

Life Style Changes for Good Prostate Health

BLADDER EMTPYING

Pass urine before bed time, even if you don't feel the need.

When the flow has stopped, **try again** to release any urine still in the bladder.

If necessary, sit down and lean forward.

Pass urine at any reasonable opportunity during the day. Don't wait until your bladder feels full.

LIQUIDS

Finish drinking liquids for the day, **well before bedtime**.

Don't eat too close to bedtime. Fruit for instance produces liquid.

Manage liquid drinking in terms of timing, i.e. not just before a long car drive.

WATER

Drink a glass of water **instead of your next cup of coffee**, tea or other liquid. Replace more of your liquid drinking with water. It travels through the body quicker because it doesn't need to digest and is cleansing as well as hydrating.

Consider alkalised water.

SLEEP

How many hours sleep is best for your personal daily function? Is your environment disrupted? **Is it noisy or too light**. Is there good window cover? Is your bed comfortable? Does the mattress need turned over? Can you sleep on one pillow?

Ask someone if you snore. Make the changes necessary.

DIGITAL DEVICES

How many digital devices are in the room where you sleep? Is there a **flickering digital clock** or a mobile phone not switched to silent or off? How many alarm snoozes do you wake up to? Is there a TV screen, computer screen, laptop etc. Move them out!

WALK

Walk 30 minutes per day to stimulate all body systems, encourage internal muscle tone and **clear your mind**. Get off transport a stop early or park further away from your destination. If possible, do this at a time in the day when you are most alert, otherwise you will find an excuse not to walk.

POSTURE

Can you walk taller? Don't strive for perfection, just improvement. Bring your shoulders down. Imagine a string at the top of your head pulling you upwards. Does this **pull your head up**? Balance your head evenly between your shoulders and on the top of your spine. Visit a physiotherapist or chiropractor to help straighten your back. There should be a natural curve at the bottom of the spine. When you allow that curve, your body stretches upwards leaving better room for digestion and less pressure on lower internal organs, especially if you spend your days sitting and scrunched up. Do your hips move at the same level while you walk? Do your toes point forward as you step forward?

DIET

Begin to think about the **nutritional value of the food** you eat. Is it helping or hindering your body function?

<http://www.get-prostate-healthy.com/prostate-health-diet.html>

All of these things will help your overall wellbeing and give a sense of **'doing something'** while you watch and wait your prostate health, and thereafter.