

THE ULTIMATE GUIDE FOR A

# BULLETPROOF PROSTATE

*A simple guide, packed with easy, sustainable diet & lifestyle habits to help you re-discover your healthy, thriving prostate.*

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# 10 Science-Backed Tips To Improve Prostate Healthy Naturally

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## **Incorporate Broccoli Sprouts**

Broccoli sprouts are rich in sulforaphane, a compound that has been shown to target cancer cells while sparing healthy cells. Including broccoli sprouts in your diet can provide a concentrated source of this powerful phytochemical (1).

## **Skip Vitamin E Supplements**

While no supplements or vitamins have been shown to decrease a man's risk of developing prostate cancer, one vitamin taken has been shown to increase a man's risk of prostate cancer: Vitamin E. A national trial showed that subjects who took 400 IU/day of vitamin E for about five years had a 17% increase in prostate cancer diagnoses. Supplementing with Vitamin E is definitely not recommended for prostate health (2).

## **Get Some Sun**

Don't ditch the sunscreen, but don't hide from the sun either. Too little sun exposure can actually increase your risk of getting prostate cancer. We get a lot of valuable vitamin D from the sun, and this is a great way to reduce your risk of prostate cancer (3). Vitamin D also helps keep us healthy in other ways. It's good for heart health, and it keeps your kidneys and pancreas health.

## **Use Curcumin**

Curcumin, the active compound in turmeric, has anti-inflammatory and anti-cancer properties. Research indicates it can inhibit the growth of prostate cancer cells (4). Make sure you pair curcumin with a fatty food like eggs, olive oil etc. to ensure optimal absorption.

## **Drink Green Tea**

Green tea contains catechins, which have antioxidant properties and may support prostate health. Research has shown catechins can have potential anti-cancer effects in humans (5).

## **Engage in High-Intensity Interval Training (HIIT)**

HIIT workouts can improve cardiovascular health, reduce inflammation, and boost overall metabolic function. This type of exercise has been shown to lower the risk of various cancers, including prostate cancer, by improving insulin sensitivity and reducing body fat.

## **Reduce Alcohol and Processed Foods**

Both alcohol and processed foods can lead to unhealthy inflammation in your body. Eliminating processed foods, which are often low in nutrients and high in harmful chemicals, can improve your overall health. When you prioritize nutritious foods like pomegranates, cucumbers, and other fresh produce, you may naturally reduce your intake of nutrient-poor processed foods and alcohol.

### **Adopt a Ketogenic Diet**

The ketogenic diet, which is high in healthy fats and low in carbohydrates, can reduce insulin levels and inflammation. Emerging research suggests this diet may also slow the growth of certain types of cancer, including prostate cancer (6).

### **Eat Pumpkin Seeds**

Pumpkin seeds are known for their ability to reduce symptoms of an enlarged prostate (7). The oils in pumpkin seeds contain dihydrotestosterone, a male steroid hormone that supports prostate function and prevents overactivity of cell-producing hormones in the prostate. Additionally, pumpkin seed oil is rich in carotene and omega-3 fatty acids, which offer protection against prostate enlargement and prostate cancer. Incorporating pumpkin seeds into your diet can be a simple and effective way to support prostate health.

### **Limit Sodium Intake**

Excessive sodium can place a significant burden on the urinary system, increasing the risk of an enlarged prostate. Sodium levels are particularly high in processed and pickled foods, such as pickled vegetables, salted soybeans, sausages, ham, and other processed meats. Reducing your intake of these high-sodium foods can help maintain a healthy prostate and support overall urinary function.

### **Sources:**

- 1 [Anticancer properties of sulforaphane: current insights at the molecular level - PMC](#)
- 2 [Tips for Keeping a Healthy Prostate | Johns Hopkins Medicine](#)
- 3 [Circulating vitamin D level and mortality in prostate cancer patients: a dose–response meta-analysis - PMC](#)
- 4 [Application and potential value of curcumin in prostate cancer: a meta-analysis based on animal models](#)
- 5 [Green Tea Catechins: Nature’s Way of Preventing and Treating Cancer - PMC](#)
- 6 [Beneficial Effects of the Very-Low-Calorie Ketogenic Diet on the Symptoms of Male Accessory Gland Inflammation - PMC](#)
- 7 [Effects of pumpkin seed in men with lower urinary tract symptoms due to benign prostatic hyperplasia in the one-year, randomized, placebo-controlled GRANU study](#)