

Wuhan Dr. Lee TCM Clinic Releases 7 Dietary Guidelines Complexing Herbal Medicine Cure Chronic Prostatitis Effectively

Herbal medicine Diuretic and Anti-inflammatory Pill together with dietary guidelines provide a significant effect on chronic prostatitis treatment.

NEW YORK, NEW YORK, AMERICA, November 4, 2016 /EINPresswire.com/ -- In TCM view, damp-heat and blood stasis are the main syndromes in prostatitis patients. Since Wuhan Dr. Lee Clinic takes herbal chronic prostatitis treatment [Diuretic and Anti-inflammatory Pill](#) as well as 7 dietary guidelines to eliminate symptoms and improve their body condition.

“For many patients with CP/CPPS, they have symptoms as frequent or urgent urination, pain in lower back, as well as burning sensation. In TCM theory, these symptoms are caused by infection or inflammation, and result in blood congestion in lesion parts, turning body into a damp-heat condition. In this way, to eliminate inflammation or infection, and update body environment are the fundamental thing for treating prostatitis.” Dr. Lee Xiaoping, the expert of Wuhan Dr. Lee TCM Clinic says. Dr. Lee is a highly experienced medical professional, and specializes in the field of male and female reproductive and urinary system diseases.

Many western medicines like antibiotics only provide a halfway prostatitis medication to simply eliminate inflammation, and side effects like drug tolerance or resistance also causes symptoms relapse. Many patients are not sensitive to antibiotics, especially who has [chronic nonbacterial prostatitis](#). Moreover, antibiotics couldn't change their body condition, and provide a complete chronic prostatitis cure.

Qualified as an herbalist 30 years, Dr. Lee adds that, “We found many herbs have great power to not only eradicate inflammation, but also upgrade body condition, improve body microcirculation. So, we try to collect these herbs in a scientific dosage, as the patented herbal formula-Diuretic and Anti-inflammatory Pill, to cure some intractable diseases, like prostatitis, [epididymitis](#), orchitis, seminal vesiculitis, male infertility, and other reproductive or urinary diseases in men.”

In order to achieve the maximum function of this herbal medicine, Dr. Lee also releases 7 dietary guidelines in CPPS and chronic prostatitis treatment, “When diagnosing and treating CP/CPPS, people also need to look at diet. Because certain foods and allergies to foods can create reactions in your body in the form of inflammation and this can contribute to pelvic tension and pain. Since we put forward dietary guidelines together with our herbal medicine, introducing a prostatitis alternative treatment to clear up heat and remove stasis by their own selves.” Read more about the theories on curing this disease: http://www.diureticpill.com/Medical_Use/Prostatitis/20150826/730.html

The 7 guidelines as follows:

1. Plan to consume massive fruits and vegetables. Fruits and vegetables contain abundant vitamins, fiber, antioxidants, polyphenols, and minerals, which can regulate immune system, defense infections, contribute to overall health. Poor general health is a risk factor for prostatitis, but fruits and vegetables are the antidote.

2. Avoid spicy foods include hot peppers, chili, turmeric, coriander seed, cumin, fennel and mustard. These foods can cause heat in human body, increase rectal sensitivity in people with irritable bowel syndrome, and exacerbate the prostatitis symptoms.
3. Keep away from alcoholic beverages and caffeine. Drinking alcoholic can cause inflammation and congestion of prostate, which is not good for patients getting rid of prostatitis.
4. Build a low-fat diet. High-fat diet activates a protein complex that promotes inflammation, while a low-fat diet like monounsaturated, omega-3s promotes prostate health.
5. Intake foods high in Vitamin D and zinc, which are helpful in prostatitis prevention if you have prostatitis.
6. Use antibiotics only when necessary and avoid using for viral illnesses. Overexposure to antibiotics destroys good gut bacteria, along with the bad.
7. Take herbal medicine Diuretic and Anti-inflammatory drugs, which could help you clear away heat and remove blood-stasis, and relieve urinary symptoms, and provide a complete cure for prostatitis.

Mr. Smith, 33-year-old, is the patient in Wuhan Dr. Lee TCM Clinic. He has chlamydia prostatitis for 4 years. His prostate is enlarged, he tried different antibiotic and physical therapies, but cannot get a cure. Since Dr. Lee recommended him to try Diuretic and Anti-inflammatory Pill, together with a healthy diet. Then, after 3 months treatment, he got a complete cure.

<http://prostatitisradicalcure.com/a/Testimonials/>

“Different from antibiotic or other chemical medicines, herbal medicine is a natural prostatitis treatment, without causing any side effects. Then, diet is also the cornerstone to the treatment of prostatitis. A scientific herbal treatment for prostatitis, added to dietary habit, is conducive to reduce damp-heat and blood-stasis syndromes, as well as also support immune function, and accelerate recovery.” says Dr. Lee.

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