

# Week 04 (2016)

## Critical Prostate Health News

After our birthday celebrations this past weekend to mark the end of my 70th year and the start of my 71st year it seemed appropriate to cover the health problems of my age group. I did some research over the past few days to consider what problems to write about.

### Critical

Prostate health is not at the top of the list for problems but it maybe critical in that an unhealthy prostate can make life a misery for men and if not addressed it can be a killer.

The option to go to the doctors is always open but since they are bound by official tests and treatments that can be both useless and horrendous, it takes brave man to follow their advice.

### Useless

An example of useless is the PSA test offered by the medical system. I have always believed research that claimed this was not reliable but now it is official. An authoritative study published recently by the US Preventative Task Force (USPSTF) showed that the PSA test is unreliable and any claimed benefits are outweighed by the potential harm.

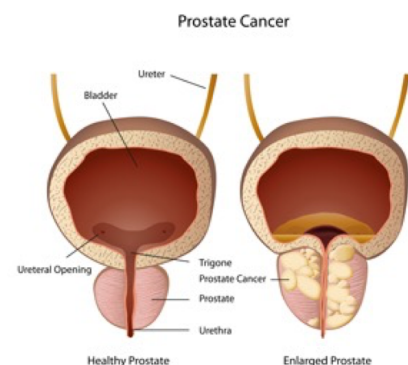
Their research showed three important facts you need to be aware of: PSA screen has a high rate of false warning readings, leading to a high rate of complications from biopsies, and a high risk of over-diagnosis and over treatment with their known side effects.

### Do Nothing?

That's what the USPSTF recommends for most cases. Yes, they say in most cases it is best to do nothing. I guess they mean do nothing if there are no alternatives. I hope that is what they mean.

### What is the Prostate?

Most men (and women) have heard of the prostate but have no idea what it is for or where it is precisely. It is critical that you do know. For young men it is vital for fertility; and in older men it's especially important for good health. Life will be very miserable later on if you do not get yourself clued up about prostate health. The prostate is a gland (about the size of a walnut) that



surrounds your waterway (Urethra) as it exists on your bladder. It produces most of the alkaline fluid that carries the man's sperm during ejaculations.

Most healthy young men (those on a healthy diet, who do not sit for long periods and consume moderate alcohol) will have a healthy fluid flow, especially in their early twenties. For clarity a healthy diet is low in starchy high sugar foods and high in healthy fats with critical nutrients such as Zinc, Iodine, Vitamin E, Copper and Selenium to name a few.

The sad truth is that the diet of the majority of men is a modern junk foods diet lacking in these critical nutrients and worse still, their sperm count is dropping like a stone (30% over the past 25 years). That is bad enough but the prostate problems that await those on this diet are much worse.

## What goes wrong?

The majority on a poor lifestyle will see their prostate start to enlarge after age 25. This growth is called benign prostatic hyperplasia (BPH) and it is the most common cause of prostate enlargement. It is a benign condition that may not present any symptoms for many years.

### Eventually symptoms of BPH may include:

- A hesitant, interrupted, or weak urine stream
- Urgency, leaking or dribbling
- A sense of incomplete emptying during or after urination
- More frequent urination, especially at night
- Possible erectile dysfunction (ED)

The other main problem is a condition called Prostatitis, which can occur at any age. This can take various forms but the symptom that causes the pain is the inflammation. The main cause is infection and I am in no doubt this is caused by a lack of healthy nutrition.

Lastly, a very good reason for taking care of the prostate is the fact that prostate cancer kills 3% of the male population (compared to 2% for breast cancer). It is the second highest rate of death for males by cancer and may one day be the highest.

## What Can I Do To Achieve and Maintain a Healthy Prostate?

If you have symptoms, then get a diagnosis from a doctor. My opinion is that doctors have no treatments that will get your prostate healthy and in fact among the many side effects of the treatments you can include ED and cancer. Since it is bad diet and lack of critical nutrients that cause the problems, then it is logical that solving the cause will involve diet and lifestyle, and that this does solve it.



Obviously a healthy diet is critical and you can see mine here:  
[www.ReallyHealthyFoods.com](http://www.ReallyHealthyFoods.com)

Even then unless you include a high level of nutrient rich foods such as seafood(s), shellfish (such as oysters) and seaweed, the only solution is supplements. The good news is that nutrients are well studied and shown to be successful at restoring and maintaining a healthy prostate. To ensure you are getting your Iodine requirements, check out [Nascent Iodine](#).

Prostatitis or inflamed prostate is normally dealt with using powerful anti-inflammatory supplements such as Serrapeptase, Curcumin and Vitamin D3 (which can be found in [Serranol](#)) but you may also need the nutrients below.

Enlarged prostate, Benign Prostatic Hyperplasia (BPH) (also healthy fertility) needs a little more attention and great success has been shown with beta-sitosterol rich nutrients. I do not have enough room to include all of the studies but they are all good and more importantly, independent: Saw Palmetto Fruit Extract, Vitamin D, Vitamin E, Beta-Carotene, Vitamin B2, Vitamin B6,

Vitamin D3, Copper, Selenium, Nettle Root, Uva Ursi (BearBerry), Graminex, Pollen, L-Glycine, L-Alanine, Lycored (Lycopene), Ginseng, Asparagus Extract, Blessed Thistle, Fenugreek Extract, Cayenne Powder and Marshmallow Root.

All of these can be found in Prostate Plus, [click here](#) for more information.

Did I mention a healthy diet and lifestyle?

Simply treat yourself as the special person that you are by following the full plan in my book and you can keep your healthy prostate function for the rest of your life.

There is no doubt that stress and fatigue has to be overcome to make big changes to any lifestyle and as well as a really healthy diet these are the tools I successfully use to power ahead to reach my goal of real healthcare for everyone. Help is also always available from the health coaches.

