

We know everything about building showy muscles. (Yes, that guy below.)
What do you know about internal muscle exercise?



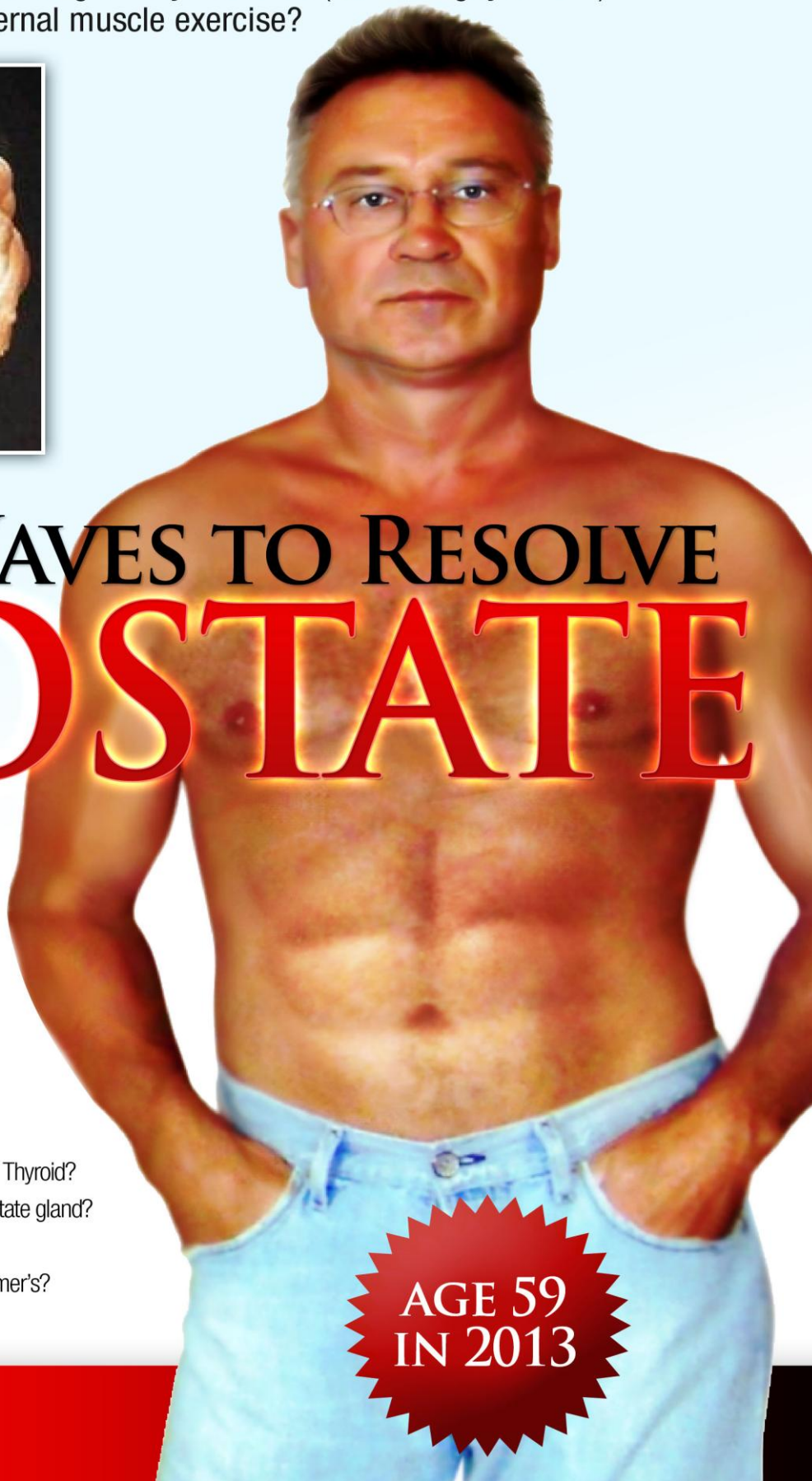
SONIC WAVES TO RESOLVE PROSTATE ISSUES

by V.Skrypnyk Ph.D /Canada/
Editor: R.Calderon /USA/

- What do you know about the PC-muscle and good sex?
- And other pelvic floor / core muscles?
- What about major gland massage?
- And a natural way to boost Testosterone and Thyroid?
- How your internal muscles are linked to prostate gland?
- The Root-causes of a prostate problem?
- How core muscle atrophy can lead to Alzheimer's?

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DR.V. SKRYPNYK



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Why this E-book ?

The prostate is not only located at the core of your body, but occupies a central position, a crossroad, of multiple physiological systems, that affect not only your physical well being, but also your mental outlook.

Modern occupations demanding much less physical movement, pollution, stress and longer lives all combine to reduce blood flow into the prostate and other organs, such as the thyroid and testes, and to reduce lymphatic discharge from these. Curiously, the prostate organ is one of the first to register declining health. 30% of men in their 30s, 50% of men in their 50s and 80% of men reaching their 80s will suffer from prostate disease.

However, Japan's freedom from prostate disease signals a root cause of the Western epidemic. The Japanese traditionally adopt a kneel-sit position that minimizes pelvic crunching of the prostate. An exercise mimicking how Japanese lower to kneel-sit, can retrain and strengthen pelvic muscles and is called the Sumo Pose.

This e-book outlines an innovative, multi-dimensional approach to men's internal organs and abdominal-floor muscle fitness.

Why a Sonic approach?

1. Subtle Sonic waves are so powerful that they can break-up kidney and other glandular stones with proper application.
2. Consequently, these sonic waves can decalcify stone build-up in the prostate gland, which is a second major cause of BPH.
3. Certain sonic frequencies have been approved by **FDA** for elevating blood flow through gum massage and tooth brushes. The frequencies advocated here do not deviate from those approved by the **FDA**.

What Sonic massage can do for you:

- Will prevent your prostate gland from accumulating stones and developing **BPH**;
- Will give you a preventative tool against **Prostate Cancer**;
- Will re-awaken your Pelvic-muscles (Kegel) and thereby address **ED** and many more prostate related issues such as **Premature Ejaculation**;
- Will boost your **Testosterone** level without drugs;
- Will stimulate your **Thyroid** gland in case of **hypothyroidism**;
- Will address **frequent urination** issues;
- Will help you to **urate**, reduce **bladder infections** and **extra weight**;
- Will address **Hemorrhoids** problems.

TESTIMONIALS

Between the age of 20 and 26 I was an active biker and sailor spending a lot of time biking and sitting in a cold water during the long hours Baltic Regattas. Then Prostate issues hit me hard. I suffered chronic Prostatitis with little respite, from 26 till I was 61. Six months ago, I purchased a Sonic Massager and followed the instructions diligently. At first there was little improvement, then 5 months in I had a dramatic improvement. I continue to use the massager once or twice a week, or when I feel a problem coming on. So far, so good, I will keep you posted. John M – United States

I am the owner of www.prostatemagic.com and an author of a book on prostate health. I bought your device the other day. I totally love it and think it is the best prostate massager ever!

Mr. Plato, United States

I like the idea of a physiotherapy device for pelvic floor and side-wall muscles as well as the prostate.

Dr. J. Curtis Nickel MD

Professor of Urology, Queen's University at Kingston

Canada

CIHR Canada Research Chair in Urologic Pain &

Inflammation

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1. Introduction & Tour of the Sonic Massagers

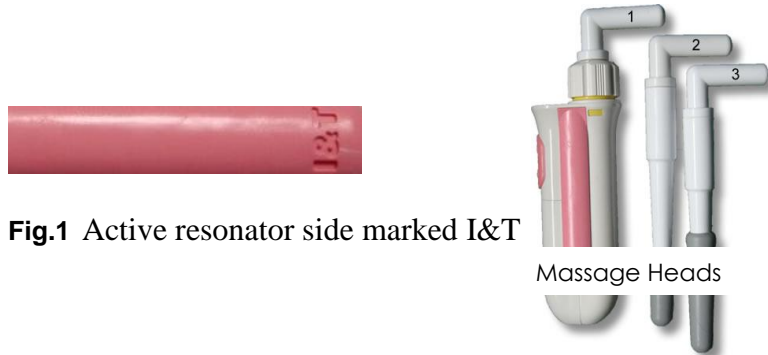


Fig.1 Active resonator side marked I&T

The 3-D Sonic Massager with 3 massaging heads and one active side marked I & T is effective for ED , Enlarged Prostate / BPH / Hemorrhoids , Low Thyroid and Low Testosterone. The 3 – D Sonic massager has 4 vibrating features, 3 of which are the detachable, Massage heads # 1, # 2 and # 3. Additionally, the massager features one colored stripe (either pink or teal), one of which is labeled I & T.

You will learn the function of these 4 vibrating features as you read Chapters 1 through 7 and how to use these massage features in Chapter 8.



Fig 2 How to insert head #1



Fig.3 How to assemble head#2 and 3



Fig. 4 Ultra-thin massager



Figure 5 The best way to support device during massage

Hi Tech Ultra-Thin 3 Mode Sonic Massager with 2 minutes autotimer. Designed for beginners / age 20-40/. Targets prostate nerves ending restoration. Effective tool for early stage prostatitis and ED. Excellent preventative tool for BPH



Fig.6 **Keigel-Sonic Tester and Exerciser for women.**

2. CAUSES OF NON-BACTERIAL PROSTATE ISSUES & BPH.

There are 3 major and 7 related variables affecting prostate malfunction:

The Major Variables are:

- Blood and lymphatic fluid flows in and out of the prostate gland;
- Calcification of the prostate gland;
- Prostate Inflammation.

The Related Variables are:

- PC muscle atrophy affecting premature ejaculation and ED;
- Anus muscle inflammation leading to PC muscle atrophy;
- Hemorrhoids – affecting the anus, PC muscle and prostate gland;
- Gum conditions affecting heart valves, consequent blood flow and ED;
- Lymph flow and Lymph gland conditions which will affect blood supply;
- Low Thyroid function and blood levels will affect many aspects of health, including energy, illness resistance and prostate health;
- Testes function and Testosterone production, which directly affects ED.

Medical specialists not defaulting to a knifing of your prostate tend to propose different strategic remedies that reflect their specialties. Two of these strategies are presented below:

1. Dr. Yigal Gat focuses on dysfunctional blood and lymphatic flows caused by pinched veins and / or collapsed valves.

In his view, the one-way valves in the vertically oriented internal spermatic veins of many prostate patients are compromised, thus causing elevated hydrostatic pressure in the drainage of the reproductive system. Elevated pressures impact interconnected vessels leading to a unique biological phenomenon: venous blood flows retrograde from the higher pressure in the testicular venous drainage system to low pressure tubes in the prostate.

If you have reduced blood flow due to veins size or collapsed valves you will have high blood pressure in Prostate Gland, leading to BPH.

Yigal Gat, BSc, MSc, MD, PhD, Andrology and Interventional Radiology Unit, MaayaniHaYeshua Medical Center, Bnei Brak, Israel.

The solution proposed by Dr. Yigal Gat would include microsurgery or super-selective venography and sclerotherapy of the impaired spermatic veins and network of venous bypasses and retroperitoneal collaterals associated the compromised system. The treatment prevents the pressure gradient between the two drainage systems and eliminates the back-pressure and the back-flow from the testes directly to the prostate. The procedure seeks to normalize physiological environment of the prostate.

In plain English – very delicate and complicated microsurgery, more complicated than a heart bypass, that does not address why the prostate clogged in the first place.

2. Dr. Xin Ping Song, of China, focuses on the damage of calcification and blockage caused by infections within the manufacturing sacks and tubes of the prostate gland itself.

In his perspective, once infected, these secretions within the prostate disease do not drain. If the infection cannot be eliminated during the acute period, it will spread to surrounding tissues. More tubes become blocked during inflammation and, over time, further calcification will develop.

Prostatic calculi are rare in children, infrequent in men younger than 40 years, but common after the age of 50 years.

The solution proposed by Dr. Xin Ping Song involves direct injections of antibiotics into the prostate gland, because regular antibiotics cannot reach the infected & blocked areas.

In plain English -- address the underlying infection not reached by standard administration of antibiotics and hope(?) the damaged tubes will gradually clear.

We believe both of these and comparable approaches tackle only part of the problem and represent incomplete solutions. This belief is based on numerous conversations with prostate patients and doctors worldwide. -- Such as:

Question: *I have a patient who was diagnosed with BPH and had a bleeding episode due to rupturing of the fragile vessels in the enlarged area of the prostate. He underwent a cystoscopy and no abnormality of the bladder was observed, no PCA and his PSA is good. The doctor irrigated the bladder as it had blood and clots that needed to be removed. He's been taking finasteride for about 11 months without success. Currently he has urination issues and is getting up 2 times every night to urinate. In your opinion would there be any contraindications in him using the internal massager? I am concerned that if the prostate blood vessels are fragile, due to enlargement, they could rupture and cause another bleeding occurrence.*

Answer: Prostate massage could be effective in this case, since the patient needs to stimulate fresh blood flow regularly, at least once per week and leave the rest to his immune / healing system. The Prostate Sonic Massage is not a miracle, overnight cure, but a way to enhance patient healing. The Sonic massager does not attempt to “squeeze” fluids by applying pressure, rather by nudging increased blood flow and lymphatic discharge. Just locate the prostate gland and apply sonic vibration regularly for 2 or 3 months until prostate function is restored. Once health is restored, continue the massage, on less frequent basis, to maintain health.

* * * * *

Question: *I am interested in trying the Sonic massager on a long-term chronic prostatitis patient. This refractory patient has not been responsive to all known treatment modalities, including Greenlight (PVP) laser surgery, or super-selective venography. We have had reoccurrence of the issue 3 months. He would be a good test case.*

Answer: The problem seems to be atrophied blood vessels and calcification of the prostate gland that could be assisted with Sonic massage. Surgery may deal with some issues, but thereafter you have resulting scar tissue and will have done little to stimulate blood and lymphatic flows in the prostate.

* * * * *

Question: *I am a 35 years old male suffering from urinary urgency for last two years. It gets worse during winters. The doctor told me it's due to calcification of prostate gland and gave me some medicines, which didn't help at all. Please help.*

Answer: The calcification observed in your prostate indicates chronic prostatitis and this is consistent with symptoms relating to your urinary frequency. A worsening condition in winter is frequently the product of reduced physical exercise and one more reason to compensate with sonic massage. Since other routine tests are normal, you should be comforted that there may not be any graver problem.

We could share many more stories. These sufferers have gathered decades of experience with doctors prescribing medications, injections and surgeries with

disappointing results. **This is because prostatitis is a multi-variable disease, which conventional one-track medicine does not recognize, or see a way to prevent or cure. Furthermore, conventional medicines tend only to abate or mask the disease temporarily – requiring a revolving door of further doctor visits, additional prescriptions, temporary relief, etc.**

We would appreciate hearing from any doctor challenging this statement with a brand name medicine, or other treatment to cure prostatitis with a success rate of at least 70%.

3.EXERCISE THE KEY TO PROSTATE HEALTH

If this run-down man can turn things around, so can you.



Dr. V .Skrypnyk, Age 55 in 2008.

Our health truly requires continual daily movement. Our Cave-dwelling ancestors ran 1- 2 hours and walked 3 – 4 hours each day and thereby he kept core muscles in shape, maintained adequate blood flow and prevented prostate congestion. Largely sedentary jobs and couch potato lives facing televisions and computer monitors eventually catch up with us. We acquire prostate problems and then exercise alone may not be enough. Once congested with dead and calcifying material, a compressed and oxygen-deprived prostate stays clogged – as it slowly dies.

Living longer adds to prostate issues. After 30, we lose muscle mass, which is especially troublesome with the muscles surrounding our prostates. After 30 we have to increase our exercise to stimulate the same amount of blood flow through the prostate and testes – and we must increase exercise length, again and again as we reach 40, then 50, then 60. Of course such a program is unrealistic. Men must budget their time, whether at work, with the family, volunteering and sleep. Lacking heroic exercise, nearly 30% of men experience prostate problems in their 30s and the statistics climb 10% with each decade. 80% of men in their 80s have prostate issues.

Our Approach: Prostate health requires elevating blood flow through the core, largely through exercises focused on strengthening pelvic muscles. Sonic massage can powerfully enhance the effectiveness of such an exercise regime. The two approaches encourage mitochondria to multiply in the prostate, thyroid and testes and thereby raise overall hormone production to youthful levels.

4. PROSTATE ISSUES & TESTOSTERONE

Healthy testes manufacture to 4 – 7 milligrams of testosterone a day. If you have a lower testosterone count (perhaps 1 – 2 milligrams a day), you may experience:

- Anxiety and depression;
- Erectile dysfunction, coupled lowered self-esteem;
- Lack of concentration;
- Joint and muscle aches;
- Weight gain;
- Little toning through exercise
- Cognitive disorders

Low testosterone is a disorder that may be caused by poor testicle development, injury, a pituitary gland disorder, or by some prescription drugs. Low testosterone is also associated with age. A testosterone decline of 1% per year after 35 is considered typical.

Low testosterone, though accompanied with the symptoms listed above, usually goes undiagnosed until a patient hits his doctor with the complaint: "I have no erection." Whereupon, the doctor may prescribe blood-vessel dilators (e.g. VIAGRA) and / or synthetic testosterone injections / gells / pills / patches. As with most medications, there are side-effects – weak erections with blue peripheral vision, acne, medical issues associated with raised cholesterol, shrunken testes . . . the list is long.

Our Approach: Restoring testosterone production through exercise and Sonic massage to enhance blood flow is the best strategy. Your doctor should determine whether low testosterone is the result of other medications, poor testicle development, injury, pollution or reduced blood flows within your core. Synthetic Testosterone may be necessary, but should only be a supplement to your own.

HEALTHY TESTOSTERONE LEVELS:

There are two Testosterone blood tests: one measures "Total Testosterone," which is useless, and the other measures "Free Testosterone" in your bloodstream as a quantity per deciliter (dl) of blood. "Free T" between 300 ng/dl and 1,000 ng/dl is considered the normal range for an adult man.

5. PROSTATE ISSUES -THYROID & LYMPH FLOW

The Thyroid gland in your neck produces T3 and T4 hormones that control body basal temperature. What is the significance of basal temperature? Most chemical reactions in the body are effected by enzymes and these enzymes slow dramatically when cool.

One Canadian customer writes:

I am 59 year old engineer and have suffered in the last 10 years from Depression and Erectile Dysfunction, apparently caused by Prostatitis. I would lose concentration during regular production meetings and it took a lot of effort not to show it to colleagues. 4-5 hours of driving would exhaust me, and business trips were a nightmare. Over those 10 years I visited 7 physicians and 5 Urologist with near "0" results. Prescription medications were waste of time and money. Accidentally, a secretary in on waiting room pointed to my Thyroid level data sheet and my life changed dramatically.

Thyroid hormone regulation is managed by three glands, the first two of them are located within your core brain. The Hypothalamus initiates production with a chemical signal to the Pituitary, which in turn sends a chemical signal, called TSH to the Thyroid gland. Pollution (e.g. mercury and other heavy metals), injury, nutritional deficiencies (e.g. iodine and selenium), inappropriate protein binding may cause low thyroid levels. The resulting condition is called Hypothyroidism, leading to weakened health / muscle tone and your prostate will soon signal distress.

Doctors often miss Hypothyroidism because they generally test for TSH, and not the more expensive T3 and T4 tests. Patients exhibiting signs of Hypothyroidism are frequently not treated if they have low TSH levels.

However, the Hypothalamus operates as a gyroscope designed to maintain habitual hormone conditions. Once adjusted to low T3 and T4 the Hypothalamus is happy about insufficient levels. Meanwhile the Pituitary itself may be damaged and not producing TSH ! Lastly, leaching heavy metals in teeth fillings, cigarettes and pollution may impair Thyroid gland secretions. Whatever protest the Hypothalamus may have initially raised, years later when a TSH test is performed, the entire Thyroid system may have adjusted to very poor performance, with the patient suffering consequent ill health.

HOW TO MEASURE YOUR THYROID LEVEL:

There is an inexpensive way to test your Thyroid level – involving a simple under-arm thermometer, first thing in the morning when you wake up. Your resting or “basal” temperature should range between 97.8 F to 98.2 F .

Our Approach: Take a multivitamin formula with thyroid boosting zinc, selenium, chromium, manganese, magnesium, alpha lipoic (300 mg), B 6 and B12 vitamins

If your basal temperature remains low, consult a dentist aware of heavy metal issues and clean up your body with two months of detox supplements (primarily the amino acid L-Glutathione, supported by milk-thistle etc.) and replace any mercury-amalgam (silver/copper/nickel) fillings in your mouth.

If basal temperature remains low, consult an internist and gradually introduce a natural thyroid supplement (derived from beef or pork) such as Armor. (Steer clear of

synthetic thyroid preparations as these do not contain all the elements of natural thyroid.)

LYMPH FLOW

Lymph glands or lymph nodes are highly important components of the immune system, producing and storing immune cells and lymphocytes. These little “forts” are spread throughout the body, with concentrations in the neck, under the arm, the groin, within the chest, the abdomen and pelvis. Lymph nodes are the primary barriers to the spread of infections.

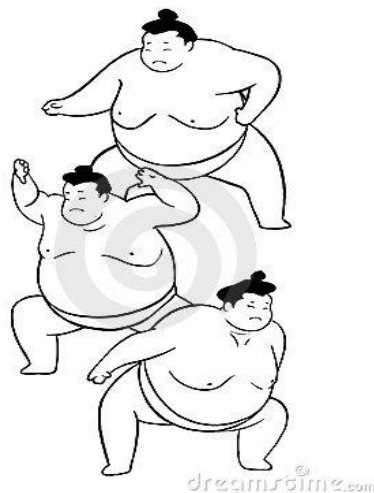
When disease invades a lymph node it causes inflammation and a battle royal. The node expands, sometimes visibly in the neck, around the nose, surrounding muscles and other tissue. These swell and you experience discomfort. Focus now on a groin already dealing with pinching caused by weakened muscles. Once the infection spreads to the prostate and surrounding lymph nodes you will know very fast.

Our Approach: Gentle external Sonic massage may be very beneficial in stimulating blood flow and clearing congested lymph nodes. Sonic waves will nudge congested fluids from glands and surrounding inflamed tissue, whether around the face, under the arms, or in the groin.

6. THE PROSTATE & PC MUSCLE

The Pubococcygenous – or PC – muscle is hammock shaped and supports all organs in the pelvic cavity, such as the prostate and lower intestines. Lack of exercise causes the PC muscle to stiffen in spasm and gradually weaken, thereby depriving supported organs of needed blood flow and lymphatic drainage. PC muscle issues have been found the cause of much, otherwise unexplainable, prostate / testicular pain and erectile dysfunction (ED) in 75% of those afflicted.

Recognizing the multiple ramifications of PC spasm, Dr. Arnold Kegel developed an exercise, known widely as **Kegels**, to loosen and strengthen the PC and other related muscles such as the Cremaster (which lifts the testes during intercourse). Yoga practitioners long ago developed a related full-body PC exercise known in the west as



the **Sumo Pose**

Sumo Exercise – Triple Flexion of Hips, Knees, Ankles

1. Bend forward as a Sumo wrestler, knees splayed, hands on hips and torso leaning 20 degrees.
2. Begin to breathe-in as you straighten and stand up.
3. Rest a moment standing.
4. Begin to breathe-out as you lower into the Sumo pose.
5. Repeat this exercise 5 times, gradually increasing to 15 as your ankles and knees strengthen.

It is very important to **breathe-in** as you **rise** and **breathe out** as you **lower**. Breathing-in as you rise keeps femur bones apart and provides room for your prostate.

Our Approach: We thoroughly endorse Kegel and Sumo Pose exercises. Additionally, we recommend a program of Sonic massage using the PC muscle attachment / head # 3 .

According to Dr. Frank Sommer, men doing PC exercises had 80 per cent stronger and harder erections than those taking Viagra. While Dr. Grace Dorey showed that 40 percent of men who learned how to do Kegels were completely cured of ED and 35 percent had significant improvement.

7. HEMORRHOIDS & THE PROSTATE

Hemorrhoids, are swollen veined tissues in the anal passage. This inflamed tissue is subject of bleeding and developing small blood clots.

Hemorrhoids occur when tissues enlarge, weaken, or come free of their supporting structure. Though common at all ages, hemorrhoid occurrence increases with age. The resulting bulge may extend into the anal area, whether internally or externally, and is a bad news since it can lead to pressure / infection / inflammation of surrounding tissues, including the prostate.

Conventional medical opinion associates hemorrhoids with straining during bowel movements with little roughage, pregnancy, heavy lifting and such. Since wild and domestic animals also become pregnant, frequently eat meals with insufficient roughage and never develop hemorrhoids, there is undoubtedly some unique human activity that enables hemorrhoid development – and that activity is known as **sitting!**

Our Approach: We cannot over-emphasize the need to exercise and move. Again, we all should avoid sitting for hours on end, whether in front of a computer or television. But, should you have acquired hemorrhoids, your best strategy is to perform Kegel and Sumo exercises regularly and Sonic massage using the PC muscle attachment.

8. SONIC MASSAGE – A SYSTEMIC VEHICLE TO HEALTH

In this chapter you will find practical recommendations and protocols on how to:

- Perform Sonic massage of major internal organs;
- Boost your testosterone level;
- Reshape your body without dieting;
- Add Kegel-Sonic exercises to your regular daily Kegels;
- Use 3-D Sonic Massager to treat BPH, Prostatitis & Hemorrhoids.

What is special about Sonic massagers? Sonic waves of 40,000 peaks per minute allow us to move fluids to and from major glands / organs, such as the prostate, and thereby address 2 major causes of prostatitis, calcification and reduced fluid flow.

In the mid 2000s, our initial goal was to develop a tool promoting resolution of BPH and Chronic Prostatitis, by evacuating congested fluids and calcified detritus from the prostate gland. So Advanced Canadian Engineering Group introduced the **3-D Sonic Massager** with massager heads #1 and #2 in 2005. The device was patented in Canada and Europe in 2010 and you may learn more about it through www.prostatemate.com.

A second goal was to address weakened PC (Pubococcygeus) muscles – which generate Erectile Dysfunction (ED), Premature Ejaculation (PE) and Benign Prostatic Hyperplasia (BPH). So we introduced the Kegel –Sonic massage head #3 in 2012 to supplement your own daily Kegel and Sumo exercises.

Then we noticed Testosterone level improvements in some patients who massaged major arteries and testes. Since many researchers have found an association of low testosterone with Cancer of the Prostate and ED, we developed a Natural Testosterone booster protocol, which uses the side panel labeled **I & T**

While the impetus our research was developing a sonic wave frequency to move congested fluids from collapsed / shrunken blood vessels and muscles, we also believe that reduced blood flow, oxygen and nutrient supply, into vital organs is a major cause of BPH, Chronic Prostatitis, Erectile Dysfunction and Alzheimer's. Our new approach, also introduced in 2013, works with your regular exercise program to promote blood and lymph flow to and from the brain and major organs.

8.1 - Sonic Massagers for BPH and Prostatitis.

The 3-D Sonic Massager operates at 40,000 movements per minute, a fluctuation that is just within human hearing range, of roughly 20 hertz to about 20,000 hertz. The US FDA has approved this range for human use, as in toothbrushes and gum massage. But, as with all medical devices, you should consult your doctor before using the massager.



Massage Heads

3 – D Sonic Massager -- requires a AA battery.

The colored stripe marked **I & T**- is directly connected to the Sonic resonator and delivers an intense vibration designed to massage the Testes, Thyroid & Lymph glands.

Initial Set Up

1. Partially unscrew the top cap of the DENTIAL generator;
2. Insert selected massager head #1, #2 or #3;

Head #1 – is for external massage of pelvic floor muscles, prostate, testes and thyroid;
Head #2 - is for direct internal prostate massage;
Head #3 - for internal Kegel exercise.

3. Tighten top cap.

Internal Massage of Prostate

4. Apply a non-alcohol cream or oil to the rubber part of the # 2 head and your anus.

******* It is critical to have enough non-alcohol based lubricant on the rubber inside the anal passage to not irritate the soft tissue. See Section 10. *******

- 5 .Press the "on" button and slowly insert # 2 massage head into the anu or 5 – 9 cm .



Fig.7 This illustrates our suggested posture to insert the massager.

6. Keep the activated massager inserted straight for 15 sec.
7. After 15 sec move the massager a further 1 inch, or 2.5 cm, towards the prostate, moving the massager slightly in/out and left/right, for the next 60-90 sec.
8. Extract the massager head and press the off button to turn. Your body will need at least 36 – 48 hours to fully recover for the next session.

Fig.7

External Prostate Massage



Fig.8: External Massage

Option 1. Using head #1 of the 3 – D Sonic massager push down as comfortable into your skin, for 2 – 3 minutes per day, in the areas identified on the graphic.

Option 2. Push down flat side panel marked **I & T** on your pelvic area, using the green dots as a reference.

8.2 – Sonic Massage to Boost Natural Testosterone

Cardiovascular exercise and weight lifting that involves major muscle groups – squats, bench presses and back rows – for 20 minutes, 2 or 3 times per week will lift your own production of Testosterone. Combined with 30 seconds of Sonic massage to the testes 2 or 3 times per week. Many men up to the age 60-65 may boost Testosterone levels to healthy levels without taking synthetic supplements.

“Good Form” in weight lifting is key to avoiding heart, back and knee strain from weight lifting. Visit a reputable gym in your area and work with a certified weight trainer to develop a 20 – 30 minute exercise program, 2 – 3 times a week, that is appropriate for your age and physical condition.

External Testes Massage – 1. Warm Up

Apply Sonic vibrations with message head # 1 to the perineum, around the base of the penis, the scrotum, testes and penis base and to the muscles attaching to the pelvic bone above the penis for 20-20 seconds.

External Testes Massage – 2. Direct Massage

Remove message head # 1 and identify the message panel labeled **I & T**.

1. Using both hands holding massager, rest the testes on the vibrating **I & T** panel.
2. Slowly apply and release pressure with your thumbs to the testes for 30 – 40 seconds of vibration.

Repeat the two-part Testes Massage 2 or 3 times per week – But not on weight lifting days.

8.3 – Sonic Massage for Thyroid, Lymph & Sinus Flow

THYROID

The Thyroid is butterfly shaped gland and located just below your voice box (Adam's Apple). The gland produces a hormone gel called Thyroxine. Dr. Broda Barnes maintains that 40% of Americans have a "Hypothyroid" condition, whereby they do not manufacture enough Thyroxine to maintain a basal temperature between 97.8 F and 98.2 F. Below those temperatures, your body's enzyme activities decline dramatically and you will experience poor health, exhibited in a very long list of medical conditions.

While very effective natural thyroid supplements, such as Armour, have been on the market for nearly a century, addressing Hypothyroidism with your own hormone production is always best. If you are Hypothyroid, you might apply external Sonic massage for a month and then slowly begin a supplement regime, increasing Thyroid doses by ½ grain every three weeks until your basal temperature reaches 97.8 F to 98.2 F.

External Thyroid Massage

Use massaging head #1. Locate massaging head #1 below Adam Apple. Apply vibrations for 15 – 20 seconds, twice a day to the lower left and right of your voice box to encourage movement of Thyroxine into your blood stream.

LYMPHATIC SYSTEM & SINUS

The Lymphatic system consist of nodes filled with your body's major defense weapons and that transport a clear watery fluid called lymph throughout your body to filter out waste and toxins. This lymph moves through channels equipped with one-way valves, so lymph moves always towards the liver.

Major Lymph node locations are:

- The Armpit torso and Arms;
- Back of the Head;
- Behind the Ears;
- The Groin;
- Around the Neck;
- Under the Jaw and Chin.

External Lymphatic & Sinus Massage

1. Install massage head #1, apply vibrations 15 – 20 seconds on each of the above locations and adjacent to the nose. You will recognize those nodes under stress.
2. Focus on the nodes under stress, vibrating twice a day.

8.4 – Sonic Massage for the PC Muscle

We noted earlier that your primary strengthening exercise should be daily Kegels and Sumo Pose. However many men with a weakened or numbed PC

(Pubococcygenous) muscle would benefit by Sonic Massage using a # 3 head once a week.

Sonic Internal PC Massage

This massage is recommended for locating and awakening the PC muscle, for treating prostate pain and swelling that result from benign prostatic hyperplasia (BPH), for prostatitis and inflammation of the prostate gland. It is also used as a first step for treating urinary incontinence. Users further report that Sonic massage is beneficial for reducing pre-mature ejaculation, sustained erections and other benefits.



Fig.9

Sonic Massager with Head #3/Fig.9/

1. To locate your PC muscle, just squeeze your anus muscles. You may eventually feel your testes lift as the tightening PC muscle engages the Cremaster muscle.

If you don't achieve this result, try inserting the well lubricated rubber part of massager head #3 into the anus and try to "grip" massage head. If you are able to do that, you've located and engaged the PC muscle.

If unsuccessful, insert massaging head deeper in to lower colon area / opposite from prostate gland, and squeeze your anus muscle several times again. You should feel your muscles squeezing the rubber head.

2. Once you have found the PC muscle, push the On button.
3. Keep squeezing and relaxing your PC muscle 10 times the 1st week and 15 – 20 times the 2nd week. After you have completed the squeezing / relaxing process keep your PC muscle under vibration for another 30 seconds, before switching off.

When you perform the exercise correctly, you may feel and see your testes lift – but this may take time for some users. Their PC muscle may have become very "sleepy" / unresponsive – which is why they are experiencing urinating and erection problems.

4. After week 3 or 4 you can combine Kegel Sonic Exercise with Prostate massage process during a single session. (You don't have to change to the # 2 head.) Once you have done your squeeze and relax exercise, just move the massage

head down onto your prostate and perform a regular prostate massage of 30 - 40 seconds as when you use the # 2 head. The total massage time for a combined exercise would be about 2 minutes.

5. Drink a cup of chamomile tea, prepared ahead of time, after your PC massage and rest in a bed for 20 - 30 minutes. You should feel deep relaxation in the abdomen.
6. Longer term, once you are comfortable and trained in regular Kegel exercises, you may do them anytime / anywhere and not need to insert the 3 – D Sonic Massager. Just squeeze and relax your PC muscle 10 -15 times as you walk or sit.

But remember to do the Kegel exercise with your 3 – D Sonic head # 3 at least once every week or so, since otherwise you may risk a PC relapse through cumulative tension in the pelvic floor. (You might liken a weekly or bi-weekly 3 – D Sonic head # 3 exercise to your Caveman ancestor's dash to escape from a particularly hungry bear! Lucky you.)

8.5 – Sonic Massage for Hemorrhoids

External Hemorrhoids

Apply vibrating massage head # 1, or side panel labeled **I&T** to the Hemorrhoid for 30 – 60 seconds twice per week the first week, and once per day the second week. Hemorrhoids usually resolve in 2 weeks.

Make sure you have enough B6 and B12 complex vitamins.

Internal Hemorrhoids

1. Lubricate the anal canal and partially insert a vibrating, lubricated massage head # 3 (just the ribbed portion) into the anus.
2. Touch the internal Hemorrhoid for 30 – 60 seconds every other day during the first week and once a week thereafter.

9. MAINTAINING YOUR 3 – D SONIC MASSAGER

Cleaning the Massager - Before & After Use

To clean the Massager use plain water / soap / cloth and wipe clean. Dry with a towel.

Your battery cartridge is waterproof, but ensure that the battery cover is securely fastened before use and before cleaning.

Changing the Battery

1. While holding down the battery release lever at the bottom of the device, push the battery cover downward to open the battery cartridge;
2. Remove the used battery and insert a new or charged battery with the positive terminal facing upwards;
3. Reinstall the battery cover by sliding it upwards and click shut. And remember, keep your battery away from high heat.

CAUTION: Before using any of 3 – D Sonic Massagers consult with your doctor.

WARRANTEE:

1. Advanced Canadian Engineering Group covers massagers for 6 month after the date of purchase. ACEG will not cover shipping costs.
2. This warranty will be void if the massagers are defective due to damage caused by incorrect use, improper maintenance, or alteration.

10. FLAX MUCILLAGE LUBRICANT/ by R. Calderon/

Any lubricant with a non-alcohol base is OK for massage. But consider folding flax – whether as oil, or seeds – into your life. 3 tablespoons of flax seed provide as much omega 3 as 1 pound of cold-water fish, half your daily fiber requirement and 800 times more cancer-fighting lignans than any other food on the planet. Flax has been used by doctors to fight cancer, diabetes and inflammation for over 2,500 years.

A good natural lubricant is Flax Mucilage, made from edible Flax seeds and water.

Mucilage is a gluey starch found in seeds, which binds with water and guards the sprouting seeds from drying. (Marshmallows are made with sugar, egg whites and marshmallow mucilage.) Flax mucilage has many medical uses, especially for the lungs and intestinal tract. Golden or red-brown organic Flax seeds may be purchased at Health Food stores. They should look shiny and plump, and taste fresh and nutty.

1. Fill an insulated thermos (a steel, commuter style wide-mouthed thermos works very well) with 5 tablespoons of Flax seeds;
2. Top up with 12 ounces of boiling water, close and steep for 30 - 45 minutes;
3. Whisk the fluid to loosen the mucilage from their seeds;
4. Filter the mucilage solution into a small plastic squeeze bottle;
5. Store in the squeeze bottle refrigerator for up to 2 weeks.
6. You might like to eat the left over boiled flax seeds, which will do you much good.
7. Use a bulb-type injector to lubricate your anal canal with 2 – 3 tablespoons of mucilage, as well as your massage head.

11. PROSTATITIS & ALZHEIMER'S.

One in eight Americans age 65 or older have Alzheimer's. Nearly half of Americans age 85 or older have Alzheimer's. The disease is now moving in the direction of one in six. PRESENTLY, someone in the US is diagnosed with Alzheimer's every 69 seconds.

Alzheimer is one disease that conventional medicine has difficulty diagnosing, let alone preventing, curing or even slowing down. See <http://www.brainhealthkit.com/>

Touted anti-Alzheimer's diets seem to frequently involve "miracle foods," ever so much better if found 6,000 years ago on the banks of a sacred river. You don't need to travel to distant rivers to discover what foods to avoid.

<http://www.brainhealthkit.com/> lists the two top culprits as 1. Donuts and 2. Potato chips !

Let us review the eating habits of 86 year-old Playboy magazine owner, Mr. Hugh Hefner as described by Blog-ster Lizbeth Scordo from Bloxsom-Carter, his personal cook:

We have a catalog of 31 meals from which Mr. Hefner can request what he'd like to eat at any time of the day or night. . . . He can call down to the kitchen and say, 'I'd like the number 6 [grilled cheese sandwich, potato chips, applesauce, and two oatmeal cookies]' or "number 21 [fried chicken strips, baked potato, caper dip, and two oatmeal cookies],' and the butlers communicate his request to us. . . . Lamb chops are his favorite meal, and he has that for dinner once a week.

Bloxsom-Carter also shares Hefner's daily 11:30 a.m. breakfast order – the same every day:

A jelly doughnut, from Los Angeles donut shop Winchell's, and half of a Star Ruby grapefruit.

Americans eating worthless food would be amazed what the human body can accomplish regardless of age without any or little influence on to brain functionality.

Consider **Hazel McCallion**, (born February 14, 1921) is the mayor of Mississauga, Ontario and has been mayor for 33 years, holding the office since 1978. She is affectionately called "Hurricane Hazel" by supporters and the media for her vibrant outspoken style of no-nonsense politics.^[1] She is one of Canada's best known and longest-serving mayors and she is one of the longest serving elected leader in history. Now aged 91, she was easily re-elected in October 2010 for her 12th consecutive term, holding a 76% majority of the votes, and has often been reelected without conducting a campaign. She has been "Voted the second most popular mayor in the world, Mayor McCallion was appointed Member of the Order of Canada in 2005. She just ignoring all possible diets but keep up with active exercising.

Our approach to Alzheimer's

We cannot live without blood and lymph flow to our major glands and brain. A largely mechanical reduction of artery size, lowered level of food absorption and lowered pump pressure by our hearts will severely reduce blood and lymph flows throughout the body, resulting in deteriorating health.

Look at an old tree as it gradually dies from the top. Overall the tree is still functioning, with intermediate branches full of leaves, but the top branches have starved and died. Might the old tree provide us a lesson about our brain, the need for quality nutrition and adequate arterial flows? Advanced Canadian Engineering Group believes that much can be done to increase arterial blood and lymphatic flows to supply the brain with quality fuel.

Additionally, much can be done to enhance communications between the brain and our bodies. The nervous system of the small intestine alone contains some 100,000,000 nerve cells, all of which communicate with the brain.

If we mechanically re-invigorate muscles within men's pelvic floor we can powerfully clean up the entire body, reduce physical and emotional stress and stimulate renewed communication between the body and brain. By tackling the pelvic floor first we may treat or prevent many kind of illness including Alzheimer's disease .” Advanced Canadian Engineering Group.-Kegel-Sonic Exercise Protocol. June 2012"

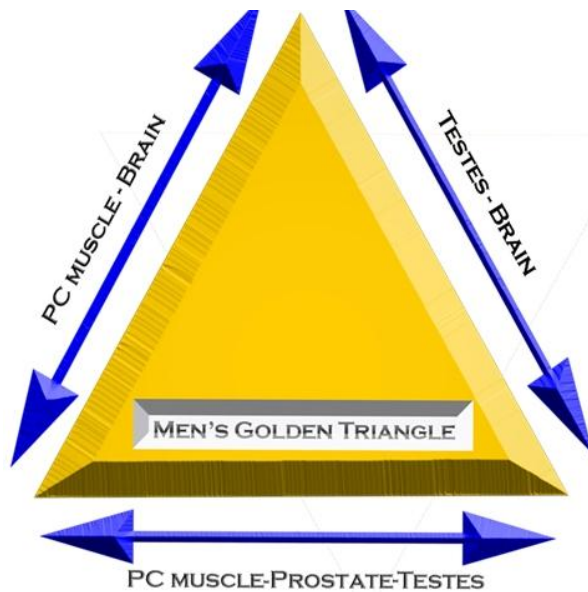
What is scientifically demonstrated:

1.Mental or physical stress will lead to enlarged adrenals, shrunken lymph glands and ulcerated intestines. Women who have been sexually abused are often prone to chronically tight pelvic muscles and poor evacuation. Lack of exercise and too much sitting creates the same pelvic tightness in men, which in turn leads to poor evacuation and prostate distress. Paradoxically, too much exposure to cold water and biking will also lead to these results. (Many of our customers were extreme swimmers, sailors and bikers before felled by prostate issues.)

2.Gum and tooth infections have immediate impact on the condition of heart valves, leading to lowered blood flow conditions and organ distress, including the prostate and consequent ED.

3.The same situation obtains with the gut and the brain. “Contrary of what was once believed, nerve fibers ascending from the intestines to the brain greatly outnumber those descending from brain to gut.” Mayer and Raybould. Role of Visceral Afferent Mechanisms in Functional Bowel disorder. Gastroenterology 99, 1990, 1688-1704.

We thus discover Golden Triangle for Men:



Brain -testes - Brain- PC muscle, and PC muscle-prostate - testes.

Loosing communication between these 3 vital organs is similar to loosing essential memory and immune function – and we cannot afford to lose the terrain if we wish to win the war against Alzheimer’s.

Spending long hours in gym just killing our brain in CO₂ environment, so smart heavy lifting 2-3 times per week and cardio everyday 20 minutes just walking in neighborhood will be more useful for brain function than long hours in gym.

What we can do today:

1. Exercise to promote pelvic muscle flexibility and strength, blood and lymph flow and hormonal balance. This can be accomplished without long hours in the gym or marathons. Instead men should lift weights using their big muscle groups for 20 – 30 minutes two or three times per week and take a brisk 20 – 30 minute daily walk.
2. Avoid the seeds (bread/pizza/cereals/cookies) and pile on green vegetables with small portions of meat and open ocean, preferably cold-water, fish on your plate. Don’t forget to mix fax-oil with your olive oil on cooked vegetables and salads.
3. Increase blood flow to the brain with your Sonic 3 – D massager and give your brain rest by establishing regular sleeping habits and take a break from stressful work. (Even computers need time to switch from task to task.)

How to activate blood flow to the brain with your 3-D Massager:

Use **I & T** panel to massage back of your neck, centerline of your head, and under the jaws at the front of your neck /refer to red dotes on the picture below/.

1. Place the **I & T** panel on the middle of your neck / then the back, then the side. Hold the vibrating panel as you slowly move to the left, then to the right for 10 repetitions in each location.
2. Slowly move **I & T** panel along centerline of your head from the spine to the top.
3. Hold **I & T** panel on the top of your head for 10—15 seconds, applying and releasing slight pressure. You will notice sonic sound variations. Hold **I & T** panel at points of maximum sound. You can do this twice a day, 2 or 3 times per week.



Fig.10

12. SONIC MASSAGE & SKIN CARE

Skin renews itself every 28 days as old cells slough off and are replaced by younger cells. Sonic massage can make facial creams penetrate more deeply and the results should be evident in a month.

1. Activate the skin with massage head #1. Just lift up your skin on both sides of your face applying pressure. Avoid areas around your eyes.
2. Apply skin cream once you have finished the massage.

13. CUSTOMER TIPS AND DISCUSSION:

A. Moderate Exercise

I am not a big fan of long hours of daily exercise. And I strongly oppose building big muscles after age of 50. (Now you may feel the need to do so to boost self-esteem, but those who love you will be thrilled with your good health.)

Why?

1. Even super-muscular man will tend towards overweight if he stops. Become a big muscular guy you are trapped forever with a big appetite and daily gym.
2. Gaining an extra pound of muscle mass will create about 33,000 feet (11,000meters) of blood vessels, which your heart must maintain for life time. Furthermore, if you stop exercising the atrophied muscles will provide grounds for tissue inflammation.
3. Your heart has a natural limit to what it can pump effectively over a long life.

B. Diet-Exercise to Rid of Fat.

Cut out sugar and cereal grains. Stop drinking fruit juice. Cut salt way down. Don't eat for 2 hours before going to bed. Forget about alcohol for the first two months, and drink very sparingly thereafter.

Drink a lot of water. Eat more frequent small meals with lots of vegetables, very little fruit and small portions of meat or fish. Do not eat 2 hours before going to bed.

Manage your Free Testosterone and Thyroids levels.

Do Intense Exercise using the 3 Big muscle-groups, 3 sets maximum, with 2-3 minutes interval.

You will see a difference in your waistline for sure.

C. Erectile Dysfunction

Step 1. Check Thyroids and testosterone level-increase it if needed with 3-d Sonic and heavy lifting exercise. /at 65+ you more likely will need Testosterone Injections/

Step 2. Use Cialis /prescription drug/ 0.20 mg, divide one single pill in 10 small portions,

Use 1/10 part of one pill the same day as you performing prostate massage /massaging head #2/ next day you can plan sex. If you feel strong erection this is enough at this point. If not increase Cialis to 1/8 part of single pill, etc. This way you will define your starting point.

Step3. Kegel Sonic exercise is important. Combine Kegel Sonic and Prostate Massage in one single session /60 seconds Kegel -Sonic for PC muscle, 60 seconds Prostate massage/

Step 4. After 3-4 weeks of massaging prostate and PC muscle /Kegel-Sonic/ decrease Cialis gradually, until full elimination.

Usually it takes from 1 month up to 6 month to fully restore prostate functionality and to forget ED

D. Alzheimer's disease.

Avoid foods that boost bad cholesterol and lead to clogged/reduced artery size. This will lead to reduced blood flow to the brain.

E. Boost arterial flow – tip from a hydraulics engineer.

1. Lift your body to stand on your toes for 2-3 seconds.
2. Collapse down sharply on your foot. (Do not bend your legs at the knee.) Repeat a few times during the day. It will shake-up your body and pump blood to your brain.

F. Alzheimer Study

Dr. M. Poulin MD, University of Calgary, has found that increased level of cerebral blood flow plays a major role in reducing age related memory loss. Our focus on boosting blood flow to the brain appears to be a very sound approach. **We will need 20-30 years of data to see whether this approach has real merit.**

If you would like to participate in our study and if you have family history of Alzheimer's, as some of us, you can apply to : info@prostatemate.com .

G. Costa Rica “Boot Camp.”

How do I learn about weight lifting, diet and other stuff?

We are launching a men's only fitness class in Costa Rica in 2014. The trainers will be certified and will work under the supervision of a doctor. If you are interested, you can contact us at info@prostatemate.com .

Why in Costa Rica? It is a rare place where, even if you are seating in a comfortable chair, your metabolism rise because of higher Oxygen levels generated by the Jungle, a Volcano and the Ocean. Brain consumption of oxygen may rise 20 percent, as fine nutrient pump through the arteries.

Our Camp site in Costa-Rica



We will train you during your 1 week stay to improve your physical well being and to transition out of sexual medications. The program of heavy lifting, hiking to Volcano and 6 meals a day under MD supervision would be part of an all inclusive package including stay in 2 bedroom villa apartments that could accommodate your family. For information contact us at:

info@prostatemate.com

H. More Customer Comments

- The Good: I have tried a number of prostate massagers for about a year now – including the Lelo and Aneros. Let me cover the advantages of the 3 - D unit. It holds a good battery charge and the wands are convenient / easy to insert/. You do need to move the unit around to move the wand, though normally I find a slight angle and upward pressure helpful. The vibrator provides a nice buzz, though it is only a single speed. The tips are nice in that they are easy to insert and removable and easy to wash. I really haven't notice much difference between the two.

The Bad: The wands slip into the main body and are “held” in place by turning the large plastic nut, which in theory is supposed to clamp down on the tips. Since everything is smooth plastic the wands do not stay in place well. Also I am afraid to apply much force as things feel thin. As you use the unit, the wands just kind of turn inside the nut which makes it a little difficult to direct and can be annoying. I love the convenience.

But in all fairness, I was looking for a prostate massager delivering **sexual release**. This unit is for someone with prostatitis. It helps stimulate and move fluid from the prostate thus reducing inflammation. I was not looking for that, so it may be I was looking for something this unit isn't designed for.

Our comment: To prevent rotation during massage hold handle and tip as shown on the picture, supporting the tip with 3 fingers/ Fig.5/. And, yes, the massager not

designed for **sexual pleasure**. It only requires 2- 3 minutes of massage, to move fluids from prostate. Also:

1. Do not be afraid to apply pressure, plastic cap will not crack. We call it “smart design” if you over bend massaging head it will contact resonator body inside preventing top big screw from damage. The only limit do not tight to much plastic screw. It is required some freedom to rotate. It can crack.

2. By design you should not apply to much pressure, just locate rubber tip over the prostate gland and move back and forward for ca. 0,5 inch, sonic waves will do the job.

Who should consider a 3- D Massager?

Our comment: Anyone who is at risk of Prostate issues including:

1. Bikers and canoers – are among our most frequent customers.
 2. Long distance drivers – habitually clocking drives of more than 1 hour.
 3. Office workers with prolonged sitting in front of a monitor.
 4. Those manifesting symptoms of low Testosterone, for example no erection on awakening in the morning.
 5. Those with low Thyroid – i.e. those with an underarm temperature, first thing in the morning before leaving bed, of below 97.8 F .
- We welcome further comments about your experiences using our massagers:



info@prostatemate.com.

All your comments will be treated as strictly confidential.

Dr.V.Skrypnyk is the founder of Advanced Canadian Engineering Group and web page www.prostatemate.com - expert in Sonic and Electromagnetic waves applications, challenging traditional /conventional/ medical approaches to major men's health problems. He is in great shape at his 59, transforming himself from "dead body" –by his own definition, to brilliant shape- mostly just following hormonal balance rules, he developed with his invention /sonic massaging devices/.

