

Men's Health Issues: Prostate

Harmony & Health

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The prostate gland isn't big—about the size of a walnut—but its location virtually guarantees problems if something goes awry. The prostate gland is located just below the bladder and in front of the rectum. It also wraps around the upper part of the urethra, the tube that carries urine from the bladder out of the body. That means prostate problems can affect urination and sexual function.

The prostate is prone to three main conditions:

- **Prostatitis:** infection or inflammation of the prostate
- **Benign prostatic hyperplasia (BPH):** aging-related enlargement of the prostate gland
- **Prostate cancer:** growth of cancerous cells inside the prostate, which may break out of the gland and affect other parts of the body.

Symptoms include a weak, interrupted urine stream, more frequent urination (especially during the night), frequent urge to urinate, leaking or dribbling, and the feeling that you can't quite empty the bladder.

Suggestions for keeping the prostate healthy:

- **Equol** - A powerful antioxidant, equol, supports the prostate through a multi-faceted approach. Equol binds directly to dihydrotestosterone (DHT) to prevent it from binding to receptor sites in the prostate, thus reducing inflammation, supporting healthy prostate, & urinary flow, without triggering the unwanted side effects that can be caused by enzyme-blocking medications.
- **Men's Formula** -blend of saw palmetto, lycopene, pumpkin seeds, zinc and more to support & protect the prostate gland & the male glandular system.
- **Saw Palmetto Conc** - helpful in relieving bladder problems from an enlarged prostate; inhibits Dihydrotestosterone (DHT) which causes the prostate to grow.
- **Flaxseed Oil** or **Super Omega 3**- essential fatty acids that increase fertility, contribute to less frequent urinations, increase energy and enhance sexual vigor.
- **Men's X-Action Reloaded** (a natural Viagra) enhances male energy and supports the male reproductive organs and functions by increasing circulation. Can be taken daily or as needed.
- **PSII** - an herbal formula to benefit the prostate and reduce inflammation.
- **DHEA-M** is a hormone designed to support the production of testosterone in the body and aid common male reproductive problems such as erectile dysfunction or benign prostatic hyperplasia (BPH).
- **Maca** strengthens sexual desire and performance; as well as increasing general energy.

Good snacks for men: pumpkin seeds and pistachio nuts. Stay active and eat a healthy diet.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



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