

AN IN-DEPTH GUIDE



THE PERFECT PROSTATE
PROSTATE HEALTH TIPS
THAT WORK FOR MEN

NO DRUGS - NO INCISIONS
PREVENT PROSTATE PROBLEMS NATURALLY

MORE FOR MEN. NEWS THAT MATTERS.



GET QUICK TIPS TO KEEP YOUR PROSTATE HEALTHY

The Perfect Prostate is a must-read for men who want to keep their prostate in tip-top shape. The state of your prostate hugely impacts your quality of life; sadly, the prostate health of Western men is declining. Read this E-book to get the road map to the latest methods to keep your prostate in pristine condition.



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A WEBSITE JUST FOR MEN

At Menover40.club we strive to provide reliable information to help all men become the greatest version of themselves. For this E-book we have compiled reliable data from trusted studies and dependable sources to give men today a fighting chance. Many of the problems men currently face, relate to chronic diseases of age , but the good news is, the majority of these problems are preventable and reversible. It's never too early or late to take healthy informed action. This E-book can help you make important choices, that cause vital changes. Learn how to improve and maintain the health of your prostate and your physical well-being.

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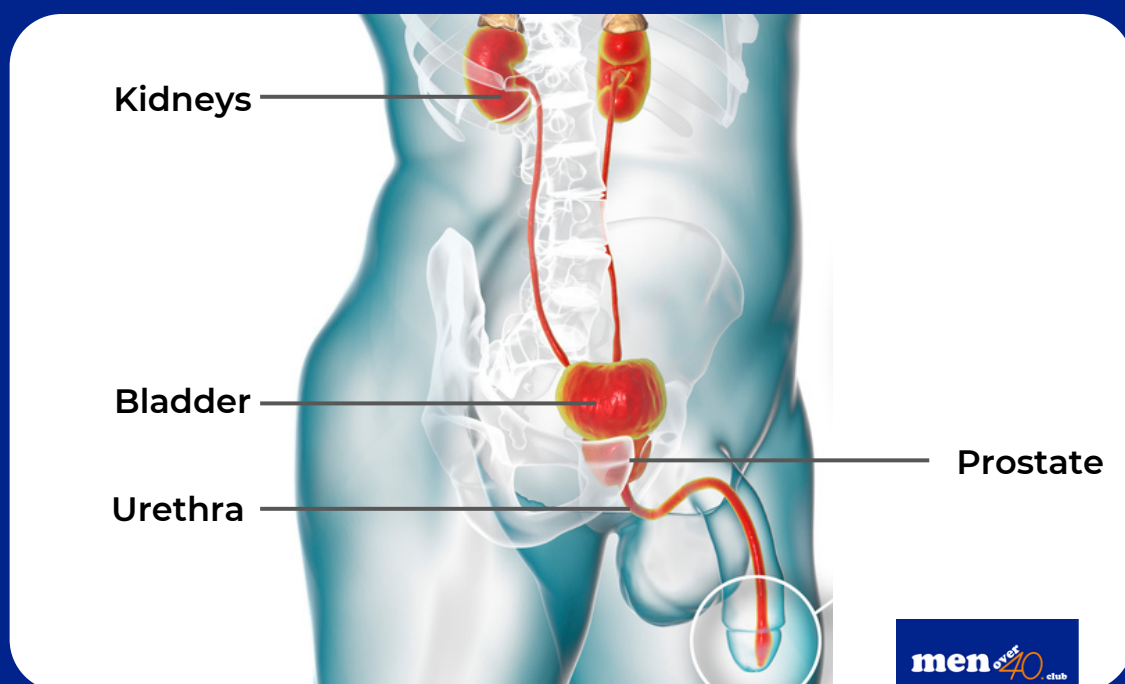
THE START OF GOOD PROSTATE HEALTH

Located below the bladder and just in front the rectum, the prostate encircles the first part of the urethra, the tube which transports urine from the bladder to the penis.

Hearing stories of older men having difficulty peeing, or the doctor sticking his finger in the rectum to get a good check, has not made the prostate easy for men to discuss, find out what it is or what it does, and its location.

However, knowing the answers to these questions is the beginning of good prostate health.

First off, 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.

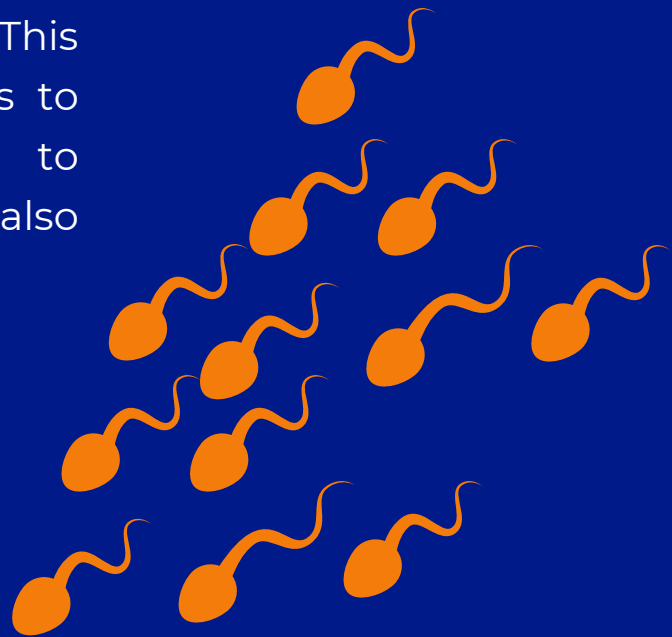
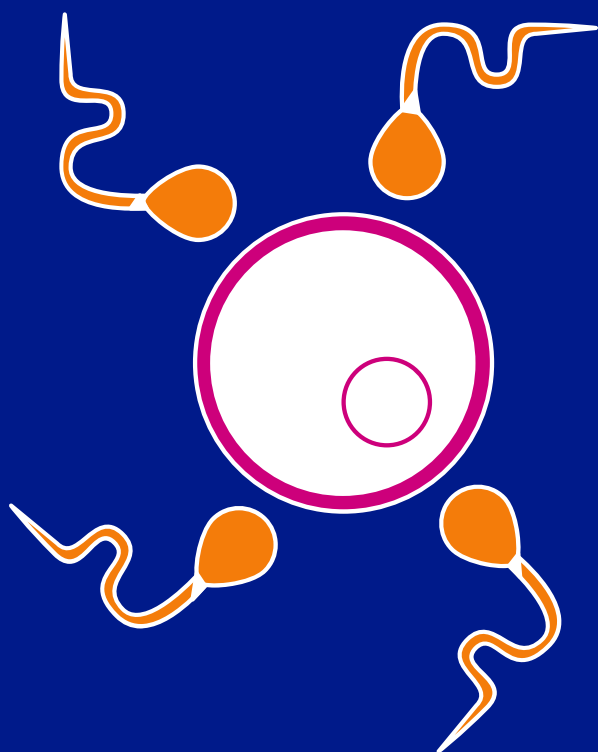


PROCREATION'S PLATFORM

“The prostate gland, small as it is, is like a multifaceted diamond: every time you look at it from a different angle, under a different light, you see a different aspect of it, find a new scientific challenge, unresolved mysteries,”

DR. CLAUD ROEHRBORN, M.D.

PSA not only makes sperm watery, but neutralizes the blocking enzyme produced by a woman's cervix. This gives sperm the access it needs to get to the eggs and for life to potentially begin. The prostate also helps to control the flow of urine.



While the female mammary glands nourish a child in the early stages of life, the prostate goes to work protecting and assisting sperm, the seed of life way before then.

WHAT IS NORMAL PROSTATE SIZE?

HOW THE PROSTATE CHANGES AS YOU AGE



Infant

Adolescent

Ages 20 - 35

Ages 40-50

Ages 50 - 70

Ages 70 - 80+

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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.

The prostate grows throughout a male's lifetime. As a baby, the prostate is as small as a pea and when a boy goes through adolescence, the prostate is a little larger than a kidney bean. During his twenties, a young man's prostate is usually as large as a walnut, weighing around 20 to 25 grams, approximately 4 cm wide, 3 cm high, and 2 cm thick.

Doctors usually measure prostate size by volume. A walnut-shaped prostate is usually 20 cm³ for around 20 grams. The prostate continues to grow at a slow rate and at the age of 40, a man's prostate may be big as a golf ball. This does not stop the prostate from gradually growing. By the age of 60, 50% of men have an enlarged prostate, this is one of the most common conditions in men worldwide.



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EARLY WARNINGS OF PROSTATE PROBLEMS

PREMATURE BALDNESS

Scientists have found that men with bald spots are more likely to develop prostate problems.



PREMATURE EJACULATION

The muscles of the prostate help men to ejaculate. If you are not able to delay premature ejaculation during sex all, or nearly all of the time, you may be experiencing prostate problems.

URINE DRIBBLING AFTER STREAM

Young boys may dribble urine after it stops flowing, leaving stains on their garments. This may indicate the start of prostate problems.



Prostatitis, Prostatic Hypertrophy, and Prostate Cancer are the three most common diseases that affect the prostate. Being able to pinpoint signs of prostate disease early can help to overcome diseases.

SIGNS & SYMPTOMS OF PROSTATE PROBLEMS

- **Decreased force of urination**
- **Difficulty starting & stopping urination**
- **Frequent urination during the day or night**
- **Burning feeling when urinating**
- **Decreased force of ejaculation**
- **inability to maintain an erection or to ejaculate**
- **Smell of semen changes**
- **Decreased amount of semen upon ejaculation**



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PREVENTING PROSTATE PROBLEMS

Eating a balanced diet that includes supplements can help promote natural prostate functions and stave off certain diseases that can be disastrous for your prostate.

The prostate is harmed by sugar, alcohol, processed foods, and estrogen-rich foods like dairy, meat, and soy.

Recommended Foods & Vitamins For Good Prostate Health

- Raw Almonds
- Pumpkin Seeds,
- Sesame Seeds
- Sunflower Seeds
- Fruits & Vegetables
- Whole Grain Bread and Pasta
- Cold Pressed Oils (avoid soy)
- 1/2 Gallon or More of Distilled Water Daily
- Vitamin C
- Vitamin A
- Vitamin B6
- Manganese
- Zinc
- Niacinamide
- Calcium

Recommended Herbs For The Prostate

Taking herbal remedies for your prostate is a good practice as many herbs are helpful. However, administering these herbs without understanding the right dosage is not recommended.

It would be beneficial to use a daily supplement that contains the right balance of herbs. Fluxactive Complete is a good option if you are looking for the right balance of vitamins and minerals to strengthen and promote proper prostate function. Supplements like Fluxactive contain the correct amounts and combinations of many of the vitamins & herbs below.

- Ginseng helps promote a natural prostate hormone metabolism.
- Vitamin E, Cayenne, and Inosine are crucial for normal prostate functioning.
- Damiana and Saw Palmetto: According to numerous studies, Damiana is more effective when combined with Saw Palmetto in formulas that address male prostate health, than when either herb is used alone.
- Ginkgo Biloba promotes the normal functioning of the urethra.
- Muira Puama increases blood to the penis and strengthens it against all types of prostate disease.
- Echinacea, Feverfew and Goldenseal can decrease prostate enlargement.



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REVERSING PROSTATE DISEASE

A lifestyle with the wrong foods and minimum exercise that excludes nutritional supplementation and prostate herbs will destroy the prostate. In addition to eating healthy, exercise needs to be incorporated, into your regular routine.

Lifestyle Changes

- Men who are more physically active are less likely to suffer from prostate problems. Even low- to moderate-intensity physical activity, can, yield benefits.
- Men who are overweight or obese, have a greater risk of erectile dysfunction than men with an ideal body mass index or BMI.
- Exercise can reduce the symptoms of chronic prostatitis.
- Watch portion sizes. Eat slowly and stop eating when you are full.
- Cut down on salt and fast foods. Choose foods low in sodium by reading and comparing food labels. Limit the use of canned, processed, and frozen foods.
- Manage any other medical problems. Diseases like diabetes, high blood pressure, and hypoglycemia can directly affect the prostate.

KNOW WHAT YOU CAN CHANGE

Western men have higher rates of prostate cancer than men in Asia and experts suspect that diet differences play a major role. Studies have also shown that African American males are more prone to develop prostate cancer.

You cannot change your age, race, or genes; these are the conditions, that play a significant role in prostate problems. Even if you are a transgender woman, you may develop prostate problems.

However, the role of eating healthily, exercising, and taking supplements in recovering from prostate conditions is well documented. Cutting back on smoking, and drinking can also help to improve your health.

There is hope. Even men who are already at greater risk due to age, race, or genetics, can adopt healthy practices and diminish their chances of developing prostate problems such as prostate cancer, prostatitis, and prostatic hypertrophy.

Men who already have prostate problems can also improve their health by adopting good lifestyles and eating habits. Simply ensuring that you go to the doctor and be screened early for conditions and monitoring your health, can make a very big difference.

It is evident that lifestyle changes can stop or reverse prostate problems. Try some of the tips in this E-book to help yourself take the journey back to improved prostate function.



ARE YOU A MAN OVER 40?

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At Menover40.club we strive to provide reliable information to help all men become the greatest version of themselves. Signup to ensure you never miss breaking stories, educational facts and helpful tips. Help us to help you.

COUNT ME IN

SOURCES

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