

Autumn Newsletter: Men's Health Conditions



MEN'S HEALTH



In this autumn edition of my newsletter, I will discuss common men's health concerns. Men experience gender conditions which differ from women such as constipation, hemorrhoids, prostate concerns and erectile dysfunction.

Many men are not candid when speaking about their health matters. Whether the reason is due to avoidance, no time or fear, it is easier to fix a drippy faucet than a broken pipe. In other words these problems can gradually develop over time, not overnight. The contributing factors are stress, working long hours, little or no exercise, poor diet choices, and (the number one reason I hear) "I'm too busy to take care of myself".

Health begins with "You"! Be Proactive.

My role as a homeopathic practitioner is to provide an alternative, safe and gentle approach to your health concerns, acute or chronic.

Chronic Constipation Symptoms:

- Straining to pass a bowel movement
- Passing less than 3 bowel movements per week
- Feeling as though you have not completely emptied yourself
- Feeling as though there is a blockage in your rectum & unable to pass stool
- Having hard or lumpy stools
- Needing to force your stools by pressing on the abdomen or using your fingers

Hemorrhoid Symptoms:

- Painful bowel movements
- Pain, extreme itching & irritation around the anus
- Itchy, painful swelling near the anus
- Blood after wiping yourself
- Fecal leakage



Erectile Dysfunction Symptoms & Causes:

- Erections that are too soft or brief for intercourse
- An inability to achieve erections
- High cholesterol, high blood pressure & diabetes are associated with increased risks of erectile dysfunction (ED)
- Clogged arteries known as atherosclerosis is a condition when the blood vessels become clogged & there is lack of blood flow to the penis during erections, causing ED

Prostate Concerns:

- Frequent or urgent urination especially at night
- Difficulty beginning urine stream or slow flow of urine, straining while urinating
- Painful urination, cloudy urine
- Feels as though you have not completely urinated
- Enlargement of prostate known as benign prostatic hyperplasia (BPH)
- Prostate infection also called acute or chronic bacterial prostatitis

SHEPHERD'S PIE RECIPE MADE WITH CAULIFLOWER & BEANS



Ingredients:

- 1 large head of cauliflower chopped
- 1 ½ to 2 cups of red beans (soak overnight) or substitute with 1 can of red beans (rinse thoroughly)
- 4 to 7 cups of water for uncooked red beans
- 1 cup carrots chopped
- 1 cup celery
- 1 cup peas
- 1 small onion chopped
- *Optional: 1 to 2 cloves garlic*
- 2 tablespoons fresh parsley
- 2 tablespoons fresh basil
- 1 teaspoon salt
- 1 to 2 tablespoons sunflower, corn or coconut oil
- *Optional: 2 tomatoes chopped & cook sauce*

Directions:

- Place chopped cauliflower in a pot of boiled water, cook cauliflower until well done; add ½ teaspoon salt. Mash the cauliflower and set aside. Cook beans for 30 minutes to 1 hour (if using canned beans, cook until softened). In another pot grease and add onions, garlic, parsley and basil, sauté until lightly browned. Toss in the carrots, celery, peas or any other vegetables, cook until tender; stir in the cooked tomato sauce, stirring the vegetables and sauce together. Remove from heat.
- Preheat oven to 375°F.
- Grease pan and spread a layer of cauliflower on the bottom of pan. Add the cooked beans gently spreading them over the cauliflower and then the vegetables. Top with layer of cauliflower. *Optional:* sprinkle more parsley and basil before placing in oven. Bake 20 to 30 minutes, until lightly or golden brown. Remove from oven.

Make a tossed salad & dinner is served.

A healthy meal with protein & vegetables!

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VALUABLE TREATMENTS FOR MEN'S HEALTH CONDITIONS

The most essential and affordable investment to make for your well-being is to build a balanced diet. This is the **best medicine** for your body to maintain a healthy lifestyle and prevent illnesses like constipation, hemorrhoids, prostate concerns and erectile dysfunction.

❖ How To Build a Balanced Diet:

- ✓ Grill, bake or boil your food
- ✓ **Drink water** it helps to hydrate and keep your bowels regular
- ✓ **Reduce your intake of** salt, sugar, alcohol & caffeine
- ✓ **Avoid processed foods** like cold cuts, sugar, cookies, chips, packaged foods
- ✓ **Reduce your carbohydrate** intake. Replace it with quinoa, oatmeal, yam potatoes. Substitute pasta for: zucchini noodles, parsnip noodles, sweet potato noodles, turnip noodles, carrot noodles, squash noodles, broccoli stem noodles (peel stem first)
- ✓ **Limit** your ingestion of **dairy & cheese products**

❖ Eat more of the following foods:

- **Fruits** such as berries (they are high in vitamin C and antioxidants), tomatoes, watermelon, pink grapefruit, peaches, plums, pears
- **Vegetables** that contain cruciferous such as broccoli, cauliflower, cabbage, brussel sprouts, bok choy, kale; guava & papaya contain lycopene, a powerful antioxidant.
- **Omega 3 fatty acids & selenium rich foods** like fish (salmon, tuna, herring); nuts (sunflower, sesame seeds and cashews); eggs (boiled or poached); mushrooms, garlic, onions. These can boost prostate health & may reduce risks of prostate cancer.
- **Replace red or processed meats with plant protein.** Kidney beans, chick peas, lentils, legumes, chia, hemp seeds are full of protein nutrition's.



education



nutrition



health

Home Remedies

- ❖ Keep your waistline trim. Maintain a healthy body weight ideal for your height & age.
- ❖ Engage in regular exercise at least 3 to 5 days per week such as walking, swimming, jogging
- ❖ Wear loose cotton underwear
- ❖ Stop smoking

Natural supplements that may be useful:

- **Ground flax meal** has many benefits for your body such as; omega-3 fatty essentials acids. It helps keep you regular, supports the immune system & is excellent to help balance testosterone-DHT relationship. It inhibits certain enzymes needed to convert testosterone to DHT. Evidence also suggests that flax meal can help reduce the risks of cardiovascular disease, prostate cancer.

Hemorrhoid relief for pain & itching:

- Use witch hazel, cold compresses
- Take warm Epsom salt bath
- Be gentle with toilet paper or use pre-moistened wipes

Constipation relief:

- Refer to the diet section
- For *temporary* chronic constipation try mineral oil. It coats the intestines making it easier & less painful to pass a bowel movement especially if one has hemorrhoids

Prostate concerns:

- Lycopene is an antioxidant found in fruits & vegetables
- Pomegranate juice
- African plum tree is also known as pygeum africanum. The bark is used to treat bladder problems associated with BPH
- Saw palmetto berry has antioxidants & other nutrients that are beneficial

Erectile Dysfunction:

- Arginine-rich foods help to relax blood vessels & may boost circulation in the penis. These foods include fish, poultry, nuts & seeds

HOMEOPATHIC TREATMENT FOR YOUR CONDITIONS

Below are some remedies that may be prescribed for specific symptoms:

- **Aesculus** remedy for painful bleeding & protruding hemorrhoids
- **Calendula** tincture remedy used as a topical for hemorrhoids
- **Natrum muriaticum** remedy for dry & crumbling stools
- **Conium** remedy for hardness of prostate
- **Sabal serrulata** remedy for enlargement of prostate

Consult a homeopathic practitioner to address your concerns. Please contact me to book your appointment.

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