



The Natural Way to Keep the Prostate and Ovaries Healthy

By D. Graeme Shaw, M.D.

Almost every day I'm faced with a male patient complaining of urinary frequency, reduced stream, difficulty initiating his stream and interrupted sleep from having to get out of bed two to four times a night to urinate. These are symptoms of BPH (benign prostatic hyperplasia).

I also get calls from female patients who are prone to problems of single cysts and multiple cysts of the ovary (polycystic ovarian disease). While the response from conventional medicine would be to treat the symptoms, natural programs support the underlying cause.

For example, I've had many female patients whose bodies were able to eliminate their cysts after being on a three-month course of supportive natural supplementation.

It's also been my pleasure to see male patients show consistent improvement in their symptoms while using natural programs that support the body and address the underlying causes of BPH.

Negative Factors Can Induce Organ Changes

All cells need a certain combination of nutrition, oxygen/water and detoxification to sustain life. When any of these commodities are interrupted, the cells work less efficiently. To compensate for this

lowered function, the body responds with adaptive changes

In the real world, when a large job needs to be done, the usual response is to get more or stronger workers. Cells make the same response when they are faced with stress – they get bigger or they multiply. These compensatory changes can be enlargement of the cells (hypertrophy) and/or an increase in the number of cells (hyperplasia). A secondary result of these changes can be the formation of cysts.

In relation to the health of the prostate and ovaries, there are a number of factors that can induce these changes. Nutritional deficiencies, toxicity, hormonal imbalances (especially estrogen dominance), nicotine, infections, inflammatory reactions, physiologic and psychological stress reactions or low energy states can all affect organ health. These negative factors can harm the prostate and ovaries with conditions such as BPH and ovarian cysts.

Lifestyle Changes, Crinum Latifolium Show Promise

Reversing negative factors may include lifestyle changes such as improved quality of diet, exercise, stress reduction, nutritional supple-

ments like vitamin B6, folic acid, magnesium, essential fatty acids, DIM/Indole-3-carbanol, iodine and glutathione

Crinum latifolium is a natural herbal ingredient under investigation for its properties to correct prostate and ovarian imbalances. The early findings of researchers in Vietnam show many health properties of Crinum latifolium, including detoxification, antioxidant, enhancement of circulation and oxygen delivery, reduction in inflammation and toxicity, and hormone balancing.*



D. Graeme Shaw, M.D.

If you have any questions regarding the use of herbal dietary supplements to support your health, contact Get Well Natural at contact@getwellnatural.com or call 1-888-522-HERB (4372) or 408-260-9714, or visit the website at www.getwellnatural.com.

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