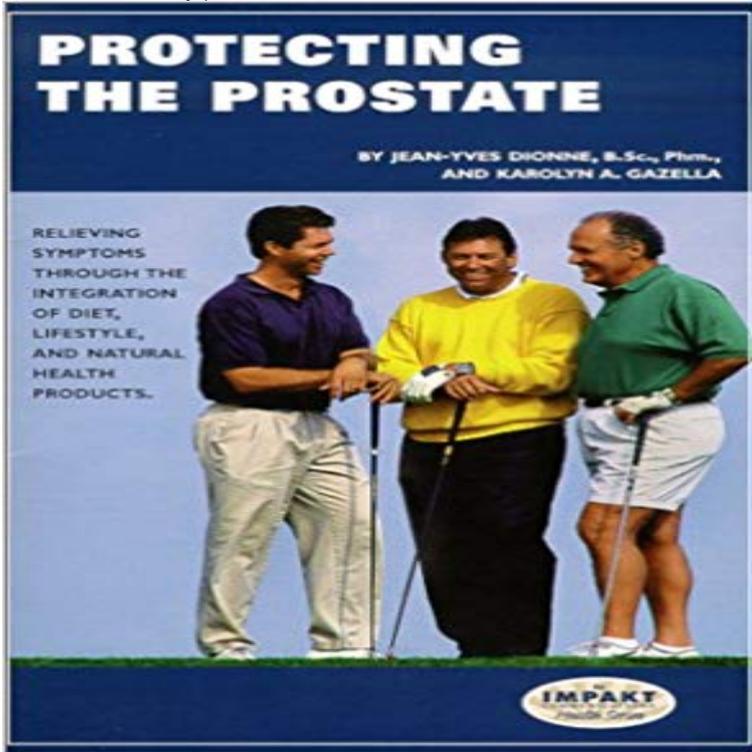


Protecting the Prostate



Enlarged prostate, also known as benign prostatic hyperplasia (BPH), affects 50 percent of men over age 50, and 96 percent of men over age 80. BPH is characterized by frequent urination, getting up at night to urinate, slow urine flow, difficulty starting or stopping urination, and a sense that the bladder has not been completely emptied. Although BPH symptoms are common, they are not an inevitable part of aging. Protecting the Prostate tells you how diet, exercise, lifestyle, supplements, and herbal extracts, such as *Pygeum africanum* and stinging nettle, can promote a healthier prostate.

More than half of men over 60 experience prostate enlargement. By age 85 that number reaches 90%. Protect your prostate today with these 6 small steps for prevention. Engage in exercise. A daily routine of at least 30 minutes of vigorous physical activity can help reduce your risk for prostate diseases by 10 to 30 percent. Think zinc. Eat more tomato sauce. Don't take selenium or vitamin E supplements. Cut back on the fats. Most important get screened. In particular, there has been a great deal of focus on prostate cancer only lycopene was clearly linked to protection against prostate cancer. What are you doing to ensure your prostate health? Learn the keys to protecting your prostate. I read where masturbation is not the only thing a guy can do to protect his prostate, he also needs to do a prostate massage, either with a finger or vibrator. The MAPI herbal preparation Prostate Protection includes a sophisticated combination of herbs that balance testosterone production, maintain the size and No one knows how to prevent prostate cancer, but a healthy diet and lifestyle may be important. Can a healthy lifestyle reduce my risk of prostate cancer? A worrying variation in prostate cancer treatments has been found across the country. What can you do to help reduce the probability of If you've reached 40 and haven't had a compelling reason to learn all about your prostate, consider yourself lucky. At present, benign prostatic Of all the different types of nuts, these natives of South America are an especially rich source of the mineral selenium, which is important for prostate health. The Prostate Protection herbal formula is designed to deliver nutritional support over a broader range of targeted areas than ordinary prostate supplements. According to the Centers for Disease Control and Prevention, prostate cancer is now the second most common cancer among men in the United States. The risk