

Prostate Health

About 180,000+ American men will develop prostate cancer each year, leading to its being the second-leading cause of cancer deaths in men, claiming approximately 26,000+ lives per year. Most prostate cancers are “indolent”, meaning it is slow growing, doesn’t spread, and won’t be lethal. However, about 1 in 5 men develop aggressive, high-risk prostate cancer and up to 40% can see return of cancer at some point after treatment. A recent study has reviewed the lifestyle habits and health histories of over 63,000 men in an attempt to determine what it is that can lead to better prostate health.

1. Exercise on a regular basis (cuts risk about 34%). Try to get about 3+ hours a week of vigorous physical activity or seven hours a week of brisk walking (gardening, hiking, biking, etc. work too).
2. Cut back on processed meat (cuts risk about 22%). Minimize your consumption of hot dogs, bacon, sausage, and lunch meats.
3. Consume tomato products (cuts risk about 18%). Fresh tomatoes, salsa, tomato sauce, or tomato juice are all good. A new variety called “Health Kick” is bred to be particularly high in lycopene, the protective agent found in tomatoes.
4. Increase your intake of DHA omega-3 fatty acids (cuts risk about 17%). Fish such as salmon, trout, sardines, halibut, and tuna help (no more than two servings per week, however—must be aware of heavy metal toxicity from contamination). Investigate fish oil supplements and be sure to obtain a purified, triglyceride form of the product (total of 2500 mg. daily of EPA + DHA).
5. Quit or don’t smoke (cuts risk about 12%). If you are a smoker, quitting will see your risk fall to that of a non-smoker in 10 years.
6. Maintain a healthy weight (cuts risk about 7%). Shoot for a BMI of around 25. Ask for handouts to help if you have questions as to how this can be accomplished.
7. Five effective nutrients
 - a. Lycopene (see #3 above)—10 mg./day.
 - b. Pygeum Africanum—100 mg./day
 - c. Boswellia extract—70 mg./day
 - d. Flaxseed—20 mg./day
 - e. Boron—3 mg./day

Nutritional aides for preventing BPH (Benign Prostatic Hyperplasia—enlarged prostate)

1. Saw Palmetto—320 mg./day
2. Stinging Nettle Root (*Urtica dioica*)—240 mg./day
3. Pygeum Africanum—100 mg./day
4. Pumpkin seed (oil)—200 mg./day
5. Rye grass pollen extract—250 mg./day
6. Flaxseed (flaxseed lignin extract)—20 mg./day