

# Prostate Health – Fact Sheet

The prostate gland is one of the main players in the male reproductive system and for this reason it becomes extremely important for men to be aware of what they can do to improve their prostate health. With prostate inflammation and cancer on the rise there has never be a better time to adopt a healthier lifestyle to prevent ill health.

When the prostate becomes inflamed, this adds pressure to the urethra, which obstructs the flow of urine resulting in interrupted or difficult urination and urgent or frequent urination, most commonly seen at night. Urinary tract infections are often experienced as urine becomes trapped and if blockage continues kidney infection or damage may result.

## Nutritional Recommendations

- **Increase your Vitamin D** – low D3 has been associated with low testosterone production and increased prostatic growth.
- **Quality Sleep** – essential for healthy hormones, reduced stress levels and balanced blood sugar levels.
- **Anti-inflammatory Foods** – healthy proteins, fats and antioxidants are essential. Fatty acids found in coconut oil, grass fed butter, avocados, olives, cold pressed oils and fish oil are essential for testosterone production and prostatic health. Avoid anything processed!
- **Antioxidants** – fight oxidative stress and assist detoxification. Good sources include; herbal teas, saw palmetto, rich and bright coloured vegetables and fruits and adding cinnamon, oregano, turmeric, ginger, garlic and rosemary to meals.
- **Omega 3 Supplement** – shown to reduce inflammation and improve testosterone production.
- **Zinc and Magnesium** – essential for testosterone production and xenoestrogen detoxification. Pumpkin seeds are great and contain high amounts of both. Organic meats and super green powders are also great along with high quality supplements.
- **Natural Products** – use natural alternatives to common products such as; deodorants, shampoos and cleaning products, and utilising glass containers as opposed to plastics to reduce xenoestrogen substances.
- **Regular Movement/Exercise** – keeps blood circulating and reduces inflammation.
- **Intermittent Fasting** – going 16 hours between dinner and breakfast can be an effective way to boost testosterone while reducing inflammation.
- **Relaxing** – finding a way to wind down and switch off at the end of each day is essential to relax our overactive nervous systems.

Customised nutritional plans comprising of a specific food plan with the support of nutrient/herbal supplements can be very effective in maintaining prostate health. If you require support please visit [www.good4younutrition.com.au](http://www.good4younutrition.com.au)