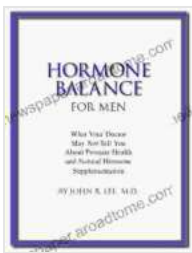


What Your Doctor May Not Tell You About Prostate Health And Natural Hormones

Are you a man over the age of 40 who is concerned about your prostate health? If so, you are not alone. Prostate problems are common among men as they age. In fact, it is estimated that by the age of 60, over half of all men will have an enlarged prostate.



Hormone Balance for Men: What your doctor may not tell you about prostate health and natural hormone supplementation. by John R. Lee MD

★★★★☆ 4.4 out of 5

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Word Wise : Enabled
Lending : Enabled
Screen Reader : Supported
Print length : 42 pages



While there are many conventional treatments available for prostate problems, many of these treatments can have side effects. If you are looking for a more natural way to improve your prostate health, there are a number of things you can do.

One of the most important things you can do is to eat a healthy diet. A diet that is rich in fruits, vegetables, and whole grains can help to reduce your

risk of developing prostate problems. You should also limit your intake of processed foods, red meat, and saturated fat.

In addition to eating a healthy diet, there are a number of other things you can do to improve your prostate health. These include:

- Getting regular exercise
- Maintaining a healthy weight
- Avoiding smoking
- Reducing stress

If you are experiencing symptoms of a prostate problem, it is important to see your doctor. However, if you are looking for a more natural way to improve your prostate health, there are a number of things you can do on your own.

Natural Hormones and Prostate Health

In recent years, there has been growing interest in the role of natural hormones in prostate health. Some studies have shown that certain natural hormones, such as testosterone and DHEA, can help to improve prostate function.

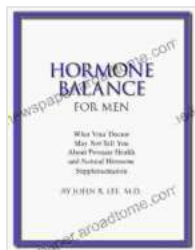
Testosterone is a hormone that is produced by the testicles. It is responsible for a number of male characteristics, such as muscle mass, bone density, and libido. DHEA is a hormone that is produced by the adrenal glands. It is a precursor to both testosterone and estrogen.

Some studies have shown that testosterone can help to improve prostate function in men with an enlarged prostate. Testosterone can help to reduce the size of the prostate and improve urinary symptoms.

DHEA has also been shown to have benefits for prostate health. DHEA can help to improve the function of the immune system and reduce inflammation. It can also help to improve mood and energy levels.

If you are interested in using natural hormones to improve your prostate health, it is important to talk to your doctor. Your doctor can help you to determine if natural hormones are right for you.

If you are a man over the age of 40, it is important to be proactive about your prostate health. By following the tips in this article, you can help to reduce your risk of developing prostate problems and improve your overall health and well-being.

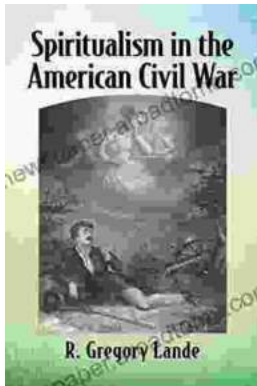


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