

Benign Prostatic Hypertrophy(BPH)

What is BPH?

BPH, also known as an enlarged prostate, is a common complaint amongst men over fifty. The middle section of the gland enlarges, partially blocking the flow of urine through the urethra.

Signs and Symptoms

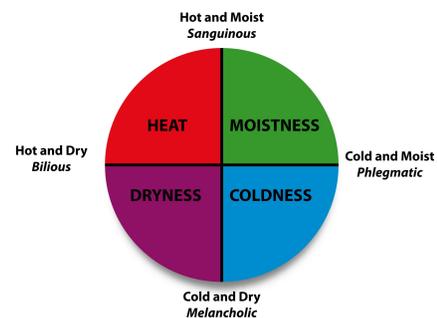
Increased frequency of urination, usually first noted at night (*nocturia*); difficulty in urination; dribble or overflow incontinence; inflammation of the urethra and bladder due to stagnant urine; aching and burning feeling on urination and complications such as malaise and even mental disorders.

What Causes BPH?

In most men, the prostate continues to grow throughout life. The exact cause of this is unknown; however it may be due to changes in the balance of sex hormones.

The Tibb View of BPH

According to Tibb, BPH is due to **excessive moistness with cold**. This excessive moistness results from an improper diet which is rich in carbohydrates, refined sugar and cold and moist foods. With age, the metabolism slows down resulting in insufficient heat to process moist foods. Although sanguinous/phlegmatic temperamental types are more at risk other temperaments can also be affected from poor lifestyle.



Treatment and Management of BPH

Treatment and management is aimed at **reducing excess moistness with coldness**, associated with BPH, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and dryness**. This will assist Physis in addressing both the symptoms and the causes of benign BPH.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Dry foods** – such as bittergourd, chickpeas, avocado, and cinnamon, **followed by Cold & Dry foods** – like beef, cabbage, lemon and peanuts.
- Eat **less of Hot & Moist foods** – such as mutton, banana, fennel and sweet potato, and the **least amount of Cold & Moist foods** – like rice, butternut and cucumber.
- Avoid alcohol, as it decreases the body's ability to produce testosterone.
- Avoid dairy products, white flour products, carbonated beverages, chocolate, refined sugar and products containing artificial food colouring.
- Follow a diet which includes plenty of fruit, vegetables, nuts, and whole grains.
- Eat 20g of pumpkin seeds daily. Pumpkin seeds are helpful for almost all kinds of prostate troubles, because they are rich in zinc.
- Eliminate from your lifestyle such items as alcoholic beverages (especially beer and wine), caffeine, fluoridated water and spicy and junk food.
- Have one bitter gourd in the morning.

Other Lifestyle Factors

- Get regular exercise. However, cycling should be done with a special seat so as not to put added pressure on the prostate gland. Walking is a preferred exercise.
- Quit smoking.
- Avoid constipation – regular bowel movements will relieve symptoms of BHP as constipation can put pressure on the prostate gland.

Medication

Herbal Remedy

- Add 1tsp Parsley, 1tsp celery seeds, 1tsp fennel seeds, 1tsp aniseed, 3 crushed black pepper corns and 1tsp saw palmetto. Add to 1 cup of boiling water. Allow to stand for 3 minutes, strain and drink.

Tibb Medication

Tibb Renotone tablets - Has diuretic properties and assists the flow of urine.

Prosteez tablets – Contains Saw Palmetto and other ingredients that act on the prostate gland.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament

<http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes:

“**Cooking for your body type**” is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

MEATS	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns, all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil, sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix