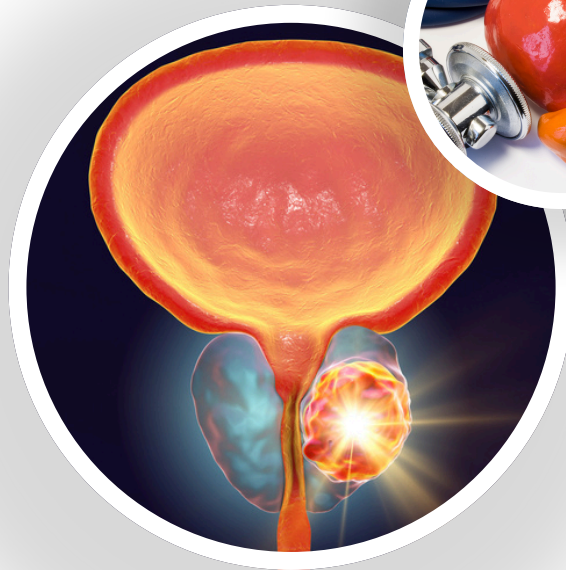




PROSTATE ENLARGEMENT

BENIGN PROSTATIC HYPERTROPHY / HYPERPLASIA (BPH)

Benign prostatic hyperplasia (increased prostate cells) and benign prostatic hypertrophy (enlarged prostate cells) are often used interchangeably to describe non-cancerous prostate enlargement, which can obstruct urine flow by pressing on the bladder and urethra, leading to frequent urination, incomplete emptying, and possible sexual dysfunction.



Possible Contributing Factors

- Elevated DHT (dihydrotestosterone) levels due to increased 5-alpha-reductase activity as a result of:
 - Hormonal imbalances, especially higher estrogen relative to testosterone
 - Insulin resistance (high insulin promotes the conversion of testosterone to estrogen)
 - Aging (decreased testosterone and progesterone, increased sex-hormone binding globulin)
 - Obesity
 - Drugs: anabolic steroids, hormone therapy
- Exposure to endocrine disruptors (e.g. found in personal care and cleaning products)

Lifestyle & Dietary Recommendations

- Consume a whole foods VPF diet with quality animal proteins, vegetables & healthy fats
- If blood sugar is an issue, limit starchy carbs to ½ cup cooked grains and 1 cup root vegetables daily, and 1-2 whole fruits per day. Avoid sugar and anything made from flour.
- Consume more zinc-rich foods: oysters, beef, chicken, crab, lobster, beans, pumpkin seeds
- Opt for personal care products with low xenoestrogenic chemicals by choosing brands with a toxicity score of 2 or less on <https://www.ewg.org/skindeep/>
- Daily moderate exercise: walking, strength training, yoga, or Pilates to maintain hormone balance without raising stress hormones
- Focus on stress reduction measures: grounding, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often, Epsom salt baths

Supplement Considerations

- Zinc (15mg twice daily with copper in a 15-20:1 ratio helps inhibit 5-alpha-reductase and reduces DHT)
- Saw Palmetto (look for formulas with additional supportive ingredients like stinging nettle and pumpkin seed oil)
- Stinging Nettle helps increase free testosterone and supports hormone balance
- Blood Sugar Support Formula (l-carnitine, CoQ10, magnesium, alpha lipoic acid, biotin, chromium, cinnamon)