

Practical health practices for the man with an active lifestyle

Preventive Traditional Chinese Medicine

For Men

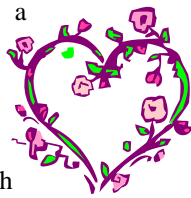
By Helen H. Hu, MD. OMD. LAc

In western medicine, it is believed that prostate enlargement (prostatic hyperplasia) is inevitable for a significant percentage of aging men, due to age-related increases in estrogen, which promotes the undesirable tissue growth. The most frequent cause of urinary tract obstruction, its symptoms can include incomplete bladder emptying, frequent, difficult or painful urination and urinary tract infection. In severe cases blockage can even cause a backup of urine in the urethra (kidney/bladder connector) or in the kidneys themselves.



Despite the great concern about this condition, there is virtually no simple, practical information available to teach men how to take a proactive role to prevent prostate disorders rather than waiting for them to happen.

According to Traditional Chinese Medicine (TCM) principles, it is possible to maintain a healthy prostate by employing simple yet effective lifestyle practices available to anyone.



TCM believes that prostate enlargement results from Heat, which indicate\* the presence of toxins in the body, and from stagnation of both living energy and liquid body substances, such as mucous secretions, in the prostate area. When left unattended for a long time, this stagnation, heat, and toxicity can often result in the development of cancer.

What causes this stagnation to occur? According to TCM, the primary cause of prostate problems is the combined effect of Heat and Dampness. Simple lifestyle changes greatly reduce our chances of having a problem:

- Consumption of deep fried foods aggravates prostate problems. Greasy food creates phlegm (just like fatty tissue) and dampness in the body, which can lodge inside to block and enlarge the prostate. These foods should be minimized.
- Alcohol generates heat in the body, one of the primary contributors to prostate problems. When heat and phlegm combines in the prostate, it

becomes inflamed and enlarged. This combination can eventually spread heat toxicity to other areas.

- The practice of holding ejaculation during sexual activity is practiced frequently in Western countries. This also contributes to prostate problems by causing local stagnation.
- For the same reasons, it is not wise to indulge in alcohol, then practice holding ejaculation during sexual activity.
- Some occupations or hobbies require sitting in certain positions (polo players, bicycling, and horseback riding) which press the perineal area, resulting in loss of circulation, stagnation and heat.
- In southern California, many people love to sit in hot tubs to reduce stress and minor pain. This increases temperature and blood buildup in the perineal area, resulting in greater heat, blood stagnation, and an enlarged prostate. For men who must use a hot tub a maximum of 10 minutes is recommended.
- Avoid the use of very tight underpants, as they cause local dampness, heat, and blood stagnation in the prostate tissues.

In summary, the easy lifestyle changes that can help you maintain a healthy prostate over the long run are:

1. Avoid greasy or fried food and excessive alcohol consumption, particularly at the same time.
2. Wear loose underwear; avoid the overuse of hot tubs and excessive biking or horseback riding.
3. Avoid withholding ejaculation frequently.

In addition to this simple measure, TCM offers acupuncture and herbs to maintain optimal male health. Also, professional therapeutic prostate massage can also help to relieve local stagnation.

Enjoy your health and please do not hesitate to contact Dr. Hu if you need additional information about this or any other health issue. In addition to being a doctor of Chinese medicine, Dr. Hu is a Board Certified MD



- \*Golden Gun Formula- the best secret formula for emperor for many centuries  
For men's perform**
- \*Herbal Formula for preventing flu, common cold for the coming spring.**
- \* Please ask for special natural non processed green tea leaves for your health in  
Our clinic**