

# Natural Help 4...

# Prostate Disorders



## What is the Prostate?

Right below the bladder in men is a small, walnut-shaped organ called the **prostate gland**. It is wrapped around the urethra, and other than closing the urethra during an erection, the prostate has nothing to do with a man's urinary system. The **prostate is needed for ejaculation**, and its basic job is to add special fluid to the sperm before it exits the penis during ejaculation. This is why **prostate problems** interfere with a man's ability to urinate and have sex.

## Diagnosing Prostate Disorders

There are three main disorders that can affect the **prostate gland**, namely:

**Infection**- With infection, called prostatitis, there is a great deal of pain, fever, and **urinary problems** that often mimic a urinary tract infection.

### **Enlarged prostate or Benign Prostatic Hyperplasia-**

This condition is a non-cancerous enlargement of the prostate. Most men don't realize it, but all prostates will eventually enlarge due to the natural aging process.

The **symptoms also resemble a urinary tract infection** such as: trouble urinating, dribbling of urine before and after urinating, frequent urination, straining to start the stream, urgency of urination and getting up several times at night to urinate.

**Prostate cancer** - The symptoms of prostate cancer are very similar to BPH and **many men are quite unaware they have cancer of the prostate**, as there are often no symptoms at all. A PSA test done every 6 months is now a necessity for every man over 45 and is recommended as a precautionary measure.

Prostate problems can also **directly affect the functionality of the penis** and contribute to erectile dysfunction and low libido.

## Help for Prostate Disorders

Conventional **treatment for prostate problems** ranges from antibiotics for prostatitis, to various pharmaceutical approaches to treat BPH and **relax the bladder** to promote easier urination.

However, there are many clinically proven **natural herbal and homeopathic remedies** that have been shown to promote prostate health in a natural manner without harmful side effects. Certain herbs such as Epilobium parviflorum have been shown to have an **inflammation-inhibiting and healing effect** on acute

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and chronic inflammation of the prostate and BPH.

Further more, Hypoxis rooperi and Sabal serrulata are also well-known for **improving prostate health**, supporting the immune system and guarding against urinary tract infection.

In Europe and many other countries, **natural remedies** are widely prescribed even by conventional doctors to **treat prostate conditions** as well as promote prostate health in a preventative manner. Remember always to source your natural remedies from a reputable company in order to ensure maximum safety, therapeutic dosage and best efficacy.

## More Information on the Prostate

**Diet and stress** appear to be the main culprits of prostate disorders.

## Tips for Promoting Prostate Health

- **Try to eat** lots of fresh vegetables and fruits, legumes such as peas, beans, and lentils, and fresh fish such as salmon, sardines, mackerel, and cod. Choose whole grains rather than refined white breads, pasta, crackers, and rice.
- **Try not to eat** fatty meats, excess salt, and hydrogenated oils such as those found in margarine, donuts, cookies, cakes, other desserts, potato chips and other deep-fried foods. Also, avoid canned, packaged, or otherwise processed foods, sodas, alcohol, and non-herbal teas, as well as dairy foods (especially if they have been pasteurized).

## The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both have a role to play in the treatment program**.

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.



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## Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself**. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions**. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and prevent future disease**. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much**, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, **natural medicines can work quickly and safely to promote healing**.

In many cases, they can **succeed where pharmaceutical drugs have failed**. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines**.

It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards**, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While '**standardized**' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used

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for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely**. Research what is best for you. If you have a chronic or life-threatening condition, don't make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

## **Related Natural Remedies:**

**Prostate Dr.:** Prostate Dr. - a 100% natural, proven and safe liquid herbal formula to promote the health and functioning of the prostate.

Prostate Dr. is a 100% natural liquid herbal formula to promote the health and **functioning of the prostate and urinary tract in men.**

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