

Men's Health

Topics:

Creatine

Prostate

Benign Prostate Hypertrophy (BPH)

Prostatitis

Cancer



Creatine Works – It causes enlarged muscle mass!

BUTthe new muscle mass is WEAKER and TEARS & TIRES more easily.

This puts you at risk of health problems:

1. How does this affect your heart muscle – do you really want to create a larger heart that is weaker and tires more easily?
2. How does this effect your circulatory system – Do you really want to cause weakness in your veins, arteries and capillaries so that you predispose yourself to a higher risk of aneurisms and strokes?
3. How does this effect your gastrointestinal system – Do you really want to cause weakness in your intestinal system, predisposing yourself to a higher risk of hernias?
4. How does this affect your prostate – Do you really want to cause it to enlarge and create urination problems?

Creatine is a controversial issue. Many companies and web sites will tell you that it builds health while others will tell you it will depreciate your health. The truth is that creatine will require water from your bloodstream to build muscle mass. This means that the individual will require more water during the use of this product and even more water while exercising. Many athletes have died from dehydration and this could be prevented.

There are natural products available to build muscle in a healthy balanced way. Search for companies that can prove their products are scientifically studied to build long term health and not just short term muscle. This is critical since we are planning on living for many years and not just past the next competition.

There are more muscles in your body than the legs and arms.....



Prostate Health: What you Should Know

They say that women live longer than men and one reason might be that women are more likely to go to the doctor when they have a problem. If that is true and men are not wanting to go to the doctor for simple problems and instead wait till the problem is huge – then these pages educating on Men's health will prove to be very beneficial. There are many self help programs listed to help you avoid the diagnosis. These helps are NOT to replace appropriate medical screenings or exams.

Read and learn how you can build and/or improve your health the natural way.

Prostate:

The prostate is the small gland, shaped like a donut, which surrounds the neck of the bladder and the urethra. Its major function is to contribute to seminal fluid. If it enlarges or swells, it can put pressure on the urethra, acting like a clamp. This condition is known as Benign Prostate Hyperplasia (BPH). Symptoms of early prostate cancer are similar to symptoms of BPH.

Problem:

The problem with the Prostate is certainly not new. It was affecting men in Egypt in the 15th century BC. According to Egyptian medical papyrus, they too suffered from enlarged prostate glands and sought relief by a variety of means.

As a child the prostate is about the size of a marble. When the male hormones kick in, it grows to ping-pong ball size. Everything is fine until ages 30-40 when the prostate begins to grow again. This is normal and nearly inescapable part of aging. The technical name for this growth is benign prostatic hyperplasia, or BPH. Nearly 60% of men by the age of 45 have BPH. The problem is that the prostate can grow too much, thereby pinching and narrowing the urethra which causes a multitude of problems.

3-Main Problems:

1. **Prostate Cancer** – is second only to lung cancer in men, and the rate is escalating... men have the same risk of prostate cancer as women for breast cancer. By age 75, 50% of men develop prostate cancer. Symptoms are blood in the urine, or reddish or pink urine, a burning sensation during urination, difficulty in starting urination, increasing frequency of arising at night to pass urine, and/or a high PSA blood test (PSA means Prostate Specific Antigen)

The PSA test is recommended every three years for men 40-65 and annually for men over 65. The results should be less than 4.

2. **Prostatitis** – There are also two benign conditions that affect the prostate gland. One of them is prostatitis, an inflammation of the prostate that is usually caused by a fungal or bacterial infection. It can occur in men of any age, and generally responds to wise immune system treatment. Symptoms are pain between the scrotum and rectum, fever (infection often in the bladder), blood or pus in the urine, frequent urination accompanied by a burning sensation, and in advanced prostatitis, urination becomes more difficult.

3. Benign Prostatic Hyperplasia – is the other non-malignant condition, which is the common prostatic problem and tends to impact men over the age of 40. Statistics show that it affects 60% of men from the age of 40-59, and by age 80, 90% of men have problems. Symptoms are having to strain to start urination, a weak urination stream, starting and stopping during urination, frequent urination night time urination, urgent signals, and dribbling after urination is complete.

How Do I know if I have These Problems?

There is a way to evaluate BPH symptoms in an organized way. Your doctor frequently uses a set of evaluation questions developed by the American Urological Association. Circle the number on each line that corresponds to the number of times you have the symptom described in the column. Then add up your total.

Symptoms over the past month: Never Less than 1 in 5 times less than half the time about half the time More than half Almost always

	..0...	...1....2...	...3...	.4..	...5...
How often have you had a sensation of not emptying your bladder completely after you finished urinating?						
How often have you had to urinate again less than two hours after you finished urinating?						
How often have you found you stopped and started again several times when you urinated?						
How often have you found it difficult to postpone urination?						
How often have you had a weak urinary stream?						
How often have you had to push or strain to begin to urinate?						
How many times did you typically get up to urinate, from the time you went to bed until the time you woke up in the morning?						

Your total: _____

Up to 7= Mild, 8-19= Moderate, 20-35= Severe



Why do you experience these problems?

Like any other gland, the prostate, in order to be healthy, needs to be nourished adequately, and Zinc, B-Complex, Vitamin C, Vitamin E with selenium, Carotenoids, and Soy Protein are absolutely essential.

Dietary Recommendations:

Prostate cancer is one that has been confirmed in the laboratory as being diet-related. There, diet is important in the prevention and treatment of this disease.

- Maintain a whole food diet as much as possible.
- Drink half your body weight in ounces of water daily.
- Use cold-pressed oils, especially extra virgin olive oil, to obtain beneficial fatty acids.
- Consume more nuts, seeds, raw vegetables, fruits, fresh juices, dried beans, peas, and brown rice. In particular, eat raw pumpkin seeds daily as they are helpful in all prostate problems due to the high zinc content.
- Avoid refined carbohydrates, coffee and strong tea as these have been linked to prostate cancer.
- Cut way back on alcoholic beverages, especially beer, which depletes the body's stores of zinc and vitamin B-6.
- Switch to organic sources of meat and dairy products to avoid excessive hormones that may have been fed to the animals. In general, limit your intake of meat and dairy.
- Avoid "trans fatty acids" found in partially hydrogenated oils, margarine, processed food and fast food, especially when oil is heated for long periods of time.



Lifestyle Recommendations:

- Exercise if really important. Walking is particularly beneficial as it used the muscles in the pelvic area, which helps improve circulation to all of the glands in that region of the body. Bicycle riding, however, is not recommended.
- Avoid exposure to very cold weather.
- Avoid Stress – Prostate cells are just as highly sensitive to emotional stress as the uterus, and it is very obvious that the female hormonal cycle is greatly affected by stress.



Nutritional Supplements for Prostate Health:

Saw Palmetto – is a unique herbal supplement that helps men maintain prostate health, proper urinary flow and hormonal balance. Look for a supplement that has a complex of nutrients: saw palmetto extract, pumpkin seed oil, beta-sitosterol and soybeans, all of which have been found to have beneficial effects on the prostate.

- Many European studies have shown that saw palmetto improves symptoms of benign prostate hyperplasia.
- Recently, the first randomized American clinical trial confirmed these results and showed that this plant also reduced swelling in enlarged prostate tissue.
- In a study of 305 patients with mild to moderate symptoms of Benign Prostate Hyperplasia, supplementation with 160 mg of saw palmetto twice a day resulted in an 88% reduction of symptoms.

- An earlier, double-blind study found the following results after just one month of treatment: 47% decrease in nightly bathroom visits, 50% increase in urinary flow and 42% reduction in residual urine.
- Saw palmetto works by inhibiting the enzyme, 5-alpha reductase, that converts testosterone to its more active form, dihydrotestosterone (DHT) and it also blocks the binding of this hormone to receptor sites on the prostate.
- Saw Palmetto also increases the breakdown and excretion of DHT and helps stop the pain and inflammation associated with BPH.

Beta Sitosterol

- In a recent double-blind study of 100 men, those men taking 60 mg of beta sitosterol per day for six months had the following results: urinary flow increased 35% and residual urinary volume decreased by 54%.
- It has been hypothesized that beta sitosterol works by blocking hormone receptor sites on the prostate thus preventing DHT from binding.

Pumpkin Seed Oil

- Complements and enhances the activity of saw palmetto
- Long history of use to prevent and treat prostate problems
- Active ingredients in pumpkin seed oil are fatty acids, one of which acts as a diuretic to help increase urinary flow.



Soybeans

- Genistein, an isoflavone in soy, has been found to halt the proliferation of prostate cancer cells and to prevent cancer growth in normal prostate cells.

Zinc:

- Look for a tablet containing Zinc gluconate
- The prostate gland contains ten times more zinc than any other organ and a lack of zinc has been shown to cause the prostate to enlarge
- Researchers found that the portion of the seminal fluid for which the prostate is responsible is high in zinc.
- In a study of men with BPH who were given zinc, blood levels of zinc did not increase but semen levels did increase with supplementation. When these men were given 150 mg of zinc in two months, 74% of them had a reduction in prostate size.
- Zinc works by inhibiting the production of the enzyme (5-alpha-reductase) that converts testosterone into its more active form, DHT.
- Normal amounts of zinc, up to 20 mg per day, have no effects on prostate enlargement but medical experts agree that if you go over 80-100 mg per day, you are taking a risk with toxicity.

Vitamin E with Selenium

- Based on promising initial results, hospitals across the country have enrolled more than 32,000 healthy men in a study comparing the effects of vitamin E and the mineral selenium against sugar pills to determine if either or both can prevent prostate cancer.

- A major chemoprevention intervention trial in 1998 with 29,000 Finnish men found a 32% reduction in prostate cancer cases and a 41% decrease in cancer deaths with vitamin E supplementation.
- In a recent study, selenium supplementation (200mcg.day) was found to decrease the incidence of prostate cancer by more than 60%.
- In a large intervention trial for skin cancer, the surprise finding was those people who took supplemental selenium had a 37% decrease in prostate, colorectal and lung cancer as well as a 50% reduction in cancer deaths.
- In a 1983 multi-institutional study, those patients treated with selenium had only about one-third as many prostate tumors as the patients receiving the placebo. In addition, there were not toxic effects of selenium supplementation.
- In a 1986 study, vitamin E was found to inhibit prostate cancer cell growth and the inhibition was dose-dependent.
- In a Japanese study, low levels of vitamin E were associated with an increased risk of prostate cancer.

Essential Fatty Acid Supplements

- EPA, DHA, and GLA are critical intermediaries in the bio-chemical process whereby the essential fatty acids, linoleic and linolenic acid are converted to GLA, DHA, & EPA, and then into prostaglandins – hormone-like substances that work to control and balance male hormones.
- In this country, this conversion process is often blocked by the presence of trans fatty acids, found in margarine, fried and heated oil, fast food and partially-hydrogenated oil – an ingredient in almost every processed food.
- Supplementation with GLA, EPA and DHA helps restore this balance and has been found to results in a reduction of the symptoms associated with BPH and prostate cancer.

Why Nutrition Before Drugs?

Saw Palmetto alone was found to be more effective than the most commonly prescribed medication without the negative side effects associated with this prescription drug.

Outcome of Treatment with Proscar

Degree of symptom improvement.....31%
Complications.....14-19%
Risk of Impotence.....5%



Side Effects of Proscar: decrease libido (which explains the increase in ads on TV for Viagra and other such drugs), impotency, liver problems, ejaculatory problems, pregnant women should not be exposed to touching the pill or the semen from a man taking Proscar... it can cause damage to the fetus, and causes inaccurate readings of the PSA test.

Outcome of Treatment with Hytrin (Alpha Blocker)

Degree of symptom improvement51%
Complications.....3-43%

Side Effects of Hytrin: Can cause large drop in blood pressure resulting in fainting, dizziness, lightheadedness, tiredness, fatigue, falling asleep, palpitations, impotence, nasal congestion, urinary tract infection, and blurred vision.

Comparing to Saw Palmetto to Proscar

Saw Palmetto Study

Degree of symptom improvement.....88%

Complications.....less than 1 %

Study after study shows saw palmetto extract combined with Pumpkin seed oil, Zinc and beta-sitosterol to be most effective as a primary treatment for both short-term and long-term treatment of BPH. Studies agree that a daily dose of 320 mg of Saw Palmetto is not only effective in reducing BPH symptoms but is low in side effects, especially when compared to Proscar or Hytrin. The results attained with saw palmetto are equal to that of Proscar and much more cost effective.



Self Help Programs

Men's 6 Pack

Bringing your health back to a normal energetic balance:

Soy Protein

Multi-Vitamin – including B- complex, Vitamin C and Vitamin E

Saw Palmetto – age 30 take 1 per day

Age 40 take 2 per day

Age 50 take 3 per day

Age 60 take 4 per day

Age 70 take 5 per day

Zinc – 1-2 per day

Omega – 3 – 3-6 per day

Probiotics – 1 per day

Prostatitis: Infection of the prostate

Traditional treatment involves antibiotics

These may successfully kill the infection, but weaken the immune system even more, so that a man is far more prone to future infections.

Herb and Nutrient Therapy is always a best choice to strengthen the body's own defense system.

Echinacea compound – 3 each meal for 4 days (then reduce to 3 per day for 6 more days)

Garlic – 2 per meal for 10 days

Vitamin C 500 mg – 2 per meal for 10 days

Pre and Pro biotic – 2 per day for 10 days

Build the Immune System and nourish the Body

Soy Protein – 3 tablespoons per day

Daily vitamin/mineral

Beta Carotene

Natural Interferon

Prostate Cancer – Is a malignancy where the cells multiply and spread

4 Main causes of Prostate Cancer:

1. Lack of Detoxification
2. Malnutrition (especially antioxidant vitamins)
3. Heated Oil consumption (trans fatty acids)
4. Hormonal Imbalance

How Does a Cancer Develop?

A cancer cell develops when the chromosomes of a normal cell have been altered by “carcinogens”. Lack of detoxification allows inappropriate substances to remain in the cellular tissue and the cell stores more toxins than it can safely hold. This set up a vicious cycle:

1. The accumulation of toxins reduces the cell’s ability to detoxify, causing “intoxification”.
2. intoxication causes irritation, interference with cellular function, and premature degeneration of the cellular tissue.
3. This leads to damaged cellular DNA, which results in the abnormal growth and multiplication of the cell, that we know as “cancer”.

Other causes of cancer are:

- Weak immune system
- Allergies
- Environmental toxins
- Stress
- Faulty digestive system
- Hormonal imbalance
- Trans fatty acid consumption
- Parasites
- Genetics – but genetics do not have to express themselves unless the cellular environment becomes weakened



Cancer is a major “Red Flag”: cancer will occur in the weakest area of the body. It tells you that your own immune system could not do its job. Traditional medical treatment involves surgery, chemo, or radiation. However, this DOES NOT address the root cause...

1. What caused the cancer to develop in the first place?
2. Why was your own immune system TOO WEAK to defend itself?

If you choose to do one of the recommended traditional treatments, DO NOT presume that now the cancer is gone and I can just move ahead in life. You have not addressed root causes. Where do you want the “Red Flag” to show up next? Take this wake-up call seriously and implement the “optimal Health” suggestions in this workbook.

Sources:

Natural Approaches to Prostate Health, Gemma Gorham, MPH
Prostate Health, Dr. Bruce Miller
Male Concerns, Martha Wilmore, CDC