

For Men Only

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Fellow men, do you experience any of these symptoms: the need to urinate frequently, especially at night, difficulty in starting or stopping the urine stream, a constant feeling that the bladder is not empty, pain or burning while urinating, a weak or slow urine stream or dribbling after urinating? If you do, you probably have an enlarged prostate which can lead to serious problems in the future.

According to the National Institutes of Health, benign prostatic hyperplasia (BPH) affects more than half of men in their 60's and 90 to 100 percent of men who live into their 70s and 80s.

This enlargement which ultimately may develop into cancer is the result of the increase of a male hormone called DHT which causes overproduction of prostate cells which results in prostate enlargement. As a result the gland presses against the urethra and bladder. Since it is not tender or sore, most men are not even aware that they have a problem until the growth begins to cause lower urinary symptoms (LUTS). Standard medical treatment of BPH consists of drugs that reduce DHT production (and may cause erectile dysfunction and / or loss of libido, not that desirable for most men). Many of these drugs have a success rate of 50% or less. The other option is surgically reducing the size of the prostate which also has some serious risks. Fortunately, there are a number of natural treatments that have a far better success rate and without side effects.

Saw Palmetto- There is a reason why saw palmetto is the most popular supplement for prostate.. it works! Saw palmetto, the drugs Proscar and Flomax all appear to work by a similar mechanism, inhibition of DHT production but saw palmetto also inhibits binding of DHT at cellular binding sites and it exerts a mild anti-inflammatory effect within the prostate.

Stinging Nettles- This herb has been approved by the German government as a non-prescription medicine for treatment of BPH and also inhibits DHT production. The

combination of these 2 herbs has helped men with severe symptoms. The main difference between the drugs and these herbals is that the herbal combination costs a lot less, doesn't require a prescription and is well tolerated, without the side effects that are possible with the drugs.

That is why we use a special herbal combination including these herbs along with Pygeum, flower pollen and pumpkin seed to help keep our patients prostates healthy.

Remember, "God has given your body the amazing power to heal itself". God bless you all! Call me anytime at (972)-333-4394.

http://www.adaeveningnews.com/features/local_story_092114835.html