



# Holistic Medical Centre

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## Prostate enlargement

This newsletter is for those men with an enlarged prostate gland who want to take steps to help themselves or are interested in what they can do to assist with prevention. An enlarged prostate causes interruption of urine flow with frequent urination at night that interrupts sleep. Some specific amino acids are beneficial at 800mg/day tapering down to 400mg/day. These amino acids include: Alanine (high in almonds, beef, lamb, whey, carrot, celery and spinach), Glutamic acid (high in sunflower seeds, eggs, dairy products, tofu, nuts and meats) and Glycine (which is rich in avocado, soybeans, dairy, chicken, turkey and garlic).

Whole flax seeds (not flaxseed oil), also known as linseed, added to the diet is also useful. This can be done by cooking a whole handful into any soup, casserole or stew. This is a great thickener as well as a

great dietary fibre which does not alter the taste of the meal. If you prefer you can sprinkle fresh-ground LSA (linseed, sunflower seeds and almonds) over cereal and salads. The hormone that is strongly implicated in promoting prostate problems is dihydrotestosterone. Testosterone converts to this unfavourable hormone with the aid of an enzyme called 5-alpha reductase. Many substances that have a therapeutic effect on the prostate gland work because they block this enzyme thereby reducing the formation of dihydrotestosterone. Flaxseed (linseed) exerts its therapeutic effect in this way as does the herb Saw Palmetto. Zinc also blocks this enzyme and rich food sources include shellfish, especially oysters. Melatonin is a hormone that is particularly associated with healthy sleep cycles, however it has many other beneficial effects in the body. It may assist with excess urination at night which is a bothersome symptom of enlarged prostate. Melatonin is a hormone that is

synthesized and stored in the pineal gland in the brain during the day under the stimulus of sunlight on the eyes. Being outside and avoiding the use of sunglasses during the day can enhance melatonin production. Soft or fading light is the trigger for the release of melatonin from the pineal gland. To promote melatonin at night, try avoiding bright or flickering lights at least one hour before bed. This includes, televisions and computer monitors. Instead try soft reading light for that hour before you go to sleep. Beta-sitosterol is a substance that is rich in pistachio nuts, almonds, macadamia nuts, rice bran oil and pumpkin seeds. This is a substance that prevents the enzyme 5-alpha reductase converting testosterone to the unhealthy dihydrotestosterone and has been found in studies to reduce symptoms and improve urine flow.

## Our favourite quote

“All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.”  
Martin Luther King Jnr  
1929-1968

## Health tips

Prior to immunizing your child there are a couple of things to keep in mind. If your child is unwell in any way then best to put off the immunisation until your child is well again. For a week prior to the shot, breastfeeding mums can top up on 2000mg of vitamin C twice daily and for another 2 weeks afterwards as well. Mums can also take some vitamin A in the form of cod liver oil for the same length of time to support immune health

## Happy Patient File

A gentleman came to see us as a new patient recently and wanted his vitamin D level checked. He commented that he was amazed at how well his wife was since having her vitamin D levels topped up. He said she had been sick for years and the vitamin D had helped her in a multitude of ways.

## Reminder of free introductory lecture

A reminder that Dr Donald Palmer will be giving a free lecture on Tuesday June 16 7pm at the clinic. The talk is titled ‘Organic On The Inside’ and will cover many aspects of digestive health including an explanation of what probiotics and prebiotics are and how they can influence one’s general health and wellbeing and in particular the link between digestive function and the immune system. If you would like to attend this lecture then please call reception and let them

know as there are only a few places left.

The next free lecture we will be offering will be on children and infant health. We are yet to set a date for this but if you would like to call ahead and register your interest and reserve a place please call reception and give us your details.

**Article twenty six from the United Nations Declaration of Human Rights. Article XXVI**

(1) Everyone has the right to education. Education

shall be free, at least in the elementary and fundamental stages. Elementary education shall be compulsory. Technical and professional education shall be made generally available and higher education shall be equally accessible to all on the basis of merit.  
(2) Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and

fundamental freedoms. It shall promote understanding, tolerance and friendship among all nations, racial or religious groups, and shall further the activities of the United Nations for the maintenance of peace.

(3) Parents have the prior right to choose the kind of education that shall be given to the children.