

# **Easy Ways To Maintain A Health Prostate**

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**THIS INFORMATION IS FOR EDUCATIONAL  
PURPOSES ONLY  
BEFORE MAKING ANY CHANGES TO  
YOUR DIET  
OR PHYSICAL REGIMENT, PLEASE  
CONTACT  
YOUR PHYSICIAN OR HEALTHCARE  
PROVIDER.**

**The prostate is a muscle that controls the switching between urination and ejaculation.**

**The prostate is approximately the size of a walnut and average weight of 11 grams.**

**It ranges between 7 and 26 grams. Part of the urethra passing through it is the prostatic urethra, this joins with the two ejaculatory ducts. The surface is called prostatic capsule or prostatic fascia.**

**The following are a list of ways to maintain a health prostate:**

**- Reduce your consumption to zero of sugar drink, sodas and other types of sugar sweetened drinks. Instead consume only natural sweets on occasion. You have a sweet-tooth, recommend chromium.**

**- Avoid using white bread and replace it with whole grain pasta, cereals and whole grain bread.**

**- Eat green leafy vegetables and fruits daily.**

**And, I recommend five servings daily.**

**- A good source for protein are beans, fish and eggs.**

**- At meal time eat slowly and breathe deeply as you eat. Do not eat in a hurry and when you are full, stop.**

**- Limit your meat intake such as processed meats, red meat, pork, goat, bologna, hotdogs and lamb.**

**- Reduce the use of salt with your meals.**

**- Reduce your use of frozen food, processed foods and canned foods. Read the food labels.**

**- Kegel exercises helps you increase control of your bladder.**

**When doing this exercise, squeeze the muscles used when holding back urine. Hold for a few seconds and release the squeeze.**

**Recommend, 1 to 3 sets of 5 (work your way up to 10 sets) daily.**

**Take your time.**

## **References:**

**<https://www.health.harvard.edu/mens-health/10-diet-and-exercise-tips-for-prostate-health>**

**<https://buschcenter.com/5-exercise-tips-for-a-healthy-prostate/>**

**<https://buschcenter.com/5-exercise-tips-for-a-healthy-prostate/>**

**[Prostate - Wikipedia](#)**

**<https://en.wikipedia.org/wiki/Prostate>**

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