

End Prostate Problems With Avena Sativa

Mention a prostate exam to any man and he'll likely cringe. The last thing a man wants to hear about his body is that he has prostate problems. As many as 80 percent of men have an enlarged prostate. Most men will experience prostate pain at some point in their lives, and aging increases the risk of having prostate problems.

Prostate cancer falls only behind skin cancer as the leading type of cancer in the United States. Prostate cancer is responsible for the deaths of 500,000 men in the U.S. each year. While the numbers are startling, relatively few men get help for urinary or prostate problems. They suffer in silence. Beyond the embarrassment of having their prostate checked, many men believe that problems with the bladder are just a normal part of aging.

Men don't feel comfortable talking to their doctors about prostate problems. Yet, early detection and prevention are best for long-term health. A health screening is a simple step that all men need to take seriously. Urination problems need to be addressed quickly since they can be very painful and are often the first sign of a more serious problem.

What the Prostate Does

The prostate's job is to hold and release semen. Semen is the alkaline fluid that neutralizes the acidity of the vagina, thereby making it easier for sperm to reach their destination. A healthy prostate requires the right balance of androgens (male hormones). As men age, their hormonal balance changes and they use the fluids less often. Unused fluids in the prostate will harden.

If the prostate is inflamed, it can cause a painfully enlarged prostate, prostatitis or prostate cancer. When testosterone, the male hormone, is converted into dihydrotestosterone (DHT), it can lead to prostate cancer or enlargement.

Ending Prostate Problems

There are a few ways to end prostate problems. One option is having surgery to correct the problem. This should be used as a last resort after exploring more natural and less invasive choices. Second, there are heated laser treatments available to ease an enlarged prostate. While this is a less invasive option than prostate surgery, it can be costly and time consuming. Third, there is the option of prostate massage. There are devices sold for just this purpose. They are said to release build up fluids to provide relief from prostate pain.

There is another method for relieving prostate problems, though. It includes making healthy lifestyle choices and including avena sativa in your diet.

Avena Sativa Ends Prostate Problems

Avena sativa is a cooked seed used in cereals and flour. It can also be sprouted and used in salads and sandwiches. It is rich in silicon, manganese, zinc, calcium, phosphorus and Vitamins A, B1, B2 and E. It is an oat complex for men that support prostate health in a natural way. It actually shrinks an enlarged prostate. Used in conjunction with a healthy diet, exercise and a healthy lifestyle in general, it can greatly improve the health of the prostate.

The keys to ending prostate problems are eat healthy and limit dairy intake; incorporate exercise into your daily routine; reduce stress; and add an avena sativa supplement to your diet. Getting into a healthy routine will ease the pain of an enlarged prostate and prevent prostate problems in the future.

About the Author

More information on [avena sativa](http://vitamet.com) herbs is available at VitaNet ®, LLC Health Food Store. <http://vitamet.com/>