



THE ROAD TO  
HEALTH & WELLNESS

# HEALTH TOPIC OF THE WEEK

## 3/25 - Nocturia: A Rude Awakening

### Introduction

This week I am discussing a common male-related health problem and offering a promising (and natural!) solution. However, I encourage females to read this article, too. Please share this helpful information with the men in your life.



### Nocturia

Nocturia (pronounced nok-tur-ee-uh) means frequent urination at night. Maybe you've never heard of nocturia, but I bet you have experienced it, especially if you are over 50.

### Why is nocturia a problem?

Frequent urination during the day is annoying, but at night it's truly maddening. Waking up to use the bathroom several times during the night interrupts sleep, leaving you exhausted and irritable the next day.



Disrupted sleep jeopardizes your health. It can cause insomnia, increased visceral belly fat, deranged testosterone and growth hormone production [since these are secreted at night] and a host of other potentially serious problems.

### Nocturia increases with age

Most older men joke about how often they must wake up to pee, but there's nothing funny about an enlarged prostate gland and an overactive bladder.

Nocturia is just one of many urinary problems, known as lower urinary tract symptoms (LUTS), that plague aging men. Other symptoms include increased urinary frequency, urgency, incontinence, incomplete bladder emptying, hesitancy, prolonged urination, dribbling and a weak urine stream.



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At least half of all men over age 50 wake up once or more during the night to urinate. The need to urinate twice or more nightly increases with age, affecting up to 62% of those aged 70-80.

## Five Helpful Compounds

Drugs currently on the market target bladder overactivity and urine-flow problems. However, they are more effective in controlling daytime symptoms and have little impact on nocturia.

To identify possible solutions, scientists reviewed substances previously known to help reduce nocturia. They selected five ingredients with the most potential help:

1. Beta-Sitosterol
2. Pygeum bark extract
3. Lycopene
4. Boron
5. Melatonin

### Beta-Sitosterol

This compound is isolated from certain nuts and vegetable oils. Research shows it has a broad range of anti-inflammatory properties. In a study of men with enlarged prostate it:

- Reduced urinary symptom severity by 50%
- Improve quality-of-life scores by 42%



### Pygeum Bark Extract

This bark of an African cherry tree has been used to improve urinary symptoms and bladder discomfort. It was first used in France in the 1970s to treat men with benign prostatic hypertrophy. Studies show that it helps:

- Control bladder overactivity
- Reduce prostate enlargement
- Decrease symptoms of nocturia

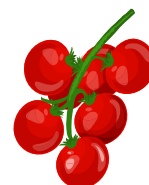


### Lycopene

Lycopene is a pigment found in tomatoes. It is a well-known anti-inflammatory and antioxidant.

Lycopene tends to naturally concentrate in the prostate gland allowing it to deliver its anti-inflammatory effects where it is needed most.

Preclinical evidence suggests that lycopene inhibits prostate enlargement and has anti-proliferative properties, which can reduce or prevent the growth of abnormal cells [think cancer].



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## Boron

The mineral boron offers layers of protection by:

- Reducing inflammation
- Reducing growth factors that contribute to prostate enlargement
- Blocking growth factors necessary for tumor development

Boron given to mice in which human prostate tumors had been implanted reduce those tumors by 38% and lowered PSA levels by 89%.



## Melatonin

While a need to urinate can cause men to wake up, men occasionally get up to urinate simply because their sleep is already disrupted. The hormone melatonin is often taken to improve sleep.

Melatonin also has a potent anti-inflammatory effect that may reduce oxidative stress and blood pressure.



## An Effective Combination

Scientists conducted a pilot clinical study to test whether a combination of these compounds would reduce nighttime urination. The results were published in the Journal of Global Advances in Health and Medicine.

Thirty healthy men with nocturia [age 45-75] received a single capsule that contained a blend of the five ingredients listed above.



At baseline, 87% of the participants reported nocturia. After 60 days of treatment, only 23% still reported symptoms – a reduction of 64%. This study demonstrates how powerful this nutrient combination was in reducing or relieving nocturia symptoms in men, leading to improvements in their sleep and quality of life.

## Summary

Nocturia is a major quality-of-life issue in aging men. In a clinical study, a blend of beta-sitosterol, pygeum bark extract, lycopene, boron and melatonin significantly reduced the frequency of nighttime urination. The number of men suffering from nocturia overall was reduced by 64%.

EPT is here to help you with your training and nutritional needs.

Please get in touch with your questions and concerns. All of our recommendations are unbiased and scientifically sound.



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