

ERECTILE DYSFUNCTION & ANDROPAUSE (Causes and Healthy Solutions!)

Erectile Dysfunction, Swollen Testicles and Enlarged Prostate No More!
– Dennis, a 76-year-old Texas Farmer, suffered months from all three, before his referral to me. A Clinical Nutrition Analysis of his biochemistry identified his current nutritional deficiencies, excesses and toxicity. After three weeks of Clinical Nutrition Therapy, based on these findings, his pain left as the swelling and inflammation abated and his prostate and testicles returned to their normal size, then in three months, his erectile function was restored.

This article is for our guys and the gals who love ‘em. Though erectile dysfunction can occur at any age, contrary to some beliefs, getting older is not a cause of erectile dysfunction, andropause or any other male health concern. The human body is designed to self-heal and healthfully function until the day we are called to be with our Lord. However,

if you are not providing the nutrients your body requires to optimally self-heal and function OR your diet, lifestyle, environment or other factors are interfering with its self-healing biochemical processes, then the symptoms and biological dysfunctions you are experiencing are the results.

In my July 14, 2022 article, “How Mineral Imbalances Make a Healthy Thyroid Look Sick,” I shared that the focus for upcoming articles would be causes and healthy solutions to male and female hormone imbalances and dysfunctions.

The July article outlined the first step on this subject because mineral balance is required to transport hormones to the cells, whether thyroid, adrenal, or male/female hormones. A **Tissue Mineral Hair Analysis (TMHA)** is



also a cause of erectile dysfunction.

Blood chemistry tests do not identify “cellular” mineral levels. When your blood is low in minerals, your self-healing system will transport minerals to the blood from your bones or other tissue, which then causes even more cellular mineral deficiencies. Why? Because your blood nourishes all the cells in the body; so, keeping the blood as rich, with minerals and other nutrients, as possible, is a top priority in this self-healing system.

Another overlooked factor is whether you have the minerals required for cardiovascular function; because erectile dysfunction is also associated with poor blood flow. For example, Zinc deficiency

is associated with hardening of the arteries, which increases blood pressure, and both are causes of erectile dysfunction, as well as increased risk for strokes and aneurysms.

So, if you have not kept your blood free from excess fat, trans-fats, toxins, drug residues, chemicals, heavy metals and other pollutants, you make thick, toxic blood. How well does the water flow in your home plumbing system when it is full of thick, toxic sludge? Same difference. This is why erectile function often accompanies the development of arteriosclerosis.

So, the second step is a Clinical Nutrition Analysis of the Laboratory Report from testing your blood chemistry, which is beneficial to identify, not mineral levels, but what is needed to clear these toxins, so it may return to a healthy consistency, pressure, and blood flow.

Another cause is imbalanced hormone production. If your glands are not producing sufficient DHEA, Testosterone or other hormones, then even with sufficient minerals to transport them, there is not enough to be transported to

the cells for healthy function. Other causes, we can identify and address if they apply to you, however, the above two steps is where we want to start. My next article will include female health concerns - causes and solutions - such as why some experience menstrual bleeding beyond normal, what leads to endometriosis and breast/uterine cancer, etc.

For a Clinical Nutrition Analysis of your blood and hair, please call me at (940) 761-4045. First Consultation Free!

Dr. Smith is the owner of ADVANCED CLINICAL NUTRITION (Est. 1981) in Wichita Falls, Texas, with clients residing in 37 U.S. states and seven international countries. Since opening her business, she has continued to hold a successful track record of over 90% in helping her clients improve their health, and she can help you, too, no matter where you live.

Information for Nutritional and Bioenergetic Education only and not for the diagnosis or treatment of any medical condition or disease.

2022 Mazda CX-9 is perfection on wheels

BY H. THROTTLE
AUTOMOTIVE COLUMNIST

A “Dream Car” came my way this week with the arrival of a Mazda CX-9 Signature model that has to be the top of the Mazda line. It should be spectacular with a suggested manufacturer’s retail price of \$47,210 and worth every penny.

This “Soul Red Crystal Metallic” painted all-wheel drive has stolen my heart. The interior is laced with white leather, described as “Parchment.”

Final assembly entirely in Hiroshima, Japan with entire power train and engine manufactured

locally. This is a product of pride.

The engine has 227 turbo horsepower engine connected to Skyactiv drive with eco and sport modes. The versatile transmission works perfectly together and the CX-9 is powerful. Fuel economy averages 26 mpg on freeways and 20 mpg in city traffic.

The drive train has steering wheel paddle shifters that are handy in mountain terrain. The highways heading West are full of cracks and ruts with heavy road construction in progress. Riding over the irregular road surfaces, the ride is soft and comfortable.

The seats are plush, and the ride is perfected by front and rear independent suspension and front and rear stabilizer bars.

Performance and comfort are first-class. What about safety rating? The CX9 scores a perfect overall five-star score. The five-passenger sedan has every safety devise known to auto engineers; radar cruise control, sign recognition, lane departure alerts, and even driver alert warnings.

The CX9 is well-equipped for winter driving with de-ice and rain sensor windshield wipers, heated rearview mirrors, and LED fog lights. The sedan rides on 20”



and rear seat passengers.

Latest technology with a 10.25 center color screen, easy controls, full navigation system, 360 vertical view for parking lot assistance.

Mazda engineers have designed a masterpiece of quality and perfection in this AWD sedan. Push the power moonroof and enjoy the Colorado mountains in winter and summer months in this luxury vehicle.



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Public Notices

SPECIAL DISTRICTS

NOTICE OF FINAL PAYMENT/ FINNAL SETTLEMENT

ARAPAHOE LAKE PUBLIC PARK DISTRICT TENNIS COURT RESURFACING

Notice is hereby given that at 8:00 a.m. on Monday, August 22, 2022, **Arapahoe Lake Public Park District** shall make final payment to **Court Repair Services, Inc.** in connection with full payment for all services rendered, materials furnished and for all labor performed in and for the above-referenced Project.

1. Any person, individual, corporation, government or governmental subdivision or agency, business trust, estate, trust limited liability company, partnership, association,

unpaid claim against the Project for or on account of the furnishing of labor, materials, team hire, sustenance, provisions, provender or other supplies used or consumed by such contractor or any subcontractor in or about the performance of the work contracted to be done or that supplies laborers, rental machinery, tools, or equipment to the extent used in the prosecution of the work whose claim therefore has not been paid by the contractor or the subcontractor may, at any time up to and including the time of such final settlement for the work contracted to be done, file a verified statement of the amount due and unpaid on account of such claim.

2. All such claims will be filed with the **Arapahoe Lake Public Park District** at Seter & Vander Wall, P.C., Attn: Colin B. Mielke, 7400 E. Orchard Road, Suite 3300, Greenwood Village, CO 80111, on or before the above-mentioned date and time of final settlement.

3. Failure on the part of a creditor to file such statement prior to such final settlement will relieve Arapahoe Lake Public Park District from any and all liability for such claim.

BY ORDER OF THE BOARD OF DIRECTORS OF THE ARAPAHOE LAKE PUBLIC PARK DISTRICT

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NOTICE OF FINAL PAYMENT/ FINAL SETTLEMENT

ARAPAHOE LAKE PUBLIC PARK DISTRICT POOL/WADER RESURFACING

Notice is hereby given that at 8:00 a.m. on Monday, August 22, 2022, **Arapahoe Lake Public Park District** shall make final payment to **Supply Station, LLC** in connection with full payment for all services

for all labor performed in and for the above-referenced Project.

1. Any person, individual, corporation, government or governmental subdivision or agency, business trust, estate, trust limited liability company, partnership, association or other legal entity that has an unpaid claim against the Project for or on account of the furnishing of labor, materials, team hire, sustenance, provisions, provender or other supplies used or consumed by such contractor or any subcontractor in or about the performance of the work contracted to be done or that supplies laborers, rental machinery, tools, or equipment to the extent used in the prosecution of the work whose claim therefore has not been paid by the contractor or the subcontractor may, at any time up to and including the time of such final settlement for the work contracted to be done, file a verified statement of the amount due and unpaid on account of such claim.

2. All such claims will be filed with the **Arapahoe Lake Public Park District** at Seter & Vander Wall, P.C., Attn: Colin B. Mielke, 7400 E. Orchard Road, Suite 3300, Greenwood Village, CO 80111, on or before the above-mentioned date and time of final settlement.

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NOTICE TO CREDITORS

NOTICE TO CREDITORS Estate of Kerry Roy Davis, Deceased

Case Number 2022PR227
All persons having claims against the above named estate are required to present them to the personal representative or to Arapahoe County District Court of the City of Centennial, Colorado on or before November 28, 2022, or the claims may be forever barred.
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