

## FATIGUE/LOSS OF ENERGY?

Compiled by Charles (Chuck) Maack – Prostate Cancer Activist/Mentor

**DISCLAIMER:** Please recognize that I am not a Medical Doctor. I have been an avid student researching and studying prostate cancer as a survivor and continuing patient since 1992. I have dedicated my retirement years to continued research and study in order to serve as an advocate for prostate cancer awareness, and, from a activist patient's viewpoint, to voluntarily help patients, caregivers, and others interested develop an understanding of prostate cancer, its treatment options, and the treatment of the side effects that often accompany treatment. There is absolutely no charge for my mentoring – I provide this free service as one who has been there and hoping to make your journey one with better understanding and knowledge than was available to me when I was diagnosed so many years ago. Readers of this paper must understand that the comments or recommendations I make are not intended to be the procedure to blindly follow; rather, they are to be reviewed as my opinion, then used for further personal research, study, and subsequent discussion with the medical professional/physician providing your prostate cancer care.

Fatigue/loss of energy? The following suggestion of purchasing and taking Wisconsin Ginseng is yours to consider and make your own decision as to whether to partake or not:

<http://tinyurl.com/nofwc25>

**HOWEVER – PLEASE NOTE:** thoroughly read information in the following papers before purchasing since there can be medical interactions for some:

<http://tinyurl.com/mmab44r> and <http://tinyurl.com/mzrntsh>

Availability of Wisconsin Ginseng is further explained here:

<http://ginsengboard.com/buying.cfm>

And the Wisconsin Ginseng in capsule form is available here at reasonable cost:

<http://www.ginsengherbco-op.com/>

Since the Mayo Clinic study administered Wisconsin Ginseng at 2000mg per day, and the same ginseng available as capsule form comes as 500mg with 60 capsules per order, it would require you purchase two bottles to provide 2000mg daily for 30 days of use. Purchasing their 4-bottle availability at a lower price would then provide a 60 day supply wherein the study found that by this time the Wisconsin Ginseng was showing effects of improved energy and reduced fatigue.