



# Prostate Health

## Information about the Prostate Gland

**The prostate:** The prostate gland is the largest gland of the male reproductive system. It is located below the bladder. It surrounds the urethra (the tube through which urine and semen flows). The prostate is about the size of a chestnut, and is composed of muscular tissues.

The prostate increases in size up to the age of puberty. At that point it remains a stable size for the rest of the man's life. Sometimes, beginning at about age 45, further enlargement may occur. The reasons why this enlargement occurs are not clearly known or understood. However holistic oriented researchers are giving much credence to the ideas that nutritional deficiencies, mineral deficiencies, toxicity within the body, and emotional factors may play a large role in the health and condition of the prostate gland.

**The Function of the Prostate:** The purpose of the prostate is to secrete a slightly acidic, milky fluid into the urethra. This fluid contains enzymes which balance the acid levels of the fluids within the urethra (urinary duct), and assist the movement of sperm as it passes through the duct on its important role of recreation. Actually, about 25 percent of the seminal fluid consists of this milky fluid which has been secreted by the prostate gland.

## Nutrients for the Prostate

Magnesium, zinc and calcium have been identified by researchers as very important nutrients to the prostate gland and the reproductive system. As an example, few people realize the at least one mg. of zinc is excreted with each ejaculation. For a man with an active sex life, that can add up to a lot of zinc! It won't be long before his body will be zinc-deficient.

**Zinc:** Zinc is a major component of semen. It plays an important role in the process of fertility, sexual performance, and reproduction. The processes are complicated, but can basically they can be described as assisting the many complicated enzymes and enzymatic reactions which occur during sex and the

reproductive process, as well as occurring during many other important body functions.

**Magnesium:** Magnesium is important in neuromuscular activity. Muscles need a proper level of magnesium in order to contract properly. Both the RNA and the DNA activity of muscles is affected by magnesium. As far as the body as a whole, magnesium is necessary for the proper assimilation of calcium and Vitamin D in the body. In the prostate itself, magnesium is important in order to have the proper level of muscle contraction for an adequate secretion of seminal fluid during the sexual experience.

**Calcium:** An essential mineral, calcium serves many purposes within the body. Bones, teeth, membrane structures, and other cellular structure functions are dependent upon an adequate level of calcium in the body.

**Conclusion:** Insuring that your body has an adequate level of zinc, magnesium, and calcium can benefit the health of your prostate.

## What To Do For an Enlarged (swollen) Prostate

If your prostate is already swollen and enlarged, there is a herbal remedy which is prepared for the specific purpose of shrinking enlarged and swollen prostates. If you would like additional information about this herbal remedy: [Click Here to Learn How to Shrink Prostates.](#)

## What To Do For a Cancerous Condition in the Prostate

If your prostate is already cancerous, you may wish to consider a holistic alternative medicine using an herbal remedy. For additional information about this herbal approach: [Click Here to Learn About This Herbal Approach.](#)

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