



Newsletter, Volume 1, Number 2 – November 2009

In the News

November is Mens' Health month and I'm focusing on the topic of chronic non-bacterial prostatitis.

This condition is an inflammation of the prostate that is often undiagnosed and not discussed by men and their physicians. Symptoms may include urinary irritation, frequency, urgency, obstruction and pain. Some men complain of incomplete voiding, dribbling, sexual dysfunction, painful ejaculation or even pain in the penis/testis or even low back pain.

Causes of this condition may include stress, coffee, zinc deficiency, tight urinary sphincter muscles, infrequent ejaculation or even dehydration.

Naturopathic Options:

Commonly prescribed natural medicines include zinc, quercetin, zinc, cernilton (bee pollen), saw palmetto and stinging nettle, however, identifying and treating the underlying cause is essential as one of the basic tenets of naturopathy. Furthermore, possible herb-drug interactions may also complicate the matter and should be discussed before supplementation.

Dr. Hoo's suggestion: Metagenics' Ultra Prostagren and Concentrated Ultra Prostagren contain a blend of raw prostate concentrate, zinc, pumpkin seed, stinging nettles, lycopene, and Vitamin D amongst other ingredients. Either of these formulations may be appropriate to manage symptoms of non-bacterial prostatitis.

Advice from Dr. Aaron Hoo

If you or someone you know experience symptoms associated with chronic prostatitis, I encourage you to discuss it with me in order to treat and prevent recurrence.

Foods options include brazil nuts, cereal, oysters, & red meat as sources of zinc. Additional options to manage non-bacterial prostatitis may include a healthy diet, regular exercise, optimal hydration, stress reduction and regular ejaculation.

Featured Recipe

LENTIL BARLEY STEW (makes 8, 1 ½ cup servings)

Ingredients: 2 tbsp. olive oil; 4 medium carrots, diced; 2 medium leeks (3" of green left on), diced; 2 celery stalks, diced; 2 medium zucchini, diced; 1 large onion, diced; 2 garlic cloves, minced; 1 tsp. dried thyme; 1 cup dried lentils, rinsed; ½ cup barley; 6-8 cups chicken or vegetable broth; 2 cups diced tomatoes; 1 cup chopped fresh basil; ½ cup chopped parsley; salt & pepper to taste.

Heat olive oil in large heavy pot and add carrots, leeks, celery, zucchini, onion and garlic. Cook over low heat, stirring occasionally for about 10 minutes until vegetables soften. Add lentils, barley, thyme and 6 cups of broth. Bring to a boil and reduce heat to simmer. Cook uncovered for 30

minutes, stir often. Add remaining 2 cups of broth as needed if dry. Add tomatoes and basil, salt and pepper to taste; cook 10 more minutes. Stir in parsley and serve.

Dr. Aaron Hoo

Doctors' Choice Nutrition

1190 Thurlow Street Vancouver, BC V6E 1X3

Phone: 604-688-1169 Fax: 604-688-1176

www.doctorschoicenutrition.ca