



## What is Benign Prostatic Hyperplasia (BPH)?

**Benign Prostatic Hyperplasia** (also called BPH) is a condition that affects the prostate gland in men. The prostate is a gland found between the bladder and the urethra, and as a man ages, **the prostate gland** slowly grows bigger and enlarges. The term "benign" means that the enlargement isn't caused by cancer or infection.

The term "hyperplasia" means enlargement. Due to the position of the prostate, as it gets bigger it may put increasing **pressure on the urethra**. This may then cause a variety of problems in the urinary system, most of all causing the flow of urine to be slower and less forceful.

Gradually, in most cases, the **symptoms of BPH** start with the need to get up more often at night to urinate or the need to empty the bladder often during the day. A man may find he has difficulty in starting the urine flow, dribbling after urination ends, and the size and strength of the urine stream also decreases.

It is important to remember that **urinary symptoms** may be signs of more serious diseases, such as a bladder infection, urinary tract infection or bladder cancer. If you are concerned, it is always best to seek medical advice and a **proper diagnosis**.

## Diagnosing Benign Prostatic Hyperplasia (BPH)

It is important that your doctor take a **complete history of your symptoms**. The next step will consist of a rectal exam, where your doctor checks your prostate by putting a gloved, lubricated finger into your rectum to feel the back of your **prostate gland**. Although this may sound rather alarming, it is only mildly discomforting and only takes a few minutes.

This exam allows your doctor to feel the **size of the prostate gland**. To make sure that your prostate problem is benign; your doctor may need to look at a sample of your urine for signs of infection. Your doctor may also order a **blood test**. An ultrasound exam or a **biopsy of the prostate** may also be performed to help your doctor make a proper diagnosis.

## What Causes Benign Prostatic Hyperplasia (BPH)?

The **enlargement of the prostate** is an inevitable byproduct of aging. Increased growth of prostate cells usually takes place after age 40. As the **prostate grows around the urethra**, it may eventually start to squeeze the urethra, which can cause the bladder to contract, even when it is almost empty and when this happens, you urinate frequently and may also experience a weak urine flow.

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

## Help for Benign Prostatic Hyperplasia (BPH)

Once it has been confirmed that the **growth and enlargement of the prostate gland** is benign, treatment options can be recommended and investigated. Your doctor may also suggest that prior to further action, you wait to see if your symptoms improve. Some milder symptoms tend to improve of their own accord. **If your symptoms get worse**, your doctor may suggest a treatment option.

### Natural Remedies for BPH

Herbal and homeopathic remedies have been used for centuries to **treat a number of conditions**. The prostate gland is another bodily organ that can be soothed and supported by a number of proven herbal and homeopathic ingredients.

There are many clinical studies supporting the effectiveness of **certain herbs in the treatment of BPH**. Among these are Saw palmetto and Epilobium parviflorum.

While these ingredients help relieve uncomfortable BPH symptoms, other herbal ingredients are especially helpful in assisting the body's ability to strengthen the immune system, address testicular tumors, prostate hypertrophy and urinary infections.

One such ingredient is the herb Hypoxis rooperi (extract of African Potato). Used extensively in African traditional medicine, the activity of Hypoxis rooperi against BPH is ascribed to phytosterol glycosides, mainly B-sytosterol. Remember to always source your **natural remedies from a reputable company** to ensure maximum safety, efficacy and therapeutic dosage.


### Conventional Treatment

Surgery is considered the most effective treatment and is used in men with strong symptoms that persist after other treatments are tried. This is also the best way to **diagnose and cure early cancer of the prostate**. However, as with most invasive procedures, surgery does have risks, such as bleeding, infection or impotence and erectile dysfunction.

Conventional drug treatments include Finasteride (Proscar) and dutasteride (Avodart) that **block a natural hormone that makes the prostate enlarge**, but they do not help all patients.


The side effects of finasteride are mild and usually affect sexual function. As with most conventional medications, side effects stop once the medicine is stopped. Alpha-blockers have been used for a long time to treat high blood pressure, but they can also help the **symptoms of BPH**, even in men with normal blood pressure.

Some of these drugs are terazosin (Hytrin), doxazosin (Cardura), tamsulosin (Flomax) and alfuzosin (Uroxatral). These medicines may not work in all men and the side effects of alpha-blockers include dizziness, [fatigue](#) and lightheadedness.



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

# Tips for those living with BPH

While it is important to keep hydrated throughout the day, limit your fluid intake after dinner or late at night.

Try to reduce the amount of alcohol and caffeine in your diet, and avoid them altogether after mid-afternoon. Caffeine and alcohol both have a **diuretic effect that will increase urine flow.**

If possible, avoid taking medication that stimulates the neck of the bladder and prostate. Conventional OTC decongestants including pseudoephedrine (Sudafed) are prime examples.

Also avoid drugs that weaken bladder contractions including some antihistamines such as Benadryl. Some **antidepressants and antispasmodics** may also weaken bladder contractions.

If you are taking diuretics for health reasons (usually heart problems or high blood pressure) ask your doctor if it is possible to substitute for a similar medication of a natural variety, or at least reduce the dosage of your treatment.

Even if your bladder does not feel full, visit the bathroom at regular intervals throughout the day and use a bathroom at any available opportunity. Take your time urinating and concentrate on emptying your bladder as much as possible and ***never attempt to hold urine for prolonged periods of time.***

Try to avoid situations that will not allow for regular use of bathrooms. For example, try to always take aisle seats and avoid any long journeys where no bathroom facilities will be available.

Regular ejaculation will also assist in **shrinking the prostate.**

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of

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treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In



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some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

In the treatment of depression, the following herbal and homeopathic remedies are often used as part of the treatment plan.

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