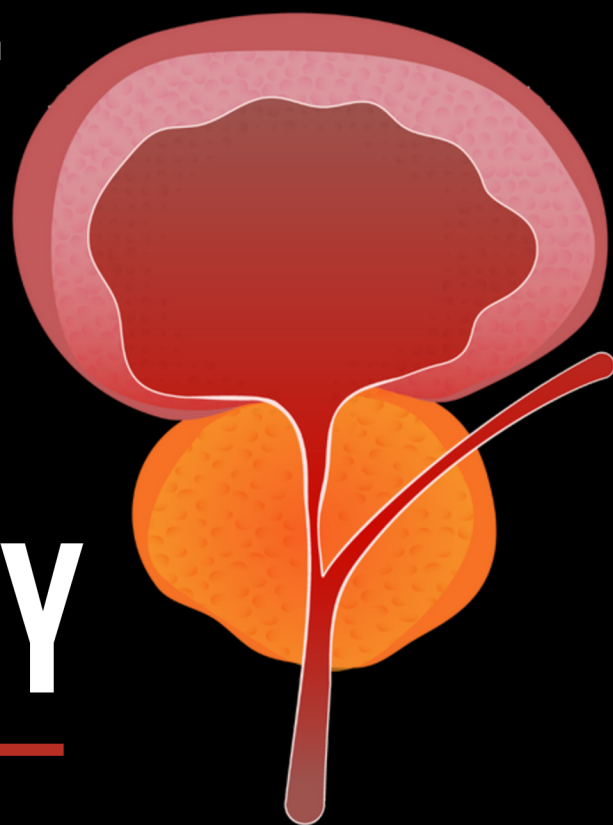


# A GUIDE TO IMPROVE PROSTATE PROBLEMS NATURALLY

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**DR. GEO ESPINOSA**

AUTHOR, PODCASTER,  
LEADING HOLISTIC UROLOGY  
AND MENS HEALTH EXPERT

# A Guide to Naturally Improve Your Prostate Problems

From Dr. Geo:

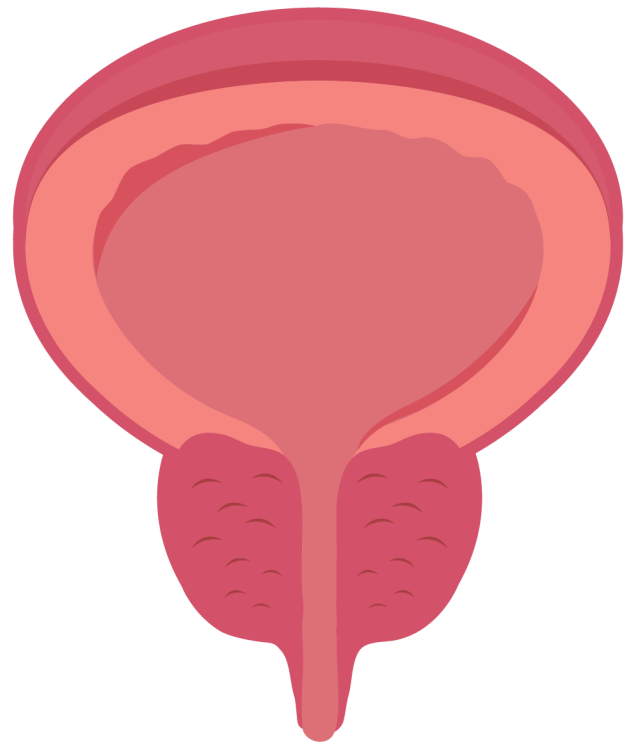
I wrote A Guide to Naturally Improving Prostate Problems so that you can prevent or manage prostate issues with simple and effective natural methods. I am not opposed to medical treatments for prostate problems as they are sometimes necessary, but if they can be avoided, that'd be best. Feel free to share this e-book with anyone you think would benefit.

For insider emails with my latest findings and inspirations, join my community at [DrGeo.com](https://DrGeo.com).

# What is the Prostate, and what Causes Prostate Problems

The prostate is a male organ that tends to cause men problems with age. This pyramid, walnut-shaped organ lies right below the bladder and before the rectum.

The tube that runs from the bladder through the prostate, called the urethra, also releases semen when a man ejaculates. If only the urethra lay outside the prostate, maybe men wouldn't have urinary problems that come with age. But that is not the case, as the prostate has a very important function. About 30% of the semen comes from the prostate. In the ejaculate, some proteins liquefy semen from clotting so that sperm cells run freely and improve the possibility of fertilization.



These proteins also are a biomarker that induces great anxiety in most men when getting a blood draw and goes by the prostate-specific antigen or PSA. So, despite it giving men problems, the truth is there is no human life without a prostate. Men deal with three main prostate problems in their lifetime: prostatitis, benign prostatic hyperplasia (BPH), and prostate cancer. Stay with me here as I break down each condition for you and guide you to better prostate health.

## Can prostate problems result from aging, or can they be avoided?

Genetics and family history play a role in prostate disease, but many result from poor eating habits, insufficient exercise, and stress. These Lifestyle and behavioral issues induce chronic inflammation, metabolic dysfunction, and oxidative stress.

**Inflammation** of the prostate is not too different from inflammation from a sprained ankle, where it swells, and pain is experienced in its acute phase. However, in the prostate, the situation becomes chronic where inflammatory chemicals, namely cyclooxygenase 2 (COX-2), nuclear factor kappa-B (NF- $\kappa$ B), and some Interleukins signal the prostate to grow or can be involved in the formation of cancer. Poor diet, viruses, bacteria, hormonal imbalances between testosterone and estrogen, and metabolic dysfunction cause this problem. The most common type in prostatitis is non-bacterial, but significant inflammation is found in such patients. The most problematic symptoms in men with non-cancerous prostate conditions like BPH and prostatitis are urinary frequency, urgency to urinate, and excess nighttime peeing, all connected to chronic inflammation.



**Metabolic syndrome** is a cluster of medical conditions that include high blood pressure, a big belly, high triglycerides, high blood sugar, and insulin resistance, and it contributes to all prostate problems. Not all heavy-set guys with a high basal metabolic index (BMI) have metabolic syndrome, but someone who looks slim may develop prostate problems. So, you can't "judge a book by its cover," as the saying goes. Research shows that men with metabolic syndrome have more prostate urinary problems and are diagnosed with a higher stage of prostate cancer than men without this metabolic disorder.

**Oxidative stress** is an imbalance between producing too many oxygen-reactive species (ROS) in cells and the body's inability to eliminate them. However, some ROS is important for health. Too much production causes prostate problems and health issues. Normal bodily functions like digesting food and exercise cause ROS production. Still, the problematic ROS types are environmental stressors, ultraviolet radiation from too much sun exposure, heavy metals in food and many other environments, and hormone disruptors like pesticides and chemicals in plastics. Oxidative stress is linked with benign growth and increased cancer of the prostate.

**Environmental toxins** contribute to benign and malignant prostate problems. Many of the toxins found environmentally include Bisphenol A (BPA) found in bottles, food containers, interior coatings of cans, and other estrogen-mimicking chemicals, heterocyclic amines (HCAs), and polycyclic aromatic hydrocarbons (PAHs) from meats cooked in high heat and pesticides to keep insects away in food. Cooking methods that produce high levels of mutagens are broiling grilling, and pan-frying meats.

# Natural and Lifestyle Approaches for Prostate Problems

Lifestyle medicine includes nutrition, exercise, sleep, and stress management to prevent or treat disease.

## Nutrition

Nutrition includes all consumables that promote wellness and help prevent or reduce the progression of prostate problems, including prostate cancer after diagnosis. Our focus in this section will be on diet, dietary supplements, and drinkables. Practicing the nutritional suggestions below helps lower inflammation, reduce oxidative stress, and promote the body's ability to eliminate environmental toxins.



# Dietary Recommendations



Eat mindfully. In other words, only sit watching a game on TV with a bag of chips, crunching away without realizing you are doing so. Instead, place the chips, in this case, into a bowl, and eat slowly only what's in the bowl, for example. Or skip the chips altogether for sliced carrots.



Eat fresh and clean. Go after quality and without too many pesticides and preservatives.



Practice Time you are Restricted Eating (TRE) every day where you have meals between an 8-to-16-hour window.



Avoid snacking.



Take scheduled nighttime medications and dietary supplements three hours before bedtime unless indicated differently by your physician.

## Foods To Eat



Fish, boiled potatoes, whole fruits, vegetables, legumes, olive oil, garlic, and all herbs and spices.



When eating animal meats, including fish, poultry, and red meat, cook at low temperatures in moist water as in a stew or poached.



Get the best quality possible – antibiotic-free, grass-fed (for red meat), and from clean waters (fish).

Related podcasts resources on diet and prostate problems



[Diet and Prostate Cancer](#)



[The Truth About Weight Loss](#)



## Foods to Avoid



Trans fats, hydrogenated oils, fried foods, simple carbohydrates, and processed meats with nitrites or smoked.

- Donuts, cakes, fried food (including French fries), bread, hot dogs, sausage, uncured processed meats with nitrates and nitrites, and chips.



Charred animal meats with many black lines on the surface from grilling, broiling, or pan frying. nitrates and nitrites, and chips.



Fruits and vegetables are high in pesticides and chemicals on the Environmental Working Group (EWG) Dirty 12 list. ([www.ewg.org](http://www.ewg.org))

# Drinkables

## AVOID



Anything with High Fructose Corn Syrup

- Read labels on the back of drink containers.



Soda's



Fruit Juices



Excess alcohol consumption

## WHAT TO DRINK



Tea

- Green, Ginger, and Chamomile tea are great.



Coffee, organic when possible

COFFEE



Clean water



Freshly squeezed juices



Smoothies with fresh fruits and vegetables



Red wine, about 5 ounces a night, not more

- Recovering alcoholics should stay away from all alcoholic beverages, including wine.

Related podcasts resources on diet and prostate problems



Alcohol and Prostate Cancer





# Dietary Supplements

Ingredients in dietary supplements include botanicals, vitamins, and minerals. As with clean food, vitamins and minerals ensure the body is nourished to heal itself, keep inflammation low, provide antioxidants to protect against oxidative stress, maintain strong immunity, and support liver health to rid the body of environmental toxins.

Botanicals, also known as herbal medicine, include roots, branches, leaves, and mushrooms used for medicinal purposes. In fact, while pharmaceutical drugs are merely about one hundred years old, medicinal herbs have been used for thousands of years to help people improve their health. Natural herbs are so medicinal that about 60% of pharmaceutical drugs are derived from plants. While 300 million dollars, 20-year studies will never happen with medicinal plants, research continues to support botanicals' safe and effective use for therapeutic purposes.



Here is a non-exhaustive list of medicinal botanicals, vitamins, and minerals for prostate problems.

## Vitamins, Minerals, and Botanicals for Prostate Problems



Anti-inflammatory: Ginger extract, Boswellia, Rye Pollen extract (Graminex), Cranberry fruit extract, Quercetin, Omega-3 fatty acid



Immune system support: Reishi mushroom, Agaricus mushroom, Andrographis, Magnolia bark



Antioxidant: Grape seed extract, vitamin C, E, Alpha Lipoic Acid, zinc, vitamin C, vitamin D, selenium (from selenized yeast), vitamin E (High gamma-mixed tocopherol)



Liver & Detoxification support: Milk Thistle, Schizandra, vitamin C, E, Alpha Lipoic Acid, zinc, vitamin C, vitamin D, selenium (from selenized yeast), vitamin E (High gamma-mixed tocopherol), Broccoli extract, Glutathione, Quercetin



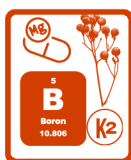
Urinary Support: Cranberry extract, Rye Pollen extract



## To Offset the Adverse Effects of Hormone therapy, also known as Androgen Deprivation Therapy (ADT)



Sustain memory and Brain Health – Bacopa, Huperzine A, Acetyl-L-Carnitine, Ashwagandha, Lion's Mane, magnesium



Keep bone health – boron, black cohosh, vitamin K2, magnesium



Improve physical energy – Ashwagandha, Rhodiola, Siberian Ginseng, CoQ10



Reduce night sweats and hot flushes – Black cohosh

Related podcasts resources on diet and prostate problems



The Best Nutraceutical  
Supplements for  
Prostate Cancer



# Exercise

Exercise is also a therapeutic tool to improve prostate-related urinary problems, prevent prostate cancer, slow tumor progression, and improve overall survival—physical movement work by lowering metabolic syndrome, reducing chronic inflammation, and promoting circulation.

Physical exercise is essential in men on ADT for prostate cancer to avoid fatigue, prevent metabolic syndrome, and keep muscle mass and strength. The best form of exercise is combining aerobics with strength training (weightlifting).

Unfortunately, many overlook strength training for fear of injury, intimidation of weightlifting equipment, or being a novice.

Do not let these emotions stop you from strength training. Work slow, master the movement technique, and go up in the weight you lift gradually. Strength training is important to improve urinary function, prevent and co-manage prostate cancer, bone health, and longevity and quality of life with age.



# Type of Exercise



## Aerobic Exercise

- Jogging, running, fast walking – outdoors or on a treadmill – cycling (stationary or road bicycles), elliptical machine, or rowing on a stationary ergometer.



## High-Intensity Interval Training (HIIT)

## Weight Resistance



- Equipment – your body weight, rubber resistance bands, barbell, kettlebell, chin-up bar
- For home (no gym), rubber resistance bands and kettlebells work well.

## Duration

20 to 60 minutes a day



# Intensity

## Aerobic

For aerobic exercises, intensity is measured through Heart Rate (HR).



You'd need a wearable device to measure HR

Your HR should be around 180 minus your age, giving or taking 10 points based on the baseline fitness level.

$$180 - (\text{AGE} +) = \text{Heart Rate}$$

So, if you are 60, your HR should be about 120 during aerobic exercise.

- Add 10 points if you are in really good shape and on no medications.
- Reduce 10 points if you don't think you are in good physical shape and on pharmaceutical medications.
- Reduce 10 points if you are on any Androgen Deprivation Therapy (ADT) Drugs (e.g., Enzalutamide (Xtandi), Bicalutamide, Leuprolide (Lupron, etc.)

**The talk test** is another method for measuring HR and aerobic intensity without measuring a wearable device.

If you can sing during aerobic exercise, that would be *low-intensity exercise* – *less than 3 miles an hour*.



If you're struggling to string sentences together, that would be a *high-intense exercise*, *about  $\geq 4$  miles an hour*.



- Doing a high-intensity interval training (HIIT) workout or, at the end of a run or from cycling, for example, are considered high-intensity.
- You will be breathing through your mouth within 30 to 60 seconds of doing this activity.

Moderate intensity (also known as zone two cardio) is a pace where you can have a conversation with someone and string about 10 words or so before taking a breath.



- You should be able to breathe through your nose, not your mouth.
- Your pace is about 3 to 3.5 miles/hour.

## High-Intensity Interval Training (HIIT)

HIIT workouts are done in 20 minutes or less and have been studied for anti-prostate cancer benefits.

- Technically speaking, any activity that requires you to maximally increase your heart rate (to or close to 100% maximum) and then to reduce your HR rate to where you can breathe from your nose (not your mouth) is HIIT.
- Most exercise machines, like stationary bikes and elliptical machines, have an interval button to program.



- Another way of interval training is by jogging or running fast ("running fast" is different for everyone and depends on fitness level) for 10 to 60 seconds and then walking at a slower or strolling pace for one to two minutes.



- Repeat the 10 to 60-second rapid speed followed by a one to two-minute slower speed pattern five to eight times, two to three times a week.
- A good HIIT workout can only take 10 to 20 minutes, and it is the most efficient form of exercise I know – you get many physical benefits compared to the short time it takes to perform.

## Weight Training (Strength Training)

The talk test is not reliable for determining intensity during weightlifting.

A heavier load (increased weight that you push or pull) + plus number of repetitions + number of sets determines intensity when weight training.



Sometimes, the look of strain on the face and whether you put at or very near maximal effort into the set is a subjective measure of intensity during weightlifting.

### Body weight exercises like push-ups and Pull-ups

With bodyweight exercises like push-ups, do as many as possible without reaching failure. Stop one repetition shy of that last push-up you can barely do.



For example, stop at nine or ten repetitions. if you can do ten push-ups but can't complete eleven—there is no need to try to do eleven unless you are physically strong enough to do so with moderate effort.

## How many reps and sets?

- With weights like barbells and kettlebells, do only six to twelve repetitions (reps) but not more.
- The weight you lift should be hard enough that, when you do 6 to 12 reps, you can subjectively still do two or three more if you want to, but you don't go higher than 6 to 12 reps, even if you could.
- If after your 6 to 12 reps, you think you can still do five or more, then the weight used is too light.
- After some time, your previous weight at 6 to 12 reps will get easier, indicating it is time to start working at a higher weight.



## Frequency

- Six days a week
- Stay in a spectrum between mild to high intensity.
- Get 10,000 steps at any walking pace, but it does not replace moderate to high-intensity aerobic or weight training.
- Brisk walking (about 3.5 to 4.0 miles an hour) is considered low to moderate vigorous activity, depending on your level of baseline fitness
- Total of 180 minutes (3 hours) to 360 minutes (6 hours) a week



1.5 hours to 3 hours a week of mild to moderate intensity, 1.5 hours to 3 hours a week of moderate to high intensity

Related podcasts resources on diet and prostate problems



[How Exercise Affects Prostate Cancer](#) 

[How Lifestyle reduces Prostate Cancer Risk by 45](#) 

# Sleep

About 35% of adults suffer from sleep problems. Men with poor sleep and shift workers tend to have prostate problems, especially prostate cancer, due to a poor immune system and lack of melatonin production when sleep is inadequate.

Shift work, sleep deprivation, and bright-light exposure at night also relate to fat accumulation in the body and metabolic syndrome. Melatonin is an excellent antioxidant and may have anti-cancer properties. To sleep better develop better sleep habits.



## What To Do



Make sleep a priority.



Shut off electronic devices and get to bed early.



Keep the room dark and shut off all lights.



Free write in a journal or notebook for five minutes before bedtime.

- This form of mental dumping allows your mind to rest from the day.



To pee less at night, stop drinking all fluids two hours before bedtime, and see a healthcare practitioner.



Get more aerobic exercise in the morning as it helps you sleep at night.

- Exercise outdoors if you can, as outdoor light exposure helps you sleep at night.



Take about 3mg of melatonin 30 to 60 minutes

## What to Avoid



Smartphones and electronic devices in bed.



Eating heavy meals at night, especially simple carbs or too much protein like meats and poultry.



Drinking alcohol and marijuana for sleep. These substances help to fall asleep, but the quality is poor.




Take about 3mg of melatonin 30 to 60 minutes



Get checked for sleep apnea in a sleep clinic.

Related podcasts resources on diet and prostate problems



How Sleep Helps   
Your Urological Function

# Stress Management

Stress chemicals in the body weaken the immune system and promote inflammation, a breeding ground for prostate cancer. In addition, stress triggers a response from the nervous system, which causes an overactive bladder, urinary frequency, and urgency.

Also, since the prostate is 30% muscle, it tends to tighten when you are stressed, causing painful prostatitis symptoms. Managing stress by relaxing your nervous system will make you worry less, be calmer, and improve urinary problems.

Better stress management relaxes the nervous system, leading to relaxed pelvic muscles and improving urinary problems. Don't catastrophize. Making life events more stress



# Deep Diaphragmatic Breathing



Sit comfortably with your back straight



Inhale for four seconds. Expand your belly outward when inhaling (not inward)



Hold for four seconds



Exhale (breath out) for eight seconds (not less), bringing your belly inward as you exhale.



Do this five times two times a day.

Related podcasts resources on diet and prostate problems



[How to Manage Stress and Reset as a Man](#) 

# Final Thoughts



## We covered a lot in this small e-book.

We talked about the causes of prostate problems and how to get better from them naturally and through targeted science-based lifestyle practices. Now, you and I know that just reading this e-book will not bring results. You earn good prostate health by taking daily action, one rep at a time, one meal at a time, and taking daytime and nighttime supplements. The short-term benefit of acting now is that you will feel good, enjoy better mood, and be physically stronger. The long-term benefits are better prostate urinary health and improved longevity and quality of life after prostate cancer.

With the simple guide, you'll be equipped to need fewer medical therapies and be in charge of your body— rebuild, reclaim, and renew your health.

I am honored to be in this relationship with you through this e-book. My mission with my work is to help men improve their urological function and live better with age. I do the research so that you don't have to. Also, through my close clinical observations, I've seen the application of science transforming the lives of men with benign and malignant prostate problems. If you need motivation, think of your "why." You probably have good reasons to take action today, whether it is your deep desire to enjoy life again without worrying about peeing all night, preventing prostate cancer, or even living better despite having it. What's your why? Your kids? Grandkids? Spending more quality time with people you love? Thinking of your "whys" will usually get you going. You don't have to be perfect. Just go get it.

To stay in touch with my work on prostate health and longevity, here are three resources:

- My website, [Drgeo.com](https://Drgeo.com)
- Prostate cancer lifestyle and nutrition-focused website, [XY Wellness.com](https://XYWellness.com)
- Overall, Prostate urinary health and male quality of life focused nutraceutical supplements - [Mr. Happy Supplements.](https://MrHappySupplements.com)

Lastly, I don't have it all figured out. Still, I am doing my best to stay on top of the research, pay close attention to my clinical outcomes, and bring you what I know so you can implement these fundamental lifestyle practices immediately. So, let's optimize our urological function and live better with age together.

Much love.

Dr. Geo

#### DISCLAIMER

This eBook offers educational content about prostate cancer and nutrition and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult a qualified health provider for any medical concerns. Medical knowledge is ever-evolving, and some information might need to be updated. Readers should consult healthcare professionals for current prostate cancer and nutrition data. The authors and publishers are not liable for any consequences arising from the use of information in this book.