

Prostate

The prostate gland is a walnut sized gland found only in men. It is located at the base of the urethra and plays a vital role in the male reproductive system. It opens into the urethra (the tube that carries urine from the bladder to the penis) and is placed just below the bladder and vas deferens (a pair of ducts through which sperm passes before ejaculation).



Function

The prostate assists in manufacturing semen, which carries sperm from the testicles through the penis. The function of the prostate is to secrete a slightly alkaline fluid, milky or white in appearance that usually constitutes 50-75% of the volume of the semen along with spermatozoa and seminal vesicle fluid.

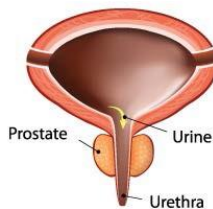
Semen is made alkaline with the secretions from other contributing glands, including the seminal vesicle fluid. The alkalinity of semen helps neutralise the acidity of the vaginal tract, prolonging the lifespan of sperms. The prostatic fluid is expelled in the first ejaculate fractions, together with most of the spermatozoa.

Problems

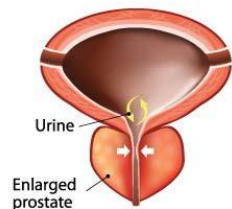
Prostate problems are very common in men more than 50 years of age. They are:

Prostate enlargement (Benign Prostatic Hyperplasia) The most common condition among elderly males is enlargement of the prostate. The first symptom is dripping of urine. When the prostate grows, it blocks the urethra and makes urination difficult and painful. As the problem grows, the patient experiences continued hesitancy and urgency

Normal prostate



BPH

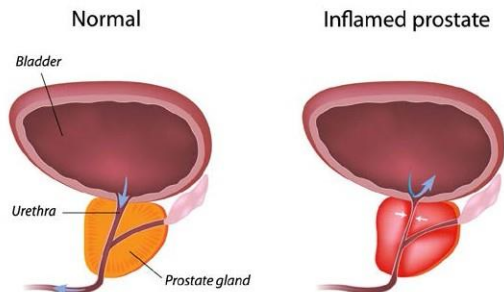


to visit the washroom. About a third men (more than 50 years of age) show symptoms of prostate enlargement, including -Difficulty in urinating

- Weak flow of the urine Strain while passing urine
- Frequent urination
- Frequent night visits to the bathroom to urinate

Prostatitis

Prostatitis is a condition where the prostate gland becomes inflamed (red and swollen). Inflammation often occurs as a response to infection, but in most cases, no evidence of infection can be found. Prostatitis is thought to affect nearly 15% men at some point in their lives. Although it can affect men of any age, it is more common among men of ages 30-50 years.



Symptoms of prostatitis include -

- pelvic pain
- testicular pain
- pain when urinating (this is less common and likely to occur due to a urinary tract infection)
- pain while ejaculating pain in the perineum (the area between the anus and back of the scrotum), which is often worse when sitting, particularly on hard chairs and bicycle saddles

Prostate cancer

Prostate cancer is common among men more than 50 years of age, especially those who eat fatty food, and/or have a father or brother with prostate cancer.

The symptoms of prostate cancer are like those of prostate enlargement, and include:

- needing to rush to the toilet, and
- feeling that your bladder has not fully emptied

Causes

Causes of prostate problems includes -

- Family history
- Advancing age
- Race - American and Australian men are at a higher risk than Asian men
- A urinary tract or bladder infection
- Injuries to the pelvis
- A past episode of prostatitis
- Dehydration
- Unprotected sexual intercourse
- Catheterisation surgery (insertion of a tube into the urethra to drain urine)
- Hereditary Stress
- Infection with HIV

Symptoms and warning signs

Following are some of the symptoms of a prostate disease -

- Weak or interrupted urine, slow start, feeling of incomplete emptying of the bladderIrritation (frequent urgency of going to the bathroom at night).
- Frequent urination
- A sudden need to urinate Difficulty in starting to urinate
- Urinary incontinence (inability to get to the bathroom in time) Dribbling after urinating
- Straining to urinate or trying to force the urine out
- Pain while urinatingBlood in the urine

Prostate Cleanse

Frequent ejaculation, whether during sexual intercourse, masturbation or a dream, helps protect the prostate, except in the highest category. Men who ejaculate often have a 33% lower lifetime risk of prostate cancer, and this statistic grows stronger as men grow older.

However, if a person suffers from prostate problems, he should avoid sexual excess, irregularities in eating and drinking, long periods of sitting and vigorous exercise. The following cleanses and exercises improve the overall prostate health, especially in case of prostate enlargement.

Corn silk

Corn silk is a time-tested remedy to fight symptoms of prostate enlargement. It acts as a natural diuretic and helps relax the urinary muscles and lining. This leads to an improved flow of urine.



Procedure

- Put the 500gms of fresh or 50gms of dried corn silk in a litre of water. Bring it to a boil, then simmer for another 10 minutes. Strain and drink three to four glasses of this corn silk tea a day.
(For complete details see Kidney Cleanse)



Apple cider vinegar

Raw, unfiltered apple cider vinegar has astringent properties that help shrink swollen prostate glands. It also aids weight loss and helps prevent complications of an enlarged prostate, such as UTIs.

Procedure

- Mix one to two tablespoons of raw, unfiltered apple cider vinegar and a tablespoon of honey in a glass of warm water. Drink it twice daily.
- Another option is to add a cup of apple cider vinegar to a bathtub and soak in it for 10 to 15 minutes. Enjoy this soothing bath a few times a week.

Pumpkin seeds

Pumpkin seeds also help shrink an enlarged prostate. The seeds contain diuretic properties that help urine flow. They are also high in zinc. Men with enlarged prostate usually have a zinc deficiency. In addition, the seeds have omega-3 fatty acids that aid prostate functioning.



Procedure

Eat a handful of unsalted pumpkin seeds daily.

Kegel exercises

Kegel or pelvic-strengthening exercises can help ease the discomforts of an enlarged prostate as they tighten specific pelvic muscles to control urination.



Practice Kegel exercises throughout the day regularly. You can do them after waking up in the morning, at lunchtime, in the evening and before going to bed. Target your pelvic muscles and avoid tightening the muscles in your stomach, buttocks or thighs. If you face difficulty in locating the pelvic muscles, get help from an expert.

- Empty your bladder and lie on the floor with your knees bent

and apart. Tighten your pelvic floor muscles for five seconds, then relax them for five seconds. Repeat 10 to 20 times, three or four times everyday. Pelvic floor muscles help stop urine flow.

- Another option is to squeeze the muscles in your anus, then relax your pelvic floor muscles. Do it 10 to 20 times, two to three times a day.

Note: Men who suffer from chronic prostatitis or chronic pelvic pain syndrome must avoid doing Kegel exercises.

Prostate friendly foods

Strive to eat the following prostate-friendly food for three days and continue to incorporate them into your regular diet.

Fruits and vegetables: Eat grapes (especially red grapes), green tomatoes, and dark, leafy green vegetables. These foods help prevent development of an enlarged prostate or prostate cancer.



Also add cauliflower to your diet, another prostate-cancer inhibitor.

Vitamin C rich food: For good prostate health, include plenty of oranges, lemons, grapefruits and strawberries in your diet. Potatoes, red peppers, mangoes, broccoli, pineapple and cantaloupe are all rich in vitamin C.

Vitamin D rich dairy products: Vitamin D may help lower your risk of developing prostate cancer, so drink plenty of vitamin D enriched milk. Include plenty of dairy food to your diet.

Folate rich foods: Folate may also contribute to prostate health, so eat plenty of spinach, asparagus and black-eyed peas.

Fish: Fish is high in cancer-fighting omega-3 fatty acids and great for the prostate, particularly cold-water fish, such as mackerel (Bangada)



and trout. The healthy fats found in fish, such as salmon (Rawas), swordfish (Tega Machali) and tilapia (Jilapi) are good not only for your prostate, but also your heart.

Flaxseed oil: Flaxseed oil helps balance the hormones in the prostate. Add one tablespoon flaxseed to a glass of orange juice or any other drink once a day.

Benefits

- Better urinary start, force and volume
- Normalised urine frequency
- Less interruption in sleep
- Rejuvenated sex life
- Shrink the prostate to a normal size



A Liver Cleanse improves prostate functioning.