

## Prostatitis

Prostatitis is the inflammation of the prostate, a male sex gland. The usual cause of prostatitis in young men is a bacterial infection from another area of the body which has invaded the prostate. Prostatic enlargement, which is usually found in older males, is often due to gradual enlargement over a period of several years.

Symptoms of acute prostatitis are pain between the scrotum and rectum, fever, frequent urination accompanied by a burning sensation, and blood or pus in the urine. Symptoms of long-term prostatitis are frequent and burning urination, lower back pain, and premature ejaculation, or loss of potency. As prostatitis becomes more advanced, urination becomes increasingly difficult.

Treatment of prostatitis involves increasing the fluid intake to meet the increased needs during infection and to stimulate urine flow thus preventing retention of urine. Urinary retention can result in cystitis and possibly in a kidney infection. Increased protein and calories are needed during fever and infection to replace lost body tissues and energy. A well balanced diet rich in vitamin A, the B complex, and vitamin C is also important during fever and infection. Adding pollen to the diet has resulted in substantial improvement for many people. The reason is not exactly known, but it may be due to the magnesium, zinc, unsaturated fatty acid, and the sex hormone content of the pollen. Some sources advocate the avoidance of alcoholic beverages, spicy foods and exposure to very cold weather if prostatitis is present.

Nutrients that may be beneficial in treatment of prostatitis: Vitamin A, B Complex, B6, Vitamin C, Vitamin E, Magnesium, Zinc, Unsaturated fatty acids (2 T.), Protein and Water.

## About the Author

Information obtained from the Nutrition Almanac, Third Edition. For more information on nutritional support, visit [Health & Wellness Haven](#)>

Source: <http://www.vitaminaid.net>