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Home Remedies For Prostate Health (Prostate Cancer, Prostatitis, Prostate Inflammation, Bacterial Prostatitis)



Synopsis

The prostate gland is slightly larger than a walnut, and encircles the urethra just below the bladder. Glandular tissue supplies fluid to the semen; muscles within the prostate help eject semen during ejaculation. Disorders of the prostate are fairly common. More than 30 million men suffer from prostate conditions, such as prostatitis, benign prostatic hyperplasia, and prostate cancer. The first is more common in younger men; the last two become more common with age. Prostatitis (prostate inflammation) affects around fifty percent of the men at least once in their lifetimes. Bacteria can infect the prostate gland. The prostate is also vulnerable to acute and chronic noninfectious inflammation, though the fundamental cause is poorly understood. The symptoms of acute bacterial prostatitis include recurrent and painful urination, pain in the low back or behind the testicles, painful ejaculation, aching muscles, fever, chills, and fatigue. Chronic bacterial infection can cause minor or no symptoms. Noninfectious prostatitis primarily causes pelvic pain, as well as pain with ejaculation and urination. Bacterial prostatitis is treated using antibiotics. Treatment of noninfectious prostatitis is more tricky. Pain relievers, a class of medication called beta-blockers, and physical therapy can help. Benign prostatic hyperplasia, also called benign prostatic hypertrophy (BPH), generally affects older men. Almost fifty percent of fifty to sixty year-old men develop BPH. Between ages eighty and ninety that proportion grows to nearly 90 percent. This noncancerous growth of the prostate influences the urethra, reducing the ability of urine to easily flow from the bladder. Symptoms include increased frequency and urgency of urination, nighttime urination, a weak urine stream, an inability to fully empty the bladder, and difficulty stopping and starting urination. The fundamental cause is an age-related rise in prostate levels of dihydrotestosterone (DHT) as well as estrogen, which stimulate cells to multiply. Prescription medications can decrease prostate size and improve urine flow. Extreme cases may require surgery. Some herbs may be helpful in cases of minor BPH. These include extracts of the African plant pygeum (*Pygeum africanum*), saw palmetto (*Serenoa repens*), and nettle root (*Urtica dioica*). Several studies reveal that supplemental betasitosterol (a plant chemical structurally similar to cholesterol) reduces BPH symptoms. These botanical treatments mainly reduce symptoms, but without shrinking the size of the prostate. Reported side effects for these supplements are minor and rare. Not including skin cancer, prostate cancer is the most commonly diagnosed cancer in men. Each year, about 230,000 men learn they have it. For most men, the prognosis is good with sufficient treatment. Risks include family history, older age, black race, obesity, and higher consumption of meat and high-fat dairy products. Until it extends to other tissues, prostate cancer shows no symptoms unless it makes the urethra thin (making urination more difficult) or releases blood into the urine. That's why yearly physical exams are

vital. There are many home remedies you can use to support and promote prostate health.

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Customer Reviews

My best friend has prostate cancer. He is such a picky eater. These recipes look like something he would eat. It's worth a try. The book is worth the buy. Gives recipes and how the foods in the recipes help or prevent.

Don't waste your money. A complete scam of a "book." Very similar information can be found just by searching the Internet, for FREE. I found no useful information in this "book."

know about Prostate Health !Dr. Jason Hall written briefly about it in this book ! and also home remedies as well . Hope you will this book informative !

Got what I paid for. It was free. Would not recommend. Not sure why it was listed on list.

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