



Prostate Cancer Prevention Diet Book: What to Eat to Prevent and Heal Prostate Cancer

By Ronald M Bazar

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"Prostate Cancer" — Two Words That Men Dread.

Prostate cancer is one of the key men's health issues of our times because of the growing prevalence of this health crisis.

Prostate prevention is the best way of keeping prostate cancer away.

Why? Because prevention works once you understand prostate cancer causes and eliminate those factors from your daily diet.

Unfortunately, too much conflicting health information and too many diet recommendations may not serve you well in the end.

- Stop red meat and dairy?
- Eat soy instead or not?
- Margarine better than butter?
- Coffee good or bad?
- Low fat diet best?
- Vegan raw food diet best?
- Paleo diet is the way?

How in the world do you make sense of such eminent claims and "scientific" studies?

This book will show you how to create your optimum prostate diet. No theories, no diet dictates. Just real common sense once you understand the true story of food today.

Ronald M. Bazar, author of the groundbreaking book *Healthy Prostate: The*

Extensive Guide to Prevent and Heal Prostate Problems, wrote this new book to cut through the diet maze and steer you in the right direction.

He addresses the causes of prostate disease and prostate cancer in particular so you can easily understand what to avoid and what to do instead. He shows you how to achieve real prostate health without all the exaggerated claims by the supplement pushers and diet gurus.

Your prostate gland is remarkable!

Among its many functions, it filters out toxins from your ejaculate. That means the worse you eat, the more toxins that will affect your prostate and the earlier your prostate can show signs of poor health, including prostate cancer. If you change your habits and remove the causes as soon as possible, your prostate—and your sex life—will have a better chance.

The Prostate Cancer Prevention Diet clearly lays out the path for men who want to prevent prostate conditions and/or who want to take “watchful waiting” up a few notches. He examines all the pros and cons of different diets with insights to help you determine which foods are best for you in order to have a healthy prostate.

His thesis is that no one diet is perfect for everyone because we are all so unique. The author will show you what to avoid and how to know what is best for you.

But why wait until your prostate function is compromised to learn what foods you shouldn't eat and which ones will help you thrive? Prostate prevention is your best protection from prostate cancer.

Ronald M. Bazar, a Harvard MBA, walked away from emergency prostate surgery twice to use natural methods to heal his prostate instead. A decade of research and tens of thousands of dollars of self-experimentation are what have made him an expert in men's natural health in general and prostate health in particular. He has written 6 books on prostate issues.

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Editorial Review

About the Author

Ronald M. Bazar, a Harvard MBA, walked away from emergency prostate surgery twice to use natural methods to heal his prostate instead. A decade of research and tens of thousands of dollars of self-experimentation have made him an expert in prostate health.

He has published several books on prostate health including the groundbreaking book *Healthy Prostate: The Extensive Guide to Prevent and Heal Prostate Problems*.

His 40 years as a natural foods and health insider has provided him with a unique perspective and a road-map to healthy eating not found anywhere else.

He is a firm believer that everyone is unique and, as such, no one diet is perfect for everyone, which virtually all other diet gurus preach—even those who talk about different "body types."

His approach will educate and inspire you. The foundation of his books is that “food is your medicine” and, when chosen carefully, can prevent the wise eater from having to take “prescribed toxic medicine with side effects.”

Ron now lives a fulfilling life as a writer, hobby artisan and regular Ultimate Frisbee player on a remote island in British Columbia, Canada, healthier than he has ever been!

Users Review

From reader reviews:

Dorathy Byers:

Do you have favorite book? When you have, what is your favorite's book? Reserve is very important thing for us to find out everything in the world. Each book has different aim or maybe goal; it means that reserve has different type. Some people experience enjoy to spend their time to read a book. They are reading whatever they have because their hobby is usually reading a book. How about the person who don't like studying a book? Sometime, particular person feel need book when they found difficult problem or exercise. Well, probably you will want this Prostate Cancer Prevention Diet Book: What to Eat to Prevent and Heal Prostate Cancer.

Allen Mullinax:

This Prostate Cancer Prevention Diet Book: What to Eat to Prevent and Heal Prostate Cancer book is simply not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is information inside this e-book incredible fresh, you will get info which is getting deeper you actually read a lot of information you will get. This particular Prostate Cancer Prevention Diet Book: What to Eat to Prevent and Heal Prostate Cancer without we realize teach the one who looking at it become critical in

imagining and analyzing. Don't possibly be worry Prostate Cancer Prevention Diet Book: What to Eat to Prevent and Heal Prostate Cancer can bring once you are and not make your tote space or bookshelves' turn out to be full because you can have it in the lovely laptop even mobile phone. This Prostate Cancer Prevention Diet Book: What to Eat to Prevent and Heal Prostate Cancer having good arrangement in word along with layout, so you will not truly feel uninterested in reading.

Dan Gray:

Spent a free time and energy to be fun activity to do! A lot of people spent their free time with their family, or all their friends. Usually they undertaking activity like watching television, planning to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Could possibly be reading a book may be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the e-book untitled Prostate Cancer Prevention Diet Book: What to Eat to Prevent and Heal Prostate Cancer can be very good book to read. May be it can be best activity to you.

Paul Simpson:

As we know that book is essential thing to add our knowledge for everything. By a guide we can know everything we wish. A book is a group of written, printed, illustrated as well as blank sheet. Every year ended up being exactly added. This guide Prostate Cancer Prevention Diet Book: What to Eat to Prevent and Heal Prostate Cancer was filled about science. Spend your extra time to add your knowledge about your research competence. Some people has several feel when they reading the book. If you know how big benefit of a book, you can truly feel enjoy to read a e-book. In the modern era like right now, many ways to get book which you wanted.

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