

## Integrity Research Institute's Position Paper on Prostate Alternatives for BPH

Dr. Norm Shealy <https://normshealy.com/> recommends men over 50 should be taking 160 mg of saw palmetto four times a day. There are other formulations which enhance the effect on BPH such as <http://www.lef.org/vitamins-supplements/item01790/PalmettoGuard-Saw-Palmetto-Nettle-Root-Formula-with-Beta-Sitosterol.html?source=search&key=prostate> from Life Extension foundation. However, prescription therapies work very well to reduce prostate size and permit urination flow, such as Proscar and Avodart. [www.lef.org](http://www.lef.org) has a review article comparing these two drugs in the December 2013 issue of Life Extension magazine.

As far as the new PEMF treatment article from 2014 for promoting the Magcell Vetri, we subscribe to Dr. Glen Gordon's discoveries about PEMF, as outlined in the IRI book, *Bioelectromagnetic Healing* and online [www.BioenergyDevice.org](http://www.BioenergyDevice.org). Basically it is not the 2,000 gauss field that is doing the work at the ELF pulse rate but more importantly, it is the slope or derivative of the pulse. Dr. Gordon also spoke at our COFE in 2006 and emphasized the "nanosecond risetime" of his NASA-developed EMPulse (see attached).

What we at IRI did, along with a great electronics shop who now manufactures them for us, was to keep the nanosecond risetime, increase the pulse rate to 250 Hz and slightly increase the pulse height to around 70 gauss but at a low 12% duty cycle, so the average magnetic field delivered is only about 7 gauss as a result. If some still feel that more is better, our frequency is about 10 times than the Magcell Vetri so we deliver 10 times the impact within the same amount of time. Also, the treatment time is usually about fifteen (15) minutes to thirty (30) minutes but can be much longer if needed, as the heat shock proteins (HSP 70) are drawn to the site within ten (10) minutes according to Gordon.

We also have two great rechargeable batteries (and a free charger) with the EM Pulser along with a 30 day money back guarantee. The reports have been coming in saying that this unit is as good or better than the older EMPulse. Visit [www.BioenergyDevice.org](http://www.BioenergyDevice.org) for more info and a full page of testimonials. Some clients also use our Premier Jr. on the **prostate perineum** area as well with good results (I have as well and obtained relief within minutes that lasts for days).

In researching BPH treatments, we have learned of a 2014 dog study in which PEMF successfully **reduced prostate size by 57% in 3 weeks!** Clearly, this is the way to go before trying surgery. (<http://www.parsemusfoundation.org/new-treatment-for-enlarged-prostate/>)

Another overseas model was used in Magcell Vetri study (<http://www.vetri-line.de/index.php?id=414>), exhibiting a magnetic field of "max 200 mT" which is 2000 gauss, which cannot possess a nanosecond rise time with such a high intensity field. IRI follows Dr. Gordon's philosophy of a weak intensity but fast Risetime for maximum efficacy to reduce inflammation and stimulate HSP 70.

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Thomas F. Valone, PhD, PE