

hormone balance for men what your doctor may not tell you about prostate health and natural hormone supplementation

[#men's hormone balance](#) [#prostate health tips](#) [#natural hormone supplementation](#) [#testosterone optimization](#) [#male wellness advice](#)

Unlock vital information on men's hormone balance and prostate health that may not be discussed in standard medical consultations. Explore the benefits of natural hormone supplementation and holistic strategies to optimize male vitality and overall well-being, moving beyond conventional advice.

Course materials cover topics from beginner to advanced levels.

Thank you for visiting our website.

You can now find the document Men Hormone Balance you've been looking for. Free download is available for all visitors.

We guarantee that every document we publish is genuine.

Authenticity and quality are always our focus.

This is important to ensure satisfaction and trust.

We hope this document adds value to your needs.

Feel free to explore more content on our website.

We truly appreciate your visit today.

This is among the most frequently sought-after documents on the internet.

You are lucky to have discovered the right source.

We give you access to the full and authentic version Men Hormone Balance free of charge.

hormone balance for men what your doctor may not tell you about prostate health and natural hormone supplementation

How to Shrink Your Prostate Naturally: The #1 Nutrient You Need - How to Shrink Your Prostate Naturally: The #1 Nutrient You Need by Dr. Eric Berg DC 5,296,388 views 1 year ago 9 minutes, 13 seconds - Find out what **the**, most important nutrient **is**, to support **a healthy prostate**,. For more details on this topic, check out **the**, full article on ...

Introduction: How to support your prostate

What is the prostate?

What does the prostate do?

The relation between zinc and the prostate

The most important nutrient for the prostate

What causes a zinc deficiency?

What is the best source of zinc?

Check out my video on zinc!

12 Signs Of Hormonal Imbalance In Men - 12 Signs Of Hormonal Imbalance In Men by Ryan Taylor 31,490 views 2 years ago 10 minutes, 35 seconds - 12 Signs of **Hormonal Imbalance**, in **men**,. [Subtitles] **Hormones**, are chemical messengers that control how cells and organs **do**, ...

HORMONE IMBALANCE

Hormones are chemical messengers that control how cells and organs do their work in your body.

12 Signs Of Hormonal Imbalance In Men

common signs of hormonal imbalance in men is a receding hairline

testosterone is the main male sex hormone

am this shows that your adrenal glands are producing too much

and can help us to become aware of hormonal imbalance.

Why Are My Hormones Out Of Balance?

Although there are others, these are the main triggers for hormonal imbalance that you need to be aware of

How To Balance My Hormones?

Cut back on sugary foods and refined carbohydrates Like bread, cereal.

biscuits, pastries, sweets, crackers, pancakes, soda and fruit juices.

Replace these with healthy fats such as extra virgin olive oil. raw coconut oil. grass fed butter and avocados.

Healthy fats reduce food cravings and balance out your hormones naturally.

Start taking a daily supplement of zinc picolinate to help boost testosterone Levels.

This helps to keep your body and immune system strong as you get older

I also recommend taking sea kelp capsules, which is the best source of iodine to keep estrogen levels in check.

Switch to organic foods and stop eating commercial fruits, vegetables and grains.

Pesticides and chemicals used to grow conventional foods are called endocrine disruptors and damage your delicate hormone balance.

and are richer in phytonutrients that help to heal your glands.

If you have any type of hormonal imbalance, recommend cutting out dairy foods like cheese and milk.

Dairy contains anabolic hormones which are naturally occurring.

These can make hormonal imbalances worse, especially if you are overweight.

Take long walks in nature to help reduce excess stress hormones in the body such as cortisol

Walk in areas with lots of trees and get fresh air.

Essential oils released into the air from plants help to calm the nervous system.

which in turn pull stress physically out of the body.

Getting at least 8 hours of sleep per 24 hours will also help balance your hormones.

Finally, eat foods rich in omega-3 fatty acids such as wild caught fish, sardines, salmon, herring and anchovies often.

Along with shellfish Like mussels and shrimp.

Omega-3 fats reduce inflammation throughout your entire body.

helping to heal your glands for perfect hormone balance.

The endocrine system is a collection of glands which release hormones to perform different functions in the body.

Men who suffer with hormonal imbalances can experience a range of signs and symptoms that we have shared in today's video.

By cleaning up your diet, managing stress and getting more exercise you can help to restore your glands and the fix hormonal imbalances.

8 Of The Most Harmful Foods For The Prostate (DON'T IGNORE) - 8 Of The Most Harmful Foods For The Prostate (DON'T IGNORE) by FOODS & DRINKS 1,108,722 views 1 year ago 4 minutes, 57 seconds - 8 Of **The**, Most Harmful Foods For **The Prostate**, (**DON'T**, IGNORE) **The prostate is a**, small gland in **the male**, reproductive system.

Intro

Foods Bad For Prostate

Alcohol Bad For Prostate

Spicy foods Bad For Prostate

Saturated fats Bad For Prostate

Salt Bad For Prostate

Cheese and Butter Bad For Prostate

Red meat and sausages Bad For Prostate

Processed Foods Bad For Prostate

Industrial sauces Bad For Prostate

Outro

Should You Take Hormones When You Get Older? – Dr. Berg - Should You Take Hormones When You Get Older? – Dr. Berg by Dr. Eric Berg DC 186,555 views 5 years ago 7 minutes, 25 seconds - The, long-term consequences of taking synthetic **hormones**, are uncharted territory! Find out what **you can do**, to support **your**, ...

Introduction: Should you take hormones when you get older?

What are hormones?

The endocrine system and hormones explained

Bioidentical hormones vs. synthetic hormones

Counter hormones

Endocrine disruptors

Hormones and your liver

Statins and hormones

How to deal with hormones and aging

The “quiet disease” 1 in 9 men struggle with | Ep164 - The “quiet disease” 1 in 9 men struggle with | Ep164 by The Dr. Gundry Podcast 31,660 views 2 years ago 49 minutes - Prostate, #prostateCancer #DrGundry One in **every**, nine **men**, develop **prostate**, cancer during their lifetime. And unfortunately ...

Hormones Out of Balance - This is Why! - Dr. Berg On Hormonal Imbalance - Hormones Out of Balance - This is Why! - Dr. Berg On Hormonal Imbalance by Dr. Eric Berg DC 613,881 views 5 years ago 13 minutes, 23 seconds - In this video, **Dr.**,. Berg talks about **hormone imbalance**,. **The**, endocrine system **is the**, superior communication system. It has various ...

Intro

The Endocrine System

Testosterone

Drink 1 CUP PER DAY to Shrink an Enlarged Prostate - Drink 1 CUP PER DAY to Shrink an Enlarged Prostate by Dr. Eric Berg DC 2,506,954 views 7 months ago 7 minutes, 33 seconds - Try this simple **natural**, remedy for an enlarged **prostate**,. DATA: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8007834/> ...

Introduction: What is benign prostatic hyperplasia?

Enlarged prostate symptoms

Enlarged prostate causes

Things that increase aromatase

Things that decrease aromatase

How to shrink an enlarged prostate naturally

Learn more about the benefits of lemon peel!

5 Herbs that Balance Your Hormones Naturally | Powerful Herbs For Hormonal Imbalance in Men & Women - 5 Herbs that Balance Your Hormones Naturally | Powerful Herbs For Hormonal Imbalance in Men & Women by Natural Health Resources 517,177 views 4 years ago 14 minutes, 6 seconds - Learn **the**, best herbs to take **the**, help **you balance your hormones naturally**,. These 5 **hormone balancing**, herbs are for both **men**, ...

10 Best foods for Enlarged Prostate - Enlarged Prostate Diet - 10 Best foods for Enlarged Prostate - Enlarged Prostate Diet by stay Young Forever 538,900 views 9 months ago 8 minutes, 49 seconds - Many **men**, find relief from an enlarged or inflamed **prostate**, through **a**, combination of lifestyle and dietary changes, and ...

Intro

Peppers

Tomatoes

Garlic

Cruciferous Vegetables

Pumpkin Seeds

Nuts

Soya

Oily Fish

Saw Palmetto

Green Tea

Eat THIS to shrink an ENLARGED PROSTATE! - Eat THIS to shrink an ENLARGED PROSTATE! by Dave Clayton, MD 2,297,655 views 4 months ago 15 minutes - Did **you know**, that nearly **every man**, gets **prostate**, enlargement at some point in their lives? In this video I **explain**, how eating one ...

Introduction

What is prostate enlargement?

What medications are prescribed for prostate enlargement?

How lycopene works like prescription medication

What foods contain the most lycopene?

Clinical data demonstrating lycopene's effectiveness in prostate health, including preventing BPH, improving symptoms of BPH, lowering PSA, and preventing prostate cancer

How much lycopene do you need to get these results, and how can you get it from whole foods?

Pro-tips on maximizing your intake of lycopene.

Conclusions and action steps to start using lycopene to shrink enlarged prostate

Drinking Coffee Does This To Your Prostate (DON'T IGNORE) - Drinking Coffee Does This To Your Prostate (DON'T IGNORE) by Health with Morgan 15,953 views 9 months ago 3 minutes, 15 seconds - Drinking Coffee **Does**, This To **Your**, Prostate? In this video, **Dr.**, Amy discusses **the**, impact of coffee on **prostate health**, and ...

The truth about enlarged prostate: What your doctor won't tell you - The truth about enlarged prostate: What your doctor won't tell you by HealthHUB. 2,183 views 1 month ago 3 minutes, 35 seconds -

Video Description: Welcome to **Health**, Hub! In this eye-opening video, we are going to uncover **the**, truth about enlarged **prostate**, ...

Unveiling the Mystery

Expert Opinions and Medical Facts

The Reality of Enlarged Prostate

Conclusion

How to Treat Prostatitis Naturally | Cure Prostatitis (Prostate Infection) Naturally with These Tips - How to Treat Prostatitis Naturally | Cure Prostatitis (Prostate Infection) Naturally with These Tips by Natural Health Resources 57,515 views 4 years ago 25 minutes - A, **MUST** watch if **you**, are dealing with prostatitis **a**, common, chronic infection of **the prostate**, gland that **can**, cause enlargement of ...

Tips sa Pag-ihi. Iwas Opera sa Prostate. - By Doc Willie Ong (Internist and Cardiologist) - Tips sa Pag-ihi. Iwas Opera sa Prostate. - By Doc Willie Ong (Internist and Cardiologist) by Doc Willie & Liza 2nd Channel 612,645 views 1 year ago 13 minutes, 10 seconds - Tips sa Pag-ihi. Iwas Opera sa **Prostate**,. By Doc Willie Ong (Internist and Cardiologist) Alamin ang Paliwanag: ...

How my father prostate enlargement cured in one week | Enlarge Prostate natural Ayurvedic treatment - How my father prostate enlargement cured in one week | Enlarge Prostate natural Ayurvedic treatment by Buddha Teachings & Stories 282,121 views 5 years ago 2 minutes, 13 seconds - Prostate natural, treatment, **prostate**, gland enlargement treatment, **Prostate**, ayurvedic treatment | Personal story, #personalstory ...

Does High PSA Levels = Prostate Cancer? | Dr Steven Tucker - Does High PSA Levels = Prostate Cancer? | Dr Steven Tucker by Tucker Medical 235,960 views 11 months ago 7 minutes, 52 seconds - While levels of PSA in **the**, blood **can**, be higher in **men**, who have **prostate**, cancer, it **may**, also be elevated in other conditions that ...

Intro

What is PSA

Common causes of elevated PSA

PSA and other medical problems

Testosterone

10 Drinks to AVOID With an ENLARGED PROSTATE - 10 Drinks to AVOID With an ENLARGED PROSTATE by Health Well 244,005 views 1 year ago 8 minutes, 45 seconds - In this video, we're going to cover 10 drinks that **you should**, avoid if **you**, have an enlarged **prostate**, also known as benign prostatic ...

CASTOR OIL what they DON'T tell you about it ! - CASTOR OIL what they DON'T tell you about it ! by Health Chronicle 717,394 views 9 months ago 8 minutes, 35 seconds - Hey there, **Health**, Chroniclers! Today, we're diving deep into **the**, world of castor oil, **a**, popular and versatile **natural**, remedy that's ...

"Menopause" in Men - 5 Signs of Andropause - "Menopause" in Men - 5 Signs of Andropause by Med Talks 175 views 1 day ago 12 minutes, 15 seconds - No, Direct Equivalent to Menopause in **Men**,: Unlike women, **men do not**, experience an abrupt cessation of reproductive capability ... Heal Your Prostate (Prostatitis & BPH) the Nutritional Way | Dr. Mandell - Heal Your Prostate (Prostatitis & BPH) the Nutritional Way | Dr. Mandell by motivationaldoc 1,439,072 views 1 year ago 15 minutes - Prostatitis **is a**, disorder of **the prostate**, gland usually associated with inflammation. Prostatitis often causes painful or difficult ...

Hormone Therapy & Advanced Therapies for Prostate Cancer, Celestia Higano, MD | 2021 Mid-Year Update - Hormone Therapy & Advanced Therapies for Prostate Cancer, Celestia Higano, MD | 2021 Mid-Year Update by Prostate Cancer Research Institute 80,154 views 2 years ago 30 minutes - Medical oncologist, Celestia Higano, **MD**, gives an overview of all **the**, different forms of **hormone**, therapy for **the**, treatment of ...

Intro

Prostate Cancer Supportive Care Program

Androgen Deprivation Therapy

How to Control Testosterone

Side Effects

Erectile Dysfunction

Hot Flashes

Cognitive Behavioral Therapy

Weight Gain

Shrinkage

Hair Changes

Bone Density

Calcium Vitamin D

Diabetes Cardiovascular Disease

Metabolic Syndrome

What do you feel

Depression

Cognitive Function

Fatigue

Social Functioning

New Antiandrogens

Common Side Effects

TakeHome Message

Prostate Cancer Support Program

Herbal supplements and prostate health - Herbal supplements and prostate health by KARE 11

145,424 views 5 years ago 1 minute, 27 seconds - Bladder problems caused by an enlarged

prostate, affect about two out of three **men**, in their 60s and goes up from there.

Foods That Lower Estrogen Naturally (Women & Men) - Foods That Lower Estrogen Naturally

(Women & Men) by Ryan Taylor 76,180 views 3 years ago 8 minutes, 42 seconds - How to lower

estrogen **naturally**, in both women and **men**,. [Subtitles] In today's video we discuss **a**, list of foods that will decrease ...

HIGH ESTROGEN IN MEN

Mushrooms

Oily Fish

Cruciferous

Stinging Nettle

Fermented Foods

Herbal Teas

Citrus Fruits

Supplements

Ashwaghandha Root

Calcium D-glucarate

Chasteberry

Maca Root Maca Root is available

How to Avoid a Catheter with an Enlarged Prostate Gland | 3 Ways to Reduce an Enlarged Prostate -

How to Avoid a Catheter with an Enlarged Prostate Gland | 3 Ways to Reduce an Enlarged Prostate

by Natural Health Resources 267,771 views 1 year ago 7 minutes, 59 seconds - If **you**, are trying to

avoid, prevent or limit **the**, use of **a**, foley catheter to help **you**, empty **your**, bladder because of an enlarged ...

What is the link between coffee intake and prostate cancer? - What is the link between coffee intake and prostate cancer? by Sean Hashmi MD 615,514 views 1 year ago 5 minutes, 3 seconds - A,

new study published in European Association of Urology looked at **the**, association between coffee intake, caffeine metabolism ...

The real reason why women are being denied Hormone replacement therapy - BBC London - The

real reason why women are being denied Hormone replacement therapy - BBC London by BBC

London 217,132 views 5 years ago 9 minutes, 8 seconds - Hormone Replacement, Therapy **is**, an

effective way to manage symptoms of **the**, menopause, but it's only being prescribed to one ...

How to Optimize Testosterone & Estrogen To Prevent Prostate Cancer (Estrone / TRT) - How to

Optimize Testosterone & Estrogen To Prevent Prostate Cancer (Estrone / TRT) by Balance My

Hormones 8,487 views 1 year ago 26 minutes - In this episode, **Dr**, Rand McClain and myself (Michael Kocsis), **talk**, about **the**, effects of **the hormones**, testosterone and estrogen on ...

Fatigue and Hormone Therapy - Fatigue and Hormone Therapy by Prostate Cancer Research

Institute 30,790 views 4 years ago 7 minutes, 1 second - PCRI's Executive Director, Mark Scholz, MD,, discusses a, range of solutions for alleviating fatigue brought on by androgen ...

Fatigue is the most common side effect experienced by men undergoing androgen deprivation therapy, and it is most often the result of reduced muscle mass caused by the lack of testosterone. The best way to counteract fatigue from treatment is to have a consistent devotion to exercising, specifically weightlifting, 2-3 times per week. Significant muscle mass loss can occur in as little as two weeks, so any lapse in your weightlifting regimen can have serious negative consequences including reintensifying fatigue. Typically, consistent and diligent weightlifting will reduce the amount of fatigue that men experience by about 80%.

There are other possible causes for fatigue while taking androgen deprivation therapy (e.g. Low thyroid levels, low B12 levels), and so it is important that your doctor is checking for these rather than assuming that the source of fatigue must be from the lack of testosterone.

On rare occasions the absence of testosterone may cause anemia to occur. If anemia becomes severe then cardiorespiratory reserve is reduced and shortness of breath with minimal exercise will occur. Most cases are mild and do not require treatment, however, if it becomes severe (usually signaled by hemoglobin less than 10 or a hematocrit under 30%) then pharmaceutical agents like Aranesp or Procrit can restore blood levels to an acceptable range. Transfusions have greater risks and should not be considered unless the situation is horribly severe.

Other solutions for treatment-related fatigue include the use of caffeine or Provigil (modenafil), a stimulant-like medicine typically used to treat narcolepsy. These are most effective when they are used occasionally so that your body will become acclimatized to their absence and their effectiveness will be reestablished.

Another thing to consider is the pharmaceutical agent(s) that are being used for the androgen deprivation therapy and the duration of treatment. A shorter duration of treatment might be appropriate for elderly men with milder forms of cancer who are experiencing extreme fatigue. Xtandi is more associated with fatigue than its most similar competitor Zytiga, so it is worth considering switching if Xtandi is causing fatigue. Casodex is an oral agent that has less potent anti-cancer efficacy than injectibles like Lupron, but it also causes significantly fewer side effects. In elderly patients or patients with severe fatigue, Casodex is worth considering as a substitute for the stronger injectible agents.

10 Warning Signs Of Prostate Cancer - DON'T BE STUBBORN! - 10 Warning Signs Of Prostate Cancer - DON'T BE STUBBORN! by 1Stop Health 4,363,618 views 1 year ago 12 minutes, 45 seconds - Hi everyone, today we will be looking at 10 warning signs of **prostate**, cancer. **Prostate**, cancer **is**, one of **the**, most dangerous types ...

Intro

What You Need To Know About Prostate Cancer

Painful or Burning Urination

Frequent Nocturia and Urination

Blood in the Urine

Pain in Your Back

Sudden Weight Loss

Pain In The Rectum

Painful Ejaculation

Pain While Sitting

Problems Urinating

Loss Of Bladder Control

Risk Factors

Obesity

Hormones and Men's Health - Hormones and Men's Health by Hormone Health Network 133,432 views 7 years ago 2 minutes, 4 seconds - Hormones, play a, big role in **men's health**,, affecting **your**, energy level, weight, mood, interest in sex, fertility and much more.

Search filters

Keyboard shortcuts

Playback

General

Subtitles and closed captions

Spherical videos

