

Men's Hormonal Health presented by Jim Golick CCN, LDN

Benign Prostatic Hypertrophy (BPH) – “Enlarged Prostate”

- Incidence: 50% of men over 50. Not malignant.
- Sx: increased nighttime urinary frequency and decreased urinary flow
- Causes: Testosterone converted to dihydrotestosterone (DHT) by enzyme (5-alpha reductase) + ↑ levels of estrogen which inhibits elimination of DHT

Dietary & Lifestyle Factors

- Avoid pesticides and cigarettes (↑ 5- alpha red.)
- Increase blueberries, broccoli, other cruciferous veggies
- ↑ **fatty fish, flaxseed meal, high lignan flax oil** (Lignans & Omega -3 fats protective)
- **Soy foods** appear to reduce risk of prostate cancer and BPH, yet soy has pros/cons
- **Zinc-rich foods:** oysters, lean beef, pumpkin seeds, sunflower seed, wheat germ
- **Zinc** reduces 5-alpha red. and ↓ BPH Sx in 75% of men

Herbs for “Prostate Support”

- **Saw Palmetto** (serenoa repens): ↓ 5-alpha red. & blocks estrogen. **160-320 mg / day**
Standardized Pygeum and Nettle extract also helpful. Look for all in same formula.

Prostate Cancer

- 180,000 new cases and 39,000 deaths each year. Most common cancer in men but less likely to cause death. ↑**risk:** African American, over 50, close male relative.
- Screened with rectal exam and PSA (ideal = 0--4) and ultrasound. Get annual physicals
- Sx: Initially none. Otherwise similar to BPH: ↓ urine flow & ↑ frequency
- Seek medical attention if blood appears in urine or pain upon urination.
- Rx: Surgical removal, radiation and/or hormonal therapies, or “wait and see”
- Side effects: Impotence, bladder/bowel problems, hot flashes, weight gain

Reducing risk of prostate cancer and other cancers

- **Lower saturated/trans fats** in fatty lunchmeats, cheese/ burgers, popcorn, chips.
- **Reduce consumption of oxidized (damaged) cholesterol** in scrambled eggs and omelet's, nachos, pizza, fried fish, French Fries, etc.
- **Broccoli and broccoli seeds** (20 times greater concentration than mature Broccoli) are important sources of chemoprotective compounds, that supports the body's natural detoxification mechanisms. **SGS™ (Sulforaphane Glucosinolate)** has been the subject of hundreds of scientific studies regarding **DNA protection and cellular integrity**. **SGS™** is a potent activator of the body's immune defense system.
- **Indole-3-Carbinol (I3C)** is found in cruciferous vegetables. I3C provides powerful antioxidant protection. I3C can help to maintain healthy normal hormonal balance, for support of the health of the breast and prostate. I3C is also known to support the liver's detoxification processes.
- **Flax Lignans** are also beneficial in supporting healthy normal hormone balance.
- **Tomato-based** products, esp. cooked in oil (i.e., pasta sauce) (**Lycopene**),
- **Omega-3 fats protective:** salmon, sardines, mackerel, herring, fish oils (**also need Vit E & Se**)
- **Antioxidants:** Beta-carotene, Vit E (400 IU), Vit C , selenium (200 mcg), and zinc (30 mg)
- **Co-enzyme Q₁₀** (100 mg or more) energy, heart health, immune system

Libido and Virility

- **ZMA®** (Zn, Mg, B-6) aid testosterone + sleep + prostate health (Helpful for men and women)
- **Adaptogenic herbs** which help fatigued adrenals due to stress which contributes to poor libido: **Panax Ginseng, Eleuthero, Rhodiola, Ashwagandha.** (Men and Women)
- **Long Jack Root LJ100™ Tongkat Ali** (*Eurycoma longifolia* extract) Supports male reproductive function and healthy testosterone levels.
- **Epimedium** Extract (Horny Goat Weed) may influence levels of neurotransmitters such as norepinephrine, serotonin, and dopamine and reduce cortisol levels. (Men and Women)
- **Tribulis.** helps to support healthy hormone production and male reproductive health, due to its saponin content. It seems to work by facilitating the absorption of essential fatty acids used by the liver to manufacture certain hormones. In men, the secretion of leutinizing hormone (LH) from the pituitary gland appears to be increased. In women, it may increase secretion of follicle stimulating hormone (FSH) and estradiol. (Men and women)
- **Maca** (Peruvian Potato) Peruvians have used Maca since ancient times for its purported use as an aid to fertility and virility. (Men and Women)