



Health Fact Sheet

Prostate Health

The prostate is a small gland, shaped like a ring doughnut which sits at the base of the bladder. The urethra runs through the hole in the centre. The prostate produces prostatic fluid, which is a major component of the male ejaculate.

The most common prostate problem is an enlarged prostate or prostatitis, or benign prostatic hyperplasia (BPH). Very common in men over 50 and almost universal in men in their seventies and eighties, it is enlargement of the prostate gland, often due to inflammation, which causes problems with the flow of urine – often it is difficult to start to urinate, or the flow of urine is erratic and the bladder is not properly voided. Frequent urination, and getting up several times a night are also common.

Taking steps to improve this condition are quite simple and straightforward and encompasses improving any inflammatory causes, and taking herbs and nutrients which are known to nourish prostate health and have been shown to be as effective if not more so than available drugs, without the side effects.

Saw Palmetto – clinical research has shown that a lipid or fat extract of the herb saw palmetto is effective in reversing enlargement of the prostate gland and will help improve kidney function, easing urine flow. In many countries saw palmetto, not drugs are the standard treatment for this problem.

Zinc - a nutrient which is essential for prostate health, and often quite lacking in the diet. Good sources include eggs, oysters and fish, pumpkin seeds, nuts and olives. Alternatively it can be taken as a regular supplement.

Omega 3 essential fats – these have an anti-inflammatory effect and work to provide health at many levels. In the diet increase levels of oily fish, avocados and nuts and seeds or take as a supplement either as fish oil (**not** fish liver oil) or in the form of flaxseed oil.

From a dietary point of view you want a diet which minimizes the intake of refined sugars – so lots of vegetables and fruit, wholegrains and wholefoods, and no cakes, biscuits, refined foods and processed foods. Sugar, particularly the simple sugars which spike blood sugar levels, have an inflammatory effect on the body. As inflammation is an issue with an enlarged prostate consider the principles of the Anti-inflammatory diet (see fact sheet).

The prostate gland is also a common site of cancer, particularly in older men, although it is usually a slow-growing cancer most men will die with rather than of.

If you have been diagnosed with cancer you need to follow the regime above in order to reduce swelling and inflammation, but also need to put in high doses of antioxidant formulas to offset the underlying

oxidative stress which is the underlying issue in most cancers. Your diet also needs to cut out red meat and dairy products because of their hormone and growth factor content.

Other things you can do to help is to take a flower essence formula combining Billy Goat Plum, Flannel Flower, Freshwater Mangrove, Fringed Violet and Sturt Desert Rose, which has been found to be helpful.

Tissue Salts no 1, 8, 9, and 11 are helpful for an enlarged prostate. It is also important to drink plenty of water as dehydration can be very stressing for the prostate.

NEW****

Redox signalling molecules were discovered relatively recently and have been shown to be fundamental to health at a cellular level, contributing greatly to balanced body systems or homeostasis. The science behind redox signalling molecules and the fundamental role they play in health and healing is developing fast.

Available as both a liquid for internal use and a gel for topical use, there is a large body of anecdotal evidence showing its effectiveness with, amongst other things, reducing inflammation in the body and is very protective against some of the causes of cancer.

Not available through retail outlets, this biotechnology product comes direct from the manufacturer. Go to this link for further information: www.lifedesigns.teamasea.com