduce CRP
<a href="#">Finest Pure Fish Oil w/ Sterols</a>	Anytime	2 teaspoons once per day	In smoothie or with any meal once per day	Long term maintenance	Lower bad cholesterol, raise good cholesterol, protect cell membranes, improve eyes
<a href="#">Adrenal Support Plus</a>	On rising from bed and around 2 PM	2 capsules on rising from bed and 1 capsule mid-day	Before, during or after meals. Just don't take a long time away from food.	2 months at this amount. Then reduce to 2 capsules in the AM as maintenance	Nourish adrenals, assist testosterone
<a href="#">Men's Nutrients</a>	AM and Lunch	3 capsules AM and 3 capsules with lunch	Take with breakfast and with lunch	Long term maintenance	To reduce CRP, improve vision, improve heart health, improve testosterone, immunity
<a href="#">Electrolyte Concentrate</a>	Any time	½ ounce a day mixed with 1 liter of water	Between meals	Two months	To replenish lost electrolytes through sweat, decrease Alk phos.
<a href="#">BioLipotrol</a>	Anytime	2 capsules	With meals or snacks	Until cholesterol normalizes	To reduce LDL and raise HDL



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### Lifestyle Recommendations:

1. Wear ear protection at work.
2. If fatigued or becoming fatigued at work, get some food in you and take a capsule of your Adrenal Support Plus along with a capsule of Men's Nutrients. Drink with your Electrolyte mixture.
3. Mix the Elyte Electrolyte Concentrate with some Jam in filtered water. This makes it enjoyable instead of medicinal. You do need a potent electrolyte mix and this one is potent. Add two capfuls per liter of water. Drink this amount once to twice per day depending on how much you sweat.
4. Eat a protein snack before bed such as almonds. They are high in magnesium and protein. Eat about 15 of them. I recommend soaking them for 24 hours, rinsing and then eating. Chew them very well. Drink water and go to bed.
5. Get light aerobic exercise. Go for walks, biking, jogging, or participate in some sport you like each day for a minimum of 30 minutes. Start at 10 minutes a day for a week and then increase by 5 additional minutes per week. Don't do it excessively as you work hard each day. Simply get your heart rate up and keep it up for 30 minutes. [Find your target heart rate and maintain it.](#)
6. Walk barefoot on the grass each morning as this stimulates your thyroid and immune system.
7. Chew your foods very well. "Chew your water, drink your food" is an old Chinese saying. This allows greater absorption of nutrients.
8. Limit drinking with meals as this dilutes digestive enzymes.
9. Fungus on big toe you can use [Tea Tree Oil](#) daily. Apply to the nail directly with a cotton ball after showing. Get the oil under the nail as well. Avoid tea tree from getting on your skin. Apply some olive oil or any oil on your skin prior to applying Tea Tree Oil.

### NOTES:

I did not recommend anything in particular to raise free testosterone. I believe the Adrenal Support Plus, Electrolytes, Men's Nutrients, CoQ10 all may contribute to raising the free testosterone. Adrenal Support Plus contains some DHEA which is a precursor to testosterone. Sex binding hormone globulin (SBHG) is known to bind testosterone preventing it from becoming free testosterone. Thus, lowering SBHG is helpful in raising free testosterone. Lowering estrogen levels does this and so do some specific herbs. [Super X](#) contains herbs which are known to lower SBHG. Consider taking 1 capsule, not 2, on a daily basis for a couple weeks to see how you feel. Excessive exercise can lower testosterone.

I would like to see lab tests measuring your levels of DHEA and Estradiol/Estrogen. If DHEA is low and Estradiol/Estrogen is high, that could explain lower levels of free testosterone. I believe there is a test which measures SBHG as well.