

Your Guide

to a healthy
prostate



Prosamin™

Real Health Solutions

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Disclaimer

This book is for informational and educational purposes only. It is not a medical text book and is not intended to replace the advise of your Doctor or health care professional. You should discuss with your Doctor or health care professional any action you choose to take with regard to medical treatment of your condition.

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1

An Overview of the Prostate Problem

No one expects or wants to get caught with prostate disease. But the truth is that if you live long enough, it's almost certain that you will suffer from some form of prostate disease.

For instance did you know that ...

- Prostate enlargement can be found in up to 50 % of men over 60 and 82 % of men in their 70s. This natural and common process leads to enlargement of the prostate over time and may affect bladder emptying in some men, as the enlarged prostate squeezes the urethra and makes the passing of urine difficult.
- Prostatitis- a condition that causes burning during urination or pain in the pelvic region can affect men at any age and does not respond well to conventional treatments. The treatment for this condition which is antibiotics is effective in less than 30% of cases.
- Benign Prostatic Hypertrophy or BPH is a swelling of the prostate. This condition can wreak havoc in your life and disrupt your sex life. This condition also causes trouble with urination.
- Prostate Cancer in Australia will affect 1 in 11 men by the age 75. Over 11,200 men are diagnosed with prostate cancer each year, making it the second most common cause of cancer death in Australian men.

These figures aren't etched in stone. The average man can reduce his chances of developing prostate problems with some simple, common-sense steps. But you must also try to act preventively and look-out for health problems before they strike.

You can then use this information and knowledge to look for health problems and then do something about them. Finding problems early and not waiting until they threaten your life is the key. In order to succeed, you have to be thorough. To keep it simple: it may not be wise to follow the conventional methods of medicine, which is oriented toward treating symptoms when they become obvious. Most often, waiting until these symptoms become obvious is often too late.

At the same time we should look at all the possible sources of information. You should listen to your body, learn from your family history, and detect minor signs and symptoms. This can help you to prevent, intervene, and treat health problems early. So, information is very important to make the right decisions.

Unfortunately, your GP Doctor does not have the time or the in-depth knowledge to really inform you on how to prevent disease and the deterioration of your body. So you have to provide yourself with enough knowledge to help yourself. Helping yourself is usually the only approach. Why? Conventional medicine is not preventive yet. It's a symptom oriented medicine. Your Doctor tries to fix your body when something is already broken. You have to act before, not after, the problem arises.

A word of caution... some Doctors do not believe in herbal therapies for treating disease and may advise you against their use. Many Doctors are not trained in the helpful uses and cures bought about by nature and are very cautious about even new technological cures.

Doctors are to a degree correct in their caution. Indeed many herbs, though beneficial when used in carefully controlled doses can be poisonous when overused or handled incorrectly. So, never take any herb unless you know exactly what it is and what it may do.

You know, your Doctor has to see twenty, thirty, and sometimes forty patients a day, every day. Do you really think the Doctor can go in-depth and study your case to find out early signs and symptoms that can lead the Doctor to diagnose and prevent early health problems? Impossible!

Besides, most of the time Medicare will not pay for most preventive medicine tests and treatments. They only pay for "medically necessary" ones. This unfortunately means that only when the health problem is already established and is hurting you, will you be covered. However, we need to act pre-emptively. For this, you need guidance, and you need to be updated.

This is the purpose of this book - to educate you on how to prevent prostate problems. And for those who are currently suffering with a prostate condition, the goal is to find ways to help with the pain. It is not the purpose of this book to talk too much about prostate cancer. There are many publications that are better positioned to cover that topic. Remember, we want to look at ways to prevent prostate problems starting in the first place.

Did you know its common for men with prostate disease to seek alternative therapies?

Studies in Australia suggest that up to 55% of men may use treatments outside conventional medical therapy. These therapies include changing their diet and the use of herbal and nutritional supplements.

So, please don't become a victim or a statistic. There are alternative treatments that are safe and effective. They don't involve drugs, surgery or radiation and won't leave you in pain, impotent or incontinent. So please read on to find out what you need to do to help prevent and treat prostate disease.

2

You and Your Prostate

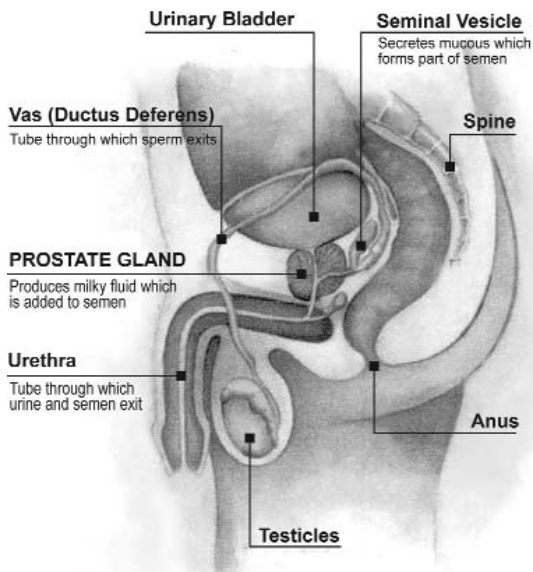


What is the Prostate gland?

The prostate is a small round sex gland and muscle, approximately the size of a walnut, weighing between 15-20gm. The prostate has a huge effect on the male reproductive system- and the self images of thousands of men who feel its less then positive effects as the years roll on.

The prostate is located directly below the bladder and wraps around tubing, called the urethra. The urethra is the tube that carries urine from the bladder and the flow of semen through the penis (refer to diagram below). All male mammals have a prostate gland as part of their reproductive anatomy. Interestingly for reasons still unclear, it only causes problems in men and dogs.

Male Reproductive System



Function of the Prostate

One of the main functions of the prostate is to produce secretions that form part of the semen and eventually nourishes and protects the sperm. Prior to ejaculation, the prostatic secretions are squeezed into the urethra from ducts in the prostate gland, where it mixes with the sperm stored in the seminal vesicles. When the prostate is working as a muscle, it helps propel semen out of the body.

What happens to the prostate as we get older?

Not all men will develop symptoms of prostate problems in their later years, even though your prostate will enlarge with age (from about 40-45 years onwards). However, by about 80 years of age, most men will have experienced some symptoms of urinary obstruction. It's not unusual for a man's prostate to become larger as he grows older. The presence of male hormones makes the prostate grow, and these are chemicals most men wouldn't want to do without.

Simple changes in the body chemistry make the prostate grow. The changing body uses hormones, medications, and food in new way and organ's sometimes receive false messages and react in ways that don't make biological sense. In most cases, prostate symptoms are not pronounced until the condition is well advanced.

Sometimes, the problem is easily solved. Urinary difficulty, one of the trademarks of prostate problems, can also have other causes.

Men in their 60s and 70s sometime find their urinary problems solved when they stop taking antihistamine medicine for colds or allergies. These drugs can cause urinary shutdown.

How do prostate problems begin?

It's not known for sure what is causing such a dramatic increase in prostate problems around the world. But we know that there are many factors that can affect your prostate health, such as chronic stress, poor nutrition, toxins in the environment, muscle tension especially in the pelvic region, problems with your immune system and even dental fillings!

What are the warning signs of prostate problems?

The beginning of prostate problems usually is bought to your attention when you start having difficulties urinating, experience pain in the pelvic region or start having problems with ejaculation. But it should be noted that men with prostate cancer may not experience any symptoms at all before being diagnosed by their Doctor. That's why from the age of 45 you should have yearly checkups with your Doctor.

Some symptoms to look out for that may indicate prostate trouble:

- Burning sensation when urinating
- Nocturia (interrupted sleep due to the constant need to urinate at night)
- Weak urine flow
- The inability to empty the bladder completely
- Pain, hesitancy or urgency to urinate
- Blood in the urine
- Lower back pain
- Feeling uncomfortable when sitting
- Discomfort in the testicles groin or penis
- Pain when ejaculating or during sex
- Itchy feeling in penis
- Difficulties getting an erection or impotence
- A decrease in sexual desire

If you feel you may be experiencing any of the above symptoms, please take note and don't ignore them. Start to take steps now to improve your prostate health and make an appointment to see your health care professional. Don't be like most men and stick your head into the sand. You have the opportunity to do something about your condition now naturally with out using drugs.

3

Prostate Disease

It's important to educate your self about the different forms of prostate disease.

There are four major types of prostate disease:

1. Prostatitis

Basically prostatitis is a benign (non cancerous) condition that is caused by an infection and inflammation of the prostate. This bacterial condition affects old and young men alike and can be easily spotted by a rapid onset of painful urination, burning, itching, presence of a cloudy fluid at the tip of the penis, pelvis pain, as well as fever and chills.

If you are suffering from any one of these symptoms, you should see you health care professional immediately, as the symptoms can also indicate venereal disease. If the inflammation and pain is caused by an infection, conventional treatment can be as simple as a course of antibiotics, although you may want to look at combining self help with conventional treatment. Remember, antibiotics may not work for everyone and sometimes this condition can be very difficult to treat.

This short term condition is called acute prostatitis. If this condition continues for a long time, it is called chronic prostatitis. Treatment is specific to each case, but once again can be very difficult to treat satisfactorily.

2. Prostatodynia

Though sometimes called chronic prostatitis it is actually a different condition. Prostatodynia is an inflammation caused by muscle spasms. The symptoms include painful or frequent urination, pain in the lower back, penis, scrotum, etc.

The discomfort of prostatodynia is often more widespread because it can involve the whole pelvic area. It can be a painful condition, and in some men the condition can last for many years, but the good news is that the condition usually settles itself down. Conventional treatments are varied, including antibiotics muscle relaxants and non-steroid anti-inflammatory agents (NSAID). But once again look at combining self help with conventional treatment.

3. Benign Prostatic Hypertrophy (BPH)

This condition affects about 1 million men in Australia and 10 million men in the United States. This condition is characterized by gradual swelling of the prostate. As the prostate swells it presses against the urethra, affecting the flow of urine out of the body. Benign means non cancerous, non malignant, not permanently damaging. BPH is quite common but does not increase your risk of developing prostate cancer.

BPH is practically undetectable until its late stages, because it develops slowly over many years. As the enlargement progresses you may experience pain in the groin or lower back or you may feel a slight discomfort when you are sitting.

As the condition progresses, your sexual performance can be affected. It may be painful when you ejaculate, and you may find yourself ejaculating early. You may also have intermittent periods of impotence.

Some men's prostates grow to a certain point and then stop. Enlargement doesn't mean the problem will become progressively worse. A high percentage of men with mild BPH will choose to delay treatment. This is what Doctors call 'watchful waiting'- going about your daily routine while keeping a care-

ful watch for any changes. As the prostate grows, urination frequently becomes painful because the prostate slowly squeezes shut the urethra- the tube or passageway between the bladder and the penis. This situation can become life threatening if allowed to continue unchecked and completely close the urinary tract.

Fortunately, professional medical intervention normally happens before this dire condition is ever reached. The vast majority of men die with a prostate problem, not from one. The key to preventing the pain of BPH is early detection and treatment. You can detect BPH yourself by watching for the following seven urinary symptoms:

The Seven Urinary Symptoms:

- Weak urine flow
- The inability to empty the bladder completely
- The inability to urinate at all
- Difficulty in holding your urine or the need to urinate immediately
- Interrupted sleep due to the constant need to urinate at night
- Wetting or staining of underwear
- Painful urination

These urinary problems do not automatically indicate the presence of BPH, because urinary difficulties can signify a wide variety of conditions, but they do point toward it.

Prostate Symptoms Questionnaire

This questionnaire was developed by the American Urological Association. The questionnaire will look at your ability (or inability) to urinate in the past month. You can use your answers to develop a "symptom score" to determine the severity of your problem.

1. During the past month or so, how often have you had a sensation of not emptying your bladder completely after you've finished urinating?

Answer _____

2. During the past month or so, how often have you had to urinate again in less than two hours after you've finished urinating?

Answer _____

3. During the past month or so, how often have you found you stopped and started again several times when you urinated?

Answer _____

4. During the last month or so, how often have you found it difficult to postpone urination?

Answer _____

5. During the past month or so, how long have you had a weak urinary stream?

Answer _____

6. During the past month or so, how often have you had to push or strain to begin urination?

Answer _____

7. During the past month or so, how many times do you typically get up to urinate from the time you went to bed at night until the time you got up in the morning?

Answer _____

Total Score _____

SCORING

Questions 1 - 6

- 0 = Not at all
- 1 = Less than one time in five
- 2 = Less than half the time
- 3 = about half the time
- 4 = More than half the time
- 5 = Almost always

Question 7

- 0 = Not at all
- 1 = One time
- 2 = Two times
- 3 = Three times
- 4 = Four times
- 5 = Five times

Symptom Score (Sum of the Answers)

If you score 0-7, that means your symptoms are mild.

If you scored 8-18 indicates your problem is moderate.

If you scored 19-35 means your symptoms are severe.

Your treatment will be based on your overall symptoms

You are now better equipped to see your health care professional with the above answers in hand. Now, if necessary and recommended by your Doctor, you would need to take some additional tests:

- A PSA (prostate specific antigen), which is a blood test to check for BPH and cancer.
- A digital rectal exam (DRE): helps to determine the size of the prostate and rules out prostate cancer. (Your Doctor inserts a gloved finger into your anus to feel the size of the prostate)
- A urine test if required.

There may be more tests required, but BPH is usually nothing to worry about. And again, it is frequent and age-related. The good news is that there are many treatments available today for BPH.

The three stages of Prostate enlargement:

Stage 1: The So-called Sensitivity Stage

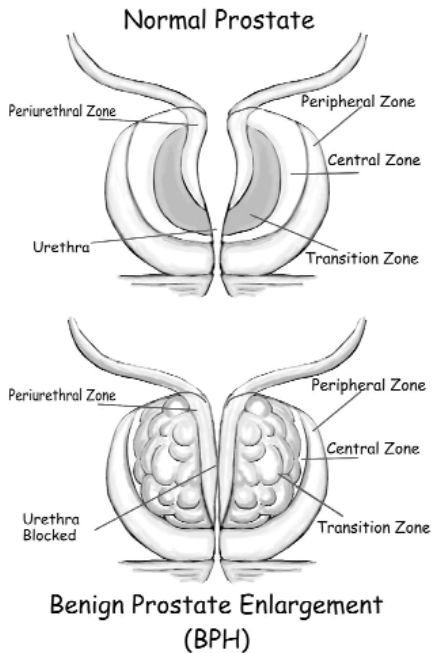
The first noticeable symptoms are: an increased desire to urinate, the urinary stream is weaker and thin, and frequent passing of small amounts of urine (also during the night) is experienced. It is, however, still possible to empty the bladder almost completely. The first stage can continue over a number of years and, in some cases, it never progresses into the second stage.

Stage 2 It is no longer possible to empty the bladder completely.

Quite often residue, amounting to more than 100 ml, will remain behind in the bladder. This result in a frequent and irritating desire to urinate without the relief associated with normal urination.

Stage 3 Normal urination is no longer possible

The urethra has become so narrow that normal urination is no longer possible. The urethra is a thin tube that carries urine from the bladder out of the body. The bladder now has to hold up to three litres of urine, and the pressure within the bladder increases considerably. For this reason, drops of urine are passed continually. The urine also is forced back into the upper urinary tract and then into the kidneys. This results in less-effective kidney function and will finally lead to kidney (renal) failure.



4. Prostate Cancer

Although Prostatitis and BPH in advanced cases can be quite dangerous, the most serious problem is cancer. Prostate cancer is the second leading cause of cancer deaths in men, after lung cancer. Prostate cancer is the most common cause of death from cancer in men over 75 years of age and is rare in men under 40 years of age.

As mentioned before, in Australia, one in eleven men will develop prostate cancer by the age of 75. Over 11,200 men are diagnosed with prostate cancer each year, making it the second most common cause of cancer death in Australian men.

In fact, every year, more than 2,700 Australian men die of prostate cancer. That's why it's important that every man over 40 should at least be aware of the disease, and then take steps to prevent getting prostate cancer in the first place.

The conventional treatment for prostate cancer involves surgical removal and/or radiation. Unfortunately, in some cases, this doesn't work long term. Although short term survival rates are high- over 90 percent- incontinence and impotence are very real possibilities after conventional treatment. This is because the nerves controlling your erection run along the outside of the prostate and are often damaged or destroyed during treatment. This leaves you incontinence and impotence for the rest of your life.

While this may scare you...you don't have to wait for a cancer diagnosis. There are steps you can take now to protect yourself. There are answers, as you will see to conquer prostate disease naturally safely and effectively.

4

Your Diet and Your Prostate

Nutrition is one of the most powerful influences on your prostate health. The food you eat each day can improve the functioning of your body. What goes into your body determines in a big way your outcome such as: good health, vigor and long life or chronic illness and a shortened life span. A balanced healthy diet will help support your prostate and overall health. Here are some tips to keep you on the right track.

Reduce your intake of Saturated Fat

Aggressive prostate problems are more common in populations that consume more saturated fat. Fat increases the level of the male hormone, called testosterone. This is important because high testosterone levels promote the growth or enlargement of the prostate. Fat can also increase free radical activity in your body which can damage cells and may accelerate cancer growth. A study in the early 1990's confirmed the relationship between a high saturated fat diet and the increased risk of prostate disease. It was noted that the intake of red meat was a significant factor. Saturated fat is generally animal fat such as that found in red meat.

Although it is a great source of protein, it must be prepared in the right way so that the benefits out way the negatives. Fatty cuts and most pork selections should be avoided, or at least trimmed to remove excess fat before cooking. Also, any meat preserved with nitrates such as bacon, cold cuts or sausages should be avoided. Nitrates are carcinogens and are known to irritate enlarged glands.

If you want to eat red meat in your diet look at buying organic red meat. This is because commercial meat products can harbor a wide range of toxins, pesticides and herbicides.

These agents enter the animals' bodies from their feed. In addition, antibiotics and synthetic hormones administered on the farm may linger and remain active in the meat that you buy and eat later.

You should look for grass fed or organic meats. These animals are raised in the pasture and do not receive hormones, antibiotics, or unnecessary drugs. An important advantage of grass fed beef is that it contains high levels of Omega 3 fats, an important nutrient often missed in our diet. In addition grass fed beef is leaner and has less saturated fat.

Keep some Healthy Fat

Remember the low fat craze of the 90's that caused many people to reduce their fat intake almost completely, thinking that this was the way to go to a healthy body? Well our bodies need fat to function properly. Fat is an important component of your cell membranes and helps lubricate the body. It also provides fuel for your body. Good sources of fat are nuts, avocados, cold pressed flax seed and unrefined olive oil. Saying that, you should avoid refined hydrogenated oils found in many packaged foods and avoid eating fried foods, as they are cooked in hydrogenated oil that can cause heart disease, cholesterol problems and cancer.

Eat Fortifying Vegetables and limit your fruit intake

It is a good idea when choosing vegetables, to include more vegetables that are found in the cruciferous family, such as Brussels sprouts and Broccoli. Studies have shown that they can reduce the risk of prostate cancer. In one study, the rate of prostate cancer declined by an impressive 41 percent among men who ate three or more servings of fortified vegetables a week.

Also, too much fruit or fruit juice in your diet can contribute to yeast overload in men with prostate problems. So limit your intake to one piece a day. To help with digestion it's better to consume fruit on its own and in between meals.

Clean Vegetables Properly

To prevent infection from bacteria, wash root vegetables under running water with a brush. Peel and put them in cold water with a little salt and lemon juice. This preserves the bright, fresh colour.

Leafy vegetables such as lettuce and cabbages should be cleaned of brown or damaged areas, with each leaf separated from the stems, and soaked in mild salty water for about 15 minutes. Then rinse each leaf under running water and drain well.

Sterilize root vegetables by immersing the prepared vegetables in boiling water for 10 seconds. This kills the germs on the outside, while leaving the inside of the vegetable raw.

Vegetables can become virtually germ free with the addition of squeezed lemon juice.

Eat high quality Protein

Many men with prostate problems cut back on their protein intake when trying to get their diet in order, but this is a mistake. Protein helps maintain and repair your body's tissues and also supplies important nutrients such as zinc that helps protect the prostate.

You need to choose high quality protein such as salmon, tuna, beans, eggs, organic chicken and red meat. If you are not sure you are getting enough high quality protein you may like to try a protein powder supplement. You can get them in health food stores around the country.

Dairy products

Commercial dairy products can have the same toxins found in meat. This makes sense since most of these foods come from cows. Dairy consumption has been linked to prostate disease in 16 studies published in medical and scientific journals. One Harvard study found that 2 ½ servings of dairy a day can increase your prostate cancer risk by more than 30 percent. With these kinds of statistics, you may want to limit the amount of milk, cheese, butter and other dairy products you eat daily. As an alternative you could where possible, buy organic dairy products or consider replacing dairy with soy products.

Soy Products

Asian men appear to have a lower risk of prostate disease compared

to men on a western diet. One reason may be that Asians tend to eat more soy products. Soy products are important in you diet because they contain phyto-oestrogens or isoflavones. The most commonly found isoflavone in soy is genistein. It is believed to help protect against prostate disease. Look at increasing the soy content in your diet to replace dairy products for reasons outlined above.

Drink water instead of Coffee and Soft drink

This should be pretty obvious. By reducing your intake of coffee and soft drink, you will reduce the amount of sugar and caffeine in your diet which can irritate the prostate. Set a goal to drink 6 to 8 glasses of water a day. Drinking plenty of water aids good digestion and helps to flush out your lymphatic system. Keep some water handy in you car and at work and make a point of drinking it during the day.

Green Tea

The drinking of green tea in China and Japan is quite common and is starting to gain popularity in other parts of the world, including Australia because it contains powerful antioxidants called polyphenols. The main polyphenol in green tea is called EGCG and has been found to inhibit the growth of prostate cancer cells, according to a study by the Mayo clinic in the US.

In light of this, drinking green tea may help in protecting against prostate disease.

Eat Plenty of Tomatoes

Tomatoes contain lycopene which is the red, fat soluble pigment found in tomatoes and tomato-based products. It is more bio available (better absorbed and ready to be used by the body) in both processed and cooked tomato products then from fresh tomatoes. Many studies have shown that lypocene is a powerful weapon against prostate problems. According to a study done by Howard University in the US, more than half of the 72 studies focusing on prostate disease and lycopene showed that eating tomato products did reduce the risk of developing prostate disease.

The National Cancer Institute in the US reported on a study showing an incredible 33 percent less risk of developing prostate disease in men who ate 10 servings of cooked tomatoes a week, as compared to those who were eating less than 2 servings.

Eating tomatoes is a great way for you to protect your prostate. Set a goal, to eat 10 servings a week of tomato products. Any products containing tomatoes can count towards your 10 including tomato sauce, juice, soup, canned tomatoes, and the occasional home made pizza.

Flaxseed and Flaxseed Oil

You may not have heard about flaxseed, but this flowering crop dates back to the days of ancient Rome. In those days it was used to make healing balms and elixirs. In more recent times, the seeds have gone through a pressing process to extract their oil to be used as a high source of essential fatty acids.

Flaxseed is rich in lignans, a fibre related compound that has been shown to bind to male hormones and aid in the elimination through digestion. High levels of the essential fatty acid omega 3 which has been linked to lower rates of prostate disease are also found in flaxseed. The essential fatty acid's (EFAs) in the oil may help prevent swelling in the prostate, keep sperm healthy, and improve blood flow to the penis.

It's important to note that you can buy flaxseed as a powder and as an oil at many health food stores around Australia. It's best to use both the seed and the oil in your diet. The flaxseed should be purchased whole and ground at home using a coffee grinder. It's also important to grind the seeds fresh and use the ground flax straight away as the make up of the ground seed changes very quickly- in about 30-45 minutes.

One way that you could use both the powder and the oil, is to make up a daily smoothie.

A tablespoon of flaxseed (measure before grinding) plus a tablespoon of cold-pressed flaxseed oil mixed with half a cup of unsweetened yogurt or low fat cottage cheese. You could also add fruit to taste. This has become a common treatment for the symptoms of BPH throughout Europe.

When Eating Meals

When its meal time, make sure you eat at a steady, relaxed pace in a comfortable location. Studies have demonstrated the importance of your emotional state when eating.

So, try not to eat when you are upset or stressed. Also try not to drink alcohol just before, during or just after eating. Alcohol dilutes your digestive enzymes and restricts the absorption of nutrients into your body. And do not eat your evening meal too close to bed time, as this is a sure way to put on weight.

5

Natural Herbal Help for your Prostate

Natural supplements can be very beneficial in helping to keep your prostate healthy. There are some excellent cutting edge supplements on the market in Australia that can help you beat prostate problems. Let's now have a look at some of these scientifically proven supplements.

Epilobium

Also called the Small-Flowered Willow Herb, this herb is a potent herb for prostate problems. This herb comes from a European plant that has a long history as folk remedy for prostate problems. It's known particularly for its anti-inflammatory and anti-infectious properties. Men report reduction of urinary symptoms and a study found a reduction in disease and inflammation of the prostate, including the inflammation associated with BPH.

Saw Palmetto

Saw Palmetto is a dwarf palm that grows in the south eastern United States. Its berries were used by the American Indians to treat genitourinary tract difficulties and as a general tonic as well. In the 1960s, European research on saw palmetto led to it becoming the most popular phytomedicine in Europe as a natural prostate healer for the treatment of an enlarged prostate or BPH. In Germany, saw palmetto and other plant extracts are used to treat nearly 90 percent of BPH patients. In fact, studies now show that saw palmetto appears to work as well as the standard BPH drug Finasteride in improving urinary symptoms with far fewer side effects.

Research has shown that the saw palmetto extract found in the berry can actually inhibit up to 90 percent of the transformation of testosterone into the hormone considered to be responsible for prostate enlargement called, dihydrotestosterone (DHT). One study found that 85 percent of a test group of 305 men reported that the saw palmetto they were receiving was effective against their prostate enlargement symptoms within 3 months of starting treatment.

In another trial, patients were given a 160mg oral preparation of saw palmetto. Significant improvements were noted after 45 days and within 90 days a full 88 percent of the men considered the treatment a success.

In fact, more than 20 double-blind and placebo controlled studies have proven that the extract improves the symptoms caused by swollen prostate.

Pumpkin Seed (curcurbita pepo)

After many studies in Europe, pumpkin seed is an approved supplement in Germany for prostate enlargement. The fatty oil in these seeds is mildly diuretic, and the seeds principle ingredients, cucurbitacins, appear to inhibit the conversion of testosterone into dihydrotestosterone (DHT).

Pumpkin seeds are high in the amino acids: alanine, glycine and glutamic acid. This "power-trio" of amino acids has been shown in studies to relieve the agonizing symptoms caused by prostate disease.

Pumpkin seeds are also high in zinc and studies have proven that zinc reduces the size of an enlarged prostate. Zinc has been known for decades to help support a healthy prostate. In fact, a deficiency in zinc is a very helpful predictor in the diagnosis of prostate disease.

According to a recent study, men who were taking the supplements of these amino acids each day, BPH symptoms showed significant relief.

Flaxseed (*Linum Usitatissimum*)

The flaxseed powerhouse consists of omega 3 essentially fatty acid, fibre and lignans. Lignans are considered phytoestrogens (Again, phyto = plant; estrogen = hormone) and are found in greatest concentration in flaxseed. Lignans, a fibre related compound has been shown to bind to male hormones and aid in their elimination through digestion. Scientific studies have shown that lignans convincingly helps to protect your prostate. They are also considered to be anti-oxidants; therefore, researchers believe lignans can protect healthy cells from cancer causing agents known as free radicals.

In fact, according to a new study, a diet rich in lignans could reduce the risk of prostate problems by 26%.

Lycopene

Lycopene is mostly found in tomatoes and tomato based products. Lycopene is an antioxidant that once absorbed by the body, helps to prevent and repair damaged cells. Antioxidants are compounds that fight free radicals in the body and have been shown to inhibit DNA oxidation that can lead to prostate disease. Antioxidants are the internal bodyguards that protect our cells from free radicals.

Lycopene has also received a lot of attention for its association with lowered prostate disease risk. For example, A Harvard University study found that a 21% - 43% lowered risk of prostate disease could result from a diet rich in these foods.

Zinc

Zinc has been known for decades to help support prostate health. Zinc is essential to male potency and sex drive. Low zinc levels can lead to a marked decrease in your sex drive and affect the health of your prostate. The prostate gland contains a higher concentration of zinc than any other organ in the body. For this reason, a deficiency in zinc is a helpful predictor in the diagnosis of prostate disease.

In a study published in the *Journal of Steroid Biochemistry* in 1984, researchers found that zinc helps reduce the size of an enlarged prostate and relieve symptoms of BPH by inhibiting the activity of a key enzyme called 5-alpha-reductase. This is the enzyme that converts testosterone to the dangerously potent dihydrotestosterone (DHT) that, scientists say, causes the excessive overgrowth of the prostate tissue. This, as well as other studies has shown that zinc supports prostate health.

In fact, one recent study reported that 14 out of 19 enlarged-prostate patients being treated for two months with a zinc supplement experienced a reduction in the enlargement of the swollen gland. Another study involving 200 men with prostatitis, gave the subjects zinc supplements ranging from 11 to 34mg once a day for four months. By the end of the study, over 70 percent of the men saw their symptoms completely disappear. In another study funded by the National Cancer Institute in the US, it was reported that men taking a daily zinc supplement decreased their overall risk of prostate disease by an amazing 45 percent.

Selenium

Selenium is normally found in rocks and soil. Selenium is also present in seafood, liver, kidney, as well as grains, seeds and vegetables grown in soil rich in it. A US study several years ago found that where the soil selenium levels were high, there appeared to be a protective effect from certain cancers. Studies have linked selenium to a reduced risk of prostate problems. Your body needs selenium in small quantities to do important tasks like improving your body's ability to deliver oxygen and keeping your tissues elastic and firm.

Selenium is a natural antioxidant and works well with vitamin E. Together, they help neutralize free radicals in the body. Further studies have revealed that higher selenium levels in the diet, related to a lower risk of prostate disease.

A 200mg dose a day of selenium has been shown to reduce prostate disease incidence. The maximum recommended dose per day is 550mg. At 750mg per day, toxic side-effects can occur.

Fish Oils

Essential fatty acids contained in large amounts of fatty fish, for example have been proven to inhibit the growth of prostate cancer cells. Studies have been conducted on men aged over 50 and over a period of 30 years to see whether eating fatty fish would reduce the risk of prostate cancer. The men were asked about diet, smoking habits, alcohol drinking and physical activity. Researchers calculated that men who eat no fish have a two fold to three fold higher risk of prostate cancer than those who eat moderate or high amounts.

Essential fatty acids in fish inhibit the growth of prostate cancer cells in the lab and in experimental animals. But even earlier studies have found that the higher the concentration of fatty acids in a man's bloodstream, the lower the risk of prostate disease.

Also, Medical Researchers in New Zealand provide convincing evidence that an increased consumption of fish oils helps reduce the risk of developing prostate cancer. Their study involved 317 men who had been diagnosed with prostate disease during 1996-1997 and 480 age matched controls. Blood samples were obtained from all participants. Study participants who took fish oils were found to have a 40% lower incidence than those participants with levels in the lowest quartile of the study.

Coenzyme Q10

This supplement has been gathering attention for its antioxidant and apparent disease fighting properties. An essential substance that occurs naturally in the body declines with age. It is believed to protect cell membranes. In one study, it was found helpful in warding off occupational exposure to toxins.

Acidophilus

If you're taking antibiotics for prostatitis you should also be taking probiotic supplements to keep the digestive systems in balance. Probiotics can restore the body by providing the good and beneficial bacteria that antibiotics kill off along with the bad bacteria. Acidophilus is found in milk and milk products, especially in yoghurts, that aids digestion.

Essential Digestive Enzymes

A high quality Digestive Enzyme supplement can be helpful for many people as they assist in overall digestion. Look for a supplement that contains the broadest assortment of Enzymes to assist in the digestion of food groups - Proteins, Fats, Carbohydrates, Cellulose and Lactose.

Vitamins - Vita, Latin for "Life".

Many break throughs have been made possible thanks to vitamins. Vitamins, in the correct dosage, are "Natural" and have no side effects. Researchers have found without a doubt that vitamins help when it comes to prostate disease. There are different qualities of vitamins. You should only use natural vitamins, rather than synthetic ones.

The important vitamin for the prostate is vitamin D. Why? Scientists established an interesting fact: the farther north in the world a person lives, the higher the risk of prostate disease. The reason is because in the north there is less ultraviolet light available. Ultraviolet light is necessary for the manufacturing of vitamin D. The sun's rays, ultraviolet sunrays, stimulate the creation of vitamin D in the body.

Vitamin D is of special importance for the prostate. Scientific studies show that the growth of prostate cancer cells slow down when vitamin D attaches to the cancer cells. Vitamin D also helps in the case of BPH.

A simple solution is just 15 minutes 3 times a week or ten minutes every day in the sunlight. So you don't need that much sunlight to obtain the necessary amount of vitamin D.

6

Exercise your way to a healthy Prostate

Along with a change in diet, exercise is the easiest, least expensive habit you can develop to keep your prostate healthy.

The beneficial effects of exercise on health have long been established. Literally hundreds, perhaps thousands, of studies have been carried out to prove the positive effect of exercise. The human body has to be moved. Without movement and use, it gets old and stops working properly, just like the motor of a vehicle, which also has to be used to operate optimally. A Doctor by the name of Dr Ralph Pffenbarger has established that men over 70 who maintain high levels of exercise are 50% less likely to get prostate problems. Nothing could be more stunning. So there is no question that you should exercise regularly if you have prostate problems or wants to prevent it.

The question is: What exercise? How Much? How often? How intense? Well the key is to build an exercise routine bit by bit, starting low, and progressing to higher levels as you get fitter. Also, the type of exercise has to be established individually and as recommended by your Doctor.

It's said that exercising only twice a week for one hour maintains your health level. But exercising everyday improves you health. So exercising daily is better than exercising only one or two days a week.

From a healthy prostate standpoint, the one form of exercise that is far superior to any other for prostate maintenance is walking. The great thing about walking is it's a very simple way to exercise. No need for expensive gym equipment and no need to use a personal trainer for walking lessons. Anyone who is not handicapped can walk. Walking is a great exercise that couples can do together and promotes an environment of conversation. Who knows, regular evening walks may even put some romance back into your life. Walking is best done outside, in nature, where you get plenty of fresh air and sunlight at the same time. Outdoors is better than indoors, but exercising

indoors on a treadmill machine with a view you enjoy will do the job too.

If prostate health and perhaps your future sexual health aren't important enough to get you off the lounge and walking around the block, perhaps these facts will help.

Daily walking, even for just 30 minutes, has the following effects on the human body.

1. It controls body weight.

Walking increases your body's metabolism, which burns calories, Exercise increases the conversion of fat cells to energy and builds muscle tissue, which in turn burns more calories. Regular walking also tends to curb your appetite.

2. It lowers your chances of having a heart attack.

In an ongoing study of Harvard University alumni, researchers find that men who burn at least 2,000 calories a week walking or doing other moderate exercise have a 20% lower death rate from cardiac problems than those who do little or no exercise. This and other studies show that a regular walking program lowers a man's blood pressure and his resting heart rate.

3. It lowers levels of artery clogging blood fats.

This works hand in hand with a lowered risk of heart attack, and also benefits the arteries that supply blood to the genitals and enable a man to get an erection. Men whose arteries are clogged with cholesterol fats may not have sufficient blood flow to create a firm erection.

Walking lowers these blood fats that narrow arteries and increase levels of HDL, the good cholesterol that fights fatty buildup.

4. It improves one's mental outlook.

A good workout releases endorphins, natural mood elevating brain chemicals. Walking can actually put you in a good mood. A recent study showed that it is more effective than tranquilizers at relieving anxiety.

5. It relieves back pain.

Walking strengthens and tones muscles that stabilize the spine. Unlike jogging, it puts little stress on the spinal disks and knee and ankle joints. In fact, walking puts less stress on your spine than sitting does.

6. It increases energy

Instead of eating a sweet or chocolate bar when you need a quick burst of energy, try taking a 10 minute walk. Studies suggest that a walk as short as 10 minutes not only produces extra energy but also produces a sudden burst of energy that outlasts the power boost of a sugar fix. Walkers also display less muscle tension than their chocolate eating counterparts.

The Kegel Exercise

Named after the Doctor who discovered its benefits, the exercise is an internal workout that strengthens the muscles in the lower pelvis. Men, who experience dribbling problems, can benefit from Kegel exercises because this squeezing motion can help men with weak urine streams to better control their bladder muscles.

To do the Kegel Exercise, simply squeeze the muscles you'd normally use to hold back or stop a stream of urine. Hold for a count of 3 and then release for a count of three. Repeat 25 times, 3 times a day. The "workout" is perfectly silent and still and can be done in the midst of a day's work without notice or undue exertion.

7

Dental Health and Your Prostate

For years now, dentists have debated the idea that local infections in the mouth could cause symptoms in other parts of the body. Recently, the American Academy of Periodontology showed a link between periodontal disease and coronary artery disease - finding it doubles the risk. Other studies show a link between mouth infections and cerebrovascular accidents, including stroke.

Meanwhile, research on the mouth and prostate infection link is still in its early stages. One small study at a university in California showed that certain organisms living in the mouths of eight men with prostate problems were also residing in each of their prostate. In this small study, there does appear to be a direct relationship between these oral infections and infections in the prostate. That seems to support the theory that if you want to clean up the infections in the prostate, you have to clean up all the infections in the body - including those in the mouth.

Considering dental health and its connection to the prostate, a leading dentist in the field of biological dentistry said, "We have not been able to locate a man with prostate problems who also has a clean mouth. If you have no infections in the mouth, you have a much better chance of not developing prostate trouble.

Here are four simple steps you can take to wipe out toxins and, infection in your mouth, helping to support a healthy prostate.

1. **Fight infections in your mouth now:** Infections in the gums should be carefully watched, especially in men with weakened immune systems. Weak resistance may cause organisms to multiply in the mouth. Warning signs of gum infections can include bleeding and puffy gums, pain, or movement in the teeth. Since these infections may not cause a lot of pain, they can be easily missed.

2. Find a good biological dentist: In Australia, there are only a hand-full of these types of dentists around. But if you're concerned about your prostate health, you need to find one and fast. A biological dentist can help you address problems in your mouth that negatively affect your prostate health and health in other parts of your body. They are well-versed in techniques that can help you wipe out infection and fight illness. They can even wipe out illnesses you've had for years, and just thought you had to live with. To find a biological dentist in your area, see the end of this chapter.
3. Be wary of root canals: Why do infections sometimes linger after the completion of root canals? It's partly because infections in the root can be tricky to clear because there are many little canals tucked in there to get to. Maybe the tooth was in difficult part of the mouth and it was hard for the dentist to get all the infection out during the procedure. A lingering infection can even spread and hide inside the jaw.
4. Have your amalgam fillings (silver fillings) removed: Amalgam is the most widely used material in fillings, and its safety has recently come into question. Amalgams, or silver fillings, are actually made of a combination of materials, with mercury making up about half of the filling. It's the mercury in the amalgam that's been the problem, as it's one of the most toxic substances on earth.

Mercury is believed to have a slow, but powerful effect on the body. In fact, it's believed that mercury may:

- Disturb the body's chemical balance
- Increase the number of antibiotic resistant bacteria in the mouth, intestines, and elsewhere.
- Interfere with cellular activity
- Damage the central nervous system
- Alter the hormone function of the endocrine system
- Increase depression
- Increase heart attacks and other cardiovascular diseases
- Damage the kidneys

It's been discovered that mercury vapors from silver fillings are released when we chew food (especially acidic or hot food) and brush our teeth. The World Health Organisation estimates that people with amalgam fillings are exposed to up to 17 mg of mercury per day. Others studies have calculated that a silver filling can release up to 10 mg a day. There is no level of mercury in the body that is safe by any standard anywhere, period.

Amalgam fillings begin to break down after about seven years. When a filling starts to break down, it becomes porous and begins to lose its shape. Infection and structural weaknesses result. Amalgam fillings are rated to last seven years. How many of these fillings have you had in your mouth for longer than seven years?

Standard filling mixes referred to as "gold" can also lead to health problems. These mixed-metal fillings can cause corrosion, decay, and infection of the underlying tooth. Furthermore, fillings containing gold or any other metal should never be mixed with silver fillings. Any time two metals are used in the mouth, they create a "battery effect" that generates a low-level electric current that interferes with the body's natural energy.

Mercury amalgams are still a controversial issue. However, clinical experience has demonstrated over and over again that prostate problems can be cleared after ridding the mouth of infections and mercury amalgams. In order for the prostate to heal, the removal of the mercury must be followed by homeopathy and herbal supplementation in order to assist the body in excreting the mercury from deep in the tissue, brain, prostate, and other vital organs.

The removal of amalgam fillings and other improvements in dental health can be important factors in fighting prostate disease and helping you reach higher levels of good health. Talk to a biological dentist about the best solution for you.

The bottom line is its best to have your amalgam fillings removed and replaced. The best options at this stage are to use fillings containing only one metal, such as gold. 'Holistic gold,' a mixture of gold and platinum may also be used. Other options include composite plastic

materials and porcelain. Any material used must be tested for biocompatibility with your body, as each person has different sensitivities.

As mentioned before, biological dentists are very hard to come by, but here are four out of a handful in Australia, you can use to help rid your self of infection and illness especially in your mouth.

Biological Dentists

Dr Robert Gammal
40 Duffield Road,
102/ 222 Pitt Street,
Sydney, NSW 2000.
Ph: 02-9264-5195
robert@visionthang.com

Dr Eric K. Davis, BDS
40 Duffield Rd.
Margate QLD 4019,
Ph:07-3284-5755
ekdavis@optushome.com.au
www.ericdavisdental.com

Dr Lisa Gay Matriste
Dentique
1124 Malvern Rd,
Melbourne, Victoria, 3144
Ph: 03-9822-2042
matriste@bigpond.net.au
www.dentique.net.au

Dr Roman Lohyn
Level 8, 175 Collins Street
Melbourne, Victoria, 3000
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lohyn@melbpc.org.au

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Impotence and Your Sex Life

The word 'impotency' conjures up nothing but negative associations and fear that your sex life is gone forever. Medical authorities define impotency as "the continued failure of a man to achieve and sustain an erection adequate for penetration of the female vagina."

Sex researchers describe a man as impotent when his failure rate gets to about 25% of his sexual attempts.

Before a man decides he is impotent, he should understand the outside causes that can interfere with getting an erection. It could be traced back to the use of certain medications and drugs, alcohol, disease, high stress levels and family problems.

Another cause is some men's unrealistic view of their sex drive. As you get older, you react differently to sexual stimulation. You could take longer to become excited and achieve an erection. Some men don't realize that this is natural as you get older and as your body changes. You make the mistake in believing you are growing impotent.

A recent study of over 1200 men between the ages of 40 to 70 years old, found that over 50% of them had experienced some sort of impaired sexual performance during the six month survey period. In fact, approximately 5-10% of males under 40 experience erectile difficulty and 25% of men over 50 are impotent. Sure, there are conventional medical solutions including penile implants, but lets look at some herbal supplements that may surprise you and help to bring back your manhood.

Gingko Biloba

The first one is called Gingko Biloba. This is one of the most prescribed herbs in Germany with about 5 Million subscriptions written each year. It is used to help improve your memory, circulation and is excellent for love making. If you are having problems with blood flow and this is one of the reasons for your impotency, then Gingko Biloba could definitely help. The good thing about Gingko Biloba is that it improves your blood flow through your veins and arteries but it does not affect blood pressure.

Tribulus

Tribulus has been used for hundreds of years in Europe for hormonal insufficiency in men and women. It increases your energy levels, you have more stamina and your libido increases as well. Tribulus significantly increases the levels of testosterone and Luteneizing Hormone. This hormone is a testicle stimulating hormone produced by the pituitary gland. It increases sperm production and testosterone levels and no bad side effects have been found using Tribulus.

Panax Ginseng

The Chinese have used Ginseng for thousands of years for male sexual dysfunction. Ginseng helps your body to adapt to stresses and strains that makes life difficult.

So give these herbs a go... you may be pleasantly surprised.

9

Stress and Your Prostate

You feel stress when demands are not met. When a job is too stressful, it means that it is difficult to meet the expectations of the job. A relationship is stressful when one or both of the spouses are not satisfied. You feel stressed when you are unhappy. The least understood factor today is the word stress since it seems to embrace everything: professional relationships, work atmosphere, relationships with friends and partners, and even the relationship with the environment. We know today that little activity is bad, and an environment with no challenge at all is not positive. On the other hand, too much stress can definitely lead to sickness and illnesses. There is probably not an objective standard for stress: some people can take a lot of stress, both physical stress and mental stress, while some people, their stress level can also be very low.

So stress is very individualized, and you must find your own optimum stress level. Choose your friends. Ban negative people from your life, people who create problems, and cause stress. Seek good people, people you can trust. Avoid dealing with people who stress you out. However, the connection between stress and disease has been well established through scientific studies. Statistically, high amounts of stress lead to prostate problems. Why? It is an interesting question, even exciting. Above all body functions, all body laws, there seem to be affect. It is what you feel deep inside, and what affects the way your mind operates. Positive emotions (feeling loved and accepted) actually trigger the production of opiates (dopamine, serotonin) that give you a feeling of well-being. Furthermore, emotions modulate the production of cortisol, which sends you into a state of alert phylogenetically designed to fend from physical danger, as when your body is prepared to flee. That is why people who are stressed refer to being so tired physically.

Stress, especially chronic stress, is particularly damaging to the prostate. Stress can cause all parts of your body to tense up, restricting blood flow and energy. The prostate relies on tiny blood vessels for nutrition and cleansing. When blood flow is restricted, the effects can

be damaging. This damage can set you on a course to developing prostate problems.

One clinical trial of more than 300 men, found that high stress levels are associated with elevated PSA readings, a key indicator of prostate problems. Another study conducted at a US university, looked at the relationship between stress and prostatitis in rats. This research found that even mild stress produced increased inflammation of the prostate. Conversely, inflammation diminished in the rats not placed under stress.

Researchers reported in the May 1998 issue of Cancer magazine that untreated anxiety and depression are common among men with prostate disease. They noted that 80% of prostate disease occurs in men over 65 years of age and noted that this group experienced a number of age related stressors, including retirement and the loss of their spouse, other family members and friends.

Even the clothes you wear can cause tension and prostate problems. Tight clothing can restrict the flow of energy and blood to the groin and encourages tight muscles by restricting body movement. Your testicles are also held firmly in place but need room to move to allow normal blood flow and to regulate their temperature for optimal sperm and hormone production. So avoid where you can tight underpants and jeans, opting for loose pants and boxer shorts.

Developing a daily practice of meditation can help prevent stress, become more centred and calm, while preventing prostate problems. Although meditation is something you have to work on for a number of years to get good at it, here is an option that will dramatically speed things up for you. It's called Holosync Technology and the Australian Distributor is Located in Perth, WA. They offer a free CD that gives you an idea of the technology. For some people, it has been the missing link that changes their lives. Former Australian Test Cricket Captain and Selector, Greg Chappell who has been meditating for over 30 years, now uses and highly recommends the Holosync Solution program.

So, it comes highly recommended and anyone interested in meditation should at least call them for a free CD.

For your free CD, call Earth Star Publishing on 1800 70 70 47 (toll-free) and mention that you were referred by Quantum Health.

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Prostate Action Guide

The following points are things you can start to do right now to help prevent and relieve prostate problems.

- Drink Plenty of Water
- Start an exercise program
- Don't Smoke
- Watch the amount of dairy and red meat in your diet
- Limit your intake of Alcohol and caffeine.
- Increase your intake of tomato based products.
- Drink green tea.
- Avoid frying foods.
- Avoid vegetable oil and hydrogenated oil.
- Use low fat cooking methods, such as steaming, baking and boiling.
- Eat more grains, fruit and vegetables and reduce your bad fat intake.
- Avoid spicy foods as they can irritate the prostate.
- Add supplements and vitamins to your diet that may help with future or existing BPH symptoms.
- Urinate when you feel you need to - don't let your bladder get too full.
- Ask for your free meditation CD
- Get your mouth checked out by a Biological Dentist

Getting prostate problems doesn't have to be the inevitable result of growing older. Even though your prostate will continue to grow throughout your adult life, as you can see, there are many things you can do now to avoid ever developing troubling prostate symptoms. Making a few simple changes to your diet and adding some supplements can be a big step forward in creating and maintaining a happy and healthy prostate for the rest of your life.

Also, be sure to talk to your Doctor or health care professional regularly concerning your sexual and urinary habits. Consider a yearly PSA and digital rectal exam to keep check on your prostate as you age.

And be sure to keep this booklet handy to use as a guide to a healthy prostate.