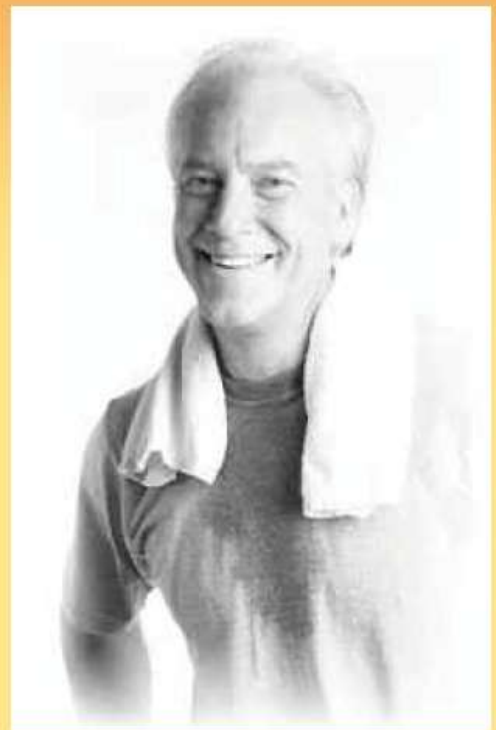


LYLE L. LEFFLER, H.D.

**The FACTS
and TRUTH
about
YOUR
PROSTATE**



The Facts and Truths About Your Prostate

Lyle L. Leffler, H.D

The Prostate Gland

The prostate gland lies just below the bladder, in front of the rectum. It can range from the size of a walnut to the size of a small apple. It has two semi-circular lobes that encircle the urethra, which is the tube that carries urine from the bladder through the penis. The prostate is made up of thousands of tiny fluid-producing glands. Specifically, the prostate is an exocrine gland, that is, a gland that secretes through the ducts to either the outside of the body or into a cavity that communicates with the outside. Sweat glands are another example of an exocrine gland.

The fluid that the prostate gland produces forms part of semen, the fluid that carries sperm during orgasm. This fluid is stored with sperm in the seminal vesicles. When a male climaxes, muscular contractions cause the prostate to secrete this fluid into the urethra, where it is expelled from the body through the penis.

In addition to the prostate's role in producing ejaculate, it also plays a part in controlling the flow of urine. The prostate wraps itself around the urethra as it passes from the bladder to the penis. Muscular fibers in the prostate contract to slow the flow of urine.

Acute Prostatitis

Acute Prostatitis is more common in men aged 20-35 than in any other age group. Symptoms develop suddenly and are generally caused by a bacterial infection of the prostate, brought on by e-coli, certain sexually transmitted diseases caused by contact with an infected person, a urinary tract infection, urethritis, epididymitis, urethral instrumentation, trauma, bladder outlet obstruction, or an infection elsewhere in the body.

Symptoms may include chills, fever associated with lower abdominal discomfort or perineal pain, pain and/or burning with urination, ejaculation, or a bowel movement, urinary retention, blood in the urine or semen, an increased need to urinate, or testicle pain.

Generally, acute infections usually respond favorably to antibiotics, however, Acute Prostatitis has a tendency to be recurrent. The probable reason is that the infection becomes resistant to present-day antimicrobial treatment. Recurring prostate infection requires an understanding in terms of what is creating the susceptibility, in order to formulate a cure. Homeopathy and Phytotherapeutics have proven effective in treating this condition.

Treatment of Acute Prostatitis

The following remedies have been found very effective in treating the symptoms described below. *Dosage: 3 to 5 pellets dissolved in mouth hourly, reduce frequency with improvement.*

Aconite 30C – Symptoms begin suddenly after exposure to cold or fright.

Belladonna 30C – Sudden inflammation with high fever, sudden urge for urination, and burning with urination.

Apis Mel. 30C – Inflammation with the sensation of swelling, alternate with Belladonna.

Ferrum Phos 6x and Kali Mur 6x – *Dosage: one tablet of each, dissolved in the mouth, every two hours, reduce frequency with improvement.* For mild inflammation with slight burning.

Phytotherapy is also used in treating Acute Prostatitis. In order to prevent the recurrence of prostate infections, phytotherapy drainage, using fresh herbal tinctures, is essential to wash out the mucus and bacteria that may be the underlying cause of the infection. Drainage should continue during the acute stage and for several months thereafter. The following is also recommended.

Lyle's Cystosan – Contains a formulation of herbal tinctures, Uva Ursi, Echinacea Purp., Hypericum Perf., Rhus. Aromatica, Millefolium, Belladonna, Avena Sativa and Populus Tremuloides which will detoxify the urinary tract and produce a natural anti-inflammatory response.

Benign Prostate Hypertrophy

Benign Prostate Hypertrophy is prostate enlargement, or hyperplasia, without being cancerous. Prostate enlargement is to men as menopause is to women, therefore it is inevitable. Most often, the first symptoms occur between 45 and 55 years of age.

BPH has many causes. It must be considered as a product of aging, as Andropause, or male menopause, causes hormone levels, especially testosterone, to decline. Antibiotic-suppressed urinary tract infections, cellular changes caused by free radical formation, prolonged deficiencies of essential antioxidants such as A, C, E, Magnesium, Zinc, and Selenium, excessive tea, coffee, alcohol, saturated fats, and smoking, a lack of raw fruits and vegetables, whole grains, nuts and seeds, which are rich in the essential fatty acids required for hormonal production, an insufficient amount of water, celibacy, and stress are all contributing factors. A man's overall health is very important in determining susceptibility as well.

Common symptoms include a weak urine stream, difficulty starting urination, stopping and starting again while urinating, dribbling at the end of urination, frequent need to urinate, increased frequency of urination at night, the urgent need to urinate, inability to completely empty the bladder, blood in the urine, also called hematuria, recurring urinary tract infection, and impotency.

A common medical prescription is alpha adrenergic medications, which can temporarily improve the urinary flow, however they do little to reduce prostate enlargement. Most times, total urinary blockage occurs, which then requires immediate hospitalization for cathartization to release the urine. At this stage, more aggressive measures are required, such as

transurethral resection of the prostate. This procedure involves the surgeon inserting an instrument up the penis and urethra to remove excess prostate tissue. It can result in surgical morbidity, incontinence, and ejaculatory dysfunction, but it provides a measurable improvement in urination, though it does not reduce prostate size.

Prevention, Stage One

For men aged 45-50, standard medical practice at the time of a physical is an examination of the prostate, performed through the rectum. This is a necessary examination that should be performed yearly to determine any changes that may be occurring within your prostate. However, when prostate changes are noticed, a patient is commonly told there is no need for concern at the time, that the doctor will keep an eye on it. This is not preventative medicine. After several years of this, BPH develops.

This means that the time to start a prevention regime is about 45 years old. One must avoid foods that result in the formation of free radicals, increase his/her intake of fruits, vegetables, nuts, seeds, and whole grains, drink several glasses of unchlorinated water daily, and eat pumpkin seeds, which contain a fatty oil that is a natural diuretic, and contain a naturally occurring zinc, which is essential for maintaining a healthy prostate.

The following nutritional supplements and phytotherapeutics are also suggested.

Lyle's EFA – Essential fatty acids are required for the production of prostaglandins and hormones which are necessary for maintaining a healthy prostate. *Take one capsule, three times daily, after a meal.*

Lyle's U-Pro Formula – For men only, provides a synergistic and comprehensive combination of antioxidants, vitamins A, E, B6, zinc, grape seed extract, amino acids, and the phytotherapeutics Saw Palmetto extract

and Pygeum extract, which have been proven to significantly improve several aspects of function, including nocturnal frequency and maximizing the flow of urine. *Take one capsule daily.*

Lyle's Saw Palmetto – This botanical has gained a reputation as one of the world's most widely-used herbs for uncomplicated prostate enlargement. It aids in the reduction of inflammation and swelling. *One capsule 2 to 3X daily, taken after the meal.*

Lyle's Siberian Ginseng, Lyle's Avenasan, Damiana – Necessary when a male's energy and sexual vitality are diminishing. *Take 15-20 drops in a small amount of water 3 times daily, 20 minutes before meals.*

Prevention, Stage Two

Decreased urinary flow can commonly start before there is any noticeable change in prostate size. The problem is the urethra is building up sludge. Urinary tract drainage is essential to remove sludge, so as to prevent infection from occurring.

The following nutritional supplements and phytotherapeutics are essential for Stage Two prevention.

Lyle's EFA – same as Stage One.

Lyle's U-Pro Formula – same as Stage One.

Lyle's Prostan – Contains the fresh herbal tincture of Sabal Serrulata or Saw Palmetto, Solidago Virgaurea, Echinacea Purpurea, and Populus Tremula. This combination of botanicals will flush out any built up urinary tract sludge. *Take 15-20 drops in a small amount of water, three times daily, 20 minutes before meals. Reduce to two times daily with improvement.*

Lyle's Stinging Nettle – Fresh herbal tincture that contains a vegetable silica, which reduces established sludge. To be combined with Prostan. *Take 15-20 drops added to each dose of Prostan.*

Established Benign Prostate Hypertrophy

Standard medical practice at this stage is a blood test called PSA, or Prostate Specific Allergen. A healthy prostate does not release PSA into the blood. An elevation of PSA can indicate prostate cancer; however, if the elevation is slight, it could represent just the presence of inflammation. If PSA continues to elevate, a prostate biopsy is performed. This involves the insertion of several needles into the prostate to remove tissue samples, which are then used to determine if cancer is in fact present. Before subjecting your prostate to this procedure all natural measures should be exhausted. Following this unpleasant procedure most often, urinary hemorrhaging is experienced, as well prostate infection and reduced urinary flow due to the formation of blood clots.

When prostate symptoms continue without relief, there is a good chance the patient is a candidate for BPH. This is the time to take aggressive measures that will prevent many years of misery.

The following nutritional supplements and phytotherapy are essential at this stage.

Lyle's EFA – same as Stage One.

Lyle's U-Pro Formula – *Take three capsules daily for one month, followed by two capsules daily for one month, followed by one capsule daily thereafter.*

Lyle's Prostan – same as Stage Two.

Lyle's Stinging Nettle – same as Stage Two.

Any time the prostate becomes inflamed, remedies outlined under Acute Prostatitis should be used at the same time as the above phytotherapeutics.

There are numerous symptoms that can be experienced at this stage, and each requires a specific remedy. They are as follows.

Cactus 30C – Unbearable constricting pains, often with retention of urine.

Chimaphila 30C – Acute prostate inflammation with swelling and retention, sensation as if perched on a ball when sitting, can only pass urine when legs are spread.

Colubrina 30C – Acute inflammation with marked urging and straining, chronic prostatitis with painful spasms after ejaculation, worse after anger, alcohol, and business stresses.

Pulsatilla 30C – Acute and chronic prostatitis with painful spurting stream, severe prostate pains, worse after urination, retention of urine in the elderly, retention with enlarged prostate.

Apis Mel. 30C – Inflamed and enlarged prostate with burning during urination, prostate feels swollen.

Baryta Carb. 30C – Enlarged prostate in elderly men, with dribbling long after urination.

Conium 30C – Enlarged and hard prostate, rapid growth of gland from sexual suppression, seminal emissions from stool, from every emotion, urination interrupted, or stops while straining then flows when relaxed.

Pareira 30C – Retention of urine in elderly men, pains radiate down into thighs from straining to urinate.

Staphysagria 30C – Retention and dribbling of urine with enlarged or indurated prostate, prostate pains and burning, a history of suppressed anger.

When symptoms are acute, the above remedies should be taken every two hours. When symptoms are chronic, remedies should be taken once daily.

Prostate Cancer

Of all the men who die of cancer, one in three dies of prostate cancer. The many articles written on the subject of prostate cancer say the cause is presently unknown. Any oncologist would agree that a healthy prostate is unlikely to succumb to cancer. Start prevention at an early age.