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## Your Prostate – What Your Physician Probably Didn't Know.

• [Expert Speak](#)

by [Dr. Holly Fourchalk](#) - Jun 15, 2014

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The stats show that over 50% of men over 50 have an enlarged [prostate](#) or prostatic hyperplasia (BPH), if you got to the over 85 year old category -round images the probability is that you are one of 95% of men who have an [enlarged prostate](#).

Should you take a PSA to determine if you have an enlarged prostate...even the FDA has given the PSA a "D" rating – over 80% false negatives and false positives AND the majority of prescriptions given for an enlarged prostate cause prostate cancer!!!

So we better find another way...BUT we don't have to re-invent the wheel – there are already all kinds of things you can do both to prevent and to reverse AND they only have positive side effects AND they are cheap!!!

- [Sesame seeds](#) ( til ke beej) are rich in [zinc](#) – an important prostate mineral (research shows that men with prostate cancer have up to 75% depletion in their zinc).
- [Pumpkin seeds](#)(kaddu ke beej), [almonds](#) (baadam) and oysters (shukti,ceepi) also have high levels of zinc – AND zinc is more easily absorbed when it is in a food as opposed to a supplement!!
- [Sunflower seeds](#) (soorjmukhi beej) are known to ward of prostate cancer.
- Two brazil nuts a day will give you the selenium you need or eating fish 3x a week...either way – make your diet work for you and not against you.
- [Salmon](#), [avocados](#), ground [flax seed](#), hemp seed and salba/[chia seeds](#) are all great for their fatty acids which not only keep your inflammation levels down but help your memory, cardio system, [arthritic](#) conditions and prevent cancer!!
- Bell peppers, [broccoli](#), [brussel sprouts](#), [cauliflower](#), [kale](#), bok choy are all high in Vitamin C – which also lowers your risk for [prostate cancer](#) and strengthens your immune system and fights free radicals.

- Cooked [tomatoes](#) (raw tomatoes taste and smell delicious – but we are able to get more nutrient from cooked tomatoes) have lycopene that also lowers a protein that is connected to prostate enlargement.
- You can also get lycopene from [grapefruits](#) (in the [fiber](#) – so cut up the whole grapefruit into pieces, put in blender, cover with water – and Whola! your juice for the day – I also add a whole [lemon](#) and a whole [apple](#)) [watermelon](#), [apricots](#) and [papaya](#).
- [Avocados](#) (dark green pear shaped fruit with yellowish green flesh) mentioned above for the great fats, also have beta-sitosterol which helps to regulate urine flow leaving less residual urine; reducing inflammation; and reducing pain....yeah!!! Pumpkin seeds also have beta-sitosterol.
- Sardines, herring, cod liver oil and egg yolks have good doses of [Vitamin D](#) which has also been connected with healthy [prostates](#) and protects from prostate cancer – don't forget to get that good healthy [sunshine](#) – go for shorter periods and don't use the sunscreens – they are full of carcinogenic compounds!!
- [Almonds](#), [walnuts](#), pumpkin seeds and sunflower seeds also have Vitamin D!!
- And of course, as everyone knows, eat those [leafy green vegetables](#).

Here's to your health...choose to eat well...choose to do your research...choose to enjoy life.