



Oasis Health & Wellness

Focusing on mind, body & spirit

Prostate Health

The prostate is a walnut sized gland that sits just below the bladder in men and is an integral part of the male reproductive system. Prostate fluid is what makes up the bulk of semen. The prostate is a common site of disorders in males.

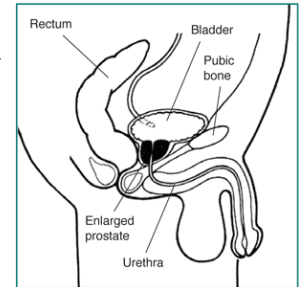
Generally speaking there are 3 conditions that can cause problems with the prostate:

Prostatitis— is inflammation of the prostate

Benign Prostatic Hypertrophy (BPH) - enlarged prostate with no signs of cancer

Prostate Cancer

Symptoms of an enlarged or inflamed prostate may include frequent urination, burning urination, fullness in the bladder, difficulty starting urination and sometimes pain between scrotum and rectum, fever or blood in the urine. If you suspect any problems with the prostate your medical doctor may prescribe a PSA test (blood test). Please note that a high PSA level is not specific to prostate cancer – it can also indicate other prostate conditions. In fact about two thirds of cases of a high PSA turn out not to be prostate cancer at all but some other condition, usually benign prostatic hypertrophy.



There are many cases of men who have prostatitis or BPH that do not respond to antibiotics. The reason the body may not be responding is because the cause is not bacterial. Many cases can be treated naturally whether the imbalance is coming from a bacteria, virus or fungus!

What can you do to protect your prostate?

Selenium—Males appear to have a greater need for selenium. Almost half of their body's supply concentrates in the testicles and portions of the seminal ducts adjacent to the prostate gland.

Zinc, - also believed to be key to prostate health. It exerts a normalizing effect on the prostate gland. Eat 1-4 ounces of pumpkin seeds daily or use pumpkin seed oil daily

Saw Palmetto—helps reduce prostate enlargement.

Eat a whole foods diet—with whole grains, broccoli, brussel sprouts, cabbage, cauliflower, carrots, pumpkin, yams, fresh fruits, nuts and seeds

Restrict your intake of dairy—moderate consumption of yogurt and kefir is acceptable

Essential fatty acids (Omega 3's) are important for their anti-inflammatory action.

There are many other considerations for the prostate including acupuncture, herbs and homeopathics. If you suspect a prostate imbalance or would like more information please book an appointment today.

Only about half the men with prostate enlargement experience signs and symptoms that become noticeable or bothersome enough for them to seek medical treatment.

These signs and symptoms may include:

- Weak urine stream
- Difficulty starting urination
- Stopping and starting again while urinating
- Dribbling at the end of urination
- Frequent need to urinate
- Increased frequency of urination at night (nocturia)
- Urgent need to urinate
- Not being able to completely empty the bladder
- Blood in the urine (hematuria)
- Urinary tract infection
- Pain in the lower abdomen
- Discomfort during ejaculation



Providing you with natural, relaxing therapeutic methods for a **healthier** and **happier** you !

Selenium Rich Foods

Recommended daily allowance 50-100mcg

1 tbsp wheat germ	11.89 mcg
1 Egg	15.4 mcg
1 cup brown rice, cooked	19.11 mcg
3 oz turkey, light meat	27 mcg
3 oz haddock, cooked	34 mcg
3 oz turkey, dark meat	34 mcg
3 oz cod, cooked	40 mcg
1 cup couscous	43 mcg
3 oz ocean perch	47 mcg
3 oz sole, cooked	49 mcg
Brazil Nuts (6-8)	543 mcg

Zinc Rich Foods

Recommended daily allowance 15 mg

1 cup brown rice, cooked	1.228 mg
3 oz chicken, cooked	1.24 mg
10 pecans	1.284 mg
1 tbsp wheat germ	1.83 mg
1 cup blackbeans	1.9 mg
1 oz pumpkin seeds	2.11 mg
1 cup lentils, cooked	2.5 mg
1 cup chickpeas	2.5 mg
3 oz. eye of round	4 mg
1 cup adzuki beans, cooked	4.07 mg
3 oz ground beef, low fat	5.4 mg
3 raw oysters	38 mg



Did you know?

It only takes 2 brazil nuts per day to meet your Recommended Daily Requirements of Selenium !

3 Step Lasagna

Lentil Sauce

- 3/4 cup red lentils
- 4 c water or broth
- 1/2 cup diced onions
- Salt and pepper to taste

Lasagna

- 1 package uncooked lasagna noodles
(choose a noodle made with brown rice flour or other grains such as spelt or kamut)



Filling

- 1 lb. ground chicken or turkey
- 2 tbsp. chopped onion
- 1 clove garlic, minced
- 1 tsp. olive oil
- 2 cups finely diced vegetables (*zucchini, celery, carrots, broccoli, onions, mushrooms etc.*)
- 1 tsp. dried oregano
- 1 bay leaf
- 1/4 tsp. salt
- 1/4 tsp. pepper

Lentil Sauce

Add onions to a saucepan and saute in oil until very soft but not browned. Add lentils and stock or water and bring to a boil. Reduce heat, cover and simmer gently for 20 to 25 minutes or until lentils are very tender. Puree mixture adding stock or water to yield desired thickness. Season to taste with salt and pepper. (yields about 2 cups of sauce.)

Filling

In a frying pan saute ground chicken or turkey, onion and garlic in hot oil in a large skillet 2 minutes. Stir in vegetables and spices; cover, reduce heat, and simmer 10 minutes or until turkey is cooked through. Remove bay leaf; set vegetable mixture aside.

Cook lasagna according to package directions. Drain noodles, and cut in half crosswise; set aside.

Coat an 8-inch square baking dish with a layer of lentil sauce. Place one row of noodles in the dish. Spoon half of meat mixture over the noodles. Repeat layers, ending with noodles and layer of sauce.

Cover baking dish, and bake at 350 degrees for 20 minutes.