

Recent Successes at Balm



Here at Balm Naturopathy we believe in celebrating our successes. Below are a couple of success stories that have emerged from the last month.

Rising PSA Levels

Prostate problems are of concern to all men. Two of the main issues are benign prostatic hyperplasia (BPH), which occurs in 90% of men over the age of 70, and prostate cancer which kills thousands of men every year.

The symptoms of BPH and prostate cancer include frequent, difficult or painful urination, slow, interrupted flow and blood in urine or semen. Ignoring these symptoms can be dangerous and Balm always recommends a visit to your doctor to have such symptoms explored medically. The good news is there is much that can be done naturally to improve prostate health and lower cancer risk.

Recently a 76 year old male presented to Balm Natural Health with rising PSA levels after having had a prostatectomy a few years ago. This was the last thing he expected after such a procedure. The client wanted to ensure he was doing



everything he needed to decrease his cancer risk and increase his general health and wellbeing.

After 2 months of treatment focusing on diet and supplements to increase antioxidant intake, improve prostate health and an increase in exercise, his next PSA reading had reduced from 0.11 to 0.06.

The client is very pleased and is continuing to follow the recommendations and supplements prescribed and will continue with ongoing monitoring of PSA levels to ensure he remains on the right track.

Frequent colds, sinusitis and antibiotic use

So many people find they get every cold and flu going around and can't seem to get through a single season without having to resort to antibiotics at least 2 or 3 times. Antibiotics have a very detrimental effect on the microbiome of the gut and this can actually have a lasting negative effect on the body's immunity.

Much of our immunity originates in the gut and when gut health is suboptimal, this opens the body up to all sorts of immune issues such as infection, allergy and autoimmune issues. Last year, a 40 year old male with a history of frequent colds, sinusitis and antibiotic treatment presented to Balm Natural Health. On average he was receiving antibiotic treatment every 1-2 months. After 8 months of treatment involving supplements to regulate his immunity, particularly via gut health, adjusting his diet, and addressing stress, he is now feeling better than ever and has not had a single cold or need for antibiotics for over 4 months.

This client has now adopted some permanent changes in his diet and lifestyle and has moved to exploring other health goals such as maximising his already raised vitality and boosting fertility with the hope of soon adding another member to his family.

Victims of colds and flu

Do you know someone who is constantly unwell and seems to fall victim to every cold and virus going around? Or do you know someone concerned about rising PSA levels, or anyone who has any other sort of health complaint who might need the help of Balm Naturopathy? If so, please send them the link to this blog and encourage them to book in online for a consultation.