

Prostate Health

Prostate problems are ever on the increase, affecting younger males, nowadays many beginning in their thirty's. About one half of males will probably have prostate problems by the time they are 60, and the majority by the time they are 65. These problems can range from mild inflammation, to infections, to chronic hypertrophy (enlargement), to growths and possibly cancer.

It is my belief that many of these prostate problems are the result of a lack of proper nourishment. We must keep in mind that good prostate health is tied to good general health.

The prostate gland in men is about the size of a walnut and develops as the male child develops. This gland is located below the bladder, and it surrounds the urethra, the tube through which urine flows from the bladder. When it is enlarged, it can push against the urethra, pinching it and causing it to narrow.

This narrowing of the urethra results in a number of urinary discomforts:

- An urgent feeling of the need to urinate,
- Increased frequency of urination: waking multiple times during the night to urinate,
- Some difficulty when beginning to urinate,
- A urine stream that is weak and thin,
- Difficulty stopping urinating, often followed by dribbles,
- A forked urination or split stream
- A feeling that the bladder has not completely emptied; urinary retention,
- The possibility of stagnant urinary residue, which can lead to infection and blockage of the bladder outlet and prostatitis.

Prostatitis

Prostatitis as the name implies, is inflammation of the prostate gland. This is common in men of all ages. The usual cause is a bacterial infection that may have traveled from another part of the body. The inflammation caused from the bacterial infection may result in urine retention.

This causes the bladder to be distended, weak, tender and itself susceptible to infection. Infection in the bladder is in turn easily transmitted via the urethra to the kidneys. Hormonal changes associated with aging may also be a contributing factor.

Prostodynia

Prostodynia is when prostatic-like symptoms appear to originate in the prostate, and no evidence of inflammation or bacteria could be found. This really has nothing to do with the prostate. The prostatic-like symptoms seem present, but there is no evidence of inflammation of the prostate, other areas may be inflamed. Pain appears to originate from the prostate, but might actually be coming from the pelvic area, genitals or rectum. The prostate is generally normal or slightly tender, and you may have tension headaches.

Benign prostatic hyperplasia (BPH)

Benign prostatic hypertrophy (BPH) is the enlargement of the prostate gland. Known traditionally as ‘old man’s disease’ because so many elderly men develop it. It occurs in approximately 50% of all men aged over the age of 50 and 75% of men over the age of 70. This condition is related to the hormonal changes that occur after the age of 50. We can say that Benign Prostatic Hyperplasia in some ways is the equivalent of menopause. Over the age of 50, testosterone levels start to decrease whilst the levels of other hormones such as prolactin and estradiol (a type of oestrogen) increase. This creates an increase in the amount of dihydrotestosterone (DHT), which is a very potent form of testosterone, within the prostate. An overproduction of prostatic cells results and this is the cause of the prostatic enlargement.

The primary effect is a progressive decrease in the ability to empty the bladder as the prostate enlarges and applies pressure to the urethra. Retained urine from the obstruction at first can interfere with sleep as the man wakes up in the middle of the night. At other times pressure may make it impossible to properly allow urine flow (incontinence). Retained urine in the bladder can allow bacterial growth and infection. It may flow back up the tubules to the kidneys and cause infection there. In severe cases of retention, urine can even find its way into the blood with toxic consequences.

Thus we can say that BPH’s most common symptom is the need to pass urine frequently with the frequency increasing as the condition progresses. There can also be accompanying pain and discomfort and increasing difficulty in actually passing the urine. The presence of blood in the urine is also not uncommon.

Prostate Cancer

Cancer of the Prostate is now the second leading cause of cancer deaths in men living in westernized populations. 80% of those diagnosed with prostate cancer are men over the age of 65 years. In addition, 80% of men over the age of 80 years have some form of prostate cancer. Between 10% and 30% of men over the age of 50 show some malignant cells and by age 90 the rate approaches 100%. Environment and Diet appears to be the primary causative factors!!

The symptoms of prostate cancer can be very similar to BPH or to the 4 forms of prostatitis. Often prostate cancer gives rise to no symptoms at all. Medical examinations are useful in diagnosing prostate cancer, in particular the blood test for prostatic specific antigen (PSA) test. However, even the PSA test gives rise to many false positives and false negatives.

Symptoms of prostate cancer include: frequent urination, frequent nocturnal urination, difficulty starting urination, burning, itching, and/or pain with urination, forked urination or split stream, impotency and/or prostate area pain.

Please note that just because the prostate may be enlarged it does not necessarily imply that there is cancer. A careful but relatively simple rectal examination and the PSA can reveal if there are any abnormalities.

Treatments for Prostate Cancer:

- If the disease is confined to the prostate, and a man is healthy and under 70 years of age, removal of the gland (radical prostatectomy) is often recommended. However, About 50% of men who have this procedure, even with the new “nerve sparing” techniques, become impotent. So there are serious side

effects!! Significant incontinence occurs in up to 25% of cases. **“Watchful waiting”**, an option that involves no specific treatment, but close monitoring, **plus nutritional support and lifestyle changes**, is becoming the preferred approach if the cancer is in the early stages. If symptoms develop, or if tests indicate that symptoms are likely to develop, treatment is usually started. The primary benefit of “watchful waiting” is that the adverse effects of the existing treatment options are avoided. This may be advantageous for older men who have other serious health problems and for men who have non-aggressive, early-stage cancers.

- If the cancer has spread outside the gland, treatment is aimed at trying to block production of testosterone, which fuels the cancer. This can be done through the surgical removal of the testes (orchiectomy), or through the use of hormone therapy to suppress the production and action of hormones. Side effects of hormone therapy can include loss of sex drive, hot flashes, and sexual dysfunction.

Studies show that there is a link between a high-fat diet and prostate cancer. I believe that attention to lifestyle and supplementation with natural products will bring you far in your cancer treatment regime and it can also greatly ease the discomfort of BPH and prostatitis.

Some practical things one can do:

1. Increase your water consumption!!! Although the natural reaction to frequent and urgent urination is to cut back on fluid intake, this is a mistake. You risk dehydration, and the likelihood of developing a bladder infection increases because the urine becomes stronger. Drinking lots of fluid keeps the retained urine in the bladder fairly diluted and reduces the risk of bladder infection and dehydration. Drink at least 8 glasses of pure water a day. This hydrates the body, keeps the prostate working efficiently, and helps to eliminate toxins from the body.

2. Change your diet.

- Make sure the bulk of your diet is made up of fresh fruits and vegetables – at least 9 - 11 portions of fruits and vegetables per day.
- There is a high correlation between meat intake and prostate cancer. Only consume organic red meat. Do NOT consume red meat daily. There is a definite correlation between high red meat consumption (5 servings a week or more) and the development of prostate cancer. According to the Journal of the National Cancer Institute, men who eat red meat 5 times a week may have a 3 times higher risk of prostate cancer than men who eat red meat less than once per week.
- A high-fat, low-fiber diet is not only linked to heart disease, but also to prostate cancer. Chemical reactions occur when fat is cooked, leading to the production of free radicals, which play a major role in certain cancers. It is logical to assume that the accelerating increase in prostate cancer since the 1950's must be attributed, at least in part to a parallel increase in fat consumption in the world. Researchers theorise that a diet high in fat raises the levels of testosterone and other hormones in the body, which stimulate the prostate – and any cancerous cells in it – to grow. Avoid polyunsaturated vegetable oils. Important here to know

the difference between good fats and bad fats as the body needs essential fatty acids (good fats) to function optimally. Use cold-pressed organic oils to obtain essential fatty acids.

- A high intake of milk and coffee may also increase the risk of developing prostate cancer. Restrict your intake of dairy products.
- Drink NO coffee and avoid all teas, except for caffeine-free herbal teas
- Avoid spicy foods.
- Strictly avoid the following foods: Junk foods, processed refined foods.
- Avoid sugar (**cancer thrives on sugar, cancer feeds on sugar**).
- Also avoid white flour products.
- Instead of salt, use a kelp or potassium substitute.
- Men who consume green tea and green tea supplements have a 90% lower risk of developing prostate cancer. I highly recommend that men with prostate problems and the risk of developing prostate cancer do consume green tea on a daily basis!! A Wonderful recipe that I once was given by Edwardene goes like this: 4 green tea bags, 1 lit purified water, 125ml juice concentrate and 2cm ginger root. Place in a saucepan and simmer for 30 min. Serve hot or allow to cool down, add ice and enjoy your ice tea.

3. Keep the colon clean with AIM's Herbal Fiberblend!!!

Low-fiber diet linked to prostate problems.

4. Try to avoid all known carcinogens. Avoid tobacco smoke

5. Watch your weight. Studies have shown that men with larger than a 109 cm waist are more than twice as likely to have enlarged prostates.

6. Avoid decongestants and antihistamines. These medications appear to cause the prostate to contract, which decreases urine flow.

7. Exercise. Walking will often help relieve prostate problem symptoms.

8. Stay in love...Enjoy regular sexual activity. Regular ejaculation activates the prostate gland, keeping it from getting stagnant and inflamed.

9. Use the following Daily:

1. AIM Barleylife - Barleylife is the worlds best wholefood concentrate. Please Do Supplement with whole food supplements like Barleylife and use vegetable juices to enhance vegetable intake. Carrot, beetroot and cabbage juices are especially effective. These are used in cancer clinics worldwide.

A great way to make sure you get your daily greens is to take AIM Garden Trio on a daily basis. (Leafgreens also excellent product to take for prostate health)

Barleylife Inhibits tumor growth and stimulates the immune system.

2. Use AIM ReAssure daily

AIM ReAssure SP - extremely beneficial for prostate health as it contains the following ingredients:

Saw Palmetto – the saw palmetto extract used in ReAssure SP is rich in fatty acids and contains the plant sterols campesterol, sitosterol, stigmasterol, and many others.

Saw Palmetto promotes an anti-swelling effect of the prostate and also eliminates the change of testosterone into an altered form of DHT that causes the actual swelling of the prostate.

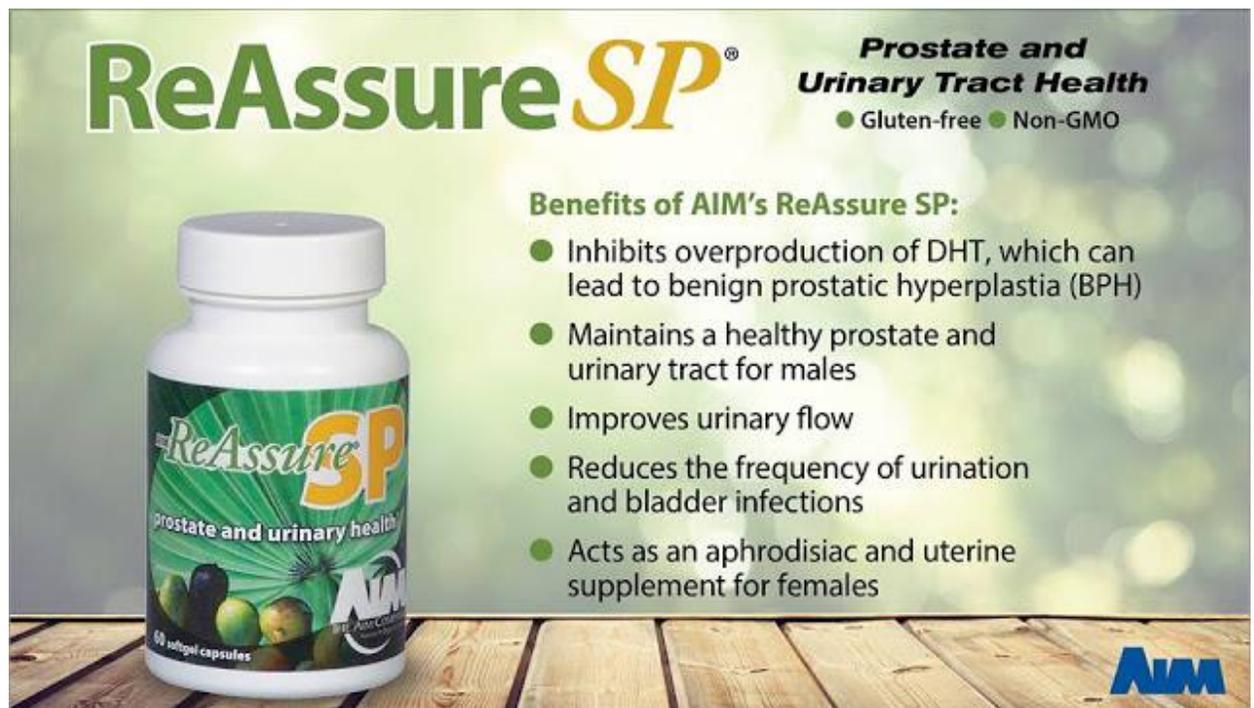
Lycopene – a new study from Germany suggests that lycopene may show benefits against benign prostate hyperplasia (BPH), or enlarged prostate, and may reduce prostate-specific antigen (PSA) levels, a marker of prostate health. Lycopene is not produced by the body and must, therefore, be obtained from food, like tomatoes, or supplements like ReAssure SP.

Pumpkin seed oil – pumpkin seed oils have plant sterols that inhibit the harmful hormones associated with prostate problems. Researchers found that the essential fatty acids in pumpkin seeds have positive effects on maintaining a healthy prostate (and in improving the health of a woman's bladder). There is 240 mg of pumpkin seed oil in each serving of ReAssure SP.

Zinc citrate – the American Journal of Epidemiology published a study showing that lycopene and zinc are associated with protection against prostate disease. The 15mg of zinc per serving in ReAssure SP provides 100 percent of the reference daily intake of zinc.

The benefits of saw palmetto go beyond men's prostate health. Women can see positive results from saw palmetto, too, since the extract reduces bladder infections by relaxing the smooth muscles of the bladder. With women ReAssure SP improves urinary flow, and even increases libido.

ReAssure SP, with its new formula of saw palmetto oil, lycopene, zinc, and pumpkin seed oil, is designed with your prostate health in mind.



ReAssure^{SP}®

Prostate and Urinary Tract Health

● Gluten-free ● Non-GMO

Benefits of AIM's ReAssure SP:

- Inhibits overproduction of DHT, which can lead to benign prostatic hyperplasia (BPH)
- Maintains a healthy prostate and urinary tract for males
- Improves urinary flow
- Reduces the frequency of urination and bladder infections
- Acts as an aphrodisiac and uterine supplement for females

AIM

A Case Study:

A man in his late 40's suffered from pain and frequent urination over two years. Unable to get relief with medication he started **AIM ReAssure**. With taking 4 caplets a day – pain gone in 3 weeks. Now only getting up maybe once at night, instead of 6 -7 times. Maintains on 2 caplets per day.

Also an excellent product to consider taking for prostate health is **AIM Proancyol 2000** – It contains selenium which is needed for proper prostate function. The incidence of prostate cancer has been shown to be substantially lower in men with higher selenium levels. Lycopene has also been shown to lower the risk of developing prostate cancer.

TAKE NOTE -

AIM Barleylife contains Selenium!

Much needed product for proper prostate function!

Some men have found that a small dab of **Renewed Balance Cream** also benefits prostate related symptoms!

Contact: