

# Over 40? Do These 10 Things to Improve Your Prostate Health and Live Longer

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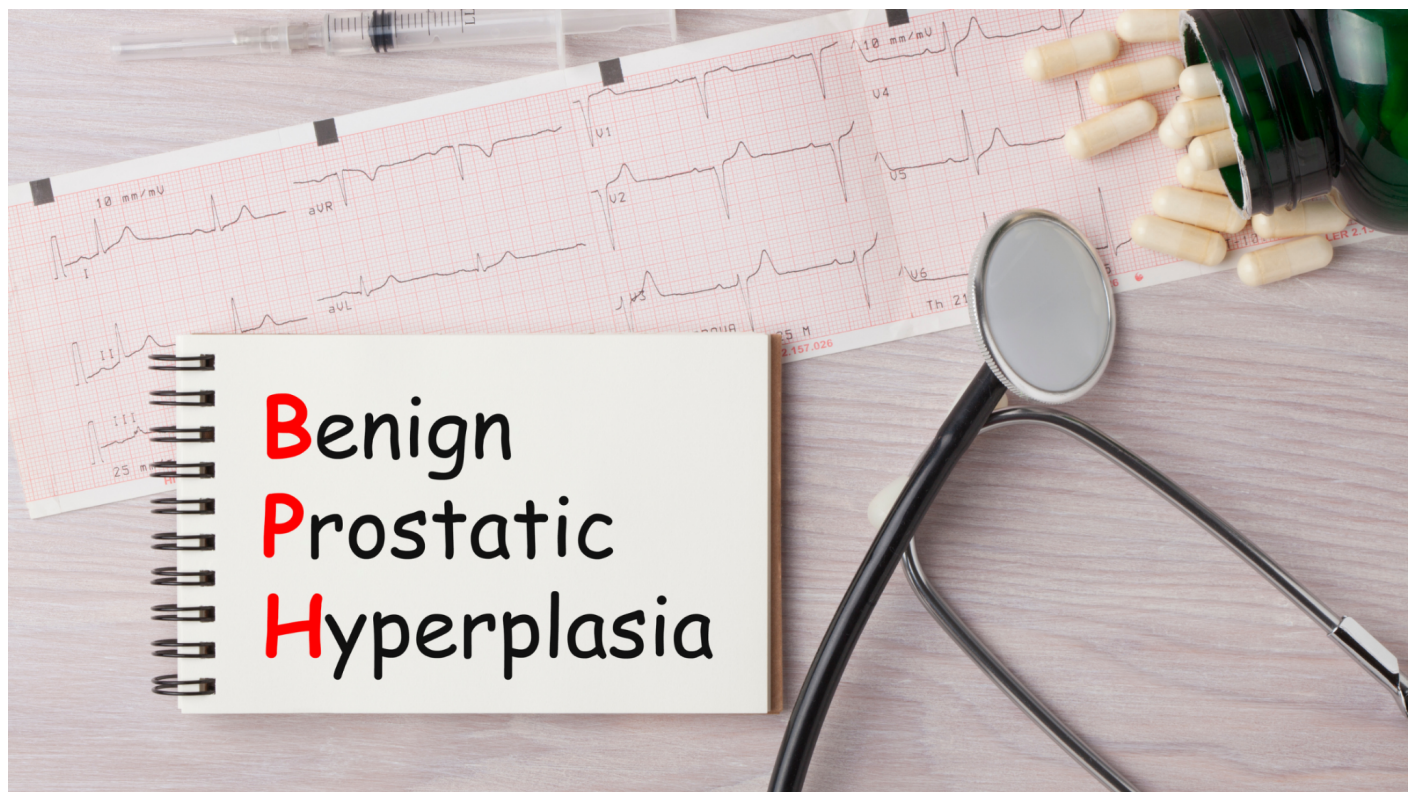
Keyword	Reach	Competition	Bid Range on Google
Prostate Health	1-10k	High	US\$0.59 US\$2.08
prostate	100k-1m	low	US\$0.54 US\$1.97

If you are a male, the older you get, the greater the chance you will develop prostate problems and maybe even prostate cancer. Aside from skin cancer, prostate cancer is the most common cancer among men. The National Cancer Institute reports that there have been 34,500 deaths from prostate cancer so far in the U.S. for 2022. In 2019, an estimated 3,253,416 men in the USA were living with prostate cancer. No man wants to hear this, but the reality is that 1 in 8 men will be diagnosed with prostate cancer, and the odds of the diagnosis increase if the man is over 65 and black. Transgender women can also get prostate cancer.

Located below the bladder and just in front of the rectum, the prostate encircles the first part of the urethra, the tube which transports urine from the bladder to the penis. Only men have a prostate and that is because the prostate makes a fluid that,

combined with the sperm from the testicles, forms semen. The prostate is super important and it also produces a protein that is called prostate-specific antigen or PSA. This protein helps to make semen aqueous.

Prostate size varies from person to person and a normal prostate may be described as small, medium or large. Having a large prostate does not mean that a medical condition exists or that the person's health is being threatened. All men, if they live long enough, may have an enlarged prostate, it is quite common.



Prostate cancer is the worst disease that can affect the prostate; however, it is not the only disease that can cause discomfort, frequent doctor visits, and affect your sex life and your general quality of life. Prostatitis and Prostatic Hypertrophy, also known as Benign Prostatic Hyperplasia (BPH) are also two very common ailments that can affect your prostate health, and at any point, a man can have one or more prostate diseases. However, if men follow these ten tips, they can live a longer, healthier life, with a very healthy prostate.

## **1. Exercise & Maintain A Healthy Weight**

Scientists link obesity to various prostate health problems and to general health problems, including cancer and diabetes. Men who are more physically active are less likely to suffer from prostate problems. Even low- to moderate-intensity physical activity can yield benefits. Exercise can reduce the symptoms of chronic prostatitis. Practice a plant-based nutrient-rich diet and consistently exercise to help you maintain a healthy weight and prostate.

## **2. Keep Yourself Hydrated Daily**

Adult Males should consume at least a half gallon of water per day to help improve metabolism, ensure adequate urine production, and slow aging. However, using herbal sugar-free teas is a good way to stay hydrated while delivering nutrients that support the prostate. Saw palmetto and ginseng are great teas that you can use to promote good prostate health while staying hydrated.

## **3. Use Prostate Supplements**

Prostate supplements contain herbs such as saw palmetto, muira puama and tribulus, to name a few. These are powerful herbs that help to lessen inflammation in men suffering from prostatitis. These herbs can also help to shrink the prostate in men suffering from BPH. When choosing prostate supplements, carefully read the label. Supplements that do not contain saw palmetto, muira puama or damiana are a waste of your money. These are the supplements we recommend as they are conveniently packed with over 14 essential prostate powerhouse herbs, vitamins, and grade-A nutrients.

## **4. Minimize Alcohol Use**

Alcohol can alter the normal function of the prostate. If you have BPH, you definitely should stay away from excess alcohol ingestion. Alcohol irritates the bladder, worsening your symptoms and aggravating the severity of prostatic inflammation.

## **5. Quit Smoking**

Smoking cigarettes worsens the ability of men with prostate cancer to recover. Cigarettes may also increase the risk of prostate cancer as they expose you to carcinogens and affect your hormones. Alternatively, marijuana does not seem to have the same effect as cigarettes. However, doctors recommend that men use high-quality CBD oil instead of smoking marijuana, as smoking of any kind is bad for your body.

## **6. Reduce Your Meat Consumption**

Processed meat may be associated with an increased risk of developing prostate problems, as there are carcinogens found in cooked meat. Non-Organic meats also contain estrogen and other steroid-type chemicals. Estrogen can start the deterioration of the prostate. Eat less meat and try a plant-based diet so you can reduce your risk.

## **7. Cut Down Dairy Intake**

Prostaglandin hormones are released as a reaction to dairy consumption. Prostaglandins can weaken the tissue of the prostate, which reacts by getting thicker and may become enlarged. Men with a high dairy intake face a significantly higher risk of developing prostate problems. Cutting milk from your diet means that you should consider taking a supplement that provides the appropriate amounts of calcium and vitamin D.

## **8. Get enough Sleep**

Research shows that not getting enough sleep increases your chances of developing prostate cancer. Also, many men who suffer from BPH are found to have insomnia. It is recommended that you get at least 7 hours of sleep each night. Lack of sleep weakens your immune system. It also affects melatonin levels, which can lead to an increase in genetic mutations and hampered DNA repair. A lack of sleep also disrupted genes involved in tumor suppression.

## **9. Stay Away From Sugary Foods**

Refined sugars can increase inflammation and high blood sugar levels are associated with an increased risk of an enlarged prostate. Eat cruciferous vegetables like cabbage, kale, and cauliflower. Cooked tomatoes work wonders for the prostate as they contain lycopene, a carotenoid that suppresses cancer.

## **10. Overcome Stress**

Stress can lead to the development of inflammation and cause problems with your health and well-being. Be kind to yourself by engaging in activities that you like whether it be kickboxing, meditation, or fishing. Do what you need to do to find the time to feel at ease and settle your mind. Your mental well-being will work wonders for your prostate health and your overall physical health.