

## **Diet for Balanitis and Phimosis**

Two medical conditions that have been found to play a role in men with Balanitis and Phimosis are Type 2 Diabetes and Eczema. Eczema is a condition that causes excessive dry skin patches to form on different parts of the body, including the genitals.

Men with Type 2 Diabetes are more susceptible to getting infections, such as Balanitis or Phimosis, which is an infection that forms under the uncircumcised foreskin of the penis.

The excessive dry foreskin from Eczema has been linked to Phimosis and Balanitis, since bacteria, smegma, dirt and debris gets trapped under the tight and dry foreskin, and can't be washed away.

Making simple diet changes has been shown to reverse this annoying condition, by replacing critical nutrients, vitamins and antioxidants that become lost or are deficient in men have Eczema or Type 2 Diabetes, and also have Balanitis and Phimosis.

- Numerous studies and interviews with urologists have uncovered that many adult males with chronic or recurring Phimosis also have diagnosed and undiagnosed cases of Type 2 Diabetes.
- Diabetics who are uncircumcised are more susceptible to infections, such as Balanitis, than non-Diabetic uncircumcised adult males.
- Conditions such as Type 2 Diabetes and Eczema can be controlled with diet modifications, thus reducing or eliminating the need for prescription medications or circumcision.
- By controlling or eliminating the underlying medical condition through diet or Ayurvedic principles, uncircumcised men can reduce episodes of chronic or recurring Phimosis and Balanitis.
- If glucose is present in urine of Type 2 Diabetics, some of it may remain on the foreskin, which helps bacteria to multiply more quickly causing Balanitis to form under overly tight foreskin, or foreskin that is not washed regularly to remove dirt, bacteria and smegma.
- **In closing, studies have shown that making changes and modifications to your diet can act as a natural treatment for Phimosis and Balanitis.**

## **Diet for Eczema and Type 2 Diabetes**

Following this simple diet routine will help men with Eczema and Phimosis overcome the skin disorder and improve the natural elasticity of your foreskin without resorting to drastic medical intervention, such as circumcision, to relieve the tension and pain in the foreskin that prevents easy retraction to expose the glans penis.

### **Trigger Foods**

Trigger foods are those individual foods, or food groups that trigger an outbreak of Eczema and its associated issues for penis health, and can impact sugar and insulin levels in people who have Type 2 Diabetes.

Trigger foods vary from person to person, so be cognizant of foods that may contribute to your Phimosis. Some commonly reported trigger foods are:

- Dairy products
- Wheat products
- Foods with soy
- Eggs
- Shellfish
- Yeast
- Some nuts
- Citrus fruits

If you normally get your recommended daily allowance (RDA) of zinc from nuts, replace with a source of zinc that does not trigger Eczema, such as chicken, mutton (lamb), or beans.

### **Healthy Foods to Manage Eczema and**

Many nutritionists and Ayurvedic health specialists recommend a raw food diet, which are unprocessed or lightly processed foods, and fruits and vegetables that can be consumed raw instead of cooked. Some nutritionist also report that diets made up of 80 percent raw fruits and vegetables provide the best results for eczema management.

Foods high in Omega 3 Fatty Acids reduces skin inflammation common in people with Eczema. This includes:

- Almonds
- Oily fish

- Avocado
- Flax seeds
- Pumpkin seeds

## **Benefits of a Diet for Balanitis and Phimosis**

- Ayurvedic Diet focuses on healthy nutrient-rich raw foods, rather than unhealthy processed foods, which are devoid of nutrients.
- Identifies trigger foods to avoid, which contribute penis health problems.
- Diet designed to reduce inflammation in foreskin that leads to Eczema flare ups.
- Designed to reduce Eczema and Type 2 Diabetes, two medical conditions that lead to Phimosis and Balanitis.
- Raw foods generally include simple and uncomplicated recipes that help fight many diseases, including cancer.
- Raw foods are naturally low glycemic.
- Diet is naturally low in sugar to benefit men with Type 2 Diabetes.

## **Body's Metabolic Cycle**

The human body has a 24 hour metabolic cycle, consisting of the **Elimination and maintenance, Digestive and Assimilation periods**, in which your Ayurvedic Eczema Diet should be consumed in accordance with the metabolic cycle.

You should make sure to drink 6-8 glasses of water everyday.

## Breakfast

From 4:00am to 12 noon, is the elimination and maintenance period when the cells are disposing of waste product and manufacturing or repairing cells, to allow for the absorption of more nutrients. Your breakfast diet should work in harmony with this cellular maintenance period.

Eat raw foods, particularly, uncooked fruits and vegetables and their skin. You can put into a blender with some spring water or fresh coconut water. Suggested fruits are:

- bananas
- apples
- mangos
- oranges
- papayas
- figs
- plumb
- pears
- berries
- peaches
- dates
- apricots
- coconut meat.



If you are diabetic or on a low glycemic diet, exclude melons, blueberries and grapefruit. These foods should be eaten separately.

## Lunch:

Lunch time occurs during the Digestive period, which occurs between 12 noon and 4pm.

For cooking use either fresh, unheated coconut oil or ghee (clarified butter). For cold preparation, use extra virgin olive oil. Veggies are either lightly steamed or raw.

**For a healthy Eczema Diet for lunch that helps men with Phimosis, choose from the following lunch meals:**

- Fish and vegetables, such as wild caught salmon, halibut or sardines.
- Oysters and vegetables
- Brown rice and vegetables.
- Potatoes (sweet, red, russet) and vegetables.
- Boiled eggs and vegetables.
- Soft raw goat cheese and vegetables.
- Ezekiel or Manna bread (sprouted grains) with avocado, tomato, cilantro, and/or olives.
- Fresh Vegetable soup and Ezekiel bread or salad.
- Salad with raw vegetables, steamed green beans and boiled potatoes.
- Miso soup, brown rice and steamed vegetables.
- Sautéed mushrooms in coconut oil with tamari sauce for taste mixed with brown rice and a small salad.



## **Dinner:**

Dinner is during the Digestive period, which occurs between 5pm and 8pm. In an Ayurvedic diet for Eczema, lunch and not dinner should be the largest meal of the day. The dinner meal should be smaller and consisting of raw vegetable juice and raw nuts.

The vegetable juice contains several natural anti-inflammatory properties that help heal the skin, and is high in Quercetin, which inhibits the release of histamine, acts as an antioxidant, and reduces formation of allergic compounds.

**Some recommended vegetables for vegetable juice dinner:**

- Celery - two stalks. Celery gives the body a natural diuretic effect and aids in the elimination of carbon dioxide from the body.
- Parsley - 1/2 bunch. Extremely high in nutrients. An excellent cleanser and improves of all bodily functions.
- Carrots - Two medium size. Most of the phytochemicals are located at the top part of the carrot, so don't cut the top off, but instead leave the hat part, and discard the bitter green shoots.
- Cilantro - 1/4 bunch. Has the ability to remove mercury, lead, cadmium and other heavy metals from the body.



- Kale - 2 to 3 leaves. A very nutrient rich vegetable, is one of the best natural cancer fighting vegetables, is the richest of all leafy greens in carotenoids (powerful anti-cancer agents), and calcium content is easily assimilated. Kale is a wonder food for arthritis, osteoporosis, bone loss disorders and skin health.
- Cucumber - 1/2 cucumber. A great diuretic (helps remove excess fluids from the body, because it promotes urination). Excellent as a blood cleanser.
- An apple to sweeten your juice.

Add and alternate, in very moderate amounts, to your basic vegetable juice every night: 1/4 beet, some cabbage, zucchini, bell pepper, bok choy, etc.

If you are still hungry after your vegetable juice dinner, eat some raw (organic whenever possible) nuts and/or seeds. Pine nuts (highest protein content of all nuts), walnuts, pumpkin seeds, sunflower seeds (unsalted and raw), and soaked almonds.

Sometimes, you might come back from work too tired to juice, we suggest you make a bowl of salad, add raw nuts and toss. Make sure you make your own fresh salad dressing.

**Snacks:**

1. Fresh or dehydrated fruits (avoid dehydrated fruits if you are diabetic).
2. Freshly cut up vegetables like cucumber or carrots.
3. Unsalted nuts or seeds

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