

Clinically Studied Natural Solutions for Benign Prostatic Hyperplasia and More

Dr. Susana is a naturopathic doctor and authority on men's health, benign prostatic hyperplasia, and alternative/complementary cancer and immune treatments.

JERSEY CITY, NJ, USA, August 29, 2017 /EINPresswire.com/ -- [Benign prostatic hyperplasia \(BPH\)](#) is the medical term for prostate enlargement due to the increased spread of prostate cells and tissues. This enlargement can block the bladder and cause difficulty in urination and lower urinary tract symptoms. When the prostate undergoes an analysis performed by a medical professional, the presence of benign prostatic hyperplasia (BPH) can be determined in order to provide a proper diagnosis. Sometimes men can experience lower urinary tract symptoms without having benign prostatic hyperplasia (BPH), so a definitive diagnosis is important.

Benign prostatic hyperplasia (BPH)

symptoms can range from increased frequency of urination to nocturia (urinating at night), from hesitancy to urgency, and a weak urinary stream. No two treatments are alike, as it all depends on the severity of symptoms. Some men are treated for benign prostatic hyperplasia (BPH) despite not having been formally diagnosed via histological examination, so some experts will differentiate treating histologically confirmed benign prostatic hyperplasia (BPH) from treating symptoms associated with benign prostatic hyperplasia (BPH).

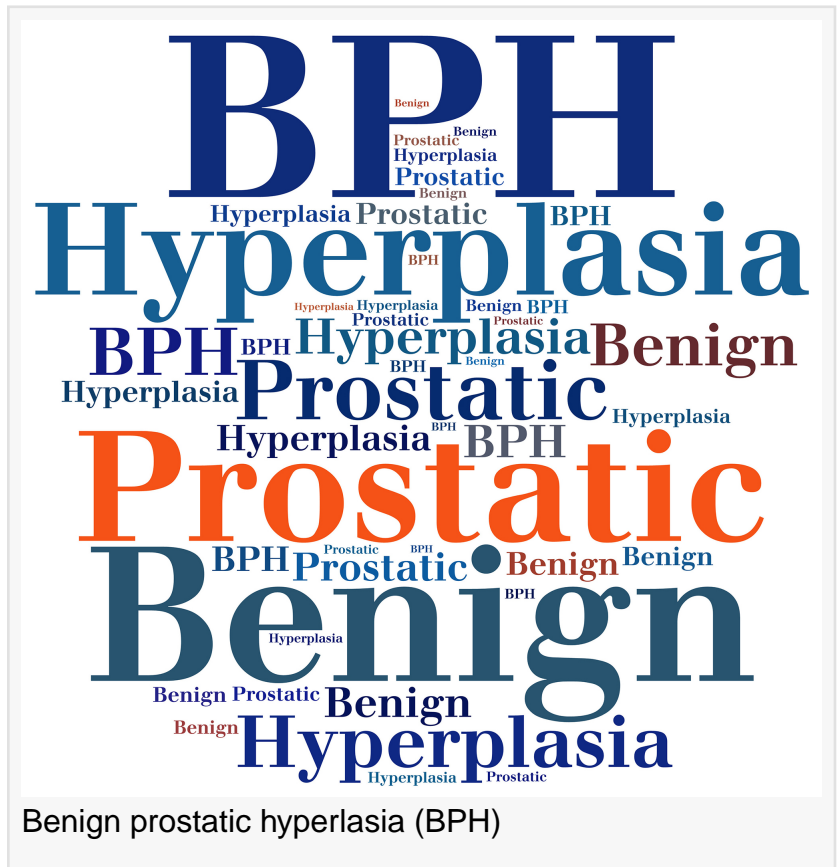
“

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Dr. Susana Trujillo

When coping with benign prostatic hyperplasia (BPH), it is recommended to increase physical activity, eat a healthy diet, reduce or avoid alcohol intake, regulate fluid intake, and consider the side effects of other medications the patient may be taking, which could possibly aggravate BPH symptoms. Aside from lifestyle changes, watchful waiting, medications and surgery may also be an option.

It is common for men with mild symptoms to treat their benign prostatic hyperplasia (BPH) with watchful waiting, lifestyle changes, and phytotherapy. Moderate to severe symptoms may require prescribed medications and surgery. Regardless of where symptoms



fall on the severity scale, many men seek natural alternative and complementary treatments for benign prostatic hyperplasia (BPH) that can fit easily with their lifestyle.

The New Key Ingredients to Support Prostate Health Naturally

For years, men with enlarged prostate glands have relied on supplements containing saw palmetto, but it doesn't always live up to its hype. The technical name for an enlarged prostate gland is benign prostatic hyperplasia (BPH).

Symptoms of BPH include:

1. Trouble with urination
2. Weak urine stream
3. Frequent urination, especially at night
4. Not feeling empty after urination

As a result, men run the risk of developing urinary tract infections and/or needing surgery because of a blockage of urine flow. While most people who browse prostate supplements come across saw palmetto as a key ingredient, there are two new and effective ingredients that could help you or that man in your life, as backed by traditional use and clinical research.

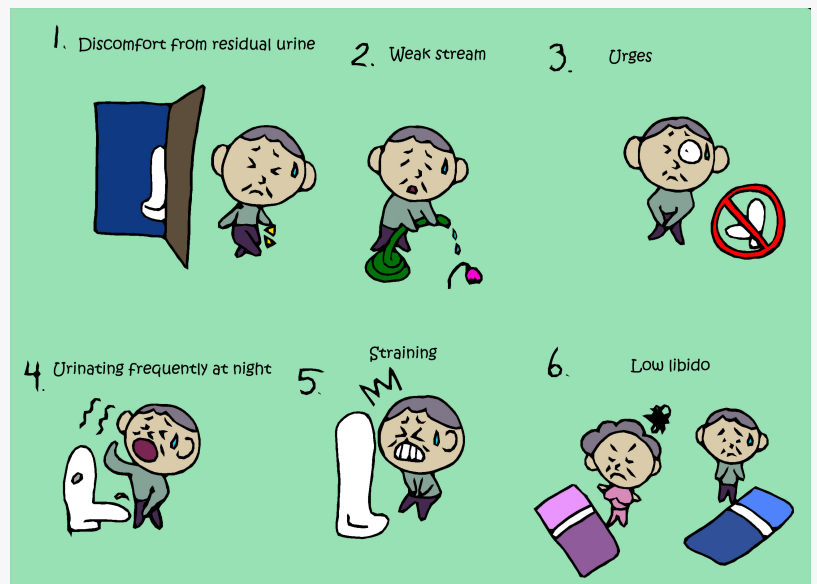
I am Dr. Susana Trujillo and I have a free [eBook](#) on prostate health out titled "Men's Health: Natural approaches for better prostate health" for the world to consume. But first, let me give you a sneak peek of what these two key ingredients have to offer with these two excerpts below:

"Many people have heard of soybeans and perhaps have tried at least one product containing them. Soybeans (Glycine max) possess great health benefits. For example, they have been shown to be beneficial in prostate health, hormonal health, cancer and osteoporosis as well as being packed with vital nutrients i.e. proteins, healthy fats, and carbohydrates. In recent years however, soy foods and specific soy constituents, especially isoflavones, have been the subject of an impressive amount of research. There is particular interest in the role that soy foods have in reducing heart disease, osteoporosis and certain prostate problems, which include prostate cancer, benign prostatic hyperplasia (BPH) and prostatitis." – Dr. Susana Trujillo.

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UMOOZE®



Symptoms of BPH

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"The root of the astragalus (Astragalus membranaceus) plant is well-known for its ability to fight

against fatigue and to promote immune health; it has been used successfully in this way all around the world. However, recent research indicates that astragalus can also increase the strength of the immune system that is paramount for patients with cancer who are undergoing chemotherapy. Research has shown that astragalus can also help to improve prostate health, benign prostatic hyperplasia (BPH), urinary issues, male pattern baldness (androgenic alopecia), acne, hormone balance, aid those with diabetes, prevent osteoporosis and, of course, improve Quality of Life.” – Dr. Susana Trujillo.

You are more than welcome to browse through and/or download my free eBook on prostate health, “Men's Health: Natural approaches for better prostate health,” so you can learn more about these new contenders of saw palmetto.

A New and Different Natural Treatment Option for Benign Prostatic Hyperplasia (BPH) with Ongoing Clinical Research: A promising novel supplement called [UMOOZE®](#)

Of about over 300 ongoing studies, research on the benefits of UMOOZE®, a combination of astragalus and soybean extracts, seems to be the supplement to rule the prostate health market someday. A study compared UMOOZE® with a cornstarch placebo. IPSS and quality of life were measured over a series of intervals, and the group that was administered UMOOZE® showed a decrease in IPSS of 3.39 points at day 56 compared with a 5.94 decrease in the placebo group, indicating that the placebo group had a lower IPSS and a greater risk value. There were no serious adverse events in either group.

Are you a health conscious person? You may enjoy reading questions and answers I write about health. For more information about improving prostate health, please read my free eBook on prostate health: “Men's Health: Natural approaches for better prostate health.” And for anything you would like to consult, I invite you to connect with yours truly, Dr. Susana Trujillo.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. This article is for educational purposes only.

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