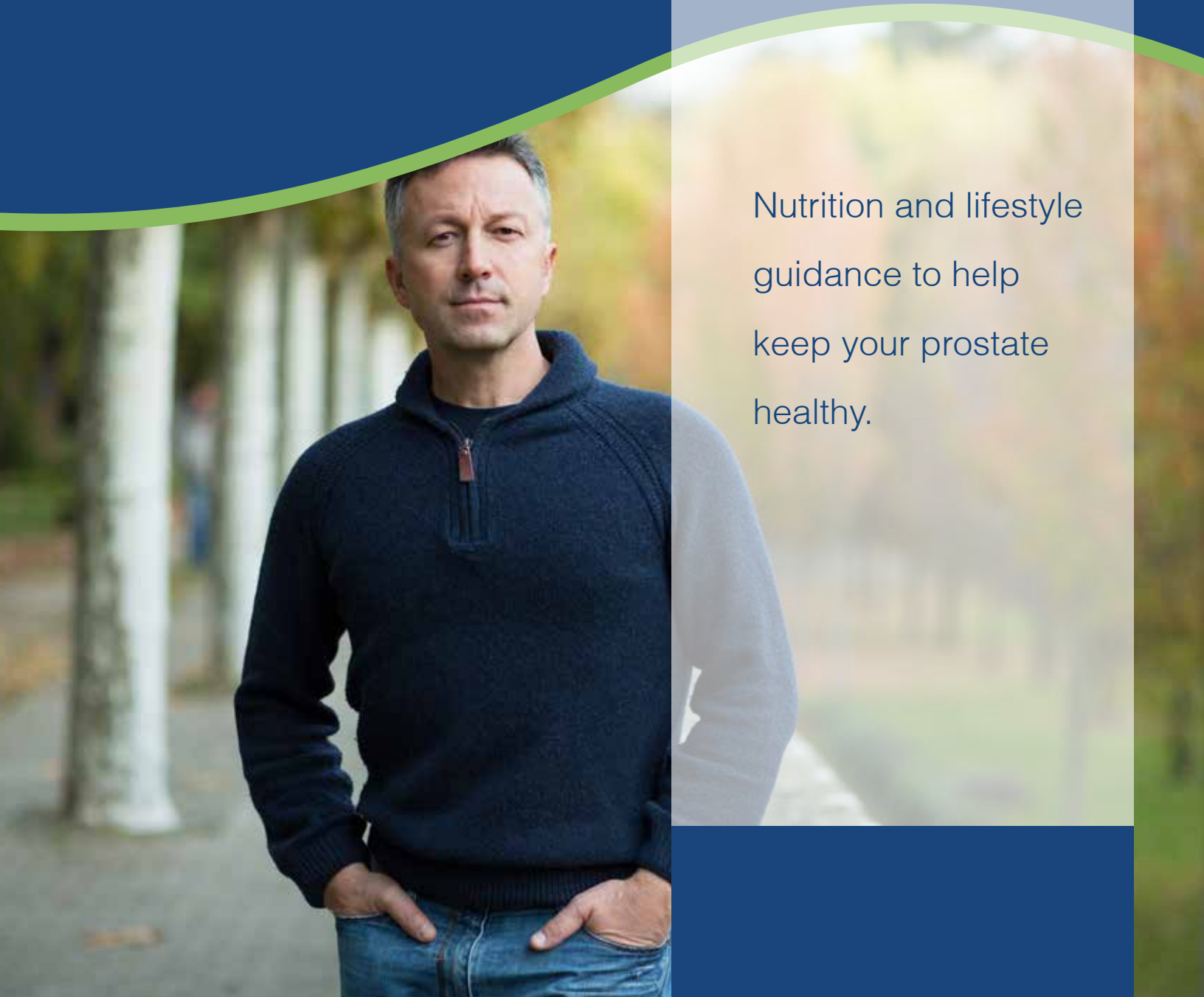


A decorative pattern of interconnected hexagons in various shades of blue and white, spanning the top of the page.

Essential Guide to Prostate Health

A photograph of a middle-aged man with short grey hair, wearing a dark blue zip-up sweater and jeans, standing in a park with trees in the background. The image is partially covered by a green curved line and a blue vertical bar on the right.

Nutrition and lifestyle
guidance to help
keep your prostate
healthy.

Prostate issues are among the most common health concerns for men. In fact, it is estimated that 50% of men in their 50s will experience an enlarged prostate, and that percentage will increase to 90% when they reach their 70s and 80s.¹ Also, 1 man in 9 will be diagnosed with prostate cancer during his lifetime.² Although age, ethnicity, family history and obesity are well-established risk factors for many prostate concerns, the good news is making diet and lifestyle changes can help you keep your prostate healthy. In this eBook you will find the following information:

1 About the Prostate

2 The most common types of prostate health issues

3 Diet tips for a healthy prostate

4 Lifestyle tips for a healthy prostate

5 Nutrients for a healthy prostate



ABOUT THE PROSTATE



The prostate is a small gland that is part of the male reproductive system. It is located below your bladder and surrounds part of the urethra (the tube that carries urine out of your body). The prostate helps make semen (the fluid that is released through the penis when you ejaculate).

A young man's healthy prostate is generally about the size of a walnut. As you get older, the size and health of your prostate can change. Some prostate health issues may be uncomfortable and other issues may be damaging to your health over time.³

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Over 50% of men in their 60s and up to 90% of men in their 70s and 80s have benign prostatic hyperplasia (BPH).¹

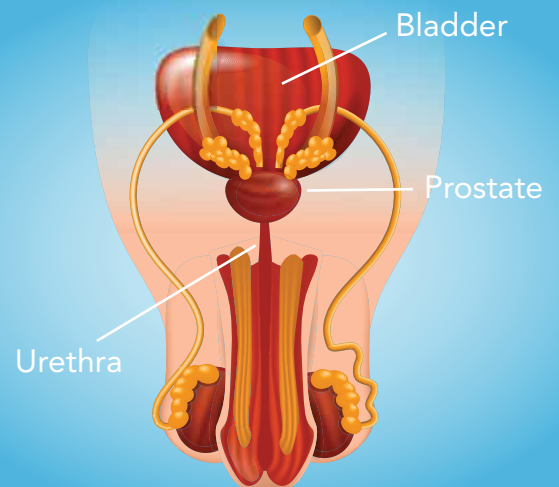
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Early Prevention

The best way to find out if you have any prostate health issues is to visit your doctor for an annual checkup. These yearly checkups can help detect changes in your prostate before they become serious issues.

When detected early, many prostate health issues are manageable and have a low impact on your quality of life.

Make an appointment today if you have not seen your doctor in over a year. Getting regular checkups is one very important step in living a healthy lifestyle.



Male Reproductive System

THE MOST COMMON TYPES OF PROSTATE HEALTH ISSUES

Three of the most common types of prostate health issues are:

- Benign prostatic hyperplasia (BPH)
- Prostatitis
- Prostate cancer

Benign Prostatic Hyperplasia (BPH)

The prostate naturally gets larger as men age. This increase in size is called benign prostatic hyperplasia (BPH). An enlarged prostate can squeeze the urethra. This may cause symptoms such as urinary frequency, urgency, and decreased urinary flow. If you find yourself urgently running to the bathroom, waking up several times throughout the night to urinate, or have a hard time getting a strong stream of urine, you may have BPH.¹

Prostatitis

Prostatitis involves inflammation and swelling of the prostate gland and the area around the prostate. Men with prostatitis often experience painful or difficult urination and may have pain in the groin, pelvic area, or genitals. Prostatitis is more common in men younger than 50 years old but can affect men at any age. It is the most common urinary tract problem for younger men. There are different types of prostatitis, but the most common type is chronic prostatitis/chronic pelvic pain syndrome (CP/CPPS). Prostatitis is considered "chronic" when symptoms last for three months or longer.⁴

Prostate Cancer

Approximately 220,800 men are diagnosed with prostate cancer in the U.S. every year. It is the most frequently diagnosed type of cancer in men and the second leading cause of cancer death. While some prostate cancers are fast-growing and can spread rapidly, most grow slowly and the survival rate is very good.⁵



Important Facts

Besides skin cancer, prostate cancer is the most common cancer in American men. In fact, approximately 1 man in 9 will be diagnosed with prostate cancer during his lifetime.²

African American men have the highest incidence of prostate cancer in the world, and they are two to three times more likely to die from it as Caucasians.⁶ The good news is men can reduce their risk by following a healthy diet and lifestyle and getting yearly prostate screening checkups.

DIET TIPS FOR A HEALTHY PROSTATE

If prostate health is a concern for you, focusing on your diet should be a priority. Here are several strategies you can use to make a prostate-healthy diet a part of your everyday life.

Eat Less Saturated Fat

A diet high in saturated fats is not good for your prostate, heart or waistline. Some studies show that men who eat a diet high in saturated fat are at a higher risk for prostate cancer.⁷

- Eat less fried foods and baked goods including cakes, doughnuts and cookies, ice cream and potato chips. Limit to a small serving once or twice per week.
- Use healthy fats such as olive and canola oil for cooking.
- For snacks choose a small handful of walnuts or almonds.

Eat Less Meat and Dairy

Both meat and dairy can be high in saturated fat. Dairy foods also contain calcium, and some studies show that too much calcium may increase risk of prostate cancer.⁸ However, calcium is important so the goal is to get enough calcium without over doing it. The recommended calcium intake for men up to 70 years of age is 1,000 mg per day. For men over 70 years, the recommended intake is 1,200 mg per day. One 8 ounce serving of dairy, such as yogurt or milk, provides between 300 and 400 mg of calcium. Limit your milk or dairy servings to two per day to ensure you get the calcium you need without over doing it. If you have meat every day, consider switching to a vegetarian meal for 2-3 meals every week.

Eat More Vegetables and Fruits

Vegetables and fruits are full of vitamins, minerals, fiber and other nutrients that can help keep your prostate healthy. Follow these tips to eat more vegetables and fruits. Start by filling half of your lunch or dinner plate with colorful vegetables. Try to include many colors such as green, yellow/orange, red/purple and white. Eat fruit for a tasty dessert. Include tomatoes, pink grapefruit, guava and watermelon in your diet since they contain lycopene, a plant pigment that has been associated with a decreased risk of prostate cancer.⁹

Watermelon, Walnut and Feta Salad

Preparation Time: 30 minutes

Serves: 6

- 1 medium shallot or ½ small red onion, sliced very thin
- ½ cup cider vinegar
- 1 small watermelon, chilled
- 4 ounces fresh feta cheese or ricotta cheese, cut or crumbled into small chunks
- 2 tablespoons chopped walnuts
- 1 handful torn mint leaves
- Juice of 1 to 2 limes, or to taste
- 4 cups loosely packed rinsed arugula

Directions

1. In a bowl combine the thinly sliced onion and vinegar. Let sit for at least 30 minutes. Drain.
2. Meanwhile, cut the melon into 8-12 slices. Cut away the rind and cut the flesh into 1-inch chunks. Put into a large bowl.
3. Mix the watermelon with half of the lime juice. Add more lime juice to taste. Let sit in the fridge to marinate and chill.
4. Just before serving, quickly toss together with the cheese, walnuts and the mint.
5. Arrange arugula on a serving platter and top with watermelon and cheese mixture, and dot the onions over the top. Serve immediately.



DIET TIPS FOR A HEALTHY PROSTATE (CONT'D)

Eat More Legumes (Soy and other Beans, Peas, and Lentils)

Legumes are high in folate, potassium, iron, magnesium, and fiber.¹⁰ Soybeans are legumes that have specifically been shown to help keep your prostate healthy. Soybeans contain isoflavones which have been linked to a decreased prostate cancer risk.¹¹ Choose whole soy foods such as tofu, soy milk, edamame and tempeh, along with other beans, peas, and lentils.

Eat More Whole Grains

Eat more fiber-rich whole grains such as such as oats, brown rice, barley, and quinoa for a healthy prostate.¹² To find whole grain packaged foods look for the word "whole" or buy the whole grain itself, such as oats, listed as the first ingredient on the ingredients list, which is often included below the nutrition facts label. Eat less refined grains such as white flour pasta and white bread.

Eat More Fish

Certain fish such as salmon, mackerel, herring, trout and swordfish contain omega-3 fats (EPA and DHA) which are healthy for your prostate and your heart.¹³ Research has shown that omega-3 fish oils reduce inflammation, and eating fish may decrease the risk of death from prostate cancer.¹⁴ Eat fish at least twice a week, or take a high-quality fish oil supplement.

Drink Green Tea

Green tea contains antioxidants called catechin polyphenols, which have been linked to a decreased risk of prostate cancer.¹⁵ Drink at least one cup per day, but for the most benefit, drink 3-4 cups per day. If you choose decaffeinated green tea, choose one that uses carbon dioxide and water as the solvent. This is called effervescence and this method helps to preserve the catechins.

Corn, Tomato, Avocado and Black Bean Salad

This vegetarian side dish includes healthy, unsaturated fats from the avocado and olive oil and the black beans are a great way to get a serving of legumes. The tomatoes are rich in lycopene which can decrease your risk for prostate cancer.

Preparation Time: 15 minutes

Cooking Time: 4 minutes

Serves: 4

- 1 (10-ounce) bag frozen white corn niblets
- 1 (15-ounce) can black beans, rinsed and drained
- 2 cups grape tomatoes, halved
- 1 avocado, chopped
- ¼ cup balsamic vinegar
- 1 tablespoon olive oil
- A dash of salt and pepper
- ½ cup fresh basil

Directions

1. Place the corn in a microwave-safe container and cook for 2 minutes on high. Stir and continue to cook for 2 minutes or until the corn is warmed through.
2. Combine corn with black beans, grape tomatoes and avocado.
3. Toss with balsamic vinegar and olive oil, add salt and pepper.
4. Top with fresh basil. Serve immediately or refrigerate and serve the same day cold.





4 LIFESTYLE TIPS FOR A HEALTHY PROSTATE

While maintaining a healthy diet is essential for the health of your prostate, that is only part of the puzzle. Having a healthy, active lifestyle is important for your prostate and overall health too.

Exercise Every Day

Daily exercise is very important for keeping your prostate healthy. It helps to release tension, decrease stress, keep hormone levels healthy, and improve immune function.

Studies indicate that regular physical activity may help decrease prostate cancer risk.¹⁶ Exercise helps achieve and maintain a healthy weight, which has been linked to a reduced risk of many types of cancer.¹⁷

It is recommended to exercise at a moderate-intensity, 5 days per week for at least 30 minutes. According to the Cleveland Clinic, moderate-intensity activity is anything that gets your heart beating 50-60% higher than it beats when you are at rest.¹⁸

For example:

- Walk 2 miles in 30 minutes
- Bike 5 miles in 30 minutes
- Swim laps for 20 minutes
- Work in the garden for 30 to 45 minutes
- Dance for 30 minutes

If You Are Overweight, Try to Lose Weight

Excess weight may lead to many health concerns including prostate cancer. Studies have found that being overweight increases the risk of aggressive prostate cancer as well as risk of dying from prostate cancer.¹⁹⁻²⁰

If you are overweight, work with a registered dietitian to develop a personal weight loss plan.

Do Not Smoke

It is no secret that smoking is not good for your health. When it comes to your prostate, studies have found that smoking increases the risk of prostate cancer by affecting hormone levels and through exposure to cancer-causing substances (carcinogens).²¹

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According to the American Institute for Cancer Research, 11% of advanced prostate cancers in the U.S. can be prevented by maintaining a healthy weight.²²

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NUTRIENTS AND PLANT EXTRACTS FOR A HEALTHY PROSTATE

In addition to a healthy diet and active lifestyle, certain nutrients and plant extracts may benefit men with prostate health issues. Remember to always consult your health care provider before beginning any new supplement regimen.

Plant Extracts for Relief of Urinary Symptoms

Saw Palmetto

Research shows that saw palmetto may help with mild to moderate symptoms of an enlarged prostate with fewer side effects than prescription medication.²³

Studies show that saw palmetto is safe, and does not falsely lower prostate-specific antigen (PSA) levels (a false lowering of PSA levels could mask the diagnosis of prostate cancer).²⁴

Beta-Sitosterol

Beta-sitosterol is one type of plant sterol (phytosterol). Studies show that beta-sitosterol may improve urinary tract symptoms and urinary flow in men with an enlarged prostate.²⁵

Nutritional supplements usually contain beta-sitosterol as part of a mixture of phytosterols including campesterol, stigmasterol, and brassicasterol.

Pygeum

Pygeum africanum, or African plum extract, comes from the bark of the African plum tree, found in central and southern Africa.

One of the main active compounds in pygeum is beta-sitosterol. Studies show that pygeum extract can decrease urinary symptoms such as frequent urination at night (nocturia), and reduced urinary flow in men.²⁶

Grilled Soy-Glazed Salmon

This easy, tasty salmon recipe can help you meet your goal of eating fish at least twice every week to help keep your prostate, and your heart, healthy.

Preparation Time: 25 minutes

Cooking Time: 10 minutes

Serves: 4

- 3 tablespoons low-sodium soy sauce
- 2 tablespoons honey
- 1 tablespoon olive oil
- ½ teaspoon red chili paste
- 4 salmon fillets, 5 ounces each

Directions

1. Prepare grill.
2. Combine soy sauce, honey, oil and chili paste in a medium-sized mixing bowl; stir thoroughly. Place salmon in soy mixture to marinate for at least 15 minutes.
3. Grill salmon over medium heat (to prevent excessive charring of outside flesh) until salmon is firm, about five minutes on each side.
4. Transfer grilled salmon to a holding platter until ready to serve.



NUTRIENTS AND PLANT EXTRACTS FOR A HEALTHY PROSTATE



Plant Extracts for Prostatitis

Two plant extracts, rye grass flower pollen and quercetin may be useful for relief of symptoms of prostatitis. Rye grass flower pollen extract contains amino acids, antioxidants, and phytosterols. Quercetin is a natural compound found in red wine, onions, apples, and green tea. Both these nutrients have been found to reduce pain and improve quality of life in men with chronic prostatitis.²⁷⁻³⁰

PLANT EXTRACT	DECREASE PAIN	REDUCE INFLAMMATION	IMPROVE QUALITY OF LIFE	DECREASE URINARY SYMPTOMS
Rye grass flower pollen extract ²⁷⁻²⁹	•	•	•	•
Quercetin ³⁰	•	•	•	

Vegetable Stir-Fry with Tofu and Brown Rice

This vegetarian meal has a variety of colorful vegetables, and the tofu contains soy isoflavones which may decrease your risk for prostate cancer.

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Serves: 4

- 2 tablespoons water
- 1 ½ tablespoons cornstarch
- 1 cup vegetable broth
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon sugar
- 1 teaspoon sesame oil
- ½ teaspoon crushed red pepper
- 1 ½ teaspoons olive oil
- 1 (12-oz.) package firm tofu
- 1 cup thinly sliced onion
- 1 cup red bell pepper strips
- 3 cups sliced zucchini (about ¾ pound)
- 1 cup snow peas, trimmed
- ½ cup sliced carrot
- 1 (8-oz.) can sliced water chestnuts, drained
- 1 cup cilantro sprigs
- 3 cups hot cooked long-grain brown rice

Directions

1. Combine water and cornstarch in a bowl
2. Stir in broth and next five ingredients (broth through crushed red pepper).
3. Heat 1 teaspoon of olive oil in a large nonstick skillet over medium-high heat.
4. Add ½ teaspoon olive oil to pan. Add onion and bell pepper and stir-fry two minutes. Add the zucchini, snow peas, carrot, and water chestnuts; stir-fry one minute. Add tofu and broth mixture. Bring to a boil and cook for two minutes.
5. Stir in cilantro. Serve with rice.



Nutrients That May Reduce Your Risk of Prostate Cancer

Research has shown that certain vitamins and other nutrients can help keep your prostate healthy. In addition to following a healthy diet and lifestyle, speak to your doctor to see if these additional nutrients may be helpful for you.

NUTRIENT	PURPOSE	SUPPLEMENT NOTES
Selenium	An antioxidant that helps to prevent and repair damage to cells. Studies have found that higher blood levels of selenium are linked to a lower risk of prostate cancer. ³¹	High selenium yeast is the form of selenium that has shown benefit for prostate health in clinical trials. ³²
Vitamin E	Vitamin E is a fat-soluble vitamin found in fats and oils such as salad dressings, margarine, and cooking oil. It is made up of a family of compounds called tocopherols. There are four tocopherols: alpha, beta, delta, and gamma. Research indicates that higher intakes and blood levels of gamma-tocopherol are linked to a decreased prostate cancer risk ³³⁻³⁴	Look for gamma tocopherol, along with a mixture of vitamin E from other natural “mixed” tocopherols.
Vitamin D	Vitamin D is a hormone and fat-soluble vitamin that is important for prostate and overall health. Low vitamin D levels have been linked to more aggressive prostate cancer, increased risk of death from prostate cancer, and more urinary symptoms in men. ³⁵⁻³⁷	Choose vitamin D ₃ , the form that is most efficient at restoring and maintaining a normal vitamin D blood level (>30 ng/mL).
Lycopene	Lycopene is a bright red carotenoid found in tomatoes and other red fruits and vegetables, such as watermelon. Studies suggest that consuming more lycopene may reduce the risk of prostate cancer and slow down the rise of PSA levels. ^{9,38}	Studies showing benefit have used 30 mg of lycopene from cooked tomatoes or Lyc-O-Mato®, but not from synthetic or pure lycopene. ³⁸⁻³⁹
Soy Isoflavones	Soy foods, which include tofu and soy milk, contain compounds known as isoflavones, or plant estrogens, which have been linked to a decreased risk of prostate cancer. ¹¹ For men with prostate cancer, studies suggest soy isoflavones may decrease the rate of PSA rise enhance radiation treatments and reduce the side effects of radiation. ⁴⁰⁻⁴²	Studies show that soy foods or whole soybean extract is more beneficial for prostate health than individual isoflavones alone. ⁴³

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WHY THERALOGIX?



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