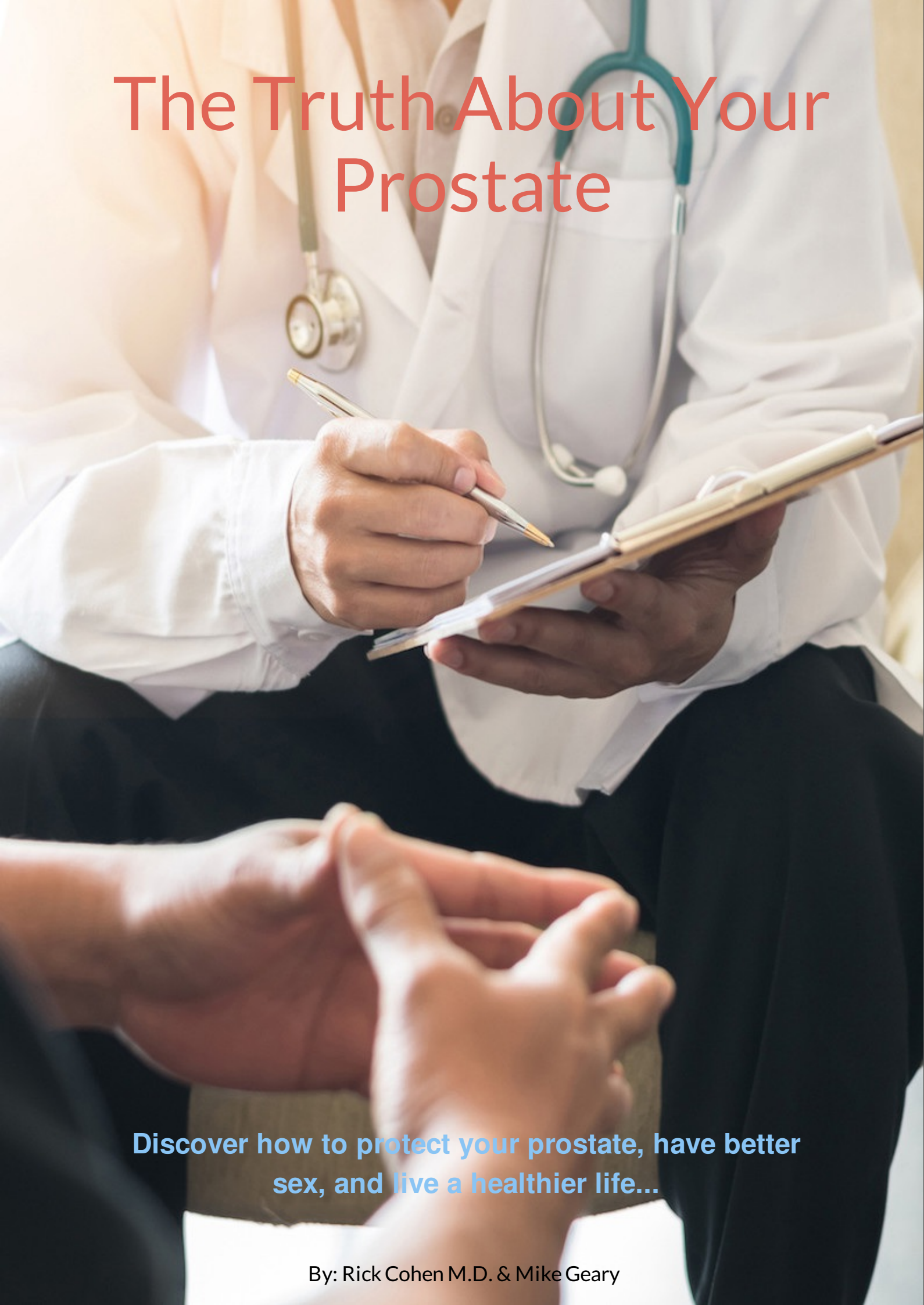




The Truth About Your Prostate

Discover how to protect your prostate, have better sex, and live a healthier life...

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The Truth About Your Prostate

So what's a prostate for anyway?

Most men know they have one. And if you are over 50, you almost certainly have known somebody or have personally had an enlarged prostate, an infected prostate or even prostate cancer. (The second most common cancer diagnosed in men in the United States) So next time prostate comes up at a dinner party over drinks or you have your yearly physical exam, you can will be better educated.

The prostate is a very complex gland with many functions. And because of that dysfunction and disease can wreak havoc on your health. As such It is very wise to do all you can do to enhance the health of your prostate – an unhealthy prostate can have an enormous impact on sexual function, simple daily urination and even your life.

The prostate, which is part of the male reproductive system, is a gland that surrounds the bladder and urethra. The primary job of the prostate is to produce and secrete some of the alkaline seminal fluids during ejaculation (about 30-35% of the semen ejaculate). Being alkaline, the prostate fluid, which is milky whitish in color, helps the sperm survive in the acidic vaginal environment.

The prostate is about the size of a walnut and grows throughout a man's life. As you age, it's important to maintain a healthy prostate. The gland can become enlarged, and prostate cancer is one of the most common cancers in men.

Let's take a look at the many hats the prostate wears.

It is a gland that stores fluid.

It is a mix master that mixes fluid and semen.

It is a muscle that pumps semen.

It is a pleasure center.

It protects against infection.

It is a filter for toxins.

It produces hormones.

The Truth About Your Prostate

Protect and Deliver Semen: The primary job of the prostate is to produce and secrete some of the fluids that protect and carry the sperm during ejaculation (about 30-35%). This alkaline, milky white fluid helps the sperm survive in the acidic vaginal environment as they make their arduous journey to the ovaries.

During this process, the prostate mixes its fluids with those from the seminal vesicles to transport the sperm made in the testicles. Together these fluids surge through the prostate into the urethra during ejaculation. These secretions also play a valuable role by protecting the urethra from urinary tract infections.

The prostate muscle is needed to pump the semen out through the penis with enough force to enter into the vagina to help the sperm succeed in reaching the cervix.

Controls Traffic: The urethra doubles as the semen tube during ejaculation and as the urine tube from the bladder. The prostate, which surrounds the upper part of the urethra tube just below the bladder (the prostatic urethra), controls the flow of urine. It prevents urine from leaving the bladder, except when released by urination. It also prevents urine from damaging ejaculate during orgasm.

It does this with two small prostatic muscles called sphincters. They act as gatekeepers with shut-off valves to control and regulate the dual-purpose urethra tube. These gatekeepers ensure the right fluids flow at the right time – urination or ejaculation.

One sphincter is located where the bladder and the upper part of the prostate meet. When functioning properly, it prevents urination until it's time to go and stops seminal fluid from shooting backwards into the bladder during ejaculation. When damaged, semen is forced back into the bladder and eventually exits with normal urination. This is known as retrograde ejaculation and is another possible side effect of prostate surgery.

The second, external lower sphincter is at the base of the prostate and is subject to our control. It prevents dribbling after peeing and is how we voluntarily can delay urination when inconvenient to go. Incontinence occurs when control of either sphincter is damaged and urine leaks or flows uncontrollably, thus forcing many men with prostate problems to wear adult diapers.

It's easy enough to voluntarily control the lower sphincter and to stop urine or semen from exiting if you have enough Kegel muscle control, the ability to squeeze the flow shut. Either one of these sphincter muscles will block the urine until the urge to pee happens and the timing is right to release and let the urine flow. But when your prostate is enlarged prostate it can squeeze the prostatic urethra tube and the upper or lower sphincter, making urination difficult with a host of unpleasant, uncontrollable symptoms.

The Truth About Your Prostate

Filters Toxins: The prostate also filters and removes toxins for protection of the sperm, which enhances the chance of impregnation and ensures that men seed with the optimum quality of sperm. This is perhaps the **prostate's most important function** and, at the same time, can be one of the main reasons there is a growing epidemic of prostate disease and cancer as men deal with more and more toxins in food and the environment.

Pleasure Center: The prostate is the male G-spot. The pumping action of the prostate sure feels good, makes sex desirable and thus helping procreation. In addition, prostate stimulation can produce an exceptionally strong sexual response and intense orgasm in men that are receptive to this sexual technique. The ability to control ejaculation at the prostate can also lead to prolonged orgasms and “injaculations” where no semen is expelled. This is done in advanced Taoist and Tantric sexual practices to contain the sexual energy internally.

Controls Erections: The prostate nerves are responsible for erections. These nerves trigger nitric oxide response causing the penis to swell and harden with extra blood flow into it, producing an erection. If these nerves, which attach to the sides of the prostate, get damaged then erectile difficulties are guaranteed. That is why high insulin, diabetes and many medical prostate procedures play a key role in erectile difficulties or impotence.

Produces Hormones: The prostate gland contains a crucial enzyme, 5-alpha-reductase. This enzyme converts the hormone testosterone in the body to DHT (dihydrotestosterone), which is at least ten times more powerful than simple testosterone. This potent hormone DHT has several purposes including male sexual drive and function. Over time, a build-up of toxins in the prostate may affect the production of this enzyme, which is then responsible for the declining sex drive in men as they age.

The path of testosterone does not stop there. Some testosterone is metabolized in the prostate and testes to a super testosterone called dihydrotestosterone (DHT). DHT is a more powerful androgenic version of testosterone that travels to your cells stimulating male sexual characteristics and function. The remaining testosterone is metabolized in the liver and fat cells to estrogen. Along with being needed for optimal health and libido, male estrogen has the important task of providing negative feedback to the hypothalamus. This means when estradiol levels are high, signaling decreases and testosterone production goes down

The Truth About Your Prostate

DHT and testosterone have mistakenly been targeted as guilty hormones in prostate problems rather than the excessive rise in modern male estrogen levels, leading often to medical interventions with serious side effects including lack of libido. Estrogen levels rise because of the prevalence of estrogens in factory foods, commercial meats and dairy, and estrogen-mimicking chemicals present in body-care and household products. It's even found in municipal water and some plastic food packaging.

The vast majority of men are surprised to learn that estrogen is present in their bodies and/or that this “female” hormone contributes positively to their long-term health and well-being. While some male estrogen is important, especially for a healthy sex drive, chronically-elevated estrogen levels will decrease your testosterone, increase your body fat content, and set the stage for a variety of serious health concerns.

Male estrogens are naturally produced in small amounts as a by-product of testosterone metabolism or conversion. At these low levels, male estrogen is essential for a solid libido, optimal brain function, health heart, and strong bones. Unfortunately, elevated male estrogen levels can lead to reduced strength and lean muscle mass loss; to excessive body fat, particularly in the chest and around the midsection; to hair loss, and to an enlarged prostate. Carrying more visceral, abdominal fat greatly increases your risk of developing diabetes, heart disease and cancer. And if all this weren't bad enough, a high estrogen level will interfere with the body's ability to produce testosterone. It will also decrease the all-important levels of bioactive or free testosterone.

Prostate cells are sensitive to estrogen. And as men age, testosterone converts to estrogen at higher rates. So, it is particularly important to inhibit estrogen's effects on prostate health.

Houston We Have a Problem

The human prostate is a small gland with an enormous impact on a man's health. Most of its functions are important in reproductive activity, but problems tend to arise later in life.

By the time men reach their 50s or 60s, it is almost inevitable that they will experience difficulties related to their prostate gland. Common symptoms include more frequent need to urinate, waking up during the night to “go,” or trouble even “going” at all.

The three most common prostate conditions are:

- Benign prostatic hyperplasia
- Prostatitis (inflammation of prostate)
- Prostate cancer

The Truth About Your Prostate

These conditions often produce similar symptoms in their early stages, making it difficult to differentiate between them.

The reason prostate problems are likely to cause trouble with the lower urinary tract has to do with the prostate's location. The prostate is located between the lower part of the bladder and the rectum. It surrounds the internal part of the urethra, the tube that carries urine from the bladder to the end of the penis.

When the prostate swells, whether because of benign prostatic hyperplasia, prostate cancer, or prostatitis, it narrows the urethra, making it difficult for urine to pass freely from the bladder. As the gland continues to grow, it can produce sufficient blockage to lead to difficulty urinating, and even urinary retention, which in turn can result in bladder and kidney infections. As your prostate health declines, (known as benign prostatic hyperplasia (BPH)), the prostate swells and presses against the urethra – it's akin to pinching a straw – and reduces the flow of urine.

While most prostate problems can be readily treated—and the vast majority are not cancer-related—it is important to seek medical attention as soon as a symptom arises.

These signs should not be ignored or overlooked as they can indicate serious problems.

Some culprits include:

1. DHT, which plays a role in the development and growth of the prostate. Men's bodies continually convert testosterone to DHT and the prostate continues to grow.
2. Inflammation. In the body, inflammation is a normal, healthy response to health issues and injuries. In other cases though, inflammation is caused by stress, diet and elevated blood sugar and this may mean our bodies are in a constant state of inflammation.
3. Hormonal imbalances. The levels of testosterone slowly drop as men age and an enzyme called aromatase converts the testosterone into estrogen. Studies have shown that high levels of estrogen-related enzymes lead to prostate decline.
4. Environmental toxins. Especially phytoestrogenic compounds from bisphenol A, phthalates found in processed foods, plastics and personal care products :

Don't Ignore these Signs

Regardless of the cause, symptoms of prostate enlargement that can signal prostatitis, benign prostatic hyperplasia, or prostate cancer are similar in their early stages. They include the following:

The Truth About Your Prostate

- * More frequent and/or urgent need to urinate
- * Frequent nighttime awakening to urinate
- * Hesitation or difficulty starting a urine stream
- * A weak or slow stream of urine, or just a dribble of urine
- * A strong and frequent urge to urinate, even when only a small amount is present
- * A sense of incomplete emptying of the bladder
- * Repeated stopping and starting during a single urination
- * Pushing or straining to complete bladder emptying
- * Problems with sexuality and loss of drive
- * Burning with urination
- * Discharge from the urethra (urinary opening) during bowel movements
- * Painful ejaculation
- * Chills, fever, low back pain, or body aches
- * Pain or pressure in the lower abdomen, the groin area, or behind the scrotum
- * Throbbing in the genital and/or rectal area

Benign Prostatic Hyperplasia

Benign prostatic hyperplasia is an enlargement of the prostate gland. Approximately 25% of men in their 40s have benign prostatic hyperplasia, with a startling 80% of men in their 70s suffering from the condition.

The good news is that benign prostatic hyperplasia (BPH) is not cancerous. It is a major risk factor for sexual dysfunction. Conventional treatments for benign prostatic hyperplasia can cause unpleasant side effects that are also a cause for sexual dysfunction.

Relief for Chronic Prostatitis

Chronic prostatitis is a term used to describe ongoing inflammation of the prostate gland, usually in the absence of any known infection. It is often found as part of a condition known as chronic prostatitis/chronic pelvic pain syndrome, both of which are common in older men and unfortunately difficult to treat with standard medication,

Don't Be A Prostate Cancer Statistic

Prostate cancer is the second most common malignancy experienced by men with more than 180,000 American men diagnosed a year, according to the American Cancer Society. In 2012, the World Cancer Research Fund International recorded more than one million cases of prostate cancer. The causes of prostate cancer remain unknown, but the chance of developing it increase as men age.

The Truth About Your Prostate

With age, the prostate is known for causing problems with urination and pain, as well as cancer.

The symptoms of prostate cancer are often difficult to distinguish from those of benign prostatic hyperplasia. That means that men with any such symptoms should see their physicians early to allow for proper diagnosis and treatment. Annual PSA screening to detect early-stage prostate cancer is highly recommended.

While it can be life threatening, most men do not die from prostate cancer. The five-, 10- and 15-year survival rates for men diagnosed with prostate cancer are 99%, 98%, and 95% respectively. In fact, it is estimated that more than 2.9 million American men are living with the disease right now. In addition, it is among the most readily prevented cancers because it tends to grow very slowly and because nutritional approaches to prevention can be highly effective.

PSA: The Number that Makes Men Nervous

Along with a regular rectal digital exam, the assessment of Prostate-specific antigen (PSA) is a fluid produced in the prostate, playing a key role in enabling the sperm to swim into the uterus by keeping the semen in liquid form. It counteracts the clotting enzyme in the seminal vesicle fluid, which essentially glues the semen to the woman's cervix, next to the uterus entrance inside the vagina. PSA dissolves this glue with its own enzyme so that the sperm can dash into the uterus and impregnate an egg if it is there.

It is this same PSA that is tested to determine the possible presence cancer. Unfortunately, PSA is not a very useful assessment of prostate cancer. While many things will cause elevations in PSA (sensitivity) it is not very predictive of cancer (specificity) as many factors including infections, enlarged prostate, inflammation or even recent ejaculation can raise PSA levels.

Most men by middle age have been offered a blood test for prostate-specific antigen (PSA), which is produced in excessive amounts by prostate cancers and can be effectively used to help identify early-stage malignancy. PSA can also elevate in response to prostatitis and benign prostate enlargement.

Since PSA is now known to have direct contributions to prostate cancer growth in addition to serving as a marker for the disease, it seems sensible for men, even without known cancers, to protect their prostate as described below.

Natural Treatments for Prostate Health

The Truth About Your Prostate

Most prostate problems are not cancer-related, and proper prostate care can lead to improved prostate health and fewer risks for problems down the line

Starting a comprehensive prostate health supplement regimen is the smart thing to do, even (and especially) before symptoms arise. As with all lifestyle benefits we gain in life, it's best to have been healthy from your early years, however that isn't to say that you can't embrace a healthier lifestyle and turn around years of bad habits. Commit to your health and to a healthier prostate today.

Take care of your prostate:

Stay lean. Excess body fat raises estrogen levels.

Avoid commercial toiletry. These contain estrogenic and toxic chemicals.

Eat many whole and prostate superfoods.

Eating a healthy, balanced diet that is high in fiber, incorporates healthy oils and nuts, fresh fruits and vegetables and low in sugars and low in processed foods is wise for health in general and in turn, for your prostate.

Avoid processed oils and sugars.

Limiting alcohol, sugar, caffeine and overall fluid intake.

Have frequent sex with ejaculation.

Anyone going to argue with this option. Read on to learn more about why this is important.

Use comprehensive nutritional support

The use of saw palmetto, zinc, nettle root, pygeum, flax and Norway Spruce lignans, pumpkin oil and a few others can be very effective for many men, especially in earlier stages.

Practice Kegel exercises periodically.

If you're like most men, you probably haven't given much thought to your [pelvic floor muscles](#). But just like every other part of your body, your pelvic floor muscles need regular exercise to remain strong. pelvic floor muscles have a remarkable ability to regain strength, coordination, flexibility, and stamina. Fluid, flexible, and strong muscles make squatting, sitting, walking, and sex more enjoyable.

Although Kegels are fairly simple to do, many people do them incorrectly. The mistakes about Kegels are usually from poor form—you might be using a lot of abdominals, holding your breath, and squeezing your gluts or adductors (inner thighs) instead of the pelvic muscles.

The Truth About Your Prostate

To isolate the muscles of the pelvic floor, stand naked in front of a mirror. Without using your hands, try to lift your testicles engaging the muscles of the pelvic floor. Visualize "lifting your nuts to your guts" or "shortening your penis." When you do this, you should observe a lift of your penis or testicles. Another way to locate the pelvic floor is to clench your sphincter muscles and pretend you're trying not to pass gas. This tightening motion lifts the posterior aspect of the pelvic muscles.

When doing Kegels, try not to hold your breath or contract additional muscles. Hold the contraction for the count of five. Then relax the muscles for five seconds as well. Complete 10-20 repetitions three to four times a day (or as directed by your healthcare provider).

While Kegels are an effective way to strengthen pelvic floor muscles, functional fitness can do the trick as well. "Doing squats, jumping and running are all possible ways to get fitness into the pelvic muscles. Keeping your muscles strong and flexible is good for your overall health.

Load up on Prostate Healthy Foods

Fortunately, a varied diet rich in phytonutrients, optimizing hormonal balance, reducing inflammation and staying lean can have power effect on prostate health. Here are ten foods you can eat that will not only boost your prostate health but boost the flavor and enjoyment of your meals!

1. Brazil nuts can help reduce prostate cancer risk.

Of all the different types of nuts, these natives of South America are an especially rich source of the mineral selenium, which is important for prostate health. Research has shown that selenium intake is associated with a reduced risk of prostate cancer. In fact, just one ounce of Brazil nuts can contain as much as ten times the RDA for selenium.

These seeds/nuts are also a very good source of zinc, another mineral that plays an important role in maintaining a healthy prostate. In addition, Brazil nuts contain all the amino acids necessary to qualify as a complete protein, and the nuts are also a good source of magnesium and thiamine.

2. Broccoli has anti-cancer properties.

Broccoli is a source of some very critical nutritional benefits that are not listed on a nutrition label. As a member of the cruciferous family, which is also populated by cauliflower, Brussel sprouts, kale, and many other vegetables, broccoli contains high amounts of the phytonutrients sulforaphane and the indoles, both of which have anticancer properties.

The Truth About Your Prostate

Sulforaphane enhances the activity of the body's detoxification enzymes, which helps to eliminate potentially cancer-causing elements more quickly. A study published in *Cancer* discovered that indole-3-carbinol, which occurs naturally in broccoli and its cousins, suppressed the growth of prostate cancer cells and also inhibited the production of prostate specific antigen (PSA).

Investigators with the Prostate, Lung, Colorectal and Ovarian Cancer Screening Trial found that eating broccoli more than once a week could reduce the likelihood of developing stage III and IV prostate cancer by 45 percent.

Practical Note: *The most healthful way to enjoy broccoli is lightly steamed or sautéed for no more than five minutes. If the vegetable is cooked longer than that, the anticancer abilities of its phytonutrients fade. Before you begin cooking, however, cut the florets into pieces and let them sit for about five minutes. This allows the vegetable's cancer-preventing elements to form before you cook it. To boost their healthful potential add virgin olive oil and fresh garlic and cayenne.*

3. Cayenne can kill prostate cancer cells.

The hot and spicy cayenne pepper (*Capsicum annuum*), also known as chili peppers, is the source of this prostate-supportive spice. Cayenne peppers get their heat from a high concentration of a substance called capsaicin. While capsaicin is widely known for its ability to reduce pain, studies have also shown that it can help kill cancer cells, including prostate cancer cells.

Specifically, capsaicin has demonstrated an ability to cause prostate cancer cells to “commit suicide” (a process called apoptosis). Capsaicin does this by attacking the energy-making portion of the cells, called the mitochondria, and it is able to do this without harming the healthy cells that surround the cancer cells.

4. Green tea can help reduce PSA levels.

The medicinal powers of green tea are attributed to antioxidant compounds called catechins, a type of polyphenol that has been shown to destroy certain bacteria and viruses, boost the immune system, and fight several forms of cancer, including prostate cancer. Although there are several different kinds of catechins, experts have identified epigallocatechin gallate, EGCG, as the most potent.

Study after study has demonstrated that men who drink at least three cups of green tea each day have a reduced risk of prostate cancer. Experts have found that green tea compounds interfere with the activity of an enzyme that has a role in initiating prostate cancer, and that the compounds also prompt prostate cancer cells to “commit suicide.”

The Truth About Your Prostate

Catechins also work to repair damaged DNA that might otherwise trigger cancer growth, as well as hinder the actions of an enzyme called COX-2, which is involved in the process of prostate cancer. Studies also show that taking catechins daily reduce the risk of lower urinary tract symptoms, which makes catechins helpful in treating symptoms of benign prostatic hypertrophy.

Practical Note: *Three cups a day of green tea may be impractical for some so consider adding supplements into your diet that contain green tea extracts high percentage of ECGC.*

5. Mushrooms can help reduce prostate tumors.

Mushrooms, and especially Asian varieties, offer great health benefits, including their ability to help fight cancer. One Asian mushroom that has a long history—more than 6,000 years—of proving its medicinal powers is the shiitake. These mushrooms contain lentinan, a type of beta-glucan, which has demonstrated anticancer properties.

A 2009 study, for example, showed that shiitake mushrooms suppressed tumor spread in mice implanted with human colon and breast cancer cells. In an earlier study, lentinan inhibited development of human colon cancer in mice. Thus far, no studies have looked specifically at the impact of shiitake mushrooms on prostate cancer.

Asian mushrooms also contain a potent antioxidant called L-ergothioneine. Studies show that ergothioneine is present in very high concentrations in shiitake, oyster, king oyster, reishi, and maitake mushrooms. Ergothioneine's forte is exerting its potent antioxidant properties to protect the cells throughout the body, including the prostate. Johns Hopkins University School of Medicine research recently found that ergothioneine provided protection to cells from damage associated with toxins and other substances.

Practical Note: *To make mushrooms a part of your diet, look for the Asian varieties, which are best when cooked, and add them to stir-fry, soups, stews, and pasta sauces. Prepare them along with your lightly steamed vegetables and add them to cooked whole grains to get their prostate-protecting benefits.*

6. Pomegranates can help slow prostate cancer growth.

The Truth About Your Prostate

Pomegranates have recently been the subject of much research and discussion as scientists have been discovering more and more benefits of eating these unusual fruits. In particular, pomegranates are rich in antioxidants and a phytonutrient called ellagitannin, which is especially helpful in promoting prostate health. Test tube studies show that pomegranate extracts can slow the reproduction of prostate cancer cells and prompt the cells to commit suicide.

In other studies, ellagitannins have shown that they can interfere with the growth of new blood vessels, which are necessary to nourish prostate tumors. At the University of California, Los Angeles, researchers found that pomegranate juice significantly slowed progression of prostate cancer in men who had had surgery or radiation for the disease but whose PSA levels had risen, indicating a possible return of the disease.

Practical Note: *Although pomegranate fruit itself can be a challenge to eat because of its leathery rind, pomegranate juice is readily available and even better you can avoid the high sugar content by supplementing with pomegranate extract supplements.*

The Truth About Your Prostate

7. Pumpkin seeds help reduce an enlarged prostate.

Pumpkin seeds offer some unique health benefits for the prostate, especially for men who have benign prostatic hypertrophy (BPH). This condition, which involves enlargement of the prostate gland, commonly affects men 50 years and older. One thing that contributes to BPH is overstimulation of the prostate cells by testosterone and another hormone, dihydrotestosterone. The oil in pumpkin seeds can help prevent the hormones from triggering multiplication of prostate cells.

Pumpkin seed oil also contains carotenoids and omega-3 fatty acids. Research shows that men who have higher levels of carotenoids in their diet have a reduced risk of BPH.

Another nutrient found in pumpkin seeds is zinc, which is associated with prostate health. A recent study from the Linus Pauling Institute suggests that zinc may protect against the development of prostate cancer. So far, studies of the impact of zinc on BPH have had mixed results.

8. Salmon has powerful cancer fighting antioxidants.

Omega-3 fatty acids are an important nutrient for supporting prostate health, and a delicious, nutritious way to get these omega-3s is with salmon. The meaty texture and light taste of salmon is often enough to convince even people who are not fond of fish to enjoy this fish on occasion. The flesh of salmon varies in color from red to pink and orange, and some varieties of salmon have greater amounts of omega-3 fatty acids than others.

Experts have found that omega-3 fatty acids in fish may slow prostate tumor development and progression in men who already have the disease, and help prevent the disease from developing in others. Study results published in April 2009 in Clinical Cancer Research reported that eating fish like salmon at least once a week may reduce a man's risk of developing advanced prostate cancer even if he is genetically predisposed to getting the disease.

A British study published in 2009 reported that omega-3 fatty acids, and especially eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), the two main omega-3s found in oily fish like salmon, have powerful anti-angiogenic effects, which means they fight the development of blood vessels that nourish tumors.

Practical Note: *Always purchase wild salmon as it is richer in omega-3 fatty acids and farmed salmon had significantly more concentrated toxins than wild salmon. Farmed salmon are also fed antibiotics to prevent disease and dyes to give them color.*

9. Tomatoes help reduce prostate cancer risk.

The Truth About Your Prostate

Tomatoes are a superior source of lycopene, a phytonutrient, or more specifically a carotenoid, one of a group of yellow, orange, and red pigments found in plants. Lycopene is a potent antioxidant that has proven itself in study after study to have properties that enhance prostate health.

Although fresh tomatoes are nutritious, their lycopene antioxidant potency increases when they are processed. Processing breaks down the cell walls of tomatoes, which makes the lycopene more accessible to the body. Thus tomato paste, sauce, soup, and juice offer more antioxidant protection for the prostate than do fresh tomatoes. The results of many studies show that processed tomato products really enhance prostate health.

For example, a Brazilian study found that men with BPH who consumed 50 grams of tomato paste daily for 10 weeks had a greater than 10 percent decline in their PSA levels compared with levels before the study. Another study evaluated about 48,000 men and found that those who ate lots of tomatoes, tomato sauce, tomato juice, and pizza had a 35 percent reduced risk of developing prostate cancer and a 53 percent lower risk of getting aggressive prostate cancer.

Researchers from Germany's University of Bonn say that just one serving of tomatoes or a tomato product every day could protect against the DNA damage that can set the stage for prostate cancer. Tomatoes are also good for managing benign prostatic hypertrophy and keeping PSA levels down.

Practical Note: Because processed tomato products are available year-round, it is easy to make them a part of your diet. Look for BPA-free cans to avoid additional estrogenic chemicals which can harm prostate health. Or consider supplements rich in lycopene.

10. Turmeric is the #1 cancer fighting spice.

Turmeric is a perennial plant whose roots are ground into this popular spice. The active ingredient in turmeric is curcumin, which gives the spice its bitter, peppery taste.

Traditionally turmeric has been used to fight inflammation, colds, and asthma, but scientists have also discovered its anticancer properties, including its ability to fight prostate cancer. A group of scientists at Rutgers, The State University of New Jersey, found that turmeric alone and combined with a phytonutrient derived from cruciferous vegetables (e.g., broccoli, cabbage) may be effective in preventing and treating prostate cancer, and that the combination significantly reduced tumor growth.

A 2009 study from Oregon Health and Science University reported that curcumin has "potential anti-metastatic [anti-spreading] effects in bone-derived prostate cancer cells." Yet other research, this time from Columbia University, found that turmeric has the ability to cause prostate cancer cells to "commit suicide," a process known as apoptosis.

The Truth About Your Prostate

A Hidden Benefit of Regular Sex: A Healthier Prostate

If it feels good, do it. That may have been a mantra from your youth, but even as men age they still benefit from regular and frequent sex – not just because “it feels good.”

Studies published in the *Journal of the American Medical Association*, show men who have regular sex, or ejaculate, more than twenty times a month, can ward off prostate cancer.

While the study doesn't clearly pinpoint that frequent sex was the only factor in the lowered risk of prostate cancer, but sex certainly can't hurt! A healthy, active sex life coincides with other healthy habits we should be cultivating as we age. The more we slow down, the more we slow down, right? If it's possible to have a healthy habit that offers rewards, like sex does, then why not make that part of your healthy lifestyle routine?

How Can Sex Lead To A Healthy Prostate?

First, a reminder that the function of the prostate is to produce “a thick, white fluid that is mixed with sperm the testicles produce to create semen.”

While researchers still can't quite explain the connection between orgasms and a lower risk of prostate cancer one thought is regular orgasms and ejaculation may flush out cancer-causing chemicals in the prostate.

A second theory is if a man ejaculates, he is regularly “cleaning out” the sperm and that allows for the development of new cells and stops the build-up of old cells that are more likely to become cancerous.

A Harvard study, one of the most comprehensive thus far, showed that men aged 40-49 who ejaculated more than twenty times a month reduced their risk of prostate cancer by close to 25 percent as compared to men who ejaculated four to seven times per month. Researchers followed more than 30,000 healthy men for eighteen years; 3,839 were later diagnosed with prostate cancer.

The connection between ejaculation and a lowered risk of prostate cancer remain unclear, but the results were considered “particularly encouraging.”

The Many Other Benefits Of Sex

Having sex equates to a moderate intensity exercise. In addition to its physical benefits sex boosts mental and emotional health. The caveat: engage in safe-sex practices; if you're doing that then increase your sexual activity to enhance your overall health.

The Truth About Your Prostate

In addition to the possible benefits of warding off prostate cancer, here are more benefits of having a sexually active lifestyle.

1. **Boost immunity.** Having sex one or two times a week significantly boosts immunoglobulin A and that improves your body's immune system.
2. **Reduce stress.** As an activity, sex relieves stress and helps you to relax and sleep better.
3. **It enhances the bond with your partner.** Intimacy is an important component of a healthy relationship and having regular sex keeps you and your partner connected.
4. **Heart health.** Men who have sex at least twice a week are 45% less likely to develop heart disease than those who have sex one time a month or less.
5. **It's exercise.** When you have sex you boost your heart rate, strengthen your muscles and burn calories; that's not bad! Studies show that a man can burn four calories a minute during intercourse.
6. **Pain reliever.** If you have aches and pains, having sex will release pain-reducing hormones and those might block leg or back pain or pain from arthritis.
7. **Your libido gets a boost.** The more you have sex, the more you will want to have sex. There is both a mental and a physical connection in having an active sex life.

Nutritional Supplements to the Rescue

There are wide variety of prostate supplements on the market, some good and some not so good. So before you decide on the best supplement for you, I wanted to provide you with a solid review of a dozen well-studied botanical ingredients that when used synergistically will support prostate cell health. This way when you look at the labels you will be familiar with the formulation but also the benefits that each provide.

A large handful of dietary supplements has shown real promise in reducing the impact of prostate disease. While no single supplement can provide complete coverage against potential problems, those discussed below have overlapping mechanisms of action that can contribute to reducing the risk of prostate disease as well as reverse the most troubling symptoms. In addition, they have proven value in preventing and often reversing symptoms of benign prostatic hyperplasia and chronic prostatitis as effectively and with a much better safety profile than existing drug therapies.

It is important to stress that one ingredient will not get the job done. An effective synergistic combination of nutrients is needed to address the key areas of prostate health listed below.

- Promote healthy prostate size and function
- Help inhibit prostate-specific antigen (PSA) activity
- Support healthy prostate cell division
- Promote healthy inflammation response and comfortable urination
- Encourage healthy hormone metabolism in the prostate

The Truth About Your Prostate

Let's look at each of the key nutrients proven to be promote healthy a prostate.:

Saw palmetto — Saw palmetto is one of the most well-known natural treatments for prostate problems. High quality extracts will deliver a standardized dose of *Serenoa repens*, which supports healthy urinary flow and promotes a healthy inflammatory response. Recent studies suggest that saw palmetto is not only beneficial for symptoms of benign prostatic hyperplasia but also for chronic prostatitis, prevention of prostate cancer, and even sexual dysfunction.

There is also much evidence to suggest that saw palmetto has similar benefits to finasteride (Proscar®) and tamsulosin (Flomax®), two medications used to treat benign prostatic hyperplasia. Even more importantly, there is virtually no incidence of associated sexual dysfunction was seen in men using saw palmetto compared to those given pharmaceuticals.

An important point to make with saw palmetto, while it is well known and effective in some areas of prostate health, it is not a prostate panacea and most useful only for men with mild to moderate symptoms. In order to receive full desired effects, it needs to be combined with the additional nutrients listed here.

Pygeum — Pygeum africanum is an extract of the African cherry tree and contains the botanical compound beta-sitosterol. It has been in widespread use in Central and Eastern Europe for decades and numerous human studies have demonstrated the efficacy of pygeum in the support of mild to moderate benign prostatic hyperplasia and healthy urination.

At typical doses of 100 mg per day, the extract produces significant improvements in International Prostate Symptom Scores, reductions in frequency of nighttime urination, increases in peak urinary flow rates and quality of life.

In addition to combating many of the symptoms of benign prostatic hyperplasia, pygeum africanum has shown evidence of potent anticancer effects.

Flax seed and Norway spruce — Flaxseed is a rich source of dietary lignans. In the intestine, they are converted by bacteria into other bioactive compounds, particularly enterolactone. Enterolactone helps support healthy hormone metabolism and prostate function.

The Truth About Your Prostate

Studies confirm that flaxseed supplementation improve quality of life with men with BPH and also lowers PSA levels and significantly reduces the proliferation of normal prostate cells and prostate cancer cells. In one clinical study, supplementation with flaxseed generated favorable reductions in tumor proliferation rates in men with prostate cancer in as little as 30 days.

For best effect, look for a HMR Lignan® proprietary combination of standardized lignans from flax seed and Norway spruce knot wood for even greater support. convert to enterolactone once ingested.

Stinging and dwarf nettle root — Stinging nettle root (*Urtica dioica*) has been widely used as therapy for benign prostatic hyperplasia. Both human and animal studies have shown that nettle root extract is effective not only in relieving BPH but also in shrinking the size of the prostate gland. Nettle extract supports healthy prostate and urinary function.

The most compelling findings show that the combination of nettle root extract and saw palmetto extract can produce improvements similar to those of prescription benign prostatic hyperplasia medications with far fewer adverse events. In addition, repeated studies have revealed that saw palmetto, combined with nettle extract, can reduce nighttime urination by one episode per night, a substantial and significant difference.

And added benefit to stinging nettles is it promotes increases in the levels of serum free testosterone without any increase in total testosterone.

Flower Pollen Extract — A concentrated rye grass pollen extract helps promote a healthy inflammation response and urinary comfort and is effective for chronic prostatitis.

Studies demonstrate that rye grass pollen extract significantly improves self-rated urinary symptoms in men with benign prostatic hyperplasia. Men who use this extract are twice as likely to show improvement in nocturnal urination. In addition, these men showed significant improvements in reported pain and quality of life

None of these studies identified significant side effects, which suggests that rye grass pollen is both safe and effective in the treatment of chronic prostatitis, a stubborn condition that has resisted other treatment approaches. A well-studied form is Graminex®

Lycopene — An antioxidant carotenoid, lycopene promotes healthy prostate size and function. This red carotenoid pigment is abundant in tomatoes and other red fruits and vegetables.

The Truth About Your Prostate

High consumption of lycopene has been consistently associated with a reduced risk of developing prostate cancer—as well as a reduced risk of dying from the disease. Additionally, lycopene inhibits the inflammatory processes that promote prostate (and many other) cancers by suppressing key critical “master regulatory molecules”

It is also one of the few compounds convincingly demonstrated to slow the rise of PSA in men with prostate cancer.

Boron — A trace mineral, boron compounds have been shown to inhibit prostate-specific antigen (PSA) activity.

According to one study, men with the highest dietary boron intakes have a 54% lower risk of developing prostate cancer compared to those with the lowest intake. Boron is known to block certain growth factors necessary for tumor development, and it has also been shown to inhibit the enzymatic action of PSA, which releases those same growth factors from their transport proteins.

Boswellia Extract —Boswellia extract helps inhibit 5-lipoxygenase, an enzyme associated with undesirable prostate-cell-division changes. Numerous studies on cultured prostate cancer cells have also shown that boswellia extract induces tumor death and it may prevent tumor growth. A particularly effective form of Boswellia is

AprèsFlex®

Beta-sitosterol, pumpkin seed oil and phospholipids — Studies have shown that benefits of saw palmetto and pygeum extracts are significantly enhanced with the addition of beta-sitosterol (from pine) as well as pumpkin seed oil. In addition, phospholipids derived from sunflowers, have numerous health benefits and help your body more efficiently absorb other active compounds.

Drugs and Surgery

There is always a place for some in the use of select prescription drugs to reduce more severe or chronic symptoms of benign prostatic hyperplasia. The downside of these are they may be expensive and produce unwanted side effects

The Truth About Your Prostate

Alpha blockers are frequently the first option offered to me with urination issues. They work by relaxing the muscle of the prostate to allow it to release more urine.

Another commonly prescribed class of medications are 5-alpha reductase inhibitors, Avodart® (dutasteride) or Proscar® (finasteride). These both function by decreasing the conversion of testosterone into the more active dihydrotestosterone (DHT). They can be effective but a small percentage of men suffer sexual side effects from these medications, They really only should be considered in low dose as an addition to the nutrients described above when symptoms of benign prostatic hyperplasia do not sufficiently resolve.

Another drug that was extensively advertised on television that can reduce benign prostatic hyperplasia symptoms by facilitating complete emptying of the bladder is Flomax®, available as a generic under the name tamsulosin. Many men do experience benefits from Flomax and while potential side effects are numerous, they don't seem to be very common. So if one is troubled with benign prostatic hyperplasia symptoms that are not sufficiently resolved with nutrients and 5-alpha reductase inhibitors, it makes sense to try tamsulosin. If side effects outweigh the benefits, then discontinue this drug. One side effect from this medication is that it can lower blood pressure.

Surgical removal or reaming of an enlarged prostate is the most invasive and drastic option— It can almost always be avoided when you act early and by following the suggestions in this report.

Here's What To Do Next...

As you just discovered there are multiple factors that effect your prostate - both positively and negatively, and one of those is your Testosterone and Estrogen levels. Unfortunately, as you age, those levels get out of whack - with T-levels dropping and Estrogen levels rising.

Many men in this position seek out a prescription, TRT, from their doctor, which could actually make the problems WORSE and kill your T-levels for good.

When you go to [this page](#), you'll not only discover the real cause of your plummeting T-levels, but also some powerful superfoods, herbs, drinks, and other tips to SKYROCKET your T-levels through the roof, making you feel more energetic, burning away your stubborn belly fat, and making you feel like a "stallion" in the bedroom.

[Discover 1 simple method, you can start doing TODAY, to reclaim your manhood](#)

(more sex, less belly fat, more confidence, more strength, and...)

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The Truth About Your Prostate

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The Truth About Your Prostate

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The Truth About Your Prostate

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