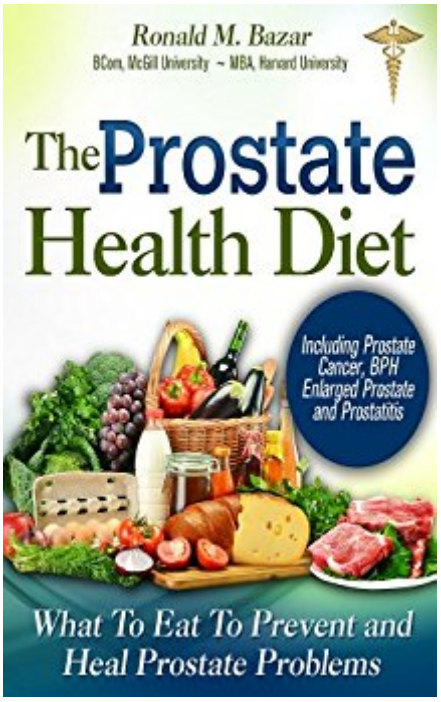
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The Prostate Health Diet: What To Eat To Prevent And Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate And Prostatitis



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Synopsis

Do you Know What Is the Best Diet for Your Prostate Health?Most men donÃ¢â ¬â„¢t.The Prostate Health Diet shows you how to find the best diet for you and how to customize your diet for your uniqueness and optimum health.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.Do you know the best diet for your prostate gland and men's natural health? Do you know the best diet for your prostate health and to prevent prostate disease? Do you know the best diet for preventing or curing prostate cancer?Your prostate is a gland, whichÃ¢â ¬â •among its many functionsÃ¢â ¬â •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 todayÃ¢â ¬â„¢s Western men. ItÃ¢â ¬â„¢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 and supplements you shouldnÃ¢â ¬â„¢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. What is the Best Prostate Health Diet?In the final analysis, it comes down to diet. Any natural prostate approach makes a prostate diet the cornerstone of men's natural health. If you want to prevent a prostate problem from happening in the first place, or if you already have a prostate disease 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:Ã¢â ¬Â¢ Prostate Health: Learn the 10 Amazing Functions of Your Prostate Ã¢â ¬Â¢ Do You Know the 10 Worst Foods for Your Prostate Health?Ã¢â ¬Â¢ Prostate Cancer Prevention DietÃ¢â ¬Â¢ Secrets of Male Catheter Insertion for Prostate ProblemsAll 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 retentionÃ¢â ¬â •the inability to peeÃ¢â ¬â •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

is the best place for us to shop. This book was a request by my Husband of course, lol. I am so happy he read it and keeps it like a bible. We have been 20 years Organic/100% Natuaral and I study all the time about food and health. This was is first step on his own. He is definetly feeling the difference and is very glad he purchased it. I hope it is the first of many:)

Great information.

The information here seems rather generic; so that if you do what he says you could heal yourself of all diseases. It could be titled "The Blood Pressure Health Diet" or "The Diabetics Health Diet".

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.

Great information.

Read my review on "Healthy Prostate" by same author...

not quite as clear cut as I expected..but a lot of great info

Eye opening information! Very interesting and scary to learn about all the different things that go into our food supply.

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