

The prostate is a gland in the male reproductive system that is normally about the size of a walnut. It surrounds the part of the urethra just below the bladder and above the muscles of the pelvic floor.

One very important function of the prostate gland is hormone metabolism. The male sex hormone testosterone, is transformed into a biologically active form called dihydrotestosterone (DHT), in the prostate gland. This hormone plays a role in puberty and helps men develop their adult male characteristics.

Common Prostate Health Problems

Prostate Cancer

The risk of developing prostate cancer increases with age. Other risk factors include family history and race. Over the past decade or so, there has been a decline in deaths related to prostate cancer. A major contributor to this decline is the prostate specific antigen screening, also known as the PSA test (which involves measuring specific protein level in the blood).

High levels of PSA may be a sign of prostate cancer, or noncancerous conditions such as prostatitis or enlarged prostate gland. Either way, steps taken as prevention is always the best approach.

Benign Prostatic Hyperplasia

BPH is a non-cancerous condition whereby the prostate gland becomes enlarged as men age. When this happens, the prostate compresses the urethra, making it difficult to urinate, and void bladder completely. This sets up the stage for reoccurring kidney and bladder infections. Hyperplasia refers to the added cell growth that begins in younger men and then slows and continues throughout life. BPH is caused by a variety of circumstances, including excess estrogen, decreased blood flow and zinc deficiency.

According to some studies, BPH develops as an age-related phenomenon in nearly all men, starting at approximately 40 years old. The symptoms that patients typically seek treatment for are lower urinary tract symptoms, such as frequent urination and pain when urinating.

Prostatitis

Prostatitis is inflammation or infection of the prostate gland. It may lead to urination problems, sexual dysfunction, fatigue and depression. Unlike most other prostate health problems, prostatitis occurs more often in young and middle-aged men.

There are three types of prostatitis:

1. Non-bacterial prostatitis (the most common type) - may be caused by stress or irregular sexual activity.
2. Bacterial or viral prostatitis- may or may not be caused by an STI (sexually transmitted disease).
3. Prostatodynia - is chronic prostatitis, which maybe bacterial in nature or could be the result of ongoing pelvic inflammation.



Let's look closer at the Strauss Prostate Drops formula

NPN 80101752

Medicinal Ingredients (per ml):

- Saw Palmetto Fruit (*Serenoa repens*) 333.3 mg
- Bilberry leaf (*Vaccinium myrtillus*) 212.6 mg
- Nettle Leaf (*Urtica dioica*) 165.4 mg
- Juniper Fruit (*Juniperus communis*) 96.9 mg
- Birch leaf (*Betula pendula*) 48.3 mg
- Corn silk stigma & style (*Zea mays*) 48.3 mg
- Linden leaf & flower (*Tilia x europaea*) 48.3 mg
- White willow bark (*Salix alba*) 48.3 mg
- Goldenseal root (*Hydrastis canadensis*) 34.6 mg
- Uva Uris leaf (*Arctostaphylos uva-Uris*) 24 mg

Non-medicinal ingredients: water, ethanol, glycerine, spearmint flavouring

Indication: Used in Herbal Medicine to help relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia (BPH)

- Weak urine flow
- Incomplete voiding
- Frequent daytime/night-time urination

Dosage: Adult Males: take 1ml 3 times per day. Take with food to minimize gastric disturbance. Do not take with highly acidic foods (e.g. citrus fruits/juice) or medications which may acidify urine. Take a few hours before or after any medication or natural health product

Uva Ursi

- Diuretic – contains ursolic acid which reduces water retention and increases urine flow
- Contains hydroquinone derivative, arbutin, which is often used to treat nephritis, urethritis, kidney stones, and chronic cystitis
- Antiseptic, astringent and antimicrobial properties-used in Urinary Tract Infections (UTI's)
- Soothes inflammation in bladder and kidneys
- Neutralizes acidity in urine—reduces accumulation of uric acid in urine



Birch

- Boosts immune system = antibacterial & antioxidant
- Speeds up recovery time due to its rich in vit C and flavonoids and can reverse damage done by free radicals
- Anti-inflammatory due to its high content of betulinic acid (betulin)
- Blood purifier = helps the kidneys filter the blood
- Diuretic properties = flushes out excess fluids, increasing the volume and frequency of urination, which is useful to flush out uric acid, toxins, and excess edematous fluids



Goldenseal

- Anti-catarrh and Anti-inflammatory, especially on mucous membranes
- A strong Antimicrobial, acts against drug resistant Staph. aureus bacteria, H. pylori, and streptococcus, to name a few pathogens
- Contains Berberine which inhibits oxidative stress and inflammation on the kidneys, liver, pancreas and digestive tract
- Controls gastrointestinal dysbiosis = helps to maintain gut flora balance

Juniper Fruit

- Diuretic and improves urinary flow
- Antibacterial and antifungal, antiviral--specifically within the kidneys--often used in UTI's
- Contains powerful antioxidants such as SOD, Catalase and Glutathione peroxidase
- These antioxidants, specifically protect against damage from peroxides throughout the body
- Used in digestion problems, flatulence, bloating, gastrointestinal (GI) infections, urinary tract infections (UTI) and kidney & bladder stones

White Willow Bark

- Anti-inflammatory effect s = COX-2 Inhibitor (down-regulates inflammatory mediators, including tumor necrosis factor-alpha and nuclear factor-kappa beta)
- Contains flavonoids that protect against oxidative stress = anti-oxidant
- Also known to prevent prostaglandin and cytokine release, reducing pain and inflammation
- Prevents platelet aggregation and thus prevents blood clotting
- Increases antioxidant activity, including glutathione

Saw Palmetto Fruit

- Indications include; overall genitourinary health in males, benign prostatic hyperplasia (BHP), chronic non-bacterial prostatitis, prevent hair loss, incontinence, and difficulty urinating
- Prostatitis = chronic pelvic pain, bladder disorders & decreased sex-drive
- Contains fatty acids, collectively called, liposterols--shown to inhibit the enzyme responsible for converting testosterone to dihydrotestosterone (DHT)
- Lowers androgens, such as testosterone & dihydrotestosterone (DHT) to a balanced level

Linden Leaf and Flower

- Traditionally used for bladder and kidney issues, and to induce sweating for feverish infections, reduce nasal congestion, and relieve throat irritation and cough
- Diuretic, diaphoretic effects, cholagogue, antispasmodic, and is a nervine
- Promotes relaxation, relieving stress & anxiety--mimics the activity of gamma aminobutyric acid (GABA)
- Anti-inflammatory due to high level of several flavonoid antioxidants



Nettle Leaf

- Traditionally used for systemic inflammation, such as in allergic reactions
- Source of vitamins A, C, and K, potassium, phosphorus and calcium
- Anti-tumor and antiviral
- Improves total antioxidant capacity and SOD levels and has shown to reduce C-reactive protein
- Anti-inflammatory effects on lower urinary tract and prostate



Bilberry Leaf

- Diuretic
- Aids in venous strength and function
- Anti-inflammatory flavonoids responsible for inhibiting the release and synthesis of pro-inflammatory compounds --histamines, leukotrienes, and prostaglandins
- Contains anti-oxidant actions, such as protecting LDL cholesterol from oxidative stress properties
- Useful in gout—bilberry leaf may decrease uric acid in body

Corn Silk Stigma and Style

- Traditionally used to treat urinary tract infections and kidney stones in adults
- A soothing diuretic, useful for irritation of urinary tract
- Used for inflamed bladders and painful urination
- Has shown benefits in atherosclerosis, edema, prostate inflammation, and helps with high blood pressure

In Conclusion

Incorporating the Prostate and Kidney Blood Pressure formulas, along with Vitamin D, Selenium, Zinc, and Lycopene, are excellent lifestyle changes to make to gain a healthier prostate and overall urinary tract.

Precautions with Prostate Health

Always see your Healthcare Provider, especially in the case of cancer, before starting on any new supplements.



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