

There are so many things a man can do to help promote good Prostate Health. Remember that maintaining good health – Holistic Health – requires attending to your whole body; that is why it is important to implement a variety of things, because there isn't a magic pill that fixes all...

DIET

Random goofs in our DNA happen all the time and the other way cells mutate is because of Oxidative damage - chemical exposure or metabolism from the food we eat. We have the choice to support our bodies in a positive way: with diet and exercise. We also have the choice to abuse our bodies: poor diet and no exercise.

*The USDA Food Pyramid has its origins in the practice of agricultural chemistry in the late 1800s. **Wilbur Olin Atwater, Ph.D.**, an agricultural chemist who founded and directed the Office of Experiment Stations (OES) for the USDA, wrote the first dietary guideline.*

Atwater was a researcher, and received government funds to build a large respiration calorimeter for studying human metabolism.

In 1902, Mr. Atwater published a USDA Farmer's Bulletin which emphasized the importance of variety, proportionality, and moderation in healthful eating in the diets of American males. In his research, he determined that the calorie was a means to measure the efficiency of a diet. He calculated that different types of food produced different amounts of energy, and he stressed the importance of a cheap and efficient diet that included more proteins, beans, and vegetables, and to limit the intake of fat, sugar and other starchy carbohydrates. Source: <http://www.healthy-eating-politics.com/usda-food-pyramid.html>

The USDA recommendations have evolved over the years but one suggestion that has not changed is the suggestion of a diet low in fat. In 2011 the Food Pyramid evolved into MyPlate with vegetable and grain portions being the largest on the plate. There is a bit of controversy surrounding studies that have been done showing the need to reduce the size of the grain space on the Pyramid. However, the basic proportions are an excellent place to begin.

Take a look at your plate the next time you eat a meal. Try to separate the vegetables, fruits, protein and grains into portions. If you have more meat and grains than vegetables – consider revising your food intake.

Here are some of the general recommendations.

Consume foods that help the body in repairing damaged DNA:

Soy

Antioxidants that help with Oxidative damage: Vitamin A in the form of carotenoid from green and yellow vegetables (not the one from animals), Vitamin E and C

Foods containing Lycopene (the bright red carotene and carotenoid pigment in red fruits and vegetables, excluding strawberries and cherries). Tomatoes have gotten a lot of attention and are considered even more beneficial when cooked with olive oil.

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Selenium

Green tea

Cruciferous vegetables: broccoli, cauliflower, cabbage, Brussels sprouts, Bok choy, and kale

Vitamin D from salmon, mackerel, sardines and fish oil

Calcium

Keep in mind that everything should be done in moderation and your vitamin and mineral levels should be checked before increasing your intake otherwise you could create a dangerous, even toxic condition in your body.

A study done by Cornell University suggested that eating an apple gives your body far more antioxidant and cancer-fighting help than mega doses of vitamins.

“An apple a day keeps the doctor away.” If you remember that saying you are probably my age or older.

Any drastic changes in a diet should be done only at the advice of a doctor or nutritionist. Please consult a professional to ensure a well balanced diet that takes into consideration your specific needs and life circumstances.

EXERCISE & MOVEMENT

Medical professionals and prostate health oriented web sites will recommended you get some moderate exercise for at least 30 minutes most days of the week. Vigorous walking may be the easiest way to incorporate this into your day.

You may also want to consider: Tai Chi or Yoga

Both are great for the body, can help improve circulation, flexibility and help move your energy.

Tai Chi is really great for bringing focused attention to places in your body where you are tight, unable to move in a smooth, fluid manner, and where energy is being held or stagnate. Tai Chi offer a person the opportunity to deepen their ability to relax, let go and move with the energy around them. It offers the opportunity to play with energy, be able to feel it moving in you and around you, feeling your body as an energetic system and not just a solid mass of skin and bones.

What I love about Yoga is how quickly you notice where your body is tight. The point of Yoga isn't to accomplish a perfect pose; it is more about bringing you into communion with your body. Just like Tai Chi – it is about fluidity, energy circulation and shifting your focus into relationship with your body rather than just the container you walk around in every day.

Another option is to move the energy in a more forceful way – in order to unlock, and release tension that is building in your body. Most of us can relate to difficult days where we wanted to hit or break something. There is nothing wrong with the feeling, it is when we act on it that it becomes a problem. Rather than lashing out to hit or break something give your self the

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opportunity to move the energy in a healthy way. There are two important ways to work with this:

First, begin to explore the psychological issues of what is creating the irritation.

Second, find an outlet to move your body in a physical way to release all the pent up feelings and emotions.

A batting cage, tennis, racquet ball, basket ball, and foot ball are all viable options when done without the need to win, or beat an opponent, but rather for the pleasure of participating and for the enjoyment that “clean” competition brings – camaraderie. If you are looking for something more private and personal, I would suggest finding a practitioner who specializes in Core Energetics. This modality focuses on processing psychological issues by moving energy in a healthy way. You could also consider finding group sessions where Core Energetics is used. Be sure to find a safe, nonjudgmental environment in order to support your transformational work.

CEREMONIAL DANCING & DRUMMING

Do you happen to remember the movie *Dances with Wolves*? During the movie Kevin Costner’s character First Lieutenant John Dunbar builds a fire and dances around it. With or without the fire, dancing of this type is an excellent way to open your lower chakras (1-3) and begin to connect with the ground, connect to your body, your earth nature as an animal and your earth body as a spiritual being. If you were to open this up to a group of people the experience would be magnified; transporting the participants into a transformative experience.

Another way to accomplish this is by participating in a Drumming Circle. It doesn’t matter if you can “play” a drum or if you have rhythm. What is important is to let your self feel the beating of the drum inside your body. The body responds by grounding you into the earth. This is a good thing – it actually brings you into the present moment and allows anything else that may be happening in your life to melt away. Energy begins to flow through your body and charges your energy system.

RELEASING TENSION WITH BREATH

I mentioned in an earlier show how much tension is held in the pelvis. Remember that many cases of Prostatitis are actually not due to a bacterial infection; that is why they are called Chronic Prostatitis or Chronic Pelvic Pain Syndrome. Even if you are not diagnosed with Chronic Prostatitis you can still hold tension in your pelvis without realizing it.

Take a moment to check into your body.

See if you can relax your body. Relax your pelvis, the muscles in your hips, legs and lower back. If you feel the tension and notice it is difficult to relax try taking some deep breaths.

Slow breaths IN, full and deep, and then complete exhalations OUT.

Breathing deep, slow, breaths can begin to focus your attention to your body as you listen to and feel the breaths move in and out of your body.

As you continue to breathe check in with other parts of your body as well, maybe other areas are being held tightly. Allow them to relax and let go of what ever you are holding.

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This is a wonderful way to bring relaxation to your body no matter what part of your body you are working with – neck, shoulders, back.

If you can find a quiet place, sit or lie down in a comfortable position, put on some soothing music, moving through several moments of deep breathing has wonderful potential in being able to help you re-center, come into communion with your body, explore areas of tension, and even recharge your system.

MEDITATION

Meditation is a proven way to reduce stress, anxiety, pain, and even the impact of heart disease. Developing a meditation practice would give your entire body something it is probably craving – peace and relaxation. Combine the benefit of reducing stress, a contributor of tension, and you have a win, win situation.

A huge variety of meditation practices are available to you. All you need to do is find something you like. Patience is needed. You will find all sorts of excuses to not meditate once you make the commitment. Your subconscious will kick in to sabotage any efforts in self improvement. Deep inside, we have a large assortment of conflicting messages that prevent us from bettering our lives: I'm not worthy; I can't take the time; Others' are more important than my health; I have to provide for others, anything for myself is selfish, etc.

One of my favorite meditations is the Mindfulness Meditation technique which roots are from Buddhist teachers but have been westernized by Jon Kabat-Zinn. You can find him on the internet along with many teachers offering classes in this technique. You can also order CDs of his techniques. Here are a few of his books: *Coming to Your Senses: healing ourselves and the world through mindfulness*, and *Where Ever You Go, There You Are: mindfulness meditation in everyday life*. He has a few others, but I would recommend these to start with.

Keep checking back to this page as I add more information
Coming Soon:

SUGAR
BEER
MUSIC
MANTRAS

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