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INTERNATIONAL

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## Male Herbal Health

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Written by Frank Cook  
Lecture time: 3 hours

Preclass: Arrive 30 minutes early (tea, make copies, write on board, harvest weeds, tincture tasting, set up books, layout my schedule and email list)

Make a tea: Hawthorne Berries (*Crataegus*); Saw Palmetto (*Serenoa*); Oatstraw (*Avena*); Nettles (*Urtica*); Ginger (*Zingiber*)

Harvest 8 basic weeds and display

Write on the Board:

What are the differences between Men and Women? Male and Female? Yang and Yin? Masculine and Feminine? Penis and Stamen? Where are you on the spectrum???

Give out handouts

### ***1. Introduction***

Have students discuss the items on the board. Discuss..." Who are the males in your life?" Invoke the significant males in these people's lives.

Basic things to take away for the men in your life:

--Getting the men in your life to say, "I Feel" as much as "I Think".

Encourage them to express their feelings

--Take the time to discuss and acknowledge the uneasiness of modern life (Shenpa).  
Take the time to get present with them.

--Make sure the men in your life can distinguish "orgasm" and "ejaculation".

--Give the males in your life chest massages

--Do chakra cleanses

--Have them cut onions

--Get men to sing and dance and laugh and play.

So how do men die? It is estimated that around 2.5 million people in the US will die in 2006. About half of them will be men. Discuss the top ten ways. Focus on the #1 and #2 ways men die

1) Heart Disease—now #1 for men and women and most ethnic groups. Every 34 seconds someone dies in the US of heart disease (2500 people a day) 2) Cancer. About 10% will be from prostate cancer. According to the ACS 27,500 men are expected to die of prostate cancer in 2006. 1.8 million men are “survivors of prostate cancer.” 1 in 6 men will be diagnosed with prostate cancer and 1 in 34 will die directly from it.

Discuss childhood (father modeling military and 007; cousin age 7; Grew up being ruled by fear and in some was shutdown) and the influences of 7Song, Greenlight, James Duke, Buhner; the women in my life taught me gender issues and women’s lib and equality.

The importance of men being a part of the birthing process. I attended a birth 5 1/2 years ago—life changing.

Some years back I attended bookstore with male menopause books—changing mentality.

Physical Differences:

Genetic: XX XY

Flows of Fluid: Men ejaculate [so can women-g-spot)—Women lactate [men can, too] and menstruate [natural? Pure environment and athletes; Men produce 10x the testosterone of women; outward anatomical differences

Hormones are made from cholesterol (Hormones among many things regulate body systems and are biofeedback loops); men are raised to be soldiers and businessmen; raised to think not feel that feelings are weaknesses; stoic. Repress emotions. Men are twice as likely to get kidney stones. As soon as people know the sex of a fetus begin to project their beliefs on it.

Ratios of estrogen and testosterone.

Apparently in the hypothalamus of the brain the neuronal clusters are 2x as large in men than women.

Our reproductive system is degrading along with the environment. Exogenous hormones and steroids are polluting us; our reproductive systems are degrading (fertility rates are down; sperm counts are down by 40% from 50 years ago. (also half as much oxygen in the atmosphere as 100 years ago);

Remembering 7Song’s teachings: Moon cycles for men; male menopause (andropause) (after 40 in men the testosterone begins to diminish) (page 26 in Buhner); masturbation-work through guiltPenises are censored.

All the secondary sex characteristics associated with being male or female are based on testosterone-estrogen ratios (made in the leydig cells and adrenal glands)—i.e.—sex drive/aggression; facial/body hair; deepening of voice; skeletal muscle mass. When women have an other than normal ratio they have these characteristics plus clitoris enlargement; shrinkage of breasts and change in fat distribution. (.004% increase is all that is needed to bring on male characteristics.) Xenohormones

## Discuss Books

Go through handouts—(These are models not Truth)

SIDE A: development of sex organs

-No differences physically until 7 weeks in utero—then hormone ratio changes (puberty). (testicals dropping in infancy)

-The reproductive organs form from the same cells; they are the same size; and both are controlled by the pituitary gland.

--numerous instances of men suckling infants. (Christopher). Accounts in a book called “Anomalies and Curiosities of Medicine” by Gould and Pyle 1956

SIDE B: details of the male reproductive system

What is your opinion on circumcision? Why might parents do it? In my opinion circumcision is a form of male mutilation. Foreskin removal history: occurs within Judaism (why?) brisk (sp): gentiles began practicing it here in the late 1800's to discourage masturbation and as an act toward a view of cleanliness; no anesthesia; only country where it is prevalent. Tell of a nurses account. Since insurance is not covering anymore it is now below 50%. Over 80% of the world is not circumcised

II. 15 minute-break—Tea Time (write herbs on the board genus and family)

Rap on the importance of Teas

Do a weed show and tell and the importance of plant families and nibbling nature.

## III. Personal Healing

Common Male Diseases (Remember Prevention is better than Cure) with Treatments and Important Herbs to Know (Tincture tasting)

A. Heart Disease--#1 Killer of men and women: In 2002 approx 350,000 men died from heart disease (1/3 of the deaths) For every person who dies 18 will live with it (in NY state) Every 20 seconds a person has a heart attack. Failure to communicate and to feel. Lighten up. Laughing, playing, singing, toning. Broken Hearts; Closed hearts to emotion and feelings. By age 65 there are 68 men for every hundred women. Ways to deal with stress and the general uneasiness of living in this changing unpredictable world: yoga, meditation, massage, exercise, power naps, walks and waterfalls. Recognize and deal with high blood pressure. My recent experiences and feeling more.

Discuss Buhner's book “Secret Teachings of the Plants”

Herbs for the heart: Hawthorne, motherwort, ginkgo,

Herbs for stress: lemon balm, lavender, catnip, lousewort, skullcap, oatstraw

Herbs for high blood pressure: Garlic, crampbark, vervain

B. Prostatitis—Inflammation from mostly unknown causes. (<10% from bacterial causes) a chronic troublemaker-infection, tenderness, impotence, painful orgasm, loss of libido

C. Benign Prostate Hypertrophy-60% of men over 40; 90% of men over 80, in addition to worry we store environmental toxins (Bill Moyers) here. Hypertrophy means –non-malignant abnormal growth of tissue. 4 stages (Western Medicine illustrates the power of naming.)

Prostate Cancer (stage 4). Second only to Skin Cancer in occurrence. During 2006 it is believed that there will be 234,460 new cases of prostate cancer. As I said 1 in 6 will get prostate cancer.

Why Prostate problems?

1/2 Lifestyle issues such as:

poor diet, no fiber; overly acidic body; over alcohol consumption; over caffeine consumption; poor circulation; low exercise; zinc deficiency; venereal diseases; lack of bitters; excess cigarette smoking

men push their worries into their prostate (Green) (Environmental considerations)

--Testicular exams

[Medical researchers have not been able to explain why cancer of testical worldwide has increased by 60% in the last 25 years. Highest in white men in the teens thru thirties. Why? Environmental degradation. 8250 new cases of testicular cancer in 2006. 140,000 men are cancer survivors in US.]

--Kegel Exercise

--Discerning orgasm from ejaculation: Tantra breath—raising kundalini

Herbal Aids for the prostate:

Pygeum (from Africa in Rosaceae) for BHP

Saw Palmetto- 20+ studies shows it decreases prostate size (James

Duke challenging FDA—considered banning all OTC drugs)

Hair growth; inhibits the dihydrotestosterone enzyme from removing testosterone from the body.

Pumpkin seeds—high in Zinc and EFA's-aids in reducing prostate

(1/2 cup)

Nettles Root—30 studies shows help with prostate (Buhner)

Collinsonia—helps tone prostate and cool inflammation

Tomatoes (Lycopersicon)—high in lycopene(red) tones prostate (Eleagnus—10X

Lycopene—chew seeds)

Wild Yam—anti-spasmodic for prostate (contains testosterone)

Damiana (Turnera)—prostate tonic

Partridge Berry—eases urethra pain; tones prostate

(black cohosh (for pain) and licorice root controversial since high in phytoestrogens)

III. Male infertility/Impotence/Low virility/Libido/Vasectomy

Vitality and Fertility can be enhanced through tonics as we work on our lifestyle issues. We feel impotence when we feel stuck in a lifestyle or role. You are invited to look at the importance that your sexuality plays in your sense of self. This is also in one's emotional state as they transition from having had a vasectomy ( brothers tell me different things about their experience here.) Also important to avoid over-consumption of yin and “feminizing” herbs and foods.

#### Herbs to Assist:

Smilax—an adaptogen to nourish and tone reproductive organs

Reishi/Turkey Tail/other polypores—tonics

Ho Shu Wu (foti) (*Polygonum multiflorum*)—builds chi--tonic

Oats-“sow your wild oats” nervine and tonic

Orchids—orchis = testicle (I nibble flowers when I am with them)

Ginsengs/Siberian Ginseng—Adaptogen—adrenal support, tonics

*Tribulus*—increases serum testosterone

Chinese Herbs: (Thank you Julie)

Yang Tonic: Dodder (*Cuscuta*) (seeds) Tusizi for impotence

*Eucomis* DuZhong also for

*Epimedium* yin uang huo Horny goat weed can be drying for impotence

Cynimorii Suo Yang for sperm deficiency

Walnuts Hu Tao Ren secures our essence

#### IV. ANDROPAUSE

Avoid estrogen rich foods; encourage androgen rich foods  
(Buhner)

Estrogen rich foods or herbs that mess with hormone ratio: pomegranate, dates (high in estrogen (Green)); Hops—One of the highest estrogen containing herbs—not an accident—before 1516 beer almost never contained hops over 100 other herbs used –read Buhner); Black Cohosh and Licorice root; Alfalfa and Clover

Androgen (phytoandrogens) rich foods: celery and parsnip—male steroids; corn-increases testosterone; oats; garlic—stimulates sperm production; increases sexual desire; decreases arterialsclerosis; pine nuts-high in testosterone and very nutritious; pine pollen;

Open the Circle up and send good vibes out to the males in our circle

Get People's email addresses/Upcoming Events

#### Book References:

“Vital Man” by Stephen Buhner

“The Male Herbal” by James Green

“The Green Pharmacy” by James Duke