



Knowledge is
your secret
weapon to good
health.

MEN'S HEALTH

Prostate Conditions

The prostate is a walnut-sized gland in males located directly beneath the bladder and surrounds the urethra. The prostate produces semen (the fluid that carries sperm). There are two common conditions which affect the prostate; prostatitis and benign prostatic hyperplasia (BPH). Prostatitis is inflammation of the prostate and can occur with or without infection. BPH is a gradual prostate enlargement, very common in men over 40. Symptoms can be very similar in the case of both conditions and they include; difficulty urinating or frequent need to urinate, retention of urine, blood in urine, painful/burning sensation, abdominal/back/testicular pain, painful ejaculation, and semen abnormalities.

Contributing Factors

Prostatitis: E. coli infection, imbalance of good bacteria, overuse of antibiotics, leaky gut, stress, prostatodynia (chemical inflammation from strenuous activity and sports), physical trauma, dehydration, genetics, catheterization

Benign Prostatic Hyperplasia (BPH): Hormonal changes that come with age, xeno estrogen exposure (plastics, pesticides, etc.), stress/high cortisol, clogged/toxic liver, nutritional deficiencies, inflammation

Lifestyle Recommendations

- Increase your fluid intake. Drink 8-12 cups of water per day, especially if you are already dealing with prostatitis or BPH. This helps flush toxins and bacteria from the prostate and entire urinary system.
- Focus on increasing fresh fruits and vegetables and plant-based, healthy fats such as avocado (or its oil), pumpkin seed oil, flax, chia, hemp, as these are all great anti-inflammatory foods. Limit or eliminate sugars, alcohol, caffeine, and refined/processed foods. Choose organic as much as possible to limit exposure to herbicides and pesticides which can negatively impact hormones and increase the burden on the liver.
- All men aged 40 and over should have a yearly rectal examination, during which the prostate gland is checked. Early detection of issues can make a world of difference in quality of life.

Product Recommendations

- Diuretics to support urine flow: Juniper, Parsley, Slippery Elm Bark, Uva Ursi, Nettle
- Antibacterials for infection if present: Goldenseal, Echinacea, Pau D'arco, Silver
- Help prevent UTI's (discourages bacteria from adhering to walls of urinary tract): Cranberry, D'Mannose
- Anti-inflammatory herbs for prostate health: Pygeum Bark, Rye Flower Pollen, Saw Palmetto, Turmeric
- Anti-oxidants to support protection and function of prostate cells: Lycopene, Selenium, Zinc
- Help reduce conversion of testosterone to DHT (a by-product of testosterone that stimulates the overproduction of prostate cells): Plant Sterols, Pumpkin Seed Oil, Zinc
- Hormone-balancing ingredients: Bioflavonoids, Chrysin, Indole 3 Carbinol, Sulforaphane (Broccoli), Vit. D
- Support proper elimination of excess hormones: Probiotics, Digestive Enzymes, Fibre, Liver Support Herbs (Milk Thistle, Blessed Thistle, Dandelion, Artichoke, Schisandra)

Book a free 15 minute consult with a GNN Product Advisor!

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