

SUPPLEMENTS

FOR

THE PROSTATE

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CMG Archives

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IMPORTANT

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Introduction

Common supplements for prostate include:

Supplements for Prostate

- Vit C - 1 to 10 gram(s) daily, in combination with bioflavonoids
- Vit B-complex - 100 mg, 2 x daily
- Zinc gluconate - 50 to 100 mg daily
- Selenium - 200 mcg daily
- Pollen - as per manufacturer's instructions, and maximum dose

Raw Juice Therapy

Drink 1/2 to 1 litre, daily, of the following:

- 1/3 part carrot
- 1/3 part cucumber
- 1/3 part beetroot

See also, *Elixirs of Life* in the CMG Health Archive

Pomegranate juice

- Pomegranate juice slowed the growth of prostate cancer in mice.
- Keeps PSA (Prostatic Specific Antigen) Levels Stable - In a study of 50 men who had undergone treatment for prostate cancer, 285 ml of pomegranate juice per day kept PSA levels stable, reducing the need for further treatment such as chemotherapy or hormone therapy.

Honey

To calm the nerves

- 1 tsp, 6 x daily

Cider Vinegar

- 2 x tsp of cider vinegar in a glass of spring water (not tap water), 3 x daily

Tomatoes

- Tomatoes are one of the best sources of lycopene, a powerful antioxidant which has been shown in several studies to have a protective effect against prostate cancer. Though one recent study has created some doubt about the protective effect lycopene has against prostate cancer, the National Prostate Cancer Foundation says the earlier studies are still valid and continues to recommend that men eat plenty of foods containing lycopene.

Pumpkin Seeds

- Pumpkin Seeds promote overall prostate health; and they help to alleviate the often difficult urination associated with an enlarged prostate.

Stress

Stress often seriously exacerbates prostate problems. Consequently, any stress elements should to be identified and countered by lifestyle changes or by learning and practising relaxation techniques.

Hypnosis and subliminal programs may also be of value in reducing stress levels.

Moderate aerobic exercise can also help with stress relief.

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