The Importance of Saw Palmetto

Over the centuries, men have discovered a variety of remedies and treatments for various ailments. Sicknesses of the pelvic region were treated with a particular urgency, which resulted in a rigorous amount of research. Today, we benefit from these early pioneers of natural medicine with the continued use of Saw Palmetto. With a wide range of benefits, Saw Palmetto has become a much talked about treatment for the uncomfortable and sometimes debilitating effects of sickness. If you have been afflicted by any of these symptoms, you might want to look into this age old source of relief. In this article, we’ll be discussing some of the amazing benefits of this wonderful plant.

**Supports Urological Function**

BPH, or Benign Prostatic Hypertrophy is a common affliction that typically occurs when the prostate becomes enlarged, and compresses the urethra causing discomfort and bladder infections. Saw Palmetto has been found to be effective in preventing a dangerous converted form of testosterone from binding to prostate cells that lead to prostate enlargement.

**Helps To Retain Testosterone**

One side effect of Saw Palmetto is its ability to help maintain testosterone. Saw Palmetto prevents the conversion of testosterone to DHT. This is an important part of male functionality, and affects a wide range of systems related to reproductive health in general.

**Helps Virility**

More and more men today are facing the disappointment that comes from the loss of libido that is due to low testosterone levels. These issues can be a major source of insecurity and unhappiness. Saw Palmetto has been shown to be effective in preserving testosterone, and the retention of testosterone means that your libido is going to function on a healthier level. Many other treatments that have been created for erectile dysfunction have a long list of side effects, so Saw Palmetto is seen as a natural remedy with far less negative effects.

**Reduces risk of Prostate Cancer**

A powerful benefit of Saw Palmetto is its ability to play a role in the prevention of cancer. It can treat and prevent the enlargement of the prostate by preventing the conversion of testosterone to DHT which is also a key component in the growth of prostate cancer cells.

**Reduces or slows Hair Loss**

Hair loss in another effect caused by low testosterone. Saw Palmetto’s ability to prevent the testosterone conversion will reduce hair loss, while allowing the body to produce new hair growth.