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A Private Chat about Your Prostate

The prostate is a walnut-shaped gland that is part of a man's sex organs. It functions with the penis, scrotum, and testicles. The prostate makes fluid that goes into semen, which is a mix of sperm and fluid. Prostate fluid is essential for a man's ability to father children.

Any man can develop a prostate problem. Prostatitis [when the prostate gland is inflamed] can affect men of all ages. However, it is the most common prostate problem in men younger than age 50. Benign Prostatic

Hyperplasia, or BPH, is the most common prostate problem in men older than age 50. The symptoms of a prostate problem may include problems with urinating and bladder control. Bladder control is how well you can delay, start, or stop urination. These problems can cause you to:

- go to the bathroom frequently
- feel as if you need to rush to the bathroom, only to find you can't urinate or you urinate only a little
- leak or dribble urine
- have a weak urine stream

Depending on the cause of your prostate problems, you may have other symptoms. Meanwhile, there are lifestyle changes that you can make to ensure you have a healthy prostate.

1. Eat a fresh, whole-foods diet

Fruits and vegetables are full of phytonutrients and antioxidants that help your cells stay healthy and replenished. The easiest way to improve your diet is to switch to a plant-heavy diet, which is also filled with healthy fats, such as avocados and olives.

- Fatty fish, including salmon
- Poultry and eggs in moderate amounts
- Lots of fruits and veggies, such as pomegranates
- Beans and legumes
- Olive oil, olives, and avocados
- Nuts and seeds
- Whole grains
- Modest amounts of red wine
- Limited amounts of lean red meats and dairy

2. Eliminate alcohol and processed foods

Both alcohol and processed foods can cause unhealthy inflammation in your body. You'll want to eliminate processed foods, which are also low in nutrients and high in chemicals that could compromise your health.

When you shift your focus around eating to nutrition instead of taste alone, you may find that you're so full of pomegranates and cucumbers and other good foods that you don't have room for nutrition-poor processed foods, alcohol, and other indulgences.

3. Get more exercise

To keep your prostate and other organs healthy, be sure you move throughout the day and also exercise several times per week. Gone are the days when one or two long bouts at the gym were considered enough. Now you must move all day long as our ancestors did. Also, be sure to get exercise that makes you break a sweat regularly.



4. Restore your hormones

As men age, they lose the androgen called testosterone (T), which helps keep the prostate healthy. High enough T levels also maintain your muscle density and strength, so that you burn calories more quickly.

If you have low testosterone, you might start accumulating fat and losing muscle. The heavier you get, the more likely you are to develop prostate problems.

5. Get a prostate exam each year

As part of your annual men's health exam, your doctor checks the health of your prostate. It's the commonly dreaded test where a doctor sticks a gloved finger up your anus and you cough. But this test could save your life. Don't let a problem with your prostate sneak up on you. With a diet rich in whole foods, daily movement, and annual visits to your healthcare provider, you can ensure your prostate health.

Sources: MensTCLinic, National Institute of Diabetes, Digestive and Kidney Diseases

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