

As I mentioned previously in this book, at least 75 percent of all civilized men past the age of 50 can expect to experience at least some degree of prostate trouble. Sexual abuse is undoubtedly one of the main causes of prostatic congestion and enlargement. However, there are other contributory causes of prostate disorders. The principal ones, in my opinion, are lack of proper exercise and constipation. Conversely, proper exercise and correcting poor elimination can also be a large part of the solution. It is a well-known fact, for example, that pet dogs living in apartment houses and not getting sufficient exercise have a high incidence of prostate disease, while prostate trouble is almost unknown in working dogs, farm dogs, Eskimo dogs, sheep dogs, and so on.

The normal prostate is approximately the size of a walnut and encompasses the neck of the bladder. When it swells it cuts off the tube leading from the bladder and impedes the free flow of urine. When the prostate becomes a problem, too often the only solution offered is "cut it out!"

God did not make an error when he created this organ, and cutting it out does not always solve the problem. So-called massage of the prostate may likewise be quite irritating, and often leads to an intensification of the very condition that it is supposed to correct.

Hot sitz baths taken several times daily, and a heating pad applied to the pelvic area may help soothe the inflammation and improve the circulation of blood. Your doctor may also want to give diathermy treatment by means of a rectal insert and it may prove beneficial. Initially, the bowels should be kept open, by means of an enema if necessary, in order to relieve any pressure which may be exerted on the prostate by a ballooned colon.

Constipation complicates and makes a prostate disorder worse. The person who invented the chair did not comprehend the principles of human engineering. The human body was not designed to sit on a chair. Of the many physical and mechanical causes of constipation and prostate disorders, the principal culprits are the conventional modern chair and toilet. The men who invented modern-day toilets and chairs never realized the havoc they were to cause the human body in the form of constipation, prostate disorders, and related diseases by designing them too high off the ground.

I have instructed many people in the natural and proper way to sit on a toilet by putting a stool on which they place their feet directly in front of the toilet. This simple correction, without need of any further treatment, has resulted in a much more complete evacuation and enabled many to overcome even severe cases of intestinal stasis.

Here is a simple test so that you can demonstrate to yourself the benefits of squatting. Next time you sit on the toilet, after you think you have finished evacuating in your usual position, raise your legs, placing the feet on the

toilet seat or a stool. Wait a few moments and then notice the additional quantity of feces passed after assuming the second position. This should convince anyone of the benefits derived from squatting or raising the legs while eliminating.

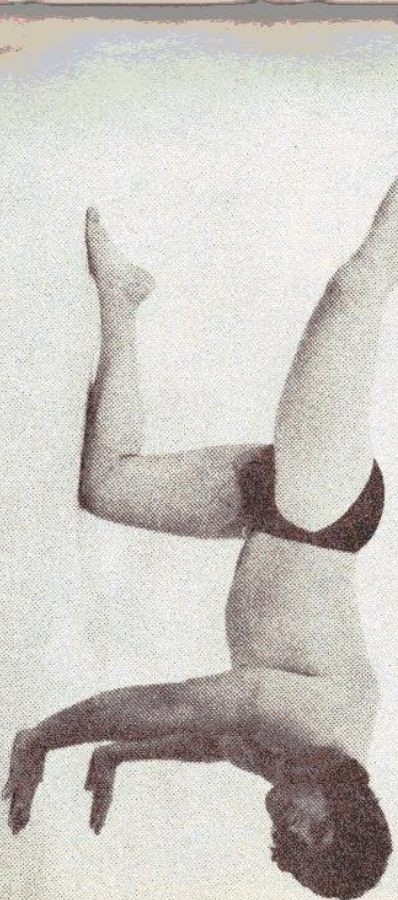
Why isn't a simple and honest remedy like this taught to every school child and advertised extensively as a remedy for constipation? The answer, of course, is that a profit can't be made from this natural, normal, and healthy habit.

The diet should be abstemious and consist predominantly of fresh (not canned) fruit in season, green salad, and vegetables. Complete bed rest may be necessary in advanced cases of prostate enlargement.

Getting on all fours, like an animal, and lifting the right rear leg, will permit urination more easily when urination has become a problem. Barking like a dog or letting the tap water run slowly may also help. This position is probably best done in the bathtub to minimize the work for those faced with the clean-up problem.

Isometric contractions of the pelvic area, walking, and slow jogging for those able to do so, as well as general exercises, will all help prevent the condition from occurring in the first place.

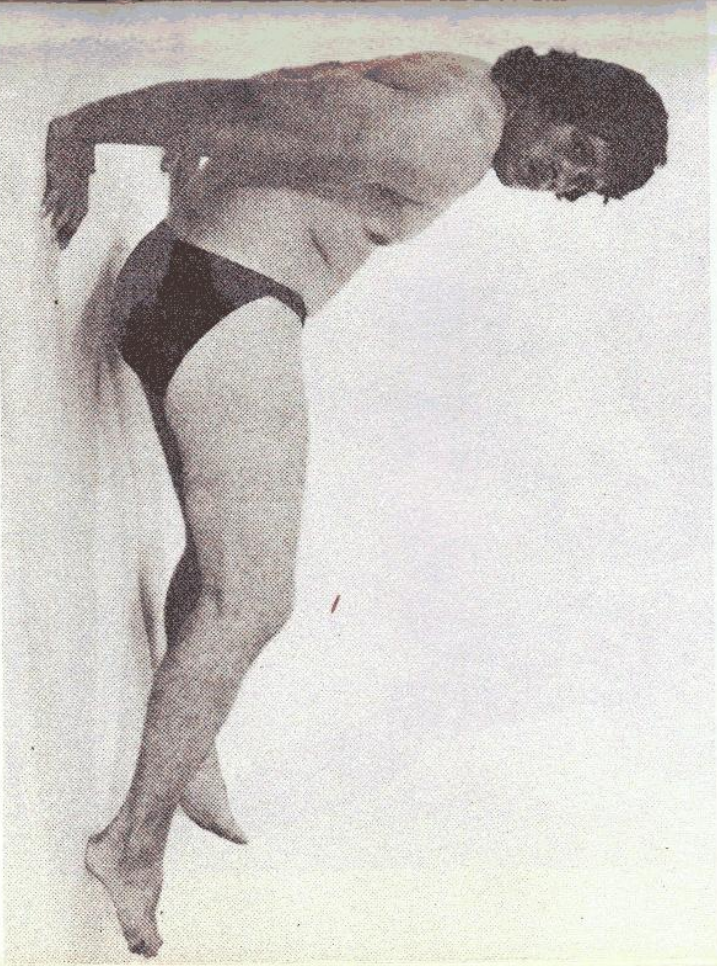
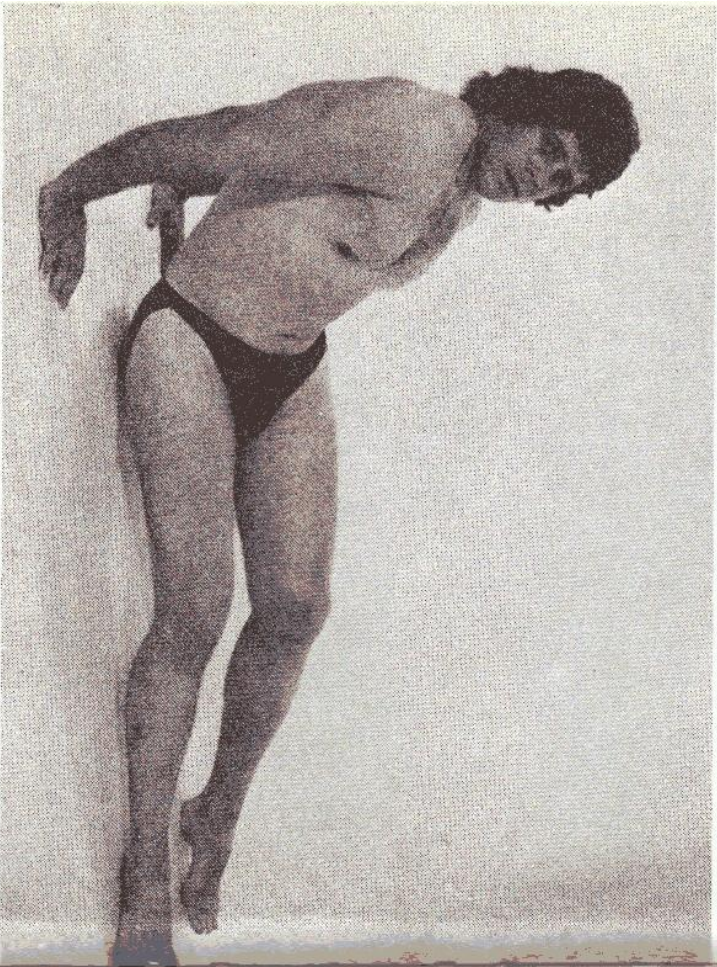
The illustrations on pages 41-57 will eliminate one of the principle causes of prostate congestion and constipation. My book *Exercise for Health and Therapy* contains additional exercises for prostate disorders as well as impotence.



**Spinal Stretch (Position to Encourage Urination in Prostatitis)**

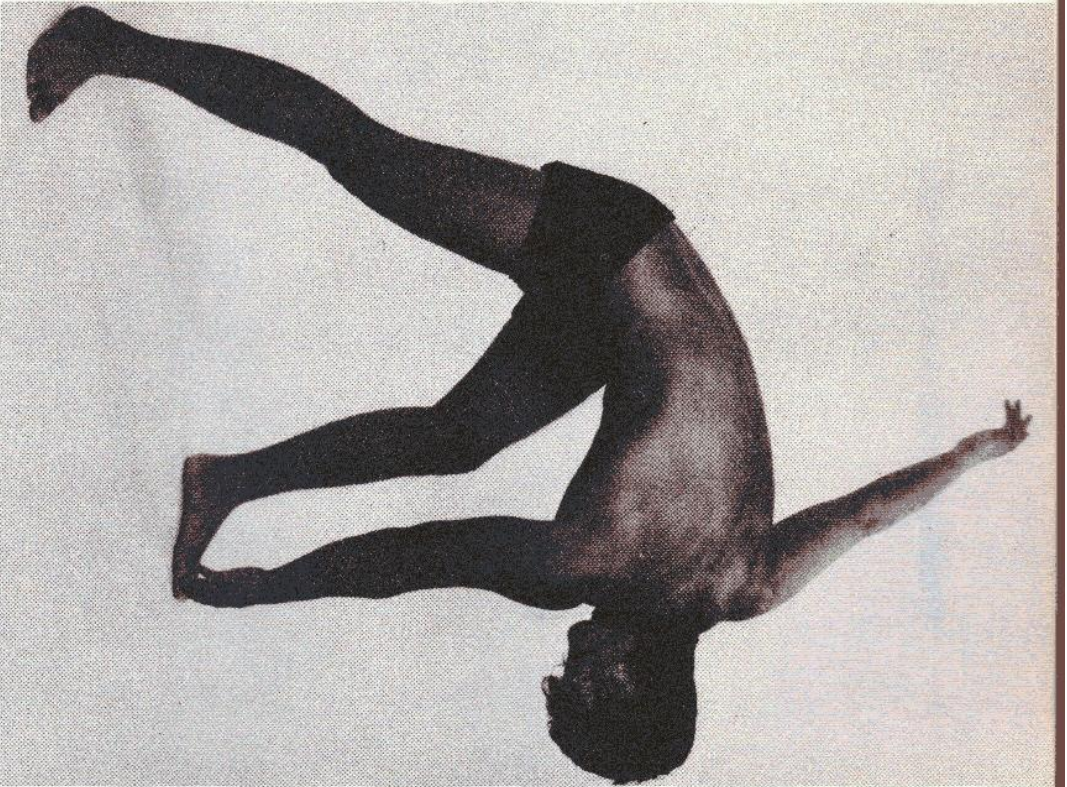
Kneeling on all fours, stretch the right leg back and up as high as possible.

In using this position to encourage urination in acute prostatitis, move right leg back and forth (like a dog). Do not strain. Relax. Turn on the tap water for a few moments. Bark. Be patient. This exercise is best performed in the bathtub.



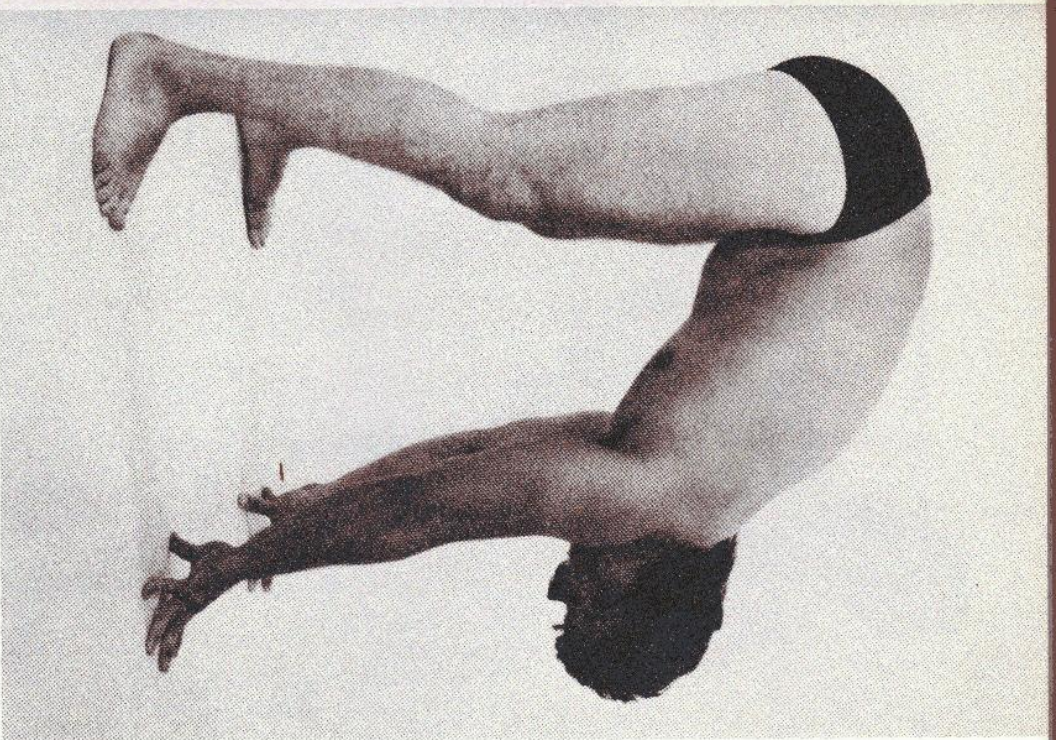
### **Prostate**

Sitting on the floor, resting on your hands, bounce on the right cheek. Then bounce on the left cheek. This exercise gives a gentle "massage" to the prostate and stimulates and improves the blood circulation to this area.



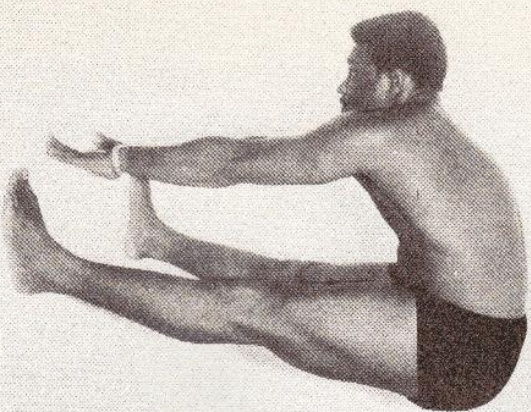
### **Prostate Congestion**

Standing erect, feet spread widely apart, exhale and bend from the trunk, touching the right hand to the left toe. Now inhale, returning to an erect position. Do the same movement for the opposite side. Remember to exhale while bending and inhale coming up. Repeat 10 to 20 times.  
This exercise is also good for constipation, intestinal disorders, waistline reducing, and gas.



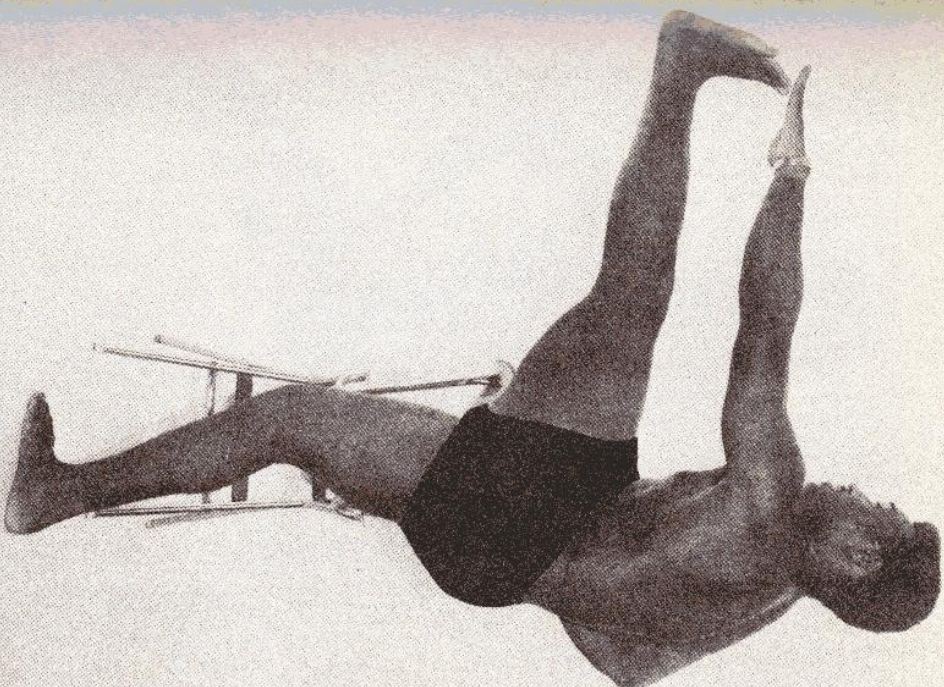
### **Prostate**

Walking on all fours like an animal. This exercise is also excellent for dropped organs (ptosis). (Note: Animals never have dropped organs.)  
This exercise is also good for constipation, gas, and other disorders of the lower intestinal tract.

**Prostate**

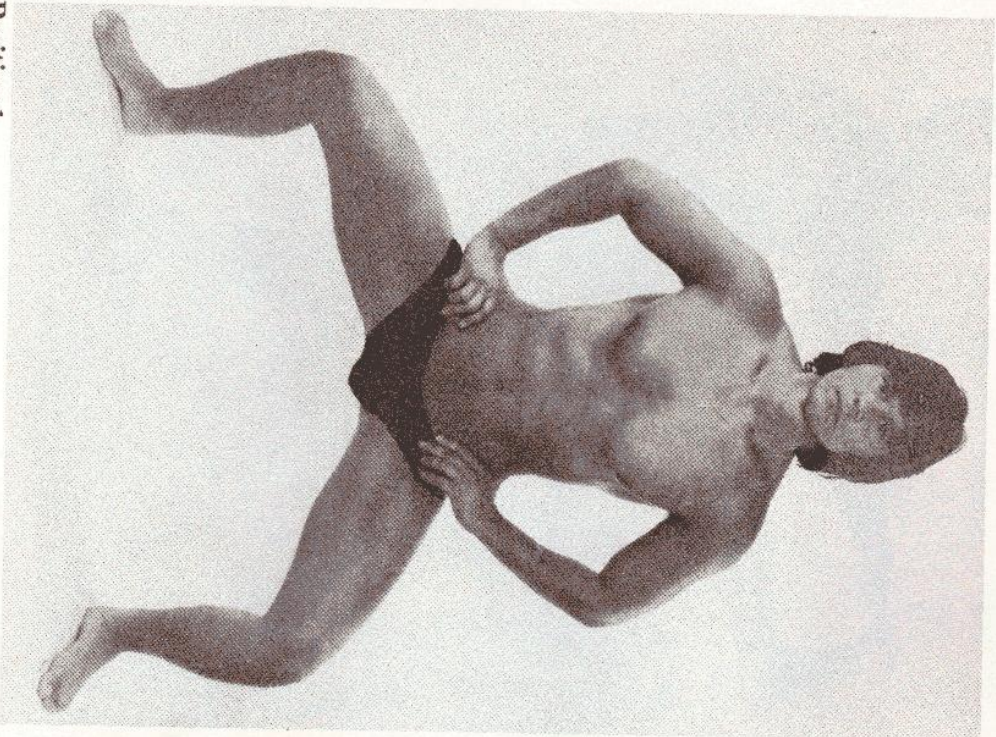
Standing with feet apart and knees bent, bend to touch the floor between your feet. Immediately after, continue bending your body down and aim to touch the floor behind you as far back as possible. Repeat as often as comfortable.

This exercise is also good for waistline reducing, constipation, and disorders of the lower intestinal tract.

**Prostate—High Kick**

Standing with the feet together, kick as high as possible, trying to touch the left finger tips to the toes. Now do the other side.

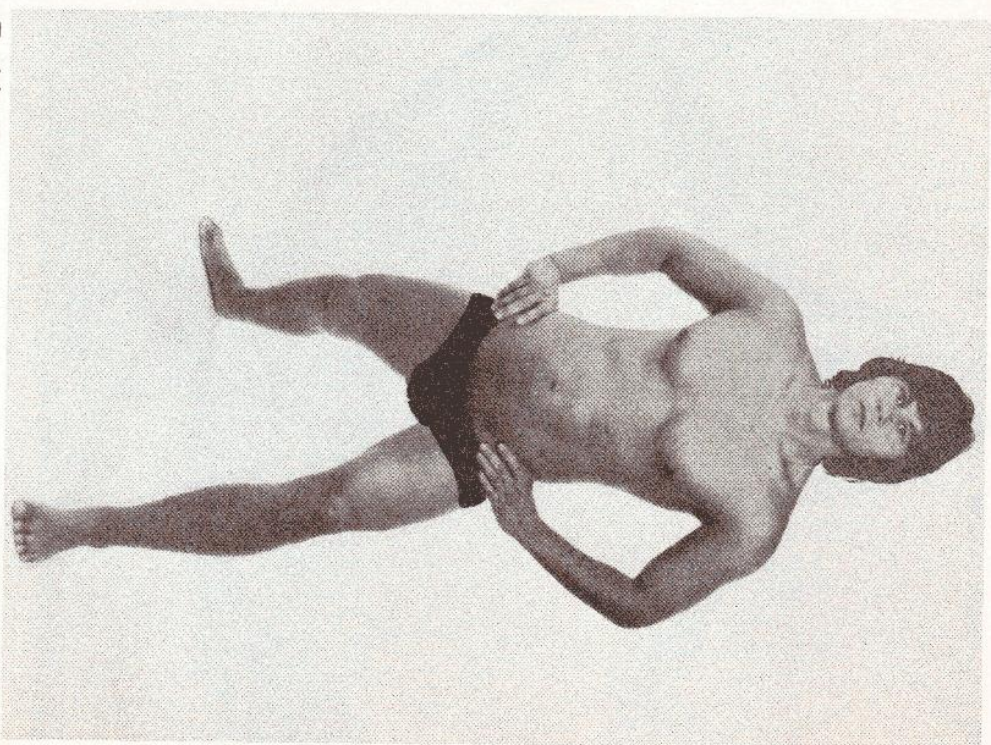
To get the maximum benefit from these movements, you should do them without restrictive garments, or better, nude. This exercise is also good for intestinal disorders, hemorrhoids, piles, varicose veins, swollen ankles, and constipation.



**Position 1.**

**Prostate Congestion**

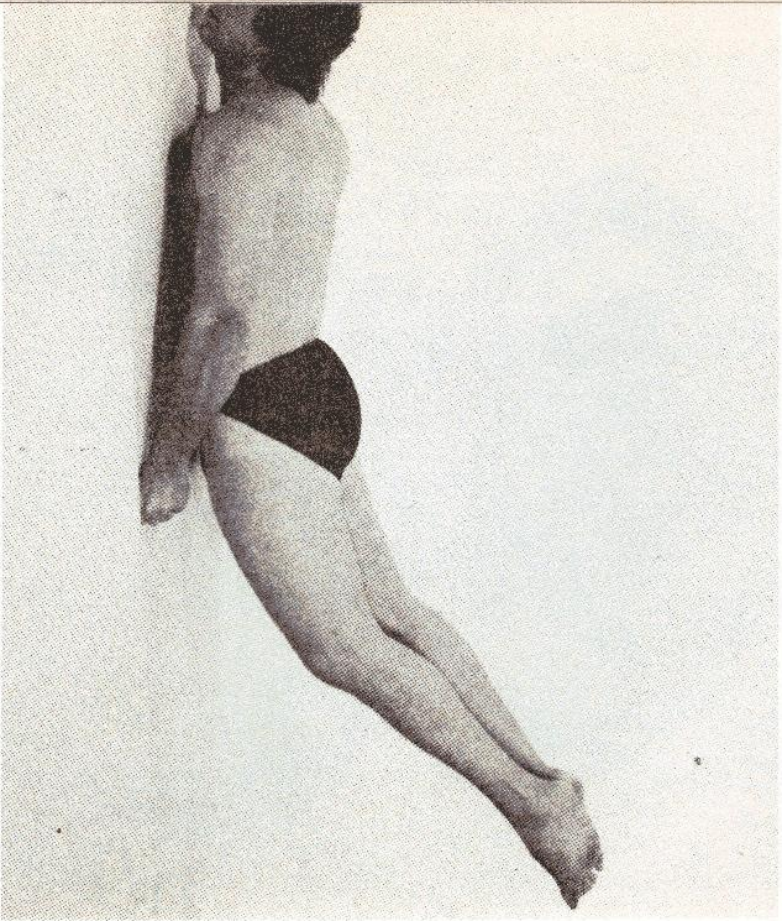
Position 1. Standing with knees spread apart, partially bent, hands on hips.



**Position 2.**

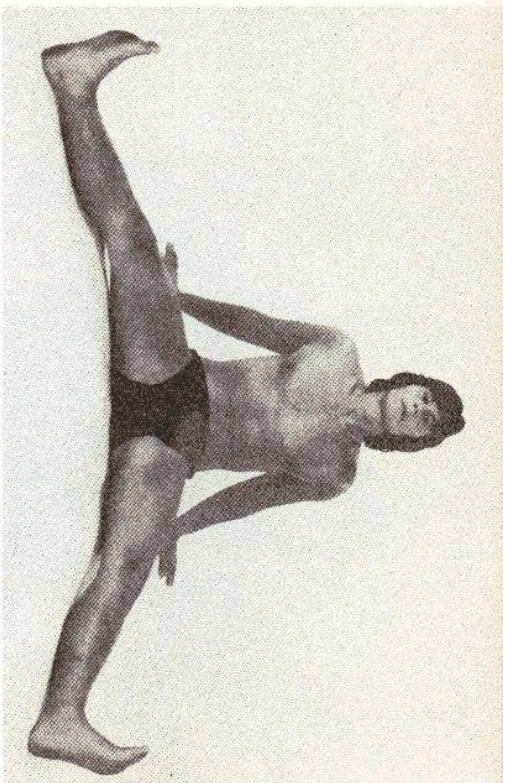
Position 2. Now lunge as far as possible to the left, inhaling deeply (as if in a fencing match). Resume position 1, exhaling. Now do alternate side and repeat 10 times.

This exercise is also good for prostate disorder, constipation, intestinal disorders, and varicose veins.



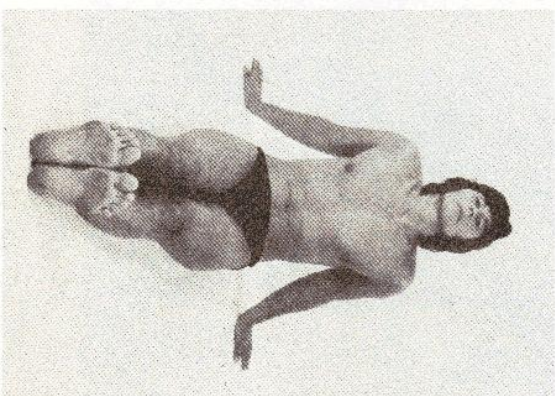
### Prostate

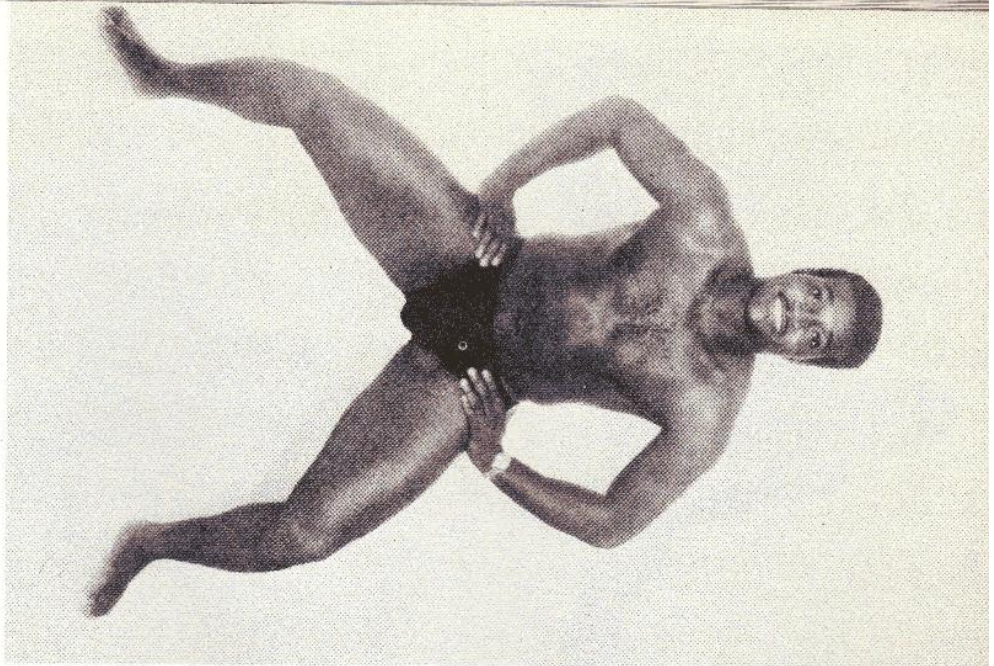
Lying on your stomach, hands (in fists) at your sides, press your fists against the floor, raising your legs for 10 seconds. Lower your legs slowly to the floor. This exercise strengthens the lower back and seat muscles as well as the abdominal muscles. This exercise is also good for constipation, colitis, lower back weakness, varicose veins, hemorrhoids, and gas.



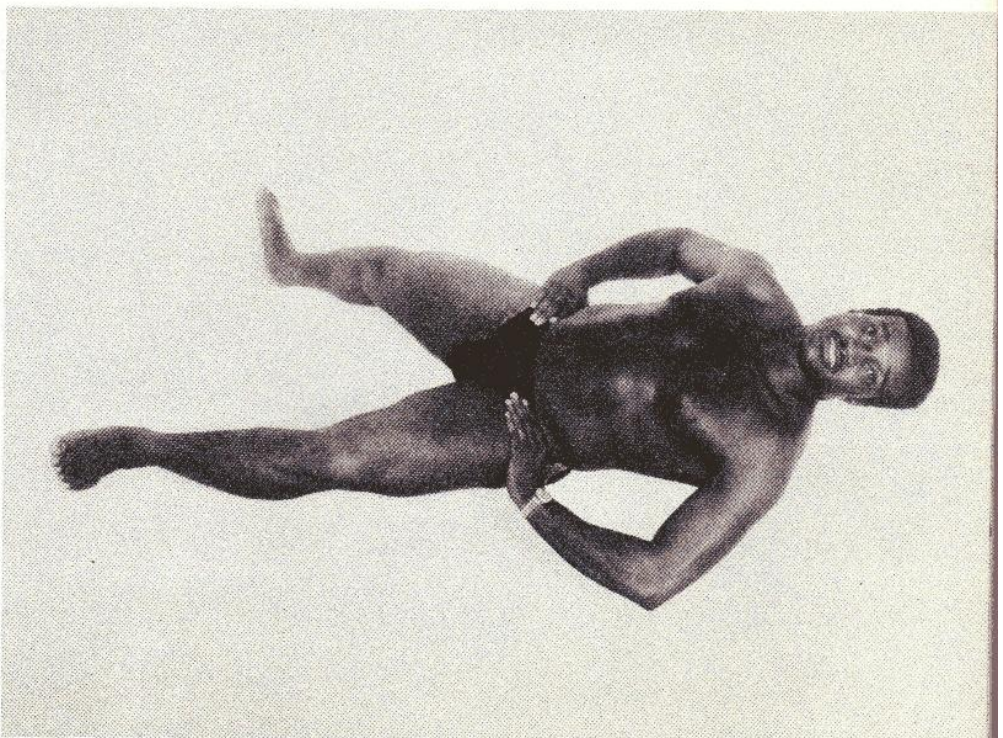
### Prostate

Sitting on the floor, feet extended, resting your weight on your arms, inhale, moving your legs upward and outward as far as possible. Now exhaling, bring your legs back together again. Repeat. This exercise is also good for impotence, varicose veins, constipation, and hemorrhoids.





**Position 1.**



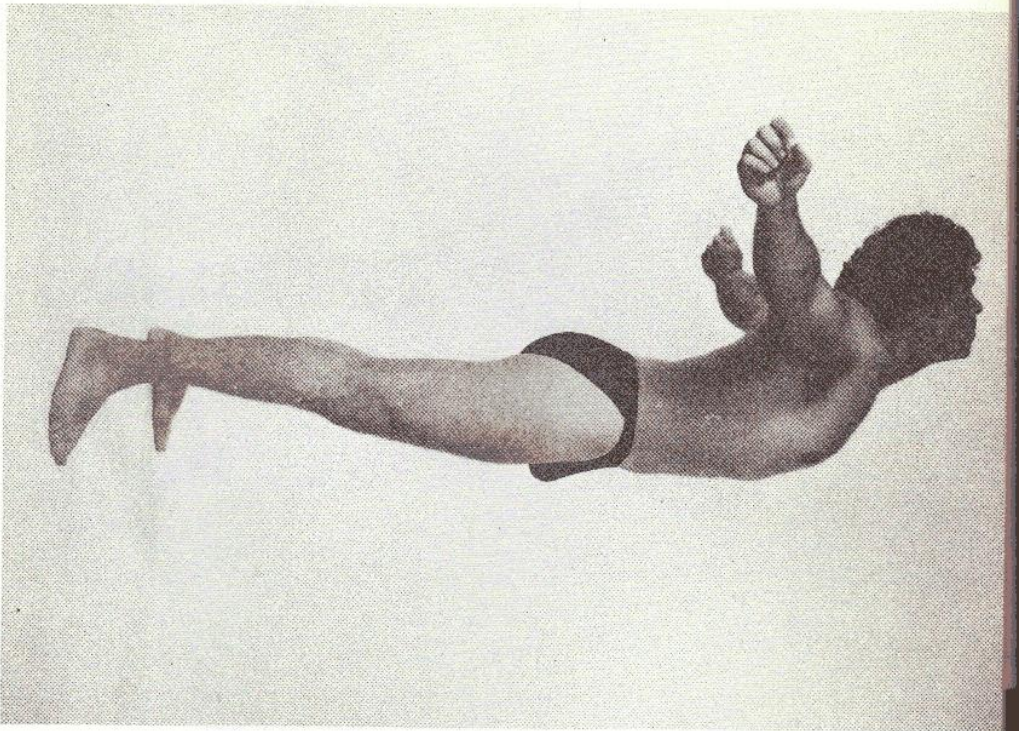
**Position 2.**

**Prostate**

Position 1. Stand with knees spread apart and partially bent, with hands on hips.

Position 2. Now lunge as far as possible to the left, inhaling deeply (as if in a fencing match). Resume position 1, exhaling. Now do alternate side and repeat 10 times.

This exercise is also good for impotence, constipation, intestinal disorders, and varicose veins.

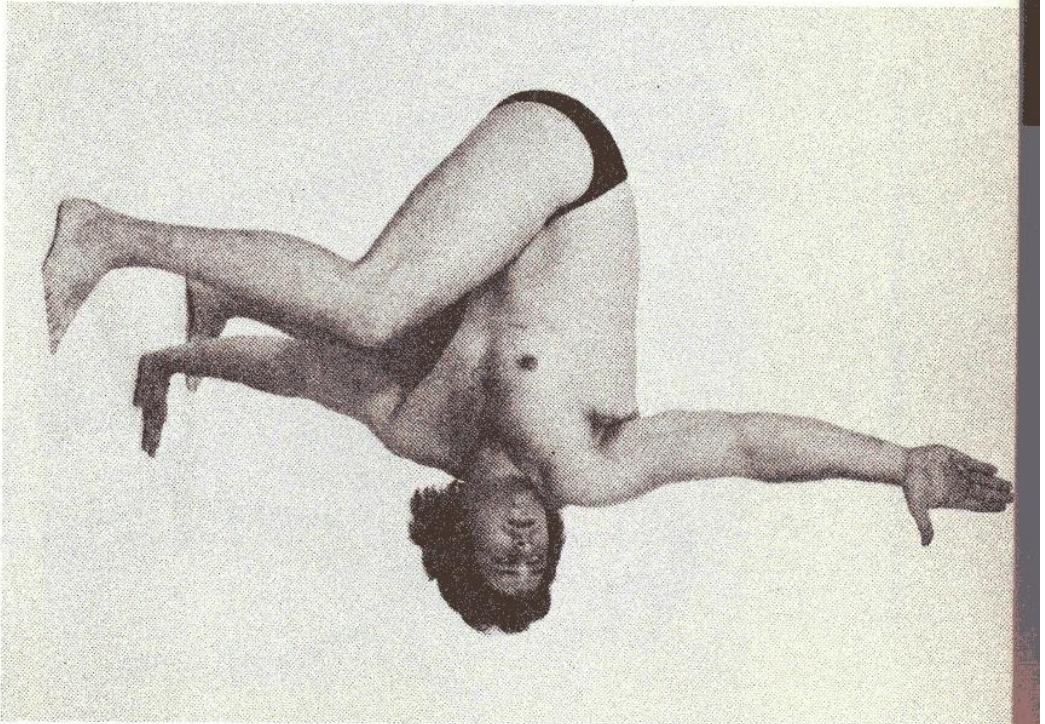


**Phase I.**

**Prostate**

Phase I. Stand with your feet apart, head back, and arms spread wide.

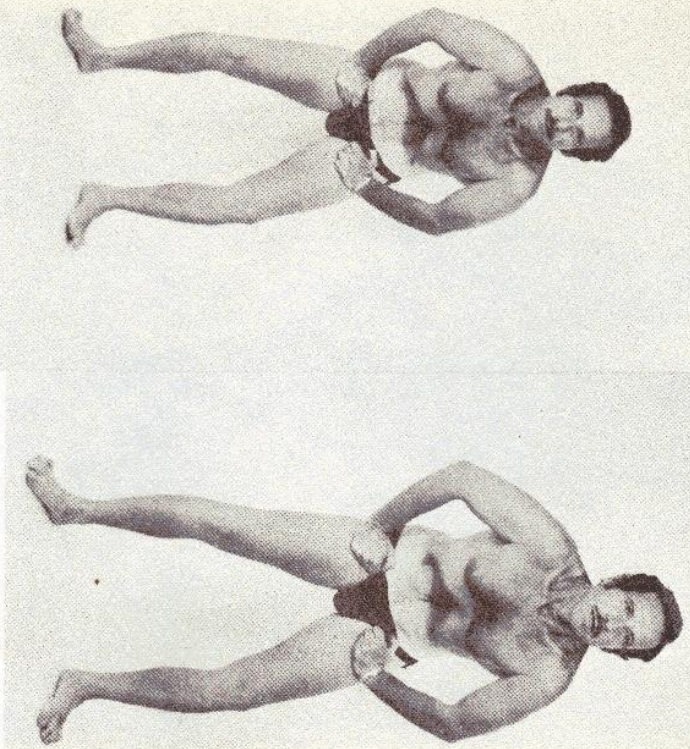
Phase II. Bend knees, keeping arms straight. Place left hand flat on the floor and turn your head to look at finger tips of right hand.



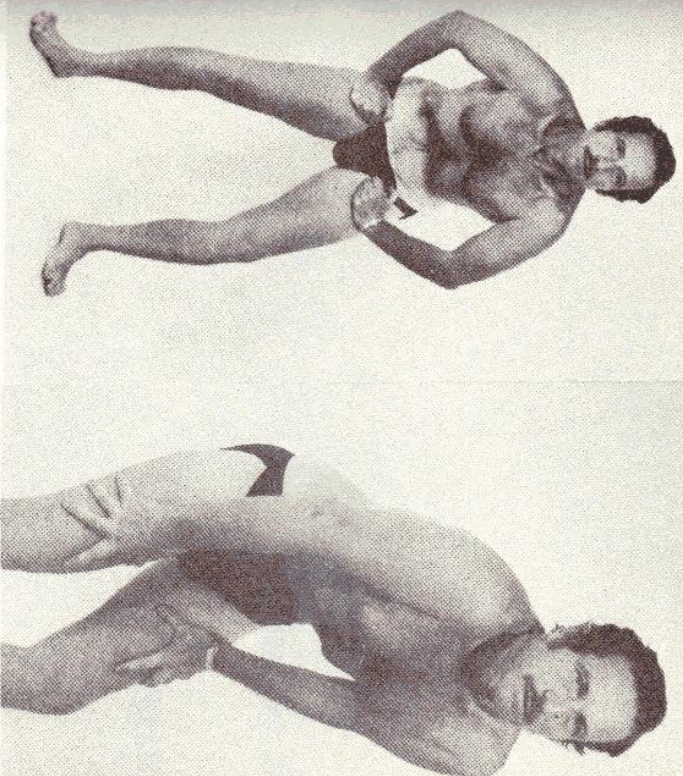
**Phase II.**

Phase III. Come back to starting position.

Phase IV. Bend knees and place right hand flat on the floor. Turn your head to look at finger tips of left hand. Repeat. This exercise, besides benefiting the prostate, is especially prescribed for constipation and colitis.

**Position 1.****Position 2.****Constipation**

Stand erect, feet apart, knees slightly bent, and lean forward with hands on thighs (as shown in position 1). Exhale *completely*, pulling abdominal muscles in. Hold for a count of 8. Release and repeat when rested. This exercise should only be performed on an empty stomach, preferably before breakfast.

**Position 3.****Position 4.**

For advanced students only:

While holding position 1, and without inhaling, try rotating your abdominal muscles first to the right (position 2) and then to the left (position 3).

While this exercise is intended for advanced students, it is one of the most effective movements for intestinal stasis and dropped abdominal organs.

Position 4 is another angle of position 1.