

Plant based treatment for
ENLARGED PROSTATE Disease

BOOK 21

ENLARGED PROSTATE

‘Benign Prostatic Hyperplasia (BPH)’

An integrative healing



Mathenge
254724302883
mathengemwehe@gmail.com
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INTRODUCTION



The world is full of untold misery, suffering and death. Diseases like cancer, hypertension, diabetes, asthma, ulcers, depression, kidney and women reproductive cancers have overwhelmed humanity. This has led to a frantic search for the cause and cure for these ailments. However, the more the science and technology advance, the more these diseases proliferate, overwhelming conventional medicine and pharmaceuticals. The world is at a loss for a cure, for these conditions continue to claim lives at an alarming rate.

Yet, we wholly trust the conventional medicine and pharmacy as the only solution. But this system is a recent development—less than 200 years old, having gained traction only in the late 19th century. In contrast, for almost 6,000 years, mankind relied purely on plant-based medicine to treat various illnesses. Have we been deceived? Have we neglected what healed generations since the dawn of time to place all our hope in modern science? Where are we going wrong in the search for a cure for the maladies that continue to kill our people? Without losing sight of modern medicine's value, we must retrace our steps to plant-based diets and remedies and integrate them if we are to find a lasting solution.

Another tragedy of modern living is that many people wait until illness strikes before seeking treatment. Our health-seeking behavior is disastrous. We have forgotten that true wellness begins long before disease appears. Our health is largely defined by what we eat and drink, and the care we take of our bodies, including exercise and rest. Our bodies are not built of steel, but by the food we consume. We forget that the primary source of healing should thus be from natural substances, not from synthetic chemicals manufactured in labs.

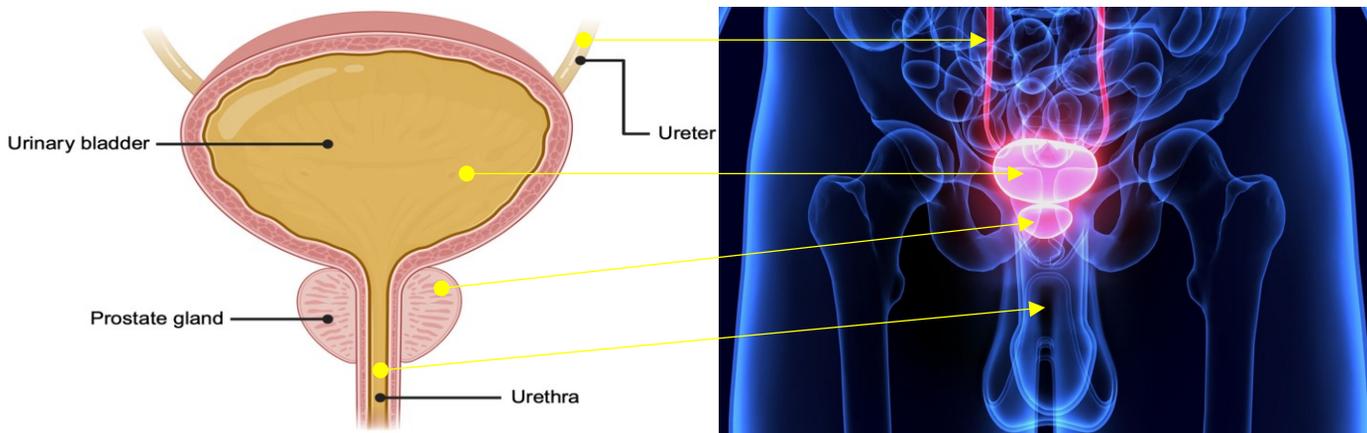
For most of human history—spanning almost 6,000 years—natural herbs and plants have served as both food and medicine. They have been nature's daily medicine: safe, gentle, and powerful when used consistently, not just during sickness. This book encourages everyone, even those in good health, to incorporate the healing power of these plants into their daily lives to strengthen the body's natural defenses, lower disease risks, and support lifelong wellness. By adding them to your daily meals or enjoying them as herbal teas and infusions, you can nurture your body's innate healing ability, strengthen your immunity, and build lasting protection against disease. Think of these herbs not as remedies for sickness, but as partners in maintaining balance, vitality, and lifelong health.



Prostate Gland

What is Prostate Gland

The **prostate gland** is a small (3–4 cm across in adults.), walnut-shaped gland that is part of the male reproductive system. It is located just below the bladder and in front of the rectum, surrounding the urethra — the tube through which urine and semen exit the body. It is made of both glandular tissue (which produces fluids) and muscular tissue (which helps expel semen).



Functions of the Prostate Gland

1. Produces Prostatic Fluid

- The prostate secretes a slightly alkaline (milky) fluid that makes up about 20–30% of semen.
- This fluid helps nourish and protect sperm, improving their motility (movement) and longevity in the female reproductive tract.

2. Aids in Ejaculation

- During ejaculation, the muscular tissue of the prostate contracts, helping push semen through the urethra and out of the body.

3. Regulates Urine Flow

- Because the urethra passes through it, the prostate also helps control the flow of urine.
- Enlargement (as in benign prostatic hyperplasia, BPH) can compress the urethra, causing urinary problems.

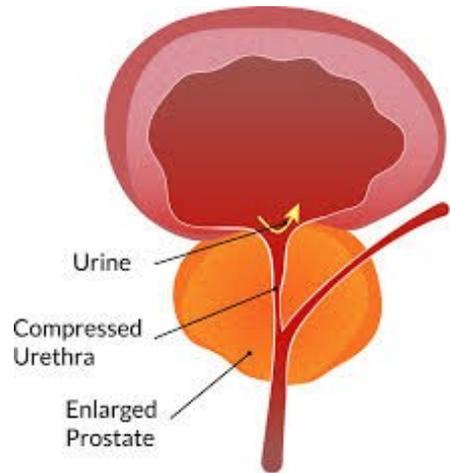
Enlarged Prostate

Benign Prostatic Hyperplasia (BPH)



Definition

Benign Prostatic Hyperplasia (BPH), commonly known as an **enlarged prostate**, is a non-cancerous growth of the prostate gland that typically occurs as men age. The prostate gland surrounds the urethra (the tube that carries urine out of the body). When it grows larger, it can **press on or squeeze the urethra**, leading to problems with urination.



Causes of Enlarged Prostate

While the exact cause is **not fully established**, BPH results from several interconnected factors. Here are factors ranked from the most established to the most speculative causes.

1. Aging: prostate enlargement increases with advancing age.
2. Hormonal changes: alterations in testosterone, dihydrotestosterone (DHT), and estrogen balance may drive prostate cell proliferation.
3. Metabolic / lifestyle factors: obesity, metabolic syndrome, diabetes have been linked with increased risk of BPH/ Lower Urinary Tract Symptoms (LUTS).
4. Inflammation & oxidative stress: Chronic prostatitis/inflammation may contribute to tissue growth in BPH.
5. Genetic predisposition: Some evidence of heritability of BPH and prostate size.
6. Environmental and dietary factors: Less well-defined but causally plausible (e.g., diet, micronutrients)

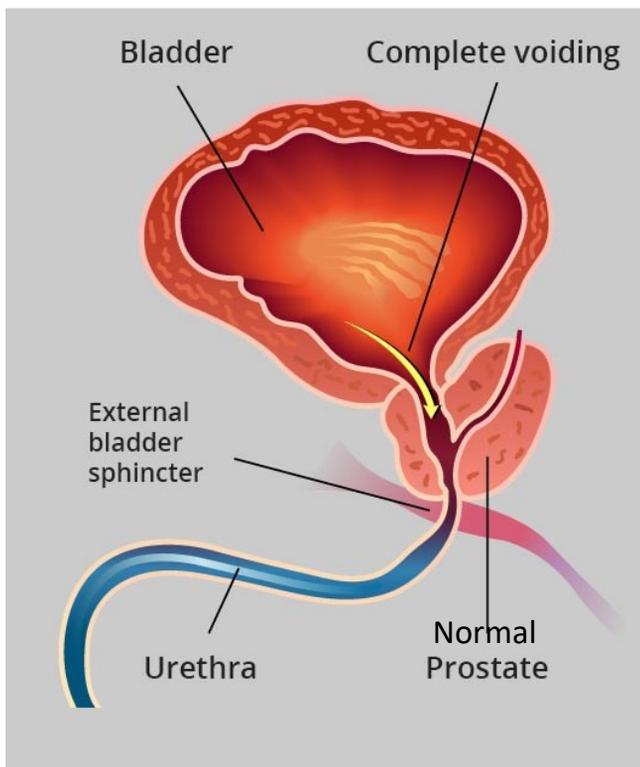


What BPH is NOT Caused By

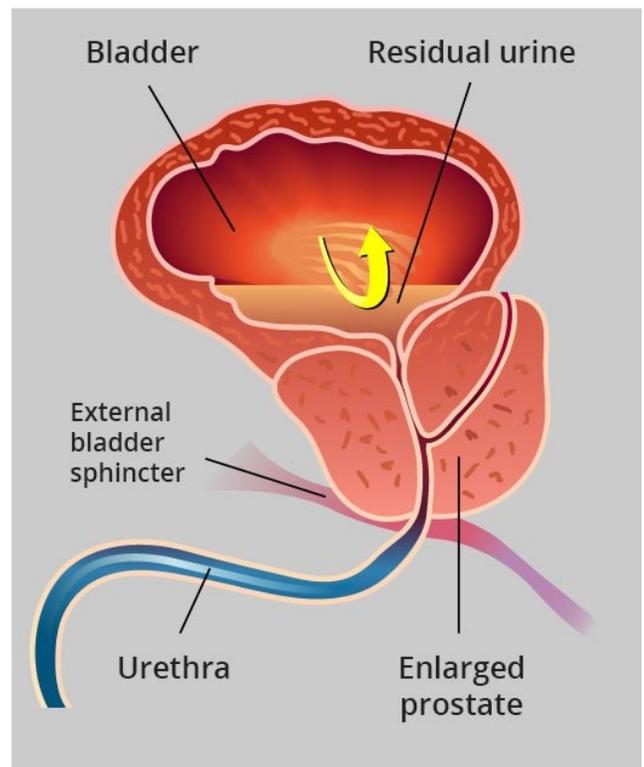
- It's important to know that BPH is a benign condition and **is not prostate cancer**. One does not cause or turn into the other.
- A common myth is that BPH is **caused by sexual habits**, but **this is not true**. However, some treatments for BPH can affect sexual function.

Normal vs Enlarged Prostate

Normal Prostate



Enlarged Prostate

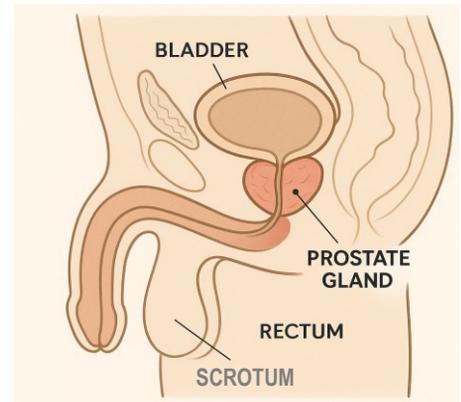


Chain Reaction of disease

- ❑ Prostate tissue (stromal + epithelial) proliferates → prostate volume increases → the enlarged gland encroaches on the prostatic urethra/bladder outlet → increased resistance to urinary flow (bladder outlet obstruction,) → urinary symptoms + potential bladder dysfunction and complications.
- ❑ Additionally, bladder changes may occur: detrusor hypertrophy, decreased compliance, leading to storage symptoms (frequency, urgency) in addition to voiding symptoms.
- ❑ Some medicines also may lead to symptoms that seem like those caused by BPH. These include: Powerful pain-relieving medicines called opioids, Cold and allergy medicines and Older medicines for depression called tricyclic antidepressants.

Symptoms of Enlarged prostate

Symptoms of BPH arise largely because of bladder outlet obstruction and irritation. They are usually grouped as **voiding** (obstructive) and **storage** (irritative) symptoms.



Common Symptoms include:

1. Slow urinary stream, hesitancy (delay in starting urination)
2. Intermittency (stop-and-start stream)
3. Straining to void
4. Feelings of incomplete bladder emptying
5. Dribbling at the end of urination
6. Urinary urgency (sudden strong need to urinate)
7. Increased frequency of urination (especially at night)
8. Possible urinary retention, recurrent urinary tract infections, bladder stones, haematuria (blood in urine) in more advanced cases.



Note:

- Not everyone with prostate enlargement will have symptoms; the degree of enlargement does not always correlate with severity of symptoms.
- The symptoms may mimic other conditions (e.g., prostate cancer, bladder dysfunction, urethral strictures), so differential diagnosis is important.
- **The overlap with prostate cancer risk:** Although BPH itself is benign, overlapping symptoms mean prostate cancer must be ruled out.

Medical based Interventions



Medical Pharmacotherapy

Key classes of medications

1. **alpha 1 adrenergic blockers:** relax smooth muscle in prostate/bladder neck, improve urinary flow and symptoms relatively quickly.
2. **5-alpha reductase inhibitors (5-ARIs):** inhibit conversion of testosterone to DHT, reduce prostate volume, slow progression over months.
3. **Combination therapy (alpha-blocker + 5-ARI):** often used in men with larger prostate volume and higher risk of progression.
4. **Phosphodiesterase type-5 inhibitors** in patients with both LUTS and erectile dysfunction: improving evidence.



Key side effects for these medication classes

Medication class	Key side effects
Alpha-1 Adrenergic Blockers	Dizziness, Lightheadedness, or Drowsiness Retrograde Ejaculation (Dry Orgasm), Nasal Congestion, Headache and Fatigue
5-Alpha Reductase Inhibitors (5-ARIs)	<ul style="list-style-type: none"> • Sexual Dysfunction: Decreased libido (sex drive), Erectile Dysfunction (difficulty getting or maintaining an erection) and Reduced ejaculate volume. • Gynecomastia: Breast enlargement and/or breast tenderness. • Depressed Mood: small increased risk of depression.
Combination Therapy (Alpha-Blocker + 5-ARI)	<ul style="list-style-type: none"> • Patients experience the combined side effect profile of both drug classes. • The risk of side effects like dizziness, retrograde ejaculation, and sexual dysfunction is higher than with either medication alone.
Phosphodiesterase Type-5 Inhibitors (PDE5 Inhibitors)	<ul style="list-style-type: none"> ▪ Headache: (The most common side effect). Flushing (redness/warmth in face/chest). Indigestion or Upset Stomach. Nasal Congestion. Back Pain and Muscle Aches.

Dietary based Interventions for BHP

Evidence-based dietary recommendations

Evidence strongly supports that plant-based diets, anti-inflammatory, antioxidant, low-fat diets and phytochemical-rich foods can help reduce BPH risk and alleviate symptoms.



1. Recommended Dietary modification

1. Mediterranean Diet

- Consume diet High in fruits, vegetables, legumes, whole grains, and healthy fats (olive oil, nuts) *Mechanisms*: improves insulin sensitivity, reduces inflammation, and modulates DHT formation.

2. Plant-Based Diets

- Emphasize whole grain, fruits, vegetables, soy, legumes, nuts, and seeds. *Mechanisms*: improve lipid profile and hormonal balance.

3. Anti-Inflammatory Diet

- Focus on whole grains, high-fiber foods, turmeric, garlic, and ginger.



2. Foods to Completely avoid

- Saturated fats (butter, full-fat dairy, animal fat, fatty meat) – increase DHT and inflammation.
- Red meat and processed meats (bacon, sausages), and poultry – oxidative stress.
- Avoid refined sugars, processed foods and sweets.
- Avoid alcohol and caffeine intake – irritate bladder and increase nocturia.
- Sugary drinks and refined carbohydrates – promote insulin resistance.
- High-salt diets – worsen nocturia and hypertension.

Lifestyle based Interventions for BHP

Evidence-based lifestyle strategies

Non-drug interventions can significantly improve BHP, lower urinary tract symptoms (LUTS), enhance treatment outcomes, and slow disease progression. These includes;

1. Weight Management and Physical Activity

Obesity and metabolic syndrome are strongly linked with BPH progression. Regular exercise reduces LUTS severity by 25–40%. Recommended activities include brisk walking, cycling, swimming, or resistance training for at least 150 minutes per week. Avoid prolonged sitting, which increases pelvic congestion.

2. Fluid Management and Bladder Training

Encourage patients to regulate fluid intake—avoid drinking large amounts before bedtime. Bladder training (gradual delay between voids) and double voiding techniques reduce nocturia and post-void residual volume.

3. Sleep Hygiene and Stress Reduction

Stress and sleep deprivation increase sympathetic tone, aggravating urinary symptoms. Encourage 7–8 hours of quality sleep and relaxation techniques such as yoga, mindfulness, breathing exercises. Avoid screen exposure at least one hour before bedtime.

4. Smoking and Alcohol Cessation

Smoking worsens oxidative stress and vascular insufficiency in the prostate, accelerating LUTS. Encourage complete cessation of alcohol and smoking.

5. Management of Comorbidities

Conditions like diabetes, hypertension, and dyslipidemia worsen BPH progression. Encourage optimal metabolic control through diet, exercise, and herbal support therapies.

6. Pelvic Floor and Urinary Control Exercises

Pelvic-floor (Kegel) exercises enhance bladder control and improve voiding efficiency. Recommend contracting pelvic muscles for 10 seconds, relaxing for 10 seconds, repeated 10–15 times, three sessions daily.

7. Integrative and Complementary Strategies

Integrating lifestyle changes with herbal therapy (e.g., *Serenoa repens*, *Urtica dioica*, *Cucurbita pepo*) provides additive benefits. Comprehensive programs combining exercise, diet, and phytotherapy show greater improvement than medical therapy alone.

Herbal based Interventions for BPH Management

Integrative medicine

Practical summary of evidence-based herbal medicines and nutraceuticals used for the adjunctive management of Benign Prostatic Hyperplasia (BPH) and Lower Urinary Tract Symptoms (LUTS).

Plant /Herb name	Mechanism of action	Safety / Interactions
1. Saw Palmetto	Inhibition of 5 α -reductase; anti-inflammatory; phytosterols reduce DHT; smooth muscle/epithelial cell growth modulation.	Generally safe; possible hormone or anticoagulant interactions
2. African cherry bark	Anti-proliferative, anti-inflammatory, reduction of prostate size/volume in some studies; 5 α -reductase modulation.	Well-tolerated; ensure standardized source
3. Pumpkin seed / oil	Rich in phytosterols; anti-androgenic (5 α -reductase inhibition), antioxidant/anti-inflammatory; reduces prostate cell-growth stimulation.	Safe; monitor for allergy or GI upset
4. Stinging Nettle root	Inhibits growth factors, smooth muscle contractility, anti-inflammatory; 5 α -reductase effect.	Generally safe; caution with diuretics
5. Flaxseed	Lignans and omega-3 fatty acids; anti-inflammatory; inhibit 5 α -reductase; modulate hormone/growth-factor pathways.	Safe; mild GI effects possible
6. Tomato / Lycopene	Lycopene and tomato phytochemicals: antioxidant, anti-inflammatory, down-regulate 5 α -reductase/androgen receptor; reduce DHT-AR signalling.	Safe; watch for high-dose antioxidant use
7. Willow herb	Anti-proliferative; inhibits prostate-cell growth in vitro; anti-inflammatory/antioxidant in prostate tissue.	Safe; monitor for allergic reactions
8. Maritime pine bark	Rich in procyanidins/oligomeric flavonoids; anti-inflammatory/antioxidant; possible inhibition of prostate hyper-growth signalling.	Generally safe; caution with anticoagulants
9. African potato	Anti-androgenic, anti-inflammatory, antioxidant	May interact with CYP450 drugs; use with supervision
10. Rye pollen extract	Pollen extract: anti-inflammatory, modulate smooth-muscle/urogenital tract signalling; reduction of urinary symptoms.	Safe; avoid if pollen-allergic

These herbs have demonstrated pharmacologic activity or clinical evidence supporting potential benefit in BPH management.

Herbs for Prostate health

Integrative medicine

1. Saw Palmetto

Serenoa repens



2. Prunus africana/African cherry bark

Pygeum africanum



3. Pumpkin seed / oil

Cucurbita pepo



4. Stinging Nettle root

Urtica dioica



5. Flaxseeds

Linum usitatissimum



Herbs for Prostate health

Integrative medicine

6. Tomato / Lycopene

Solanum lycopersicum



7. Willow herb

Epilobium parviflorum



8. Maritime pine bark

Pinus pinaster



9. African wild potato/South African Star Grass,

Hypoxis hemerocallidea or *Hypoxis rooperi*



10. Rye Grass pollen extract

Secale cereale



Herb		Medicinal Properties for BPH
Serenoa repens (Saw Palmetto)		<ul style="list-style-type: none"> - 5-alpha reductase inhibition - Anti-androgenic activity - Anti-inflammatory - Improves urinary flow - Reduces prostate cell proliferation
Pygeum africanum (African Cherry Bark)		<ul style="list-style-type: none"> - Anti-inflammatory - Reduces prostate swelling - Improves bladder emptying - Antioxidant - Inhibits fibroblast overgrowth
Cucurbita pepo (Pumpkin Seed/Oil)		<ul style="list-style-type: none"> - 5-alpha reductase inhibition - Improves urinary flow - Anti-inflammatory - Rich in zinc for prostate health - Phytosterols reduce enlargement
Urtica dioica (Nettle Root)		<ul style="list-style-type: none"> - Inhibits SHBG (lowers active DHT) - Anti-inflammatory - Reduces urinary frequency - Antiproliferative - Helps reduce residual urine
Linum usitatissimum (Flaxseed)		<ul style="list-style-type: none"> - Rich in lignans (modulate hormones) - Anti-inflammatory - Antioxidant - Omega-3 supports prostate health
Solanum lycopersicum (Tomato/Lycopene)		<ul style="list-style-type: none"> - Strong antioxidant - Reduces PSA - Anti-inflammatory - Slows prostate enlargement - Protective against BPH progression
Epilobium parviflorum (Willow Herb)		<ul style="list-style-type: none"> - 5-alpha reductase inhibition - Anti-inflammatory - Contains oenothein B (antiproliferative) - Antimicrobial - Improves urinary symptoms
Pinus pinaster (Maritime Pine Bark)		<ul style="list-style-type: none"> - Strong antioxidant - Anti-inflammatory - Improves microcirculation - Reduces nocturia - Supports urinary function
Hypoxis hemerocallidea (African Potato)		<ul style="list-style-type: none"> - Rich in beta-sitosterol - Improves urinary flow - Anti-inflammatory - Immune-modulating - Antioxidant
Secale cereale (Rye Pollen Extract)		<ul style="list-style-type: none"> - Improves urinary flow - Reduces nocturia - Anti-inflammatory - Relaxes urethral smooth muscle - Reduces residual urine

Powerful herbs with **ANTI-INFLAMMATORY AND ANTIOXIDANT** properties, suitable for BHP management

Beyond the herbs already listed, people with BPH should also incorporate these supportive herbs into their diet through foods and teas.

Herb	Key Active Compounds	Anti-Inflammatory Actions	Antioxidant Actions
1. Turmeric	Curcumin	Reduces joint, gut, systemic inflammation	Neutralizes free radicals; protects cells
2. Ginger	Gingerols, shogaols	Reduces pain, swelling	Protects tissues from oxidative damage
3. Rosemary	Rosmarinic acid	Calms inflammatory pathways	High antioxidant activity
4. Holy Basil	Eugenol, ursolic acid	Lowers stress-induced inflammation	Scavenges free radicals
5. Garlic	Allicin, sulfur compounds	Reduces inflammation in vessels	Protects blood vessels & tissues
6. Boswellia	Boswellic acids	Strong anti-arthritis, gut anti-inflammatory	Mild antioxidant
7. Cinnamon	Cinnamaldehyde	Reduces metabolic inflammation	Very rich in antioxidants
8. Moringa	Quercetin, chlorogenic acid	Reduces inflammatory markers	High antioxidant leaf profile
9. Hibiscus	Anthocyanins	Mild anti-inflammatory	Excellent antioxidant; heart-protective



Turmeric



Ginger



Rosemary



Holy basil



Garlic



Boswellia



Cinnamon



Moringa



Hibiscus



Cloves

Herbal Dosage and Preparation guide

1. Dosage for herbs for BPH Symptom Management

Herb	Dosage	Preparation
Saw Palmetto	e.g., 320 mg/day	Lipid extract
African cherry bark	e.g., 100–200 mg/twice daily	Bark extract
Pumpkin seed/oil	e.g., 500–1000 mg/day	Seed tea
Stinging nettle root	e.g., 300-600 mg/twice daily	Root extract
Flaxseed	e.g., 30 g/day	Ground seeds
Tomato	e.g., 120-180 mg/day (2 tomatoes)	Tomato/lycopene
Willow herb	e.g., 2-3 cups/day	Extract of herb
Maritime pine bark	e.g., 50–100 mg/day	Bark extract
African potato	Dose not standardized	Root extract
Rye pollen extract	e.g., 200–300 mg/day	Pollen Extract

2. Dosage for Anti-inflammatory and Antioxidant supportive herbs

Herb	Dosage and preparation
<ul style="list-style-type: none"> ▪ Turmeric (<i>Curcuma longa</i>) 	<p>Fresh Root: 1.5-3 g daily.</p> <p>Powder: 1-3 g daily (approx. ½ - 1.5 tsp).</p>
<ul style="list-style-type: none"> ▪ Ginger (<i>Zingiber officinale</i>) 	<p>Fresh Root: 1-2 inches (2.5-5 cm) daily, sliced or grated.</p> <p>Powder: 1-2 g daily (approx. ½ - 1 tsp).</p> <p>Tea: Steep 4-6 thin slices in hot water for 10 mins.</p>
<ul style="list-style-type: none"> ▪ Rosemary (<i>Rosmarinus officinale</i>) 	<p>Tea: 1-2 tsp dried leaves per cup, 1-3 times daily.</p> <p>Tincture: 2-4 mL, 2-3 times daily.</p> <p>Culinary: Use liberally in cooking.</p>
<ul style="list-style-type: none"> ▪ Holy Basil (<i>Ocimum sanctum</i>) 	<p>Tea: 1-2 tsp dried herb per cup, 2-3 times daily.</p> <p>Fresh Leaves: 5-10 leaves daily,</p>
<ul style="list-style-type: none"> ▪ Garlic (<i>Allium sativum</i>) 	<p>Fresh Clove: 2-4 grams daily (approx. 1-2 cloves).</p> <p>Powder: 2-5 g daily.</p>
<ul style="list-style-type: none"> ▪ Boswellia (<i>Boswellia serrata</i>) 	<p>Standardized Extract: 300-500 mg, 2-3 times daily (standardized for 60-65% boswellic acids).</p>
<ul style="list-style-type: none"> ▪ Cinnamon (<i>Cinnamomum verum</i>) 	<p>Powder: 1-3 g daily (approx. ½ - 1.5 tsp).</p> <p>Tea: Steep one 2-3 inch cinnamon stick in hot water.</p>
<ul style="list-style-type: none"> ▪ Moringa (<i>Moringa oleifera</i>) 	<p>Leaf Powder: 1-2 tsp (approx. 3-6 g) daily, added to smoothies, soups,</p> <p>Tea: 1-2 tsp steeped in hot water.</p>
<ul style="list-style-type: none"> ▪ Hibiscus (<i>Hibiscus sabdariffa</i>) 	<p>Tea: 1-2 tsp dried flower parts per cup, 2-3 times daily..</p>

Simplified Guide on how to use the herbs

1. Best Used in Food (Culinary Herbs)

These herbs are typically used as spices, seasonings, or food ingredients, where their flavors enhance meals and their compounds are effectively extracted through cooking or digestion with fats

Turmeric (+ black pepper), Ginger, Rosemary , Garlic , Cinnamon, Pumpkin Seed
(Eaten raw or roasted as a snack), **Stinging Nettle Root, Tomato, Flaxseed**

Mix Preparation: If you are using powdered herbs, combine them in a 1:1 ratio. Start by adding 2 to 5 teaspoons of each herb to a clean bowl. For black peppers, add only $\frac{1}{4}$ of a small teaspoon. Mix everything together thoroughly until the color is consistent. Then, transfer the finished blend to an airtight storage container.

Usage: While cooking, add in **one teaspoon** of this herbal mix into your food daily.

2. Best Used as Herbal Teas

These herbs are ideal for preparing infusions or decoctions, where hot water effectively extracts their beneficial compounds, resulting in a therapeutic beverage.

Holy Basil (Tulsi) , Hibiscus, Ginger, Rosemary Moringa, Feverfew, (add Stevia
- natural sweetener)

Mix Preparation: If you are using powdered herbs, combine them in a 1:1 ratio. Start by adding 2 to 5 teaspoons of each herb to a clean bowl. Mix everything together thoroughly until the color is consistent. Then, transfer the finished blend to an airtight storage container.

How To Make Tea: Add 1 teaspoon of this herb mix to 4 cups (about 1 liter) of water. First, bring the water to a boil, then add the teaspoonful of the mixed herbs. Then let it simmer gently for 15-20 minutes to allow the flavors to infuse. Drink 2-3 cups daily

3. Primarily Used as Supplements (Capsules/Extracts)

The following are less common as food or tea due to their strong taste, texture, or because they require standardized dosing for therapeutic effect. They are best taken in capsule or extract form.

Saw Palmetto, Pygeum, Rye Grass Pollen Extract, South African Star Grass,
Boswellia, African Wild Potato

Standardized extract: When using a standardized extract, follow the dosage instructions provided by the manufacturer.

Erectile Dysfunction

Herbal treatment guide for erectile dysfunction

A major side effect for drugs (5-Alpha Reductase Inhibitors (5-ARIs)) for treatment of BHP is **Sexual dysfunction**:

- Decreased libido (sex drive),
- Erectile Dysfunction (difficulty getting or maintaining an erection),
- Reduced ejaculate volume.

Apart from these drugs, Erectile dysfunction can also be caused by other causes, Diabetes, High blood pressure, Obesity, etc.

There are several herbs with medicinal properties for healing this condition.

-- Erectile dysfunction --

DEFINATION

Erectile dysfunction is the inability to achieve or maintain an erection sufficient for satisfactory sexual performance, often associated with physical or psychological conditions.

MAIN CAUSES

- Diabetes
- High blood pressure
- Obesity
- Hormonal imbalances (low testosterone)
- Stress, anxiety, or depression
- Smoking and alcohol use

MAIN SYMPTOMS

- Difficulty getting an erection
- Difficulty maintaining an erection
- Reduced sexual desire
- Relationship stress due to sexual dissatisfaction
- Embarrassment or low self-esteem

BEST MEDICINAL HERBS



Panax Ginseng



Horny Goat Weed



Ashwagandha



Devil's thorn



Maca Root



Cinnamon



Ginkgo biloba



Vitex (chaste tree)

Evidence-based RANKING of herbs

Based on multiple reviews including those published in Taylor & Francis (Dhawan et al., 2025), Oxford Journal of Sexual Medicine, and MDPI Uro (2024), here is the scientific ranking of herbs for Erectile Dysfunction (ED):

Rank	Plant	Clinical Effectiveness	Evidence Strength	Mechanisms
1	Panax Ginseng	★★★★★	High	Enhances NO release, improves libido and erection quality in multiple RCTs
2	Horny Goat Weed	★★★★☆	High	Icariin inhibits PDE-5 (like sildenafil), boosts blood flow
3	Ashwagandha	★★★★☆	High	Reduces stress, enhances testosterone, improves performance in small trials
4	Tribulus terrestris	★★★☆☆	Moderate	Increases androgen receptor sensitivity; results vary by individual
5	Maca Root	★★★☆☆	Moderate	Enhances libido and sperm quality; mechanism unclear

Herbal treatment guide

for

Erectile dysfunction

Dosage & Preparation guide:

Herb	Dosage	Preparation
Panax Ginseng	200–400 mg/day	Standardized extract
Horny Goat Weed	250–500 mg/day	Tea or standardized extract (Icariin content)
Ashwagandha	300–600 mg/day	Root powder or capsule
Tribulus terrestris	250–750 mg/day	Capsule (standardized to protodioscin)
Maca Root	1.5–3 grams/day	Powder in smoothies or capsules
Cinnamon	1–2 grams/day	Powder in food or capsule
Ginkgo biloba	120–240 mg/day	Tea or standardized extract (EGb 761)
Vitex (Chaste Tree)	400–1000 mg/day	Capsule or tincture (morning use preferred)

Most Effective herbal Combination:

- Panax Ginseng + Horny Goat Weed + Tribulus terrestris.
→ Enhances nitric oxide production, libido, and sexual performance through vascular and hormonal support.

Synergistic Herbal Combinations:

Blending herbs in a way where their combined effects are greater than their individual benefits to enhance healing

- Ashwagandha + Maca Root + Ginkgo biloba
→ Supports stress resilience, energy, and blood circulation to pelvic organs.
- Cinnamon + Vitex (Chaste Tree) + Maca
→ Helps regulate testosterone and vascular function for improved erectile strength.

Healing Goals:

- ✓ Enhance penile blood flow and vascular function (Ginseng, Ginkgo, Horny Goat Weed)
- ✓ Improve libido, stamina, and testosterone modulation (Tribulus, Maca, Ashwagandha)
- ✓ Support stress reduction and hormonal balance (Ashwagandha, Vitex)
- ✓ Promote energy, endurance, and improved sexual performance (Maca, Ginseng)
- ✓ Complement erectile health with cardiovascular and endocrine support

Safety Tips:

- Ginseng and Ginkgo: May thin blood — avoid with anticoagulants.
- Vitex: Primarily affects hormonal regulation — consult if already on hormone therapy.

PREVENTION MEASURES

Dietary Changes

- Adopt a heart-healthy diet rich in fruits, vegetables, whole grains, and lean proteins
- Increase intake of foods
- Limit intake of processed foods, refined sugars, and saturated fats
- Reduce alcohol consumption and caffeine
- Include zinc- and antioxidant-rich foods (pumpkin seeds, oysters, nuts, berries) to support hormonal and vascular function

Lifestyle Changes

- Engage in regular aerobic exercise to improve circulation and cardiovascular health
- Maintain a healthy weight and waist circumference
- Quit smoking and avoid recreational drug use
- Manage stress and anxiety through relaxation
- Get adequate sleep and seek medical evaluation for underlying conditions (e.g., diabetes, hypertension, low testosterone)

True, holistic health must incorporate Your body, mind, and spirit

1. Physical wellbeing

Your body is your earthly home—the vessel that carries you through life—and it deserves your respect and care. Nourish it with foods that support your energy and health: colorful fruits and vegetables, whole grains, and lean proteins. Drink plenty of water to stay refreshed and balanced. Physical activity is a celebration of what your body can do, not a punishment. Have ample sleep. During sleep, your body heals, your mind resets, and your strength is restored. Make rest a priority, not an afterthought. When your body is nourished and well-rested, your mind becomes clearer and your spirit becomes more grounded. A healthy body creates the stability your emotional and spiritual life depend on.

2. Mental wellbeing

Your mental or emotional world is the atmosphere inside your inner home. It's where your thoughts, feelings, and reactions live. It shapes how you see yourself, others, and the world around you. Cultivating a peaceful, grounded, and resilient mind is a vital part of true health. All emotions—joy, sadness, anger, fear—are meaningful messengers. Instead of ignoring or resisting them, listen to them without letting them take control. Ask yourself, *"What is this feeling trying to tell me?"* Guard the doorway of your mind. Be as intentional about the information you consume as you are about the food you eat. Protect your mental space from negative news, social-media comparison, and gossip. Actively nourish your mind with ideas, conversations, and influences that inspire, educate, strengthen, and uplift you. As your emotional life becomes calmer and more balanced, your body carries less tension and your spirit finds more room to grow. A peaceful mind strengthens both physical health and spiritual sensitivity.

3. Spiritual wellbeing

At the deepest level of your being is your spirit. True spiritual health begins with knowing this foundational truth: you are fully known and deeply loved by God. Make your life purpose also to know this God. Strengthening your spirit begins with connecting to the ultimate source of love, purpose, and strength—your Creator. Seek an active, intimate relationship with your Creator. Build your life on Truth, not on ideas or traditions that lead you away from it or that distort it. Discover God's purpose for your life in His Word, and live that purpose with intention. When you understand that you are "the temple of the living God, and the Spirit of God dwelleth in you" (1 Corinthians 3:16), your daily life takes on sacred meaning. Your everyday actions—how you work, speak, love, treat others, and respond to challenges—becomes an expression of gratitude and a reflection of God's presence within you. Strengthen your spiritual health through prayerful conversation with God and by reading His Word daily. A strengthened spirit brings clarity to your thoughts and peace, guiding both your mind and your body toward everlasting peace and wholeness.

To order

You can order the following;

1. If you are healthy person, order already mixed herbs (anti-inflammatory and anti-oxidants) for your health rejuvenation.
2. Or if suffering from a certain ailment, you can order a specific combination of herbs for that disease.
3. Or you can simplify order each individual herb for planting in your garden.

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254724302883

mathengemwehe@gmail.com

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254724302883
mathengenwehe@gmail.com

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COME OUT OF BABYLON MY PEOPLE



TOKENI NDUGU ZANGU, TOKENI KATIKA BABILONI!

1

First warning!



“FEAR GOD, AND GIVE GLORY TO HIM; for the hour of his judgment is come”.

(Rev 14:7)

A warning that there is only one true God (and his Son) who are to be worshipped and feared. Judgment begun in 1844 (Dan 8:14) and will close soon

2

2nd warning!



“BABYLON IS FALLEN, IS FALLEN, THAT GREAT CITY, because she made all nations drink of the wine of the wrath of her fornication”. (Rev 18:4)

A warning that Babylon (Catholic + fallen protestant churches) are fallen because of the false doctrines

3

Third warning!



“IF ANY MAN WORSHIP THE BEAST AND HIS IMAGE, and receive his mark in his forehead, or in his hand, the same shall drink of the wine of the wrath of God.” (Rev 14:7)

A warning to all people that whoever worship in these fallen churches will receive the mark of the beast. And the wrath of God shall fall on them.

4

Another angel!



“And I heard another voice from heaven saying, **“COME OUT OF HER, MY PEOPLE,** lest you share in her sins, and lest you receive of her plagues”. (Rev 18:4)

God’s final warning that all God-fearing people to come out of fallen churches without delay lest they receive the last 7 plagues

These are God’s final warning to the world before the end

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When **you shall see**
the abomination of desolation
spoken of by Daniel the prophet...

flee from the cities

(Mat 24:15)

The prophecy of

1260 | 1290 | 1335 days

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The Confessions of the Churches

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70 FALSE DOCTRINES

EXPOSING FALSE DOCTRINES AND THEIR SOURCES

BOOK 4

EXPOSING FALSE DOCTRINES AND THEIR SOURCES

If you knowingly believe or practice any of these false
doctrines and heresies, **you shall not inherit the
kingdom of God, unless you repent.**

"Therefore I will judge you, O house of Israel, every one
according to his ways," says the Lord God."
(Ezekiel 18:30)

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Revealing the true

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And, know when the end of the world is coming.

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THE WORLD IS ENDING SOON
Know when that will be

BOOK 3



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Baptize in which Name?

Book 7

**In which name should you be
baptized?**

In the name of
the Lord Jesus Christ?

or

In the name of
the Father, Son, and the Holy Ghost?

In the world today, there is a near universal consensus among all churches to the name in which one is baptized. This universal unity is based solely on Matthew 28:19. The purpose of this book is to reflect upon this verse, in uncovering the truth.

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IS GOD A TRINITY?
Is there 3-in-one God or one-in-3 God?

Book 5

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**How did the central doctrine of the
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DO YOU TRULY LOVE JESUS?
JE, UNAMPENDA YESU KWA KWELI?

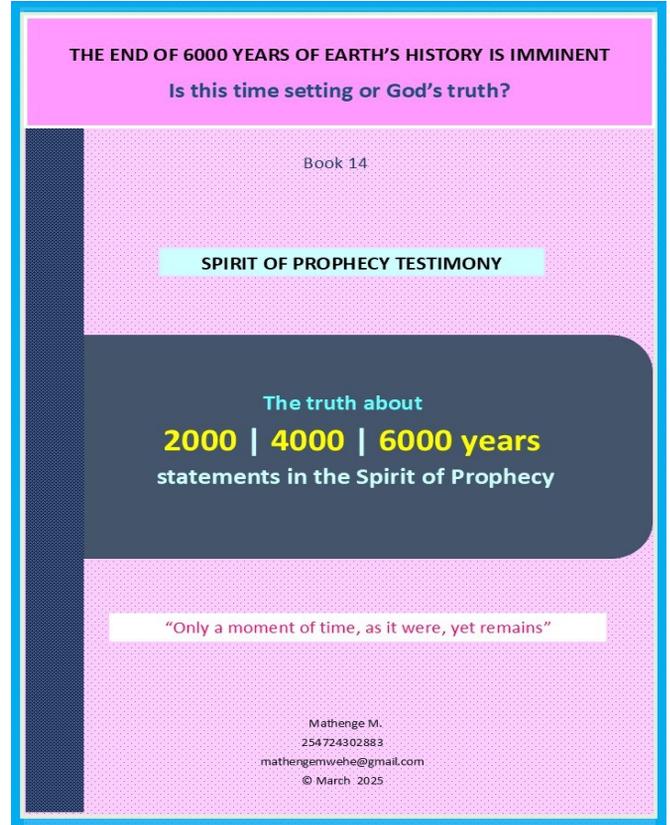
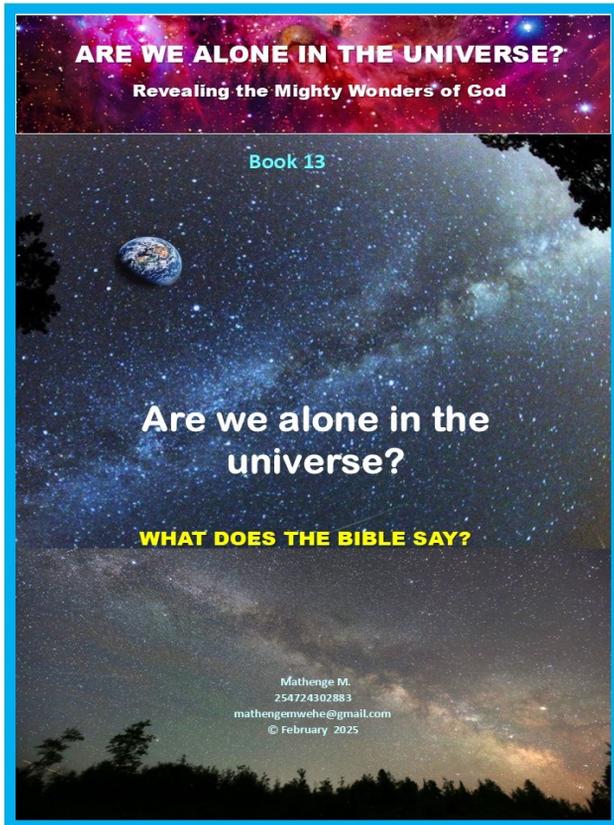
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DO YOU LOVE GOD?
UNAMPENDA MUNGU?

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