PROSTATE
HERBAL TEA INGREDIENTS:

NETTLE LEAF - Nettle tea is definitely the best herbal tea for prostate health precisely because of its ability to stimulate the expulsion of urine, which is suitable for the treatment of prostatitis, as it helps to improve the difficulty to urinate.

CATS CLAW - It is recommended to use cat's claw to treat the symptoms of prostatitis and even alleviate the condition, as it has been proven to relieve urinary discomfort caused by prostate infection and helps fight infections in the prostate. Similarly, cat's claw can block the proliferation of an enzyme known as aromatase, which stimulates the production of estradiol, another hormone that like testosterone is linked to enlargement of the prostate.

SAW PALMETTO - In the case of prostatitis it was shown that the consumption of saw palmetto berries allows to decrease the inflammation of the prostate tissue, because it is able to regenerate it and fight the infection that may be affecting it. In addition, saw palmetto relieves the main symptoms of prostatitis, such as difficulty urinating, urgent urge to urinate, burning during urination, feeling of not emptying the bladder and stinging.

HORSETAIL - is an excellent natural remedy for inflamed prostate due to its anti-inflammatory and cleansing properties. Its diuretic effect can be obtained by drinking the tea daily that will help to empty the bladder and decrease the discomfort caused by prostatitis.

ALFALFA - is rich in vitamin A, C and E, which makes them an excellent natural alternative to take care of the functioning of the kidneys and keep the bladder healthy. These outbreaks are especially beneficial thanks to their soy isoflavones that help fight and prevent prostatitis.

PYGEUM BARK - Researchers discovered that a compound inherent in Pygeum called atraric acid imparted therapeutic properties in relation to prostate diseases. Atraric acid was found to inhibit transport of androgen signals that induce cell growth in the prostate, thereby reducing prostate growth.

"Herbs that work!"