



DR. DAN'S

Natural Healing
CENTER

Simple, natural healthcare

Prostate Health

As men age, the prevalence of an enlarged prostate becomes more common. Why is this so? And what do men have to do to regain a healthy prostate gland?

The prostate gland enlarges like an over-used muscle when:

- Levels of calcium, Vitamin D and Essential Fatty Acids are not present in the body in sufficient amounts over an extended period of time.
- The body is subjected to stressors such as low grade chronic inflammation and infection – which are very common in most males, and
- An environment of elevated hormone levels exists.

Many men experience one or more symptoms of what is medically known as Benign Prostatic Hypertrophy (BPH), such as:

Continually interrupted sleep due to the necessity of having to urinate many times throughout night. As you know, the body repairs itself during sleep so it is unable to do its work properly when sleeping patterns are disturbed.

Poor stream when urinating, and what is commonly referred to as “overactive bladder” during the day, causing an increased urgency and frequency of trips to the bathroom.

In addition to urinary symptoms, men frequently experience arthritis and back pain conditions as a result of a compromised prostate.

The typical medical approach taken when these symptoms are present is to conduct a clinical work-up including a PSA blood test, digital rectal exam and a urine test. This is a good beginning, but not enough to really understand the underlying causes of the problem.

To explain, we need to pay close attention to estrogen and dihydrotestosterone (DHT) levels. (Yes, it is completely normal for men to have low levels of estrogen present in their bodies.) Problems arise when abnormal levels of both develop over time and signal growth and enlargement of prostate cells and the prostate gland itself. How and why does this occur?

Abnormal levels of estrogen (estrogen dominance) and DHT are caused by chronic stress, obesity and a sedentary lifestyle.

In men, most estrogen is produced in fatty tissue or by the adrenal glands. The more fatty tissue, the more estrogen is produced. And, when chronic stress is present, the adrenal glands become progesterone depleted, as it is used to increase cortisol to handle the stress. Low progesterone stimulates an increase in the conversion of testosterone to dihydrotestosterone (DHT), thus elevating this level in the body.

At Dr. Dan's we recommend the following treatment when elevated levels of estrogen and dihydrotestosterone are detected:

1. First, we strongly encourage our patients to decrease body fat levels by making good dietary and lifestyle choices including a diet that is low in carbohydrates and processed foods and high in plenty of good fats*. Our Dynamic Weight Loss Program is designed to accelerate fat loss while helping participants transition to a whole foods based nutrition program.
2. While our patients are transitioning to a healthier eating program, we recommend supplements to help control carbohydrate cravings.
3. We next add enzyme-inhibiting products to block the conversion of testosterone to estrogen or DHT and recommend essential fatty acids and zinc, which are both needed to control production of DHT.
4. We help the liver and gallbladder detoxify the excess estrogen by adding garlic, leeks, scallions and onions to the diet. We also recommend supplements to accelerate the liver detoxification process.
5. To address the stress response, we recommend having an expanded male hormone panel test done. Once we understand the test results, we work toward healing the exhausted cortisol.
6. We tell our patients to avoid estrogen present in non-organic meats and dairy products as well as plastic or other xenohormones from pollutants like pesticides, herbicides and petrochemicals that are present in products we use everyday. (This is where it really pays off to become an informed consumer!)

*Good fats are foods such as pastured butter (from grass-fed cows), organic virgin cold pressed coconut oil, organic extra virgin olive oil, omega 3 fish oils and flax seeds.

Additionally, the prostate requires calcium to normalize its functioning and to control any over-growth of prostate tissue. Vitamin D is needed to transport calcium from the gut to the intestines and essential fatty acids are needed to transport calcium from the blood to the prostate tissues.

To help the prostate return to a state of equilibrium and normal health, nutritional supplementation is required to increase levels of calcium, Vitamin D and Essential Fatty Acids. Additionally, the immune system needs to be bolstered to rid the body of any low-grade infection.