

Prostate health

Physical disability, such as spinal code injuries or multiple sclerosis, often lead to sexual dysfunctions. Under these health conditions the last thing you want is sexual dysfunction as a result of prostate disorders.

Prostate disorders affect elderly men and middle-aged men (between 40-59 years old). From this group most of them will develop clinically significant disease and one fourth of 50-years old have some cancerous cells in their prostate.

The prostate, located below the bladder, is a walnut-size gland that produces seminal fluid. Because the gland surrounds the urethra that drains the bladder, prostate disorders often affect urination. Most common disorders are 1) an inflammatory infection called prostatitis 2) benign prostatic hyperplasia " non-cancerous enlargement of the prostate (BHP) and 3) cancer " the most frequent male malignancy.

Levels of a testosterone variant called dihydrotestosterone (DHT) and female-associated hormone estrogen are increased after age 40. DHT stimulate cell growth and this will lead to prostate enlargement.

Nutrients and Food:

Prostate dysfunction is a nutritional disease. It is very common in Western countries that emphasize in red meat, dairy products and eggs. Fruits and vegetables exert a positive effect.

Growing evidence suggest that milk may be bad for the prostate. The culprit appears to be calcium in the milk. Excessive calcium intake, regardless of the source, apparently suppresses the synthesis of a form of vitamin D that inhibits prostate cancer.

Studies have also shown it is less likely to get prostate cancer if men consume tomatoes or tomato-based foods, pink grapefruit and guavas. This is because a powerful antioxidant agent called lycopene from these foods.

Another prostate protecting food is the sugar in the fruit, known as fructose. It helps stimulate the production of a form of vitamin D that slows down the tumors.

Prostate glands uses zinc, more than any other body part, and lack of it affects the prostate. Pumpkin seeds are rich in zinc.

Intake of selenium rich foods or supplements has been shown to reduce the risk of prostate cancer.

Nutritional supplements contain vitamin D and E, garlic, sulfur containing compounds and soy-based foods may inhibit prostate cancer.

About the Author

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