# Prostate

The benign enlargement of the prostate gland starts between the ages of 40 and 50, and develops into the most common micturition disturbance in men. The outward and inward increase of cellular tissue may compress the urethra and possibly bend the base to the bladder. This condition, called benign prostate hyperplasia (BPH), reduces quality of life significantly. Time-wise, it normally coincides with the changes occurring during andropause (male menopause), caused by a decrease in the production of male sex hormones, in particular testosterone.

Two nutrition cultures seem to positively influence the prostate gland: the Japanese diet with green tea, soy, vegetables and fish; and the maritime (or Mediterranean) diet which includes fruit, vegetables, garlic, tomatoes, red wine, olive oil and fish. Globally, scientists identified active ingredients that exhibited a positive influence on prostate health in more than a dozen medicinal plants, spices and medicinal herbs - such as substances from saw palmetto berries, a natural remedy used by the Maya for increasing the libido and for sexual disorders. The combination of such extracts, with due observance of the most effective periods for administration in the course of a day, results in a chronobiological supplement form of BPH treatment.