



Special Health Report: Prostate problems in Afrikan/Black Men

By Kwame Osei

According to research in the US and UK, Prostate cancer is amongst THE TWO biggest killers of Afrikan men. This special report seeks to ask what prostate cancer is, its causes and what can be done to prevent the disease.

The prostate is partly muscle and gland. It is about the size of a walnut with a donut shape. It is directly underneath the bladder and surrounds the tube (urethra) that allows urine to flow out of the bladder and pass out through the penis.

The prostate secretes a thin cloudy alkaline fluid that helps make up seminal fluid. The muscular contractions of the prostate squeeze the prostatic fluids and help mix it with semen and sperm - The muscles help to ejaculate.

There are many types of prostate diseases and many factors that can cause prostate problems. There are two main categories of prostate problems - They are:

Prostatic Hypertrophy

Prostatic Hypertrophy is the enlargement of the prostate. It can slow down, interrupt, block, or stop the flow of urine as well as cause urine to stay in the bladder too long, resulting in infections and/or inflammation. This can lead to kidney disease and destroy the kidney.

Prostatitis

Prostatitis is the inflammation of the prostate. Disease can directly and indirectly affect the prostate such as Sugar Diabetes, High Blood Pressure, Rheumatism, Arthritis, Varicose Veins, as and Hypoglycemia, which damages prostate nerves.

There are early warnings of prostate problems. These include premature baldness and/or ejaculation can indicate weakness and/or deterioration of the prostate.

Young boys who dribble urine after it stops flowing and often leave urine stains in their underwear may be indicating the beginning of prostate problems. Men that need to shake their penis several times because urine dribbles after urination stops may have the onset of problems. Usually, early warnings are ignored until the male reaches middle age and has an enlarged prostate, cancer of the prostate or infertility.



Infertility is rising, as twenty-five percent of married couples cannot have children. It has been steadily decreasing each year. Imbalanced hormone levels (estrogen, progesterone and testosterone) can result in decreased sperm counts. Excess estrogen in processed foods lowers the progesterone and testosterone level, which lowers the sperm count and deteriorates the prostate.

There are estrogen and steroid-type chemicals in meats, milk (dairy), eggs and fish.

Excess estrogen weakens the prostate and causes cancer of the prostate in men and given Afrikan/Black people's intolerance to lactose because of our melanin content is something we should seriously consider.

Therefore, the consumption of excess estrogen in cow's milk starts the deterioration of the prostate.

Prostaglandin hormones, as well as Adrenalin hormones are released as a reaction to High Blood Pressure, Stress, Diabetes, Obesity, Drugs, Junk Food, fish, Meat, Egg, and Dairy consumption.

Prostaglandins cause prostate muscle contraction and are anti-inflammatory. They can be high in semen. An overly high prostaglandin level weakens the tissue of the prostate; the prostate reacts by getting thicker, developing scar tissue and becomes hypertrophied (enlarged).

The prostate is harmed by white sugar, alcohol, vinegar, salt, processed foods, the toxic synthetic chemicals in commercial After-shave, deodorants, colognes, cough suppressants and allergy remedies.

They enter the blood and prostate. They cause cellular waste to be suppressed (kept) in the prostate and alter normal function. Also Sexual intercourse with ejaculation causes the same nutrients' energy loss as running 20 miles.

In conclusion then, a lifestyle with junk foods and excessive sex will eventually destroy the prostate.

Therefore my advice to Afrikan/Black men would be to eliminate white bread, white rice, Chicken, fish, red meat, milk, eggs, salt etc from their diet and EAT more fruits, vegetables, pulses (nuts - sesame seeds, pumpkin seeds, monkey nuts, cashew nuts), whole meal brown bread, brown rice, sea salt etc.

In addition to this cutting down on the level of sexual activity that one does to maybe once or twice a week.