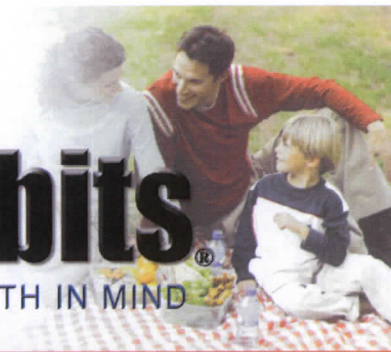


Developing Healthy Habits

A NEWSLETTER WITH YOUR HEALTH IN MIND



Detoxification for Prostate Health

By: Sylvie Beljanski

Prostate health is undoubtedly one of the biggest health concerns for men, especially as they age. Even if one (hopefully) isn't diagnosed with cancer, an enlarged prostate can greatly affect a man's quality of life and cause discomfort. Benign prostate hyperplasia, or BPH, is an enlargement of the prostate gland. While this condition is not cancer, it does have a negative impact on health and quality of life. The enlarged prostate squeezes the urethra and bladder and can cause symptoms such as difficulty urinating, sudden urge to go or passing urine often, weak stream and a feeling that the bladder has not fully emptied. A severe case of BPH can lead to kidney infections, urinary tract infections or chronic urinary retention.

Unfortunately, BPH is fairly common in aging men. According to the National Cancer Institute, more than half of men in their 60s and most men in their 70s and 80s will have signs of BPH. As people continue to live longer lives thanks to ever-improving medical and dental care, problems associated with aging become more and more prevalent. BPH

affects millions of men who have few options when it comes to improving their symptoms. Because of this, men are always on the lookout for ways to maintain their prostate health and function.

Men should not wait until there is a problem to start thinking about their prostate, and there are a number of natural, non-toxic ways to protect the prostate gland and keep it performing optimally. The importance of living a healthy lifestyle with a proper diet and exercise is well known. However, a vital part of creating a healthy lifestyle of which many are not aware is the addition of a detoxification regimen to combat the environmental toxins that we encounter as part of our daily lives.


Every day, we come into contact with toxic chemicals not just in obvious places, such as air pollution or pesticides, but from sources we don't normally suspect that we handle every day, like shampoo, lotion and even the paper on which receipts are printed. In fact, a study done by the Environmental Working Group found that nearly one of every 30 products sold in the United States fails to meet one or more industry or governmental cosmetics safety standards. Today the health effects of chemicals such as phthalates and Bisphenol-A are starting to cause mainstream concern, but scientists have known about their harmful effects since the 1960s.

A great way to help detoxify the body of abnormal cells is to turn to natural extracts, backed by serious research, that have a selective action against cells with damaged DNA. A recent clinical trial at Columbia University Medical Center, under the direction of Dr. Aaron Katz,

examined the plant extracts Pao pereira and Rauwolfia vomitoria and found that they were effective in suppressing the growth of prostate cancer cells. When administered to men with BPH the combination of these two extracts provided significant relief of urinary symptoms. Some of these results were published in two major peer-reviewed journals: the International Journal of Oncology and the Journal of the Society for Integrative Oncology. In addition, the Columbia team found that Pao pereira appears to have anti-inflammatory effects, which is significant because BPH is often a result of chronic inflammation. Although no comparative study has been formally undertaken, the association of Pao pereira and Rauwolfia vomitoria seems to be more promising than saw palmetto, selenium and vitamin E.

However, other natural supplements can be helpful in maintaining prostate health as well. Emerging research suggests that probiotics can be beneficial in reducing inflammation, with the added benefit of promoting intestinal health. Antioxidants, particularly Vitamins A, C and E, bioflavonoids and proanthocyanidins will help to protect the body from the free radicals that cause cellular damage. Omega-3 fatty acids have also been shown to reduce inflammation and also may help lower the risk of cancer.

Diet is important too; proven anti-cancer foods such as cruciferous vegetables (Brussels sprouts, broccoli, cabbage, etc), certain spices (ginger, turmeric), figs and mushrooms are part of a long list of foods that can easily be incorporated into a healthy diet. Avoiding other foods, such as those high in trans fats, and certain habits, like smoking, is also critical. Of course with diet comes exercise, which encourages natural detoxification through sweating, among countless other health benefits.

Clearly there are many things that men can and should do to support prostate health, especially before they experience problems. Avoiding contact with toxins (especially hormone disruptors such as parabens and phthalates) whenever possible, practicing a healthy lifestyle through diet and exercise and following a detoxification protocol incorporating scientifically-backed natural supplements are all important ways to help keep the prostate as well as the entire body in top condition. 



Bio

Sylvie Beljanski is the President of Natural Source International, Ltd., (www.natural-source.com) which offers dietary supplements stemming from her father Mirko Beljanski's lifetime of research at the Pasteur Institute in Paris, France, as well as the Targetage® line of dietary supplements for detoxification (www.targetage.com) and the French Secret™ line of preservative-free skincare products (www.frenchsecretinc.com). Ms. Beljanski speaks at conferences across the country about the importance of environmental medicine and serious detoxification.

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In This Issue

Alzheimer's Disease Prevention and Control 4

Apples Keep Muscles Strong? 6

Eat More Dessert, Lose Weight 7

Cartoon Nutrition 10

Red Cabbage Slaw 12