

# ***Kent Brown Fitness Newsletter***

kentbrownfitness.com

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## ***For Men Only***

Previously, we focused on a topic for the ladies: Fibroids. So it seems fair to give equal time to a male health issue: **Prostate**. The key to a healthy prostate is a diet high in fiber and low in fat and refined sugars. A dirty colon is one sure way to create prostate issues. Because the colon sits directly on the prostate, impacted feces can leak through. With age, the problem just gets worse.

Fortunately, there are safe, simple and inexpensive alternatives to radiation and surgery. If your PSA score indicates a problem and you have not yet engaged a traditional treatment, you might want to obtain more information about herbal and nutritional healthy prostate treatments.

If you are not experiencing any prostate issues but your diet is not as good as you know it should be then an ounce of prevention might be appropriate. A clean healthy prostate will invigorate a mature male; it is the best way to affect a long term increase in a man's testosterone level.

Please contact me for more information about diet programs and alternative treatments for prostate issues.

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## ***TRX Suspension Training***

This gismo is designed to increase core body strength for inner muscles like the psoas, piriformis and iliacus that support the pelvis and the spine. We use those muscles when we lunge, hold plank position or invert our bodies.

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*Mr. Fitness*