

Beta Sitosterol:

Safe Support For Benign Prostatic Hyperplasia

It's no news that prostate health is a big issue these days. The American Cancer Institute estimates that about one man in six will be diagnosed with prostate cancer during his lifetime.

Even more pervasive than prostate cancer, however, is the condition Benign Prostatic Hyperplasia (BPH). That's right, benign. Not cancerous, but also not so comfortable and often suffered unnecessarily.

As men age, the prostate enlarges. As a result, tissue surrounding the prostate stops the gland from expanding, causing the prostate to press against the urethra. The bladder wall then becomes thicker and irritable, and the bladder begins to contract even when it contains small amounts of urine, causing more frequent urination.

Eventually, the bladder weakens, loses capacity to empty itself, and urine remains in the bladder. The narrowing of the urethra and partial emptying of the bladder cause many of the uncomfortable problems associated with BPH.

What to do? It's important to rule out cancer, and any other contributing conditions. Your health care professional, as a first step, can test your Prostate-Specific Antigen (PSA), a protein produced by the prostate gland that circulates in the blood and increases with an enlarged prostate. Once you've checked out the danger signs *carefully*, there's no need to suffer.

Beta-sitosterol, a safe and affordable dietary supplement, has been

shown in a variety of studies to support healthy urinary function.

In a key 1999 review of four well-designed clinical trials involving 519 men with mild to moderate (symptomatic) BPH, analysts reported that beta-sitosterol provided notable relief from urinary problems.

Participants enjoyed increased urine flow and almost no side effects.

Interestingly, benefits matched those commonly seen with more expensive prescription drugs.

It's still not clear exactly how beta-sitosterol benefits the prostate, but research suggests it may lessen inflammation, soften tissue around the prostate, and block the accumulation of cholesterol in the gland itself.

An added bonus of beta-sitosterol is that it also supports healthy cholesterol levels—by reducing intestinal absorption of cholesterol by up to 50%.

For more information on prostate health, check out Roger Mason's book *The Natural Prostate Cure*. It's considered essential reading when it comes to a healthy, alternative approach to prostate health.

Cindy Marteney is the president of Our Health Co-op, which focuses on healthy aging and making high-quality dietary supplements affordable, especially for those with limited means. Our Health Co-op was recognized by SupplementQuality.com as a "quality vendor" in 2004. Write to cindy@ourhealthcoop.com. Learn more at www.ourhealthcoop.com or call 561.656.4011.



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