

# Acu News

"To be healthy, we have to build a healthy food foundation." - Chinese Proverb



## Acupuncture and Prostate Health

Whether you are looking to reduce your risk of prostate disease or treat an existing condition, acupuncture may be able to help! Because of its holistic approach, acupuncture can help relieve symptoms associated with prostate problems like frequent and painful urination.

A report titled Traditional Chinese Medicine (TCM) and Prostate Health published by Pacific College found TCM to be effective in the treatment of prostatitis, urinary tract infections, and symptoms associated with prostate cancer supportive care.

There have been multiple studies that have proven acupuncture helpful including a Chinese study that found electroacupuncture (a subform of acupuncture) had a 96.4 percent rate of effectiveness for treatment. Additionally, a study titled Acupuncture for pain caused by prostate cancer which speaks to

the pain levels associated with Prostate Cancer and how acupuncture can reduce those levels.

In modern practice of acupuncture, each patient is assessed and given a treatment plan to reduce their symptoms. Acupuncture accomplishes this by addressing the body as a whole and using acupuncture points to stimulate meridians that then return the body to balance and its natural flow.

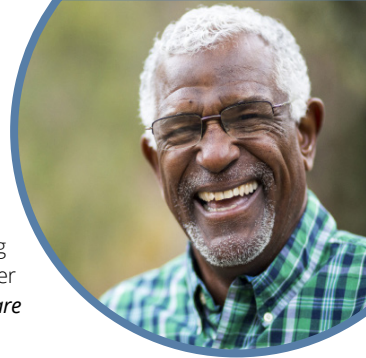
The principle behind Acupuncture as a practice is that our bodies have a natural energy flowing through them at all times. When our body's energies become stuck or stagnant, we are susceptible to disease and illness, including prostate cancer and prostatitis.

Prostate cancer is one of the most common forms of cancer among men in the United States with around 290,000 new cases diagnosed each year, according

to the Centers for Disease Control and Prevention. If you are at risk or currently dealing with prostate cancer or prostatitis, ***you are not alone.***

Consider acupuncture as an alternative, safe treatment to reduce symptoms associated with prostate problems and restore your body to better health.

Prostate cancer is considered the most common form of cancer in U.S. men. It is important to know if prostate cancer runs in your family and if you are at risk, especially if you are a man over 40.



### Below are three tips for a healthy prostate and for better health.

#### 1 DIET AND EXERCISE

Certain foods are known to help prostate health and prevent cancer. These include nuts, seeds, pumpkin, mushrooms, and berries. Foods that contain a powerful antioxidant called lycopene can be very effective. Some foods high in lycopene include: watermelon, pink grapefruit, guava, papaya, apricot, and tomatoes.

Focusing on a diet rich in fruits and vegetables and avoiding processed foods and meat high in fat is a part of a healthy diet for maintenance and preventive care. Reducing stress and regular exercise can also decrease your risk of cancer.



#### 3 STOP SMOKING

According to the American Cancer Society, smokers are more likely to have a more severe form of prostate cancer. A patient who smokes also has a higher rate of recurrence. Consider quitting smoking to better your overall health and reduce your risk of prostate cancer. Patients who quit smoking for over 10 years reduced their mortality risk by an amount comparable to those who had never smoked.



#### 2 TRADITIONAL CHINESE MEDICINE

Prostate cancer and decreased prostate health are associated with a heat and kidney deficiency in TCM. Acupuncture has been used for centuries to treat and improve prostate function as well as energy flow in this area and throughout the body. As you get older, the kidney function starts to decrease, which can lead to other issues including decreased prostate health. Acupuncture focuses on the kidney meridian to help improve the body's circulation.



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If you think you are at risk or are currently managing prostate cancer and you're looking for an alternative, give us a call!