



KITCHEN CABINET REMEDIES

FOR HEALTHY PROSTATE

PUREHEALTH[®]
RESEARCH

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by

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WHAT CAUSES PROSTATE PROBLEMS?

According to the National Institute on Aging¹, there are multiple potential causes for prostate problems. Here, we'll be looking at what the prostate is along with some of the most common types of prostate health problems.

What Is the Prostate?

The prostate is a small gland found in men that helps to create semen. It is found just under the bladder and to the front of the rectum. As men people get older, the prostate tends to get larger. In many cases, it gets too large, which can cause a host of health problems.

Benign Prostatic Hyperplasia

Benign Prostatic Hyperplasia (BPH) is **quite common in older men**.

According to the National

Institute of Diabetes and Digestive and Kidney Diseases², **50% of men who are over age 50 have an enlarged prostate**. By the time they are 80, close to 90% of men will have BPH.

BPH simply means that the prostate is enlarged, but not cancerous, thankfully. There are many treatments for BPH. Healthy eating, which is discussed later, could help, as **being overweight is one of the risk factors for developing an enlarged prostate**. Eating right can help to lower your weight and your risk.bvvbva

Acute Bacterial Prostatitis

Acute bacterial prostatitis typically **occurs because of a sudden bacterial infection**. With this particular type of enlarged prostate, antibiotics are the key to helping cure it quickly.

Chronic Bacterial Prostatitis

Chronic bacterial prostatitis **develops slowly, comes and goes over several months, and can usually last years.**

Infections occur when bacteria travel from the urethra into the prostate. These infections may also return time and again, becoming more challenging to treat and may require taking antibiotics for more extended periods.

Chronic Prostatitis

Chronic prostatitis is a common prostate problem.

It can cause pain in the lower back, abdomen, groin, testicles, anus, and around the penis.

It may cause pain while urinating, frequent urge to pee, particularly at night, or “stop-start” peeing. And it may cause sexual problems, such as pain during ejaculation, erectile dysfunction, or pelvic pain after sex. In most cases, gradual improvements over time with treatment may include lifestyle changes, medicine, and possibly surgery.

Prostate Cancer

Another issue that can occur is prostate cancer. **Men over 50 have a higher risk, as do those with a history of prostate cancer in the family.** Additionally, your diet will play a role in your prostate cancer risk. Those who eat high-fat diets tend to be at a much greater risk.

Common Symptoms of Prostate Cancer

How do you know if you have a prostate problem? Typically, you will need to get a diagnosis from a doctor. However, you will also want to **watch out for some of the most common symptoms of prostate problems including:**

- A need to urinate frequently
- Pain or burning during urination
- Painful ejaculation
- Blood in urine or semen
- Need to get up at night many times to urinate
- Dribbling urine
- Pain or stiffness in the upper thighs, lower back, hips, or the pelvic or rectal area that happens frequently

Although there are many causes for prostate issues, **there are certain things you can do about it to help with these types of prostate issues and more.** The foods you eat could play a more significant role than you might realize, for example, and we will cover some of those foods in the next section.



FOODS THAT CAN HELP AN ENLARGED PROSTATE AND PROSTATE CANCER

Often, food plays an essential role in our overall health. What you eat truly can make a difference. It's time to look into how some dietary changes could help you reduce the risk of developing prostate cancer.

Foods to Help an Enlarged Prostate

Although it might be a common problem, **specific vitamins and minerals** can help keep your prostate healthy.

Salmon and Other Sources of Omega-3 Fatty Acids.

As mentioned, being overweight can increase your risk of an enlarged prostate and be partially due to the fats you ingest. In fact, a study from Nutrients³ found that increasing



These healthy fats **can protect you** from numerous other health issues, too, including:

- Cardiovascular disease
- Cancer
- Rheumatoid arthritis
- Inflammation

Other types of fish that can help include **trout and sardines**, as they also provide good fat and **do not trigger inflammation** like other animal fats.

However, you will want to remember that **not all** fish and seafood may be ideal for you and your prostate. For example, new research suggests that shrimp, lobsters, scallops, and canned tuna **could cause inflammation**^{9, 10}.

Perhaps you don't like salmon or trout. Fortunately, there are **easier ways** you can increase your intake of omega-3 fatty acids. Healthy sources include chia seeds, canola oil, walnuts, and ground flax seeds. Omega-3s are also found in kidney beans and soybeans, albeit in smaller quantities.

Sesame and Other Seeds

The Indian Journal of Urology⁴ found that **zinc is needed for the health of the prostate**.

Sesame seeds have a substantial amount of zinc in them.

Excellent sources include tahini and hummus. Eating zinc-rich foods is healthier than taking supplements. However, supplements can be **life-changing beneficial** with aging, deficiencies, digestive problems, or absorption issues.

Other options rich in zinc or that could be good for helping with prostate health include almonds, Brazil nuts, and pumpkin seeds.

Foods Rich in Vitamin C

According to the Mayo Clinic⁵, vitamin C from vegetables **could help with BPH**. You will find that the same types of cruciferous vegetables that can provide those antioxidants also **offer a lot of vitamin C**, including broccoli, cauliflower, Brussels sprouts, and kale.





Foods with Lycopene

According to the National Cancer Institute, **lycopene could help with BPH**, and lower the risk of developing prostate cancer. In addition, research⁶ shows that lycopene could help slow the progression of BPH, and decrease prostate inflammation.

Some of the best places to get lycopene in your food include:

- Tomatoes
- Papaya
- Watermelon
- Apricots

When eating foods with lycopene, you want to make sure your body is absorbing as much as possible. Therefore, you might want to pair it with foods that can help, such as **avocado or nuts**.

Soy-Based Foods

Research⁷ conducted on various soy foods could help with prostate issues, including the prevention and treatment of prostate cancer, due to the isoflavones found in these foods.

Some options to add to your diet include:

- Soy milk
- Tofu
- Soy flour
- Miso



Cruciferous Vegetables

According to the Prostate Cancer Foundation⁸, certain foods you can add to your diet can help prevent prostate issues.

Some of the best tend to be vegetables. These foods include cruciferous vegetables like:

- Kale
- Broccoli
- Cabbage
- Bok choy
- Brussels Sprouts
- Cauliflower



These foods are high in **vitamins, minerals, phytochemicals, and antioxidants**. For example, broccoli is considered a super-food, and studies⁹ show that eating cruciferous vegetables could help reduce the risk of getting prostate cancer.

Some of the other healthy options include **coffee and tea**. But, of course, you will want to ensure you **avoid adding too much cream and sugar** to the coffee and tea.

When choosing tea, all options can be helpful. **Green tea, in particular, also has a lot of antioxidants** that could be beneficial for removing free radicals and helping to lower inflammation levels.

Berries

Berries are considered excellent sources of antioxidants, which help neutralize free radicals from your body to **ensure your DNA can replicate correctly**. Some of the best berries for antioxidants include:

- Strawberries
- Blueberries
- Blackberries
- Raspberries

Berries tend to be **easy enough to add to your diet**. You can have them as a snack, or dessert, or even add them to salad, oatmeal, etc.



EAT RIGHT AND FEEL BETTER

The foods in this section could help reduce inflammation and the size of an enlarged prostate and even help you lose weight and feel healthier overall. Lower weight means less stress and pressure on the body. It can also reduce blood pressure and inflammation. In addition to eating right, you should also try to get more exercise.

Continue to Look for Healthy Eating Options

Always keep looking for other healthy options that can help your prostate. A wider variety of tasty, healthy foods **increases your nutrient profile and helps ensure you're eating right**. The more options and recipes you include mean mealtime never gets boring. And as your health improves and your vitality revives, **it'll inspire you to continue this healthier lifestyle**.



▶ WHAT HAPPENS IF YOU STILL HAVE A PROBLEM WITH YOUR PROSTATE?

Eating right and taking good care of yourself can be an **excellent way to better deal with an enlarged prostate**, keep in good health, and reduce cancer risk. However, you should still **make sure you talk with your doctor** to get a check-up on your prostate health.

Your Doctor Can Help

The doctor can let you know what treatments can work well for you, and other lifestyle changes that may benefit your prostate. **Unfortunately, too many men pretend nothing is wrong**, causing more problems for them down the line. **Don't make that mistake.**

It is not something you want to ignore, especially when you are over 50.



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