

# Tips For Prostate Health



Eat a healthy diet



Avoid High-Fat Dairy products, spicy foods, or caffeine



Wear comfortable clothes



Strengthen your pelvic floor muscles



Drink plenty of water



Choose herbal supplements carefully



Make cardio a priority



Manage your stress level



Avoid saunas/hot tubs



Limit sodium intake

# Prostate Health

**Patrick Vollmar**



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