



**Lynne Singlewood**

BHSc (Complementary Medicine)

Naturopath - Iridologist

**Sris Health**

Prostate health.

I am writing this column because someone near and dear to me has recently gone through a bit of an ordeal due to an enlarged prostate. So I thought we might have a chat about that in this column as it is a very common problem today especially in men over the age of 50 years. Most of us take our health for granted, it's only when things start to go wrong that we realise how inconvenient it is when a part of our body is not functioning at optimal levels. Having trouble with your water works for example can be very frustrating, so in this column I'm going to give you some ideas about how you can help this situation along with a description of what an enlarged prostate means.

Enlarged prostate is a condition whereby which the prostate gland becomes enlarged and inflamed, this in turn may cause a multitude of problems, such as the individual may find where once they slept like a log, they suddenly need to go to the bathroom during the night. They may have trouble starting a stream of urine, dribbling or leaking which can also

be very frustrating. Enlargement of the prostate may block the flow of urine through the urethra and as the urethra narrows the bladder has to work harder and contract more forcefully to push the urine through, this in turn causes the bladder muscle to become thicker and overly sensitive which unfortunately causes it to contract even when there is just a small amount of urine, hence the need to urinate so frequently. Finally the bladder muscle cannot overcome the effect of the narrowed urethra causing some of the urine to remain in the bladder, resulting in incomplete emptying. This is often the cause of urinary tract infections and over time, bladder stones may form, blood in the urine can occur, and in worse cases incontinence can also be an issue.

Some factors which may exacerbate the cause of an enlarged prostate are, elevated estrogens which often go hand in hand with weight in the abdominal area, obesity, diabetes mellitus type 2 may also increase the risk of enlarged prostate. Heavy metals such as exposure to cadmium or lead are also implicated as they may stimulate growth of the epithelium of the prostate. This can be rectified by having a Hair tissue mineral test with a qualified practitioner who can successfully antagonise the heavy metal out of your system. Tobacco smoking might also increase the risk of enlarged prostate.

So what can you do to help? Well there are some fantastic herbs such as Saw Palmetto, Epilobium and Nettle just to

name a few. Saw Palmetto may reduce the activity of epidermal growth factor in the prostate, reduce pain and inflammation and relax the smooth muscle at the bladder outlet thereby preventing the feeling of urgency and frequent urination. Epilobium may help reduce the size of the prostate due to the possibility of inhibiting the conversion of Testosterone to Dihydrotestosterone (DHT) by the 5-Alpa Reductase enzyme. DHT can stimulate the proliferation of prostate cells which may lead to enlarged prostate.

Nettle root is fabulous for reducing night time urination, it may also inhibit the binding of DHT to Prostate cells which could inhibit the stimulation of the growth of prostate tissue. Nettle may also reduce the ability of epidermal growth factor to bind to receptors in the Prostate which stimulate growth of Prostate tissue. It is a beautiful herb, rich in nutrients; you could almost call it the muti- vitamin of the herbal kingdom.

Regular exercise may help prevent an enlarged prostate, diet and lifestyle factors can also play a big part in Prostate health. Using dietary oils such as coconut oil, flaxseed oil and pumpkin seed oil may alleviate some of the symptoms of enlarged prostate. Foods which are rich in Lycopene, a pigment which gives many of our fruit and vegetables their lovely red colour may be beneficial, it is a rich source of antioxidants which help prevent harmful by-products of metabolism called free radicals. Lycopene appears to concentrate in certain parts of the body, one of which is the

prostate gland, it is also a lipid so it will be absorbed better if you consume it with oil. Some foods that contain Lycopene are: watermelon, pink grapefruit, guava, papaya, apricot and cooked tomatoes.

The prostate area in relation to iridology is seen in the right iris around the five o'clock mark, however, the overall health always needs to be addressed and looked at. In relation to this you must remember that your body belongs to you and you alone are responsible for taking care of it, nurture it and try to maintain some form of balance and harmony in your life, so that you can have the quality of life that you deserve.

Lynne Singlewood has taught Iridology and herbal medicine at Endeavour College, she also lectures Emotional Iridology at WEA. She has a passion to help the community with their health and well being. Her deep love of iridology and herbal medicine is infectious. Ph: 0421618792 or email [lynne@irishealth.com.au](mailto:lynne@irishealth.com.au). Web site: [www.irishealth.com.au](http://www.irishealth.com.au)