



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

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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