7 DEADLY FOODS FOR ENLARGED PROSTATE SUFFERERS

DISCOVER WHICH 7 FOODS YOU SHOULD TOTALLY AVOID IF YOU SUFFER FROM ENLARGED PROSTATE SYMPTOMS
Disclaimer

The information in this book is not intended as a replacement for the services of a licensed health care professional.

This e-book should not be used to diagnose or treat any medical or health condition.

Please consult a physician regarding all matters relating to personal health, and use discretion when applying the information that is described in this e-book.
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The Importance of Maintaining Prostate Health

Prostate health is an important issue that men should never forget to focus on, especially older men. The prostate is the organ in men, or more specifically, the gland, that produces semen. This is the fluid that protects and transports sperm. An adolescent male’s prostate is fairly small and is usually the size and shape of a walnut. As men age, it begins to get slightly larger. However, if it becomes too large, health problems may develop. Unfortunately, this is a common health problem in men who are 50 years of age or older [1].

Several conditions are associated with the deterioration of prostate health, such as prostatitis, an enlarged prostate, and prostate cancer. An enlarged prostate is the most commonly reported ailment among those mentioned. The medical term for an enlarged prostate is benign prostatic hyperplasia and refers to the noncancerous growth of cells in this gland [2]. The abnormal growth hinders the proper flow of urine and symptoms of this condition include: increased urinary frequency and urgency, insufficient bladder emptying, the leakage of urine after emptying the bladder, or straining to urinate. Approximately 50% of men between the ages of 51 and 60 suffer from symptoms related to an enlarged prostate and this percentage rises to 90% for men over the age of 80 [3].

When a man enters his 50s, his level of testosterone begins to decrease, while the levels of other hormones, including estrogen, start to increase. Although testosterone levels gradually become lower, portions of this hormone get converted into a much more potent form called dihydrotestosterone (DHT). Unfortunately, the process that would normally break down DHT is hindered by the elevated concentrations of estrogen in the body [4]. As a result, DHT begins to accumulate in the prostate and this causes the overproduction of prostate cells, which leads to an enlarged prostate. The conversion of testosterone into DHT is often described as the primary trigger for prostate enlargement [4].
Men who are suffering from an enlarged prostate can take steps to help prevent the progression of symptoms and further inflammation of the prostate. Among the most important changes that can be made are dietary changes since certain types of foods can actually worsen inflammation. As a matter of fact, some foods lead to an increase in prostate cell growth as well as the production of proteins that are associated with inflammation. Therefore, the following seven foods should absolutely be avoided if you have been diagnosed with an enlarged prostate:

- Red meat
- Poultry
- Eggs yolks
- Modified corn
- Modified Soy
- Processed Foods
- Caffeinated Foods

**Red Meat**

Red meats such as tenderloin steak and ground beef, for example, are a major source of cholesterol, saturated fat, and omega-6 fatty acids, which are polyunsaturated fats [5]. Each of these substances are associated with higher rates of prostate cell growth. This would cause additional prostate irritation and enlargement.

Unrefined or unprocessed omega-6 polyunsaturated fat provides various health benefits, but once it becomes refined through heat or chemical processing it becomes especially problematic because the body converts it into a substance called arachidonic acid. When prostate cells are exposed to this acid, the rate at which they grow dramatically increases [6, 7]. Steak, in particular, elevates arachidonic acid and thus worsens inflammation in glands such as the prostate. In addition, excessive fat from red meat becomes stored in the body and this can alter the production of hormones such as androgens and estrogens which are associated with inflammation. These two hormones play a role in the production of prostate cells;
therefore, food that is high in fat or cholesterol content, such as red meat, leads to the elevation of these hormones [8].

Grilled, fried, and charbroiled meat can also become a source of harmful substances called heterocyclic amines (HAs) that increase the abnormal growth of prostate cells [9]. Cooking meat in this manner causes HAs to form, with pan-fried meat being the largest source of this toxic substance.

A diet that is low in fat and red meat has been shown to significantly decrease the risk of suffering from an enlarged prostate, while a high-fat diet can increase the risk of developing this condition by 31% [10, 11]. More specifically, consuming red meat daily increases the enlarged prostate risk by 38% [11].

**Poultry**

According to a National Health and Nutrition Survey, chicken and dishes that contain chicken contribute to the highest level of arachidonic acid intake in America [12]. In particular, duck contains the largest amounts of this acid, followed by roasted chicken. The levels of arachidonic acid are also higher in poultry that is fried with the skin. When poultry, as well as red meat, is cooked at high temperatures in order to fry or charbroil, it damages the structure of the fats and cholesterol it contains. This structural change leads to the production of foreign particles called free radicals that are toxic and even cancer-causing agents in the prostate gland [13]. Large amounts of saturated fat and cholesterol intensify the production of prostate cells, but can also lead to cell damage that may result in cancerous situations.

Poultry is also a source of choline, which is a nutrient that normally provides individuals with positive health benefits, but appears to have the opposite effect on men with prostate issues [14]. The exact mechanism regarding how choline affects the prostate is not well understood, but an association between increased choline consumption through poultry and
abnormal prostate cell growth has been observed in men who already have prostate problems [14]. A good alternative is fish such as salmon, trout, and mackerel.

**Egg Yolks**

Clinical research has shown that eating eggs or more specifically egg yolks, increases the symptoms of an enlarged prostate [14]. Egg yolks have been found to be the second largest contributor of arachidonic acid intake [12]. As previously mentioned, this acid heightens prostate cell growth and it also causes inflammation to become worse in this gland [12]. Eggs also have a high choline content, which similar to poultry has been linked to negative changes in prostate cell production [14].

The amount of saturated fat and calories in eggs is high as well. The fat content, in particular, can lead to cell damage and this can further irritate an inflamed prostate. Foods that are high in fat such as eggs also promote the transportation of endotoxins into the body [15]. Endotoxins can cause destructive inflammation and these poisonous substances are released from bacteria when they die. This type of inflammation fuels chronic conditions such as an enlarged prostate. Although egg yolks should be avoided, egg whites, which are a good source of healthy protein, can be eaten without worry.

**Modified Corn**

In today’s farming industry, vegetables such as corn and several other crops are laced with pesticides and herbicides such as carbaryl, 2, 4-D, and malathion; some of which are even found in chemicals that are deemed safe for at-home use. Pesticides can disrupt male hormone regulation and this can
directly influence the growth of cells including those in the prostate [16].

Another issue arose when, in the 1980s, biotechnology companies began genetically altering corn so that it could survive the herbicides that were being used to kill weeds and other pests. The modification led to changes in the corn's DNA that caused the production of proteins. These proteins have been shown to act as allergens that initiate inflammatory reactions, including the overproduction of white blood cells called eosinophils [17, 18].

Eosinophils normally target invading substances such as viruses in order to remove them from the body. However, an allergic reaction that develops in response to eating genetically modified (GMO) corn can cause the immune system to release large numbers of these white blood cells. When too many are produced, they begin to travel outside the bloodstream and into various regions of the body including the prostate gland, where they can cause irritation. Additional symptoms that GMO vegetables, including corn, may cause, are nausea, fatigue, rashes, and headaches [17, 18]. For men who already have problematic symptoms from prostate enlargement, these types of health issues can further decrease their quality of life. One of the best ways to avoid these types of complications is by eating organic vegetables. In addition, consider using a shopper's guide that indicates which vegetables have the lowest pesticide concentrations.

**Modified Soy**

Organic or unmodified soy does not pose health problems, but an ingredient called soy protein isolate, which is found in many foods such as soups, sauces, baked goods, breakfast cereals, protein bars, meal replacement shakes, and even certain dietary supplements is very unhealthy. Soy protein isolate is a powder that has been isolated from the actual soybean, leaving over 90% of destructive soy protein. The soybean, in this case, has been genetically modified in the same manner as corn so that it can withstand the herbicides that are
used for the crops [19].

The soy protein isolate that is produced through this process interferes with an enzyme called aromatase, which regulates estrogen production. Abnormal estrogen levels in men can promote the conversion of testosterone into DHT and this is the main cause of the increase in cells that lead to an enlarged prostate [20]. This ingredient may also be listed on food packages as Soya, textured soy flour or vegetable protein, lecithin, or monosodium glutamate (MSG). These types of foods should be completely avoided by men experiencing the signs of prostate enlargement. Being sure to avoid consuming foods containing this ingredient is vital because research has shown that GMO soy may lead to serious reproduction problems in addition to the abnormal growth of prostate cells [20]. Healthy alternatives include: tempeh, miso, natto, and soy sauce. These are unmodified, fermented sources of soybeans.

**Processed Foods**

Processed food such as chips, canned products, microwavable meals, and other forms of junk food typically contain hydrogenated oils and trans fats, both of which contribute to the elevation of bad cholesterol. High cholesterol leads to changes in hormonal regulation that promote the formation of DHT [21]. In this case, the higher DHT levels are in the body the more problematic the symptoms of an enlarged prostate become. Furthermore, the artificial ingredients in processed foods have estrogen-like affects which disrupt hormone production. These types of foods also raise the level of inflammatory proteins in the body, which would further aggravate an enlarged prostate. Eating such foods on a regular basis even leads to low levels of chronic inflammation. This would mean that compounds which are associated with inflammation would constantly be circulating in the body, allowing them to be exposed to the prostate. Minerals such as zinc and magnesium, which promote prostate health by disrupting the conversion of testosterone into DHT, are also depleted by overconsuming foods with high levels of hydrogenated oils and trans fats [4].
In addition, GM soy-based products and refined foods that are made with vegetable oils (e.g., white bread, chips, cereal, etc.) contain linoleic acid, which is the major component of omega-6 polyunsaturated fats that are converted into arachidonic acid [22]. Foods that contain omega-3 fatty acids help support prostate health. These include: salmon, tuna, brown rice, quinoa, walnuts, and flaxseed.

**Caffeinated Foods**

Foods that contain caffeine such as chocolate, ice cream, coffee, sodas, teas, and sugary drinks should also be avoided by men suffering from prostate enlargement. Caffeine has diuretic properties and this means that it increases urination frequency and may even cause dehydration [23]. It is also important to avoid their consumption before going to bed, especially for men who already experience the need to urinate more frequently at night. Men who have an enlarged prostate often struggle to completely empty their bladder and having to make numerous trips to the bathroom due to drinking caffeinated beverages before bedtime can further irritate the bladder.

Certain teas such as chamomile tea can actually be soothing, but all types of beverages should be avoided about one to two hours before getting ready for bed. Natural fruit juices and snacks such as berries or mangos are healthy options that can be substituted for chocolate, coffee-flavored ice cream, and caffeinated drinks. It is also important to drink adequate amounts of water throughout the day in order to prevent dehydration, but be sure to reduce the amount of liquid that is consumed before going to bed.

**Summary**
In conclusion, it is very important for men who are worried about, or are already experiencing, prostate enlargement, to make significant changes to their diet. These changes include eating organic products or foods that have been made with unrefined oils. Processed foods have various substances, such as arachidonic acid, choline, and even pesticides, that increase the activity of hormones and enzymes that lead to the conversion of testosterone to DHT. As the overgrowth of prostate cells and inflammation are among the main problems associated with enlarged prostate symptoms, it is essential that foods which further irritate the prostate be completely avoided.

If the foods that have been described were previously being consumed regularly or on a daily basis, consider using lean cuts of meat or organic products as healthy substitutes. In addition, having several servings of fruits and vegetables throughout the day as well as meals that are low in fat content can provide a good source of nutrients such as vitamin D and zinc, which have been shown to boost prostate health.

Citations


