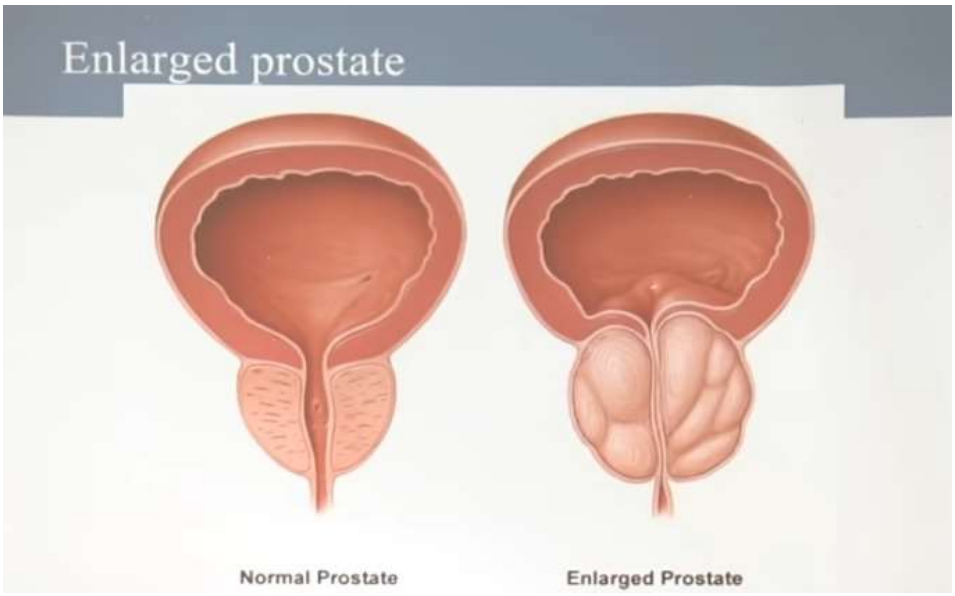
PROSTATE HELP



DIET:

- **Important: 2 tbsp Flaxseed oil daily (in salads etc). Alternate this with cold pressed sunflower oil or sesame oil occasionally. DO NOT heat these oils!**
- **Eat lots of raw vegetables, tomatoes if you can tolerate them, fruits, and drink fresh juices.**
- **Cooked tomatoes are actually to be shown to be even more effective than raw tomatoes, eat it daily if you can.**
- **Eat foods high in quality protein, unsaturated fatty acids (eg. cold pressed safflower oil) and zinc (raw pumpkin seeds, sunflower seeds, brewer's yeast, onions, green leafy vegetables).**
- **Avoid: coffee, alcohol, strong spices, rhubarb, spinach, strawberries, pineapples. Especially avoid foods containing pesticides, food dyes and preservatives because they can affect your hormone balance and adversely affect your prostate and also avoid DES (diethylstilbestrol) which is a hormone found in beef, milk, chicken.**
- ***Important: Include a handful of raw pumpkin seeds in diet daily. They are high in zinc and seem to be the best known food for prostate.**
- **Dark chocolate – get the kind without sugar or those that use stevia as a sweetener**

HERBS:

Best Teas to take:

- Red raspberry leaf tea as general tonic. Black berry leaves also excellent.
- Corn Silk tea for soothe urine tract, promote urination.
- Warm Buchu leaf tea for enlargement of prostate gland and burning urine.

These herbs help the prostate gland:

Saw Palmetto Berries - restores and strengthens genital organs, enhances sexual desire, clears inflammation and relieves pain. Good for impotence, infertility, sterility, prostate enlargement with throbbing pain. Sometimes you can get this as a tincture - take 15-20 drops (or 5-10 drops of the extract in water) four times daily. It can be taken every hour during inflammatory stages.

Sarsaparella - promotes cleansing, clears toxins, resolves toxemia

Damiana- Restores and soothes urogenital organs, harmonizes urination, enhances sexual desire. In the past it has been smoked for its aphrodisiac effects.

Nettle aka Stinging Nettle – you till see this in almost all male formulas on the market. Cleans blood very well, so if you are taking heart medicine, avoid this as it will pull out the medicine also – if you want to take it while doing the heart medicine, take them several hours away from each other.

Bee pollen (1-6 tsp daily) can prevent frequent urination and poor urine flow from prostate enlargement.

Passionflower - doesn't change the amount of testosterone you make, but stops it from turning into estrogen.

The following herbs dissolve and discharge urinary and bladder stones and gravel. They may be taken for kidney and bladder stones, cloudy urine, urine retention and prostate congestions:

Gravel root, Parsley Root, Hydrangea, Corn silk, Uva Ursi, Dandelion.

Other:

Ginseng - considered king of all tonics. Stimulates entire body. Panax ginseng is from China and Korea and is either dried (white), steamed and dried (which changes the color naturally to red) or extracted. Best to use the red ginseng (best being shiu chu roots from China). Do not use large amounts on elderly, or weak persons during high fevers or when there is inflammation.
Echinacea - for enlargement and weakness

DAILY SUPPLEMENTS:

- **6 capsules of Evening Primrose Oil or Borage Oil**
- **2 capsules of Fish Oil (not to be confused with fish liver oil)**
- **25,000 IU Beta Carotene to avoid prostate cancer**
- **600 IU or more of Vitamin E**

Pectin is helpful (naturally found in apples, or get the supplement)

- **6 tablets or 2 tsp crude pollen or pollen extract**
- **30 mg organic Zinc (esp. if not eating pumpkin seeds daily)**
- **Chlorophyll pearls (sex hormone precursor)**
- **1 - 2 tbsp. Lecithin**

1,000 mg Vitamin C with bioflavonoids (take 5,000 mg or more if acute condition)

- **Multi-Mineral-vitamin supplement**
- **2 tsp. of kelp granules or 6 tablets**
- **2 tbsp brewer's yeast (another good source of zinc)**
- **Bee Pollen**
- **Handful Raw Pumpkin Seeds daily**

Oils: pumpkin seed oil, flax seed oil (keep refrigerated, do not cook with these oils)

SEXUAL ACTIVITY
- avoid sexual excitation without a natural conclusion in the form of ejaculation or orgasm. Such practices as advanced petting and withdrawal, without orgasm, leads to a prolonged engorgement and suppressed or incomplete ejaculation which may lead to functional and even structural damage.
- excessive prolonging of sex before climax should be avoided if you have prostate trouble.
- avoid undue abstinence from sexual gratification. Develop "sexual regularity" and do not deviate from the established rhythm if possible.

EXERCISE
Walking is the best form of exercise for keeping the prostate gland in good shape. One or two hours a day is not too much. Another good exercise is prostate massage. Lie flat on back, pull knees up as far as possible then press soles of feet together. Holding soles pressed together, lower legs as far as possible with a forceful movement. Repeat as many times as possible.

HYDROTHERAPY
For acute conditions, hot sitz baths daily with chamomile tea added to the water.
Sit in a cool (80 degrees or cooler) tub of water one-half hour morning and night. Add a strong infusion of uva ursi herb to the bath water.