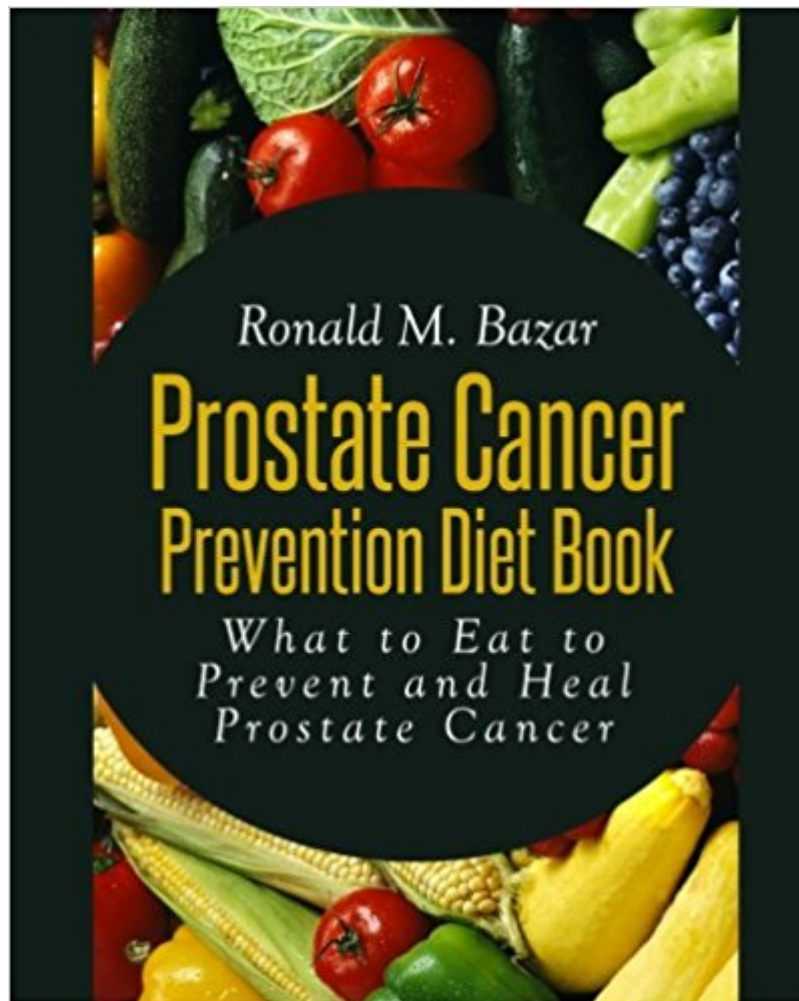




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# Prostate Cancer Prevention Diet Book: What To Eat To Prevent And Heal Prostate Cancer



## Synopsis

"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.

## Book Information

Paperback: 140 pages

Publisher: CreateSpace Independent Publishing Platform (October 13, 2013)

Language: English

ISBN-10: 1492885266

ISBN-13: 978-1492885269

Product Dimensions: 8 x 0.3 x 10 inches

Shipping Weight: 13.1 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 9 customer reviews

Best Sellers Rank: #503,784 in Books (See Top 100 in Books) #32 in [Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention](#) #45 in [Books > Health, Fitness & Dieting > Men's Health > Prostate Health](#) #215 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Oncology](#)

## Customer Reviews

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!

Buying this book I thought that I would get specific recommendations or a nutritional approach toward prostate cancer, as the title states. Instead it is a general overview of nutritional approaches e.g. American Diet, alkaline diet etc and their +/-, not toward prostate cancer but in general. Recommendations that have no scientific footing e.g. do not eat raw vegetables all year around. This book has little reference to research or results from a particular approach to prostate cancer. It

makes bold statements e.g. you eat tropical fruit in the winter, your body thinks that you are in the tropics and does not produce vit D. To this he states other books, doctors etc, that generally are not mainstream. This way, you can prove any theory you come up with. Budwig diets, alkaline diet etc. Just pick and chose what is in agreement with your statements and you have proof. Just to see how ridiculous the book could be considered watch the following video (from the book) [tiny.cc/8un2zw](https://tiny.cc/8un2zw) . The author instructs you to put a supplement or food in-front of your prostate. If your body leans forward, it is good for you. If it leans backward it is bad for you. If you believe in voodoo, go for this book. If you have a serious prostate problem, seek ideas from others that can show results, perhaps a good herbalist, a urologist that isn't trigger-happy to snip your prostate etc. My opinion at least.

Its a great book but trying to find foods without preservatives is a bit difficult. I don't think anyone can go to the extreme of Mr. Bazar, but moving toward cleaner foods and more plant based food and less animal fats, is a good idea. Actually I like the direction of Mr. Bazar's book. It moves toward cleaner safer foods. Unfortunately no one seems to know what causes prostate cancer and indications that it is genetic. But, eating cleaner foods can't hurt, and is probably helpful in the long run.

I have adopted many of the foods and I feel better, have more energy and have a more positive outlook on my future with cancer, Its something good you can do for yourself.

I was totally fascinated by this guy's message and information. It seems that he has somewhat removed himself (in distance and communication) from the medical experts on the options that are available to you when the possibility of prostate cancer announces itself. In fact, Bazar strongly urges men to think of their nutritional health BEFORE cancer is evident. Well, we all know that it is actively developing in all males growing old enough, so that is certainly sound advice. Unhappily the vast majority of males fail to see this coming, and when it does they seek professional medical help, all of which may land them in a medical quandary worse than they could possibly imagine. Bazar is clear, definitive and detailed in his recommendations of just what to do ON YOUR OWN. He shows a sensitivity toward those of us who are more into our eating preferences derived over time, and makes reasonable suggestions to advance toward healthy eating for all comers. Should I have reservations about his approach there are twofold: 1. I just do not agree that we should reject medical advice - we should rather learn about our options, clearly understand who we are physically and mentally, and then take charge of our health unswerved by some of the 'used car' mentality of

medical practitioners. 2. I am uncertain about some of the nutritional recommendations of Bazar, seems that they are somewhat dated. I have with my illness, and I am completely in Bazar's camp on the importance of deriving your own nutritional therapy before and during your trauma, found that new nutritional research arrives almost monthly. It is for us who are concerned about prostate cancer, whether or not we have been diagnosed, to take charge. Bazar's book is a wonderful complement to an array of nutritional guides already existing - do buy it!

Very instructive, informative and useful !!!

Awesome book!!

Very helpful information and explained clearly. Would suggest getting the cookbook he recommends to go with it, Nourishing Traditions, by Sally Fallon.

A very well researched book bringing information concerning Prostate Cancer not readily available even on Google.

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