

PROSTATE: THE MISTREATED GLAND

By
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Nothing can shatter a man's confidence and sense of well-being quite as quickly, as to learn that he has prostate problems. The disorders of the prostate such as, enlargement or tumorous growth of this important gland, threatens not only the feeling of health and well-being, but the man's ability to perform well sexually. Many prostate disorders (especially when the patient is younger), have been mistaken for simple bladder infections, slipped disks, lower back pains, nervous tension and other "vague disorders" that temporarily explain the "mystery pains".

Why is this problem on the increase, and is it curable? This will be the theme of this paper. Remember that enlargement of the prostate comes from long-lived chemical irritants (especially those involving diet, drugs or stimulating drink). Or, it may result from a serious injury that remains inflamed for too long a period of time. Whenever a restricted flow of urine occurs (especially prevalent at night), it would be wise to suspect that the prostate gland may well be involved. Also realize that prostate pain may manifest itself directly in the gland or may distress distant or surrounding parts of the body.

Dietary indiscretions play a "huge" role in the prostate's malfunctioning. Thus, the major cause for the growing number of cases seen each year. The American man's love affair with table salt and spices, white sugar products, as well as, excessive starch eating, have created irritation to the body via this important gland. This has also over-stimulated his mind, creating lasciviousness - or excessive sexual abuse via the mind. Chronic erections not relieved, or excessive masturbation leave the gland congested and irritated.

Another chronic ailment that establishes itself, is chronic constipation. The enlarged gland interferes with this gland. Again, a salt free, limited starch and sugar diet will go a long way towards stopping this national nuisance termed, constipation.

As for remedies, surgery is the least acceptable of suggested methods. It is rarely needed, other than those cases involving cancer (extreme toxemia) or in the event of a non-malignant tumor that has unfortunately reached such large proportions that it is blocking urine. Therefore causing a "mechanical" disorder, that could definitely result

in death.

But on the positive side, what may be done to relieve or remove the cause of this disorder? There should be several dietary changes. Carefully avoiding all condiments (especially salt), not partaking of stimulating beverages, and limiting or excluding white flour or sugar products. Developing instead, a diet of alkaline-forming foods. Especially those in the vegetable family. As the body becomes cleansed of its stimulating toxins, the mind will normally become calmer and less excessive sexual thoughts will prevail.

Any manipulation or massage of the gland, must be done with skill and great care. Even then, the results may not be positive. There is always a chance of this treatment (improperly done) creating more irritation to an inflamed, sensitive area - caution must be exercised! Moderate exercise, coupled with hot sitz baths and direct heat (such as a heating pad) will relieve annoying and painful symptoms.

All of these suggestions can relieve misery. But why not try proper diet to prevent and protect that magnificent gland - the prostate.