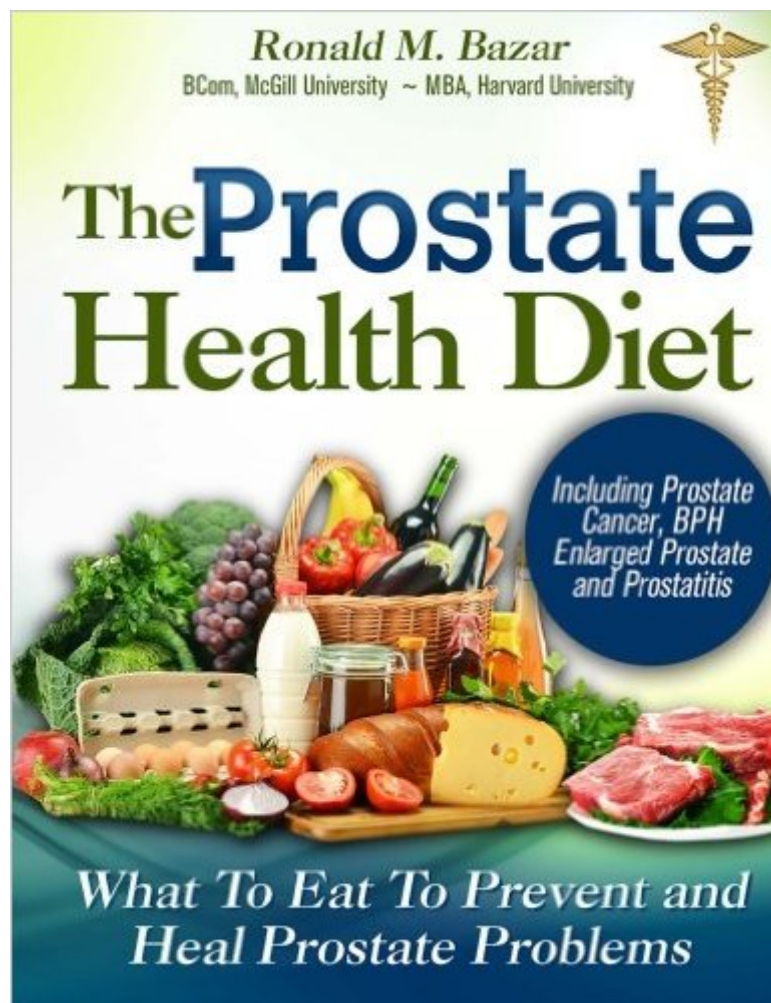


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# The Prostate Health Diet: What To Eat To Prevent And Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate And Prostatitis



## Synopsis

Do you know the best diet for your prostate gland? Do you know the best diet for preventing or curing prostate cancer? Do you know the best diet for your prostate health and to prevent prostate disease? Most men don't. The Prostate Health Diet shows you how to find the best diet for you and how to customize your diet for optimum health and your uniqueness. The Prostate Health Diet is not a fad diet. It will guide you to find what will work for you with practical insights into the often conflicting views of what you should do. It will simplify complex issues with insights that will make sense to you. You will know what to eat and why and learn how to know for sure. Your prostate is a gland, which "among its many functions" filters out toxins from your ejaculate. That means the worse you eat, the harder your prostate works. And the earlier your prostate may show signs of poor function. Witness the ever increasing incidence of prostate problems in today's Western men. It's a remarkable gland, and an unhealthy prostate can have huge repercussions on a man's quality of life. Your prostate can make its presence known later in life, demanding your attention: prostate cancer, an enlarged prostate or BPH, or an infected prostate - prostatitis - are the all too common prostate diseases or conditions affecting more and more men, and at an earlier age than decades ago. Why wait until your prostate function is compromised to learn what foods you shouldn't eat and which ones you should? Your prostate and your sex life will have a better chance if you develop your personalized diet as soon as possible. In the final analysis, it comes down to diet. Any natural prostate approach makes a prostate diet the cornerstone of your prostate health. If you want to prevent a prostate problem from happening in the first place, or if you already have a prostate condition or prostate cancer, diet is the key. All else pales in comparison: medications, supplements, medical treatments or devices. The advice in The Prostate Health Diet will guide you in customizing your diet for your unique constitution and condition. No myths, no agendas, no over-simplification. The road laid out for you becomes clear to navigate. You will know what to eat and what to do for your optimal health. ~~~~~ Ronald M. Bazar is the author of the ground-breaking book, Healthy Prostate: The Extensive Guide to Prevent and Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate and Prostatitis, and other books on prostate function: • Prostate Health: Learn the 10 Amazing Functions of Your Prostate • Do You Know the 10 Worst Foods for Your Prostate Health? • Prostate Cancer Prevention Diet • Secrets of Male Catheter Insertion for Prostate Problems • The Prostate Massage Manual All are available on . He brings a unique perspective not found anywhere else, learned in the trenches of healing his extreme prostate condition. He suffered from complete urinary retention "the inability to pee" and was scheduled for emergency surgery, which he chose not to

have. He has studied diet and health for four decades, as both an enthusiast and as a businessman, starting in the early years of the natural health industry. His years of dedication and research to understanding wellness provide the special insights in this book. He will inspire you to a level of health to serve you for the rest of your life. He now lives a fulfilling life as a writer and hobby artisan on a remote island, healthier than he has ever been!

## Book Information

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## Customer Reviews

By the time I got my hands on this book my prostate was frighteningly blocked up and getting worse. After following many of the recommendations for only three days my prostate was MUCH better. I experienced first-hand how diet is a major factor affecting prostate health. The advice on phytic acid alone made a big difference but there's lots of other helpful information: how to research toxicity of shampoos, soaps and other household products; how supplements can make things worse; how getting out in the sun is very important; how overdoing it on raw foods can cost you but fermented foods can help. He also leads you through the maze of contradicting claims of what hurts or heals you by emphasizing that every body is different, and by showing you how to personally test foods and supplements to find out your body's own unique reactions. To me, Bazar proved his claim that prostate disease is a disease of our ignorance, and he provided enough information to bring about healing.

I purchased this book for my father. After taking the PSA test, the doctors advised him that the level

of this antigen was a bit higher than the normal value. Therefore, he started to take some precautions in which regard his prostate health. Ronald Bazar's books offered him with the best advices for preventing prostate health problems. He was able to assimilate all the valuable information delivered in this book and, also, to apply them in his daily diet. The most important aspect regarding this book is that it manages to teach people how to create their custom diet, which solves their unique problems. Excellent value for the paid money!

In the UK it has always been known that what happens in the States eventually comes to us including obesity etc. The information in the book is fantastic but I find myself saying, nothing out of the tap, supermarkets, in tins, in plastic containers, microwaves, north sea (fish) only eat food from grass fed free roaming etc, animals only, healthy eggs (fraudulant "organic eggs recently kicked out of our Supermarkets) Vegetables grown in healthy soil? non sprayed? wild foods, breathe fresh air etc etc etc In the USA no doubt there are many outlets selling organic food and things like "non farmed salmon" are common place but in UK you usually see a few apples, soya milks etc organic, not much else and all our oily fish like salmon are Scottish or Norwegian farmed fish, mackerel from north sea. We do not know and cannot find out what conditions our food originates from. If we query pesticides in worst fruits etc we are told that the benefits out weigh the risks. I find from the book that there is very little left for me to eat. I need condensed information Eat/drink or leave applicable to the things that I can normally only buy in the UK. I give it 4 \*stars for the enourmous amount of work which has gone into it and which might be more helpfull to people in USA

I bought this book, then gave it away and ordered another. I am a woman, so I obviously don't have a prostate, but this book is really awesome anyway. My father was recently diagnosed with prostate cancer and he drastically changed his diet, mainly based on this book. He has since made some modifications (mostly going toward pH level instead), but the way that food, GMO's, and pesticides is explained in here is really great. I have now changed my diet as well and cut out 99% of the processed foods and no more artificial sweeteners. Easy to read, easy to follow.

I ordered this book for my husband who is seeing the return of his prostate problems after taking a prostate supplement for a number of years that quit working. After he tried a couple of highly rated prostate supplements without success, he did some research and decided to work on his diet to deal with his prostate problems rather than spend any more money on prostate supplements. He has found this book to be very informative and well-researched with websites sprinkled throughout

the book where more information can be found. Recently, one of my husband's co-workers was diagnosed with prostate cancer and is going through radiation, so this has been a wake-up call for my husband to change his diet. He is finding this to be a gem of a book!

I have read this and other books on the subject and I have to say this one is not any different than the rest. It is a more condensed version so that makes it easy to run through and the information is fairly current. My suggestion to you is read this and forget the rest. PS - my father was diagnosed 3 years ago, that is why I am interested. For Him and Me?

The book is very concise and gives good explanations on the food related problems that affect prostate health. It also provides vast internet references and gives good recommendations how to keep your body healthy. Very easy to read.

This book is a great review of all common diets, with actually quite reasonable assumptions and arguments. I do believe, though, that the "Method" suggested in the book is a total crap. Even if it has some reasoning behind it, it feels like something that should be learned in person and not from the book.

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