



## HEALTH & HEALING

# Natural prostate support

by **Mike Ventresca**  
Vital Choice

**H**ere's an interesting fact - I talk about prostate health with more women than men! The reason's pretty obvious – most men do not like talking about health, especially about prostate health. After all, who wants to talk about a weak urine stream, feelings of incomplete bladder emptying and countless nightly trips to the bathroom? However, the fact remains as we age, most men will experience these common symptoms to some degree. Thankfully, men are becoming more aware of BPH, the benign enlargement of the prostate that is usually responsible for these symptoms.

Recently, I saw a commercial about a prescription drug for BPH. It promised to relieve the common symptoms so men could do the things they love without having to stop for frequent restroom breaks. Sounds great! However, I was soon appalled once I heard the long list of possible side effects. What bothered me most is the fact that there are a variety of natural options that often deliver the same

benefits without any side effects.

My favorite product is called Prostate 5-LX. Prostate 5-LX is a combination of supercritically extracted herbs and whole food vitamins that support prostate health. Prostate 5-LX includes a potent extract of saw palmetto, an herb clinically shown in one study to reduce nighttime urination in 73% of patients and significantly improve urinary flow rates without the common side effect of reduced libido. Another reason I like Prostate 5-LX is that it includes a variety of herbs that help reduce the inflammatory enzyme 5-LOX, an enzyme linked to prostate cancer. How well does it work? I've talked with several people who have had pretty dramatic results. One man who was forced to abandon his lifelong hobby of running due to a constant "urge to go" was back running by the end of his first bottle!

*Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.*

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