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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Holistic Health For Men: Natural Help For An Enlarged Prostrate

By Dr. Rita Louise

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The prostate is a walnut sized gland that sits just below the bladder in men and is an integral part of the male reproductive system. Made up of two lobes and enclosed by a layer of tissue, the prostate goes through two main periods of growth. The first occurs early in puberty, when the prostate doubles in size. At around the age of 25, the gland begins to grow again. This second growth phase often results in what is identified as an enlarged prostate.

As the prostate gets larger, the layer of tissue surrounding it stops it from expanding, causing the gland to press against the urethra. While the data varies, it is believed that most men over the age of 45 experience some amount of prostate enlargement, but may live symptom free. This enlargement is usually harmless, but it often results in problems urinating later on in life. By 60, it is believed that 80% of all men experience some sort of urinary interference due to prostate enlargement.

Enlargement of the prostate is not a malignant condition, but it does put pressure on the urethra and can create a number of urinary complaints such as frequent urination, urinary urgency, the need to get up at night to urinate, difficulty starting, a reduction to the force of the urine stream, terminal dribbling, incomplete emptying of the bladder and even the inability to urinate at all. If left unchecked, benign prostatic hypertrophy can cause serious problems over time including urinary tract infections, bladder or kidney damage, bladder stones or incontinence.

It is important to take care of your prostate and address any prostate, be it an enlarged prostate, prostatitis (inflammation of the prostate) or prostate cancer early on. Take an active role and protect yourself by having your prostate checked regularly. Traditional treatments for prostate issues include the surgical removal of all or part of the prostate. While most people experience a relief of symptoms, it may leave them impotent. For the health conscious, this should only be used as a last resort.

Recommendations For Wellness

If you are over 40, have your doctor perform a prostate exam during your regular checkup.

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Incorporate a healthful diet filled with lots of fruits and vegetables and low on unsaturated fats, sugars and processed foods.

Kegel exercises can be done to improve circulation to these tissues. A kegel exercise is performed by pulling up all the muscles around the scrotum and anus. Repeat this movement 10 times. Try doing this "invisible" exercise 5–6 times daily.

For men suffering from prostate enlargement, saw palmetto is the place to start. Saw palmetto has a long history of relieving testicular inflammation and inhibiting the hormone responsible for prostate enlargement.

Zinc has also been used for decades to support a healthy prostate.

The herbs nettle and pygeum have also been shown to be effective for relieving symptoms associated with an enlarged prostate. They can be used alone or in conjunction with saw palmetto.

A great combination for prostate issues is Nature's Sunshine Men's Formula with Lycopene, which contains pygeum, saw palmetto, gotu kola, stinging nettle and zinc.

You can also try Nature's Sunshine's PS II or P–X. PS II contains antiseptic and anti-inflammatory properties that are beneficial for maintaining healthy prostate gland function.

Incorporate the herb damiana into your wellness program. Damiana has a long history of helping balance the body's hormones.

Hydrangea is another herb that supports the urinary system, where it is known to promote the overall health of the prostate gland and help to reduce inflammation and swelling.

Take antioxidants. Supplementation with antioxidants (vitamins A,C, E and selenium), such as those found in Defense Maintenance or super Antioxidant will help to protect these sensitive tissues from oxidative damage.

Dr. Rita Louise, PhD is a Naturopathic Physician and a 20–year veteran in the Human Potential Field, but it is her unique gift as a medical intuitive that enlivens her work. So whether it is a physical problem, an emotional issue, a problem at work or a problem in a relationship, Dr. Rita Louise, Ph.D. can help you identify what is really going on and provide you with straightforward guidance and advice. Visit her at <http://www.soulhealer.com>.

Top 10 Benefits of Natural and Holistic Pet Care

By Mariangie Gonzalez

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There are a number of reasons for choosing natural pet foods, treats and supplies. First, use of natural products is consistent with a holistic view. A holistic approach considers all factors regarding your pet's health, not just individual symptoms. The top 10 benefits of choosing natural and holistic pet care are listed below.

- 1) Better nutrition— a natural diet reduces contact with unnecessary chemicals and preservatives while increasing the intake of quality nutrients and vitamins.
- 2) Less probability of developing disease— Quality natural foods can reduce the onset of a variety of health problems, including allergies, digestive disorders and more.
- 3) Treats source of disease not just symptoms— Holistic care also looks at an animal's surroundings for ways to improve health. Lowering potential causes of stress, such as loneliness or territorial conflicts, can be helpful in improving overall health. Sufficient exercise and grooming are also elements of good holistic care.
- 4) Longer lifespan— natural pet care will help pets live a long life and give you many years of faithful companionship.
- 5) Enhanced quality of life— there's no use on living longer if the quality of life is not good, holistic pet care, will provide a better quality of life for your pet.
- 6) Faster healing— Holistic treatment of existing conditions by use of natural products will promote faster healing as natural ingredients are generally absorbed better by your pet and thus speeds the healing process.
- 7) Human safety— another reason for using natural pet products is the reduction in human exposure to toxins. Most pets are in frequent contact with people, especially children. Contact with a pet can mean risk of exposure to whatever is on your pet, whereas natural treatments avoid these risks.
- 8) Protects the environment— also, natural products breakdown and are absorbed into the environment better than chemical agents and, consequently, are more earth friendly.
- 9) Saves time— you won't be wasting your time dragging your pets to the vet's office to treat different illnesses as the holistic approach targets the individual as a whole entity, treating existing conditions from their source, not just their symptoms, and preventing new ones from developing.
- 10) Saves money— you won't be wasting your money on cheaper products that ultimately can be a contributor to declining health in your pets and thereby creating more vet visit and bills.

Mariangie Gonzalez is an Agronomist with a major in Animal Science & Pre-Veterinary and runs the day-to-day operations of her home-based business and website which carries pet aromatherapy, pet natural remedies, pet herbal supplements and much more. She can also help you start your own home-based 100% natural pet supplies business, you can visit online at:
<http://www.MindBodyAndPaw.com>



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