



Beneficial nutrients for boosting

PROSTATE HEALTH

The most common cancer in American men afflicts a very tiny gland: the prostate. The size of a walnut, the prostate surrounds the urethra and produces seminal fluid. Doctors diagnose 234,000 new cases of prostate cancer annually, along with other prostate woes like enlargement and inflammation, which cause discomfort and painful urination.

These conditions often accompany aging. As testosterone levels drop, the prostate enlarges. But prostate problems increasingly are afflicting younger men, says Gina L. Nick, ND, president of the California Naturopathic Doctors Association. In fact, more than half of men age 40 to 59 have enlarged prostates.

The reason may lurk in nonorganic meat and dairy, which contain growth hormones. "Growth hormones used in commercial animals can cause aberrant



lycopene concentration and absorption, choose tomato sauces and cooked tomatoes. Whenever you can, opt for the real food, since the nutrient works best in conjunction with other phytonutrients in fruits and vegetables.

Zinc: "The level of zinc in the prostate gland declines dramatically in men suffering from prostate cancer or benign prostate hyperplasia," Nick says. Pumpkin seeds offer a great source of zinc, as do barley, chicken, oysters, crab, and wheat.

Tea: A 2004 study found that polyphenols (antioxidants) in black and green teas helped men with early prostate cancer. To maximize the polyphenol concentration, steep the tea for five minutes in 8 ounces of water.

Selenium: Seafood, liver, brown rice, oats, and—drum roll please—Brazil nuts provide abundant amounts of selenium. You don't need much to decrease your prostate cancer risk—just 200 mcg daily (about two Brazil nuts), according to a 2003 study in the *International Journal of Cancer*.

Healthy fats: Omega-3 fatty acids, found in cold-water fish and flaxseed oil, pay large dividends for prostate health. Avoid excessive saturated fat, however, and stay active: A 2005 large-scale study in the *Journal of Urology* found that men who had a higher lean body mass and testosterone levels had lower incidence of prostate cancer. **A**

ents also promote prostate health: Lycopene: A powerful antioxidant found in tomatoes, apricots, guava, watermelon, and pink grapefruit, lycopene not only helps prevent prostate disorders but also may shrink existing tumors. Some caveats: For maximum