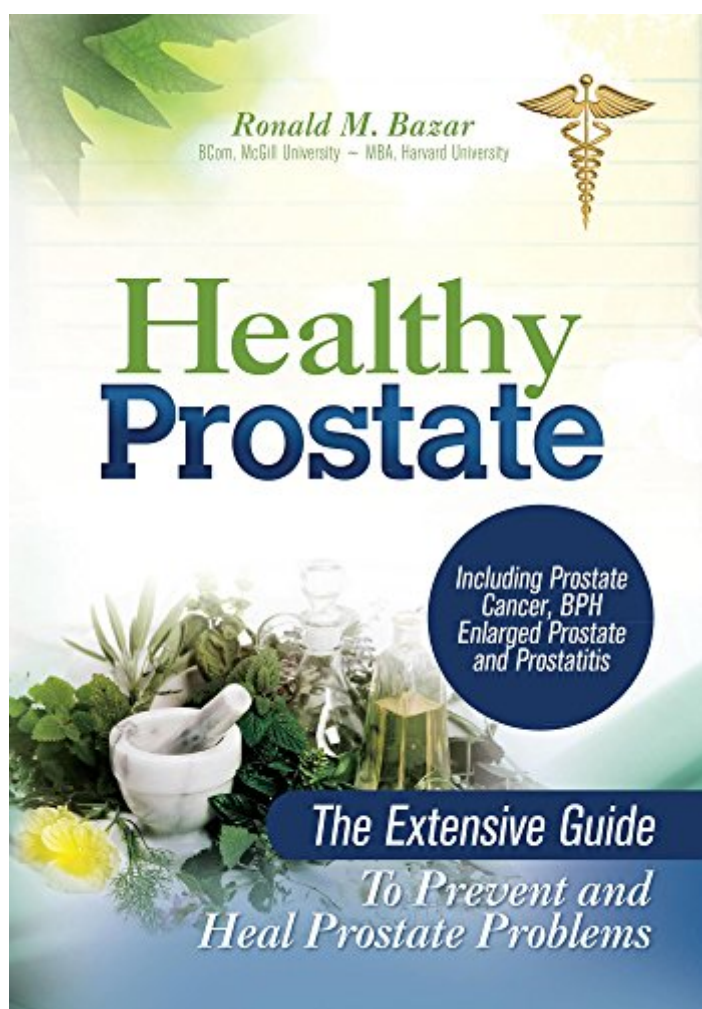


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# Healthy Prostate: The Extensive Guide To Prevent And Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate And Prostatitis



## Synopsis

"This book is a useful source of information to help you take responsibility for the health of your prostate. It gives details of dietary and other lifestyle measures to prevent diseases of the prostate and covers both conventional and natural treatments. I found it very comprehensive." Doctor Andrew Weil, M.D. (<http://www.drweil.com/>) The problem with conventional prostate treatments is that they attack the symptoms of prostate disease, downplay their side-effects, and do nothing to eradicate the underlying causes of prostate disease and prostate cancer. What this means to you is simple: you get all the risks of controversial medical procedures and no long term benefits. Something is terribly wrong with our focus. We concern ourselves with the symptoms of prostate conditions. We ignore the causes, which are mostly avoidable. Doesn't it make more sense to treat the causes? Instead of concentrating on the conditions that are treated aggressively as an assault on the body, your prostate problems can be prevented and reduced. Men's natural health depends on natural, not dangerous, prostate treatments and a healthy prostate diet. Do not believe doctors who downplay the side effects of proven toxic prostate drugs, biopsies, prostate cancer surgeries, or radiating or poisoning the body. You can't overpower the body without consequences. Many modern day medical prostate treatments are as primitive from a holistic point of view as the practice of blood-letting of prior centuries is to us today. Incontinence and wearing diapers or saying bye-bye to good sex due to impotence are just some of the side effects of modern prostate treatments. Prostate Health Is In Your Hands But you can reverse the conditions of prostate disease without these side effects. You can strengthen your body rather than weaken it through conventional invasive techniques. You can regain your prostate health. Wise up! Use your prostate condition as a wake-up call to get a healthy prostate gland. Men's sex health depends on the health of your prostate gland. You can reverse a chronic prostate problem by changing your lifestyle. I did it and I will show you how to do it for yourself. You will be far stronger and healthier. You will have the benefits of a vital prostate to nurture you for many years of dynamic and vital health. Prostate cancer, prostatitis and BPH enlarged prostates are names for prostate symptoms caused by an unhealthy prostate. It begs the questions: What causes an unhealthy prostate gland and prostate cancer? The author examines the conventional medical prostate treatments and discusses their risks so you can make an informed decision. This book will explain how to cure your prostate problem naturally "without the devastating side effects of conventional medical treatments. Ron Bazar, a Harvard MBA and natural health entrepreneur over four decades, at age 55, experienced sudden complete urinary retention (inability to urinate), and was diagnosed with BPH, an enlarged prostate. He was scheduled twice for emergency surgery but both times declined. It took him over

seven years to figure out how to heal his prostate naturally without conventional surgeries. He saw top practitioners of all kinds diligently following their advice but to no avail and tried anything he could think might help with no success until he finally discovered solutions that had eluded them all. He shares his insights and unique perspective that will assist you in a much shorter time frame following his guidelines. His roadmap will empower you to succeed no matter which kind of prostate disease you face. Your prostate health is in your hands.

## **Book Information**

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## **Customer Reviews**

I have suffered from BPH since my 30's and now am in my 50's. Have also had intermittent episodes of Prostatitis during those years. After numerous doctor and specialist visits, the only solution has been to treat the symptoms with Uroxathral or Flomax pills to help relax the prostate gland. The only problem with these pills is that they create other side effects, but I continued to take them for over 10 years. Eventually the pills seemed to not work as well and my prostate got 20% larger just recently. I guess over time, they also caused recent episodes of ED,,,which believe me is very frustrating. The doctor recently changed my pills to 5mg daily Cialis, which works on both BPH and ED. They seemed to work well, however I was still getting up 3 to 5 times a night to urinate. I

became fed up and decided to do my own research about the prostate. I order a very good book called "2010 Annual Report on Prostate Diseases" from Harvard Medical School. It was a very comprehensive book that explains every prostate disease and treatment. However, it does not provide information on how to get to the cause of enlarged prostate. Then one day I came upon Ron Bazar's book on Healthy Prostate. I ordered the book and when it arrived, I could not put it down. It did not only just talk about prostate symptoms and treatments,,,but provided more nutritional and lifestyle information than I could ever imagine. I never knew how ignorant I was about food and nutrition until this book. Also I had never heard about "Phytic Acid" in grains, seeds and nuts until reading this book. The only part of the book I didn't like was his methodology/approach for testing of foods and products for Yes or No...seemed pretty out there.

I have mixed feelings after reading this book. On one hand, it has provided a very extensive collection of knowledge related to the prostate, but it also contains scientific inaccuracies which may be misleading to readers. That being said, much of the information in this book has changed my life in a fundamentally better way. First, I'll start with the good parts. The author provides compelling arguments that the prevalence of degenerative diseases in modern society are caused by the modern lifestyle. It also provides the reader with numerous recommended products and resources to supplement their knowledge. I purchased one of the recommended books, "Nourishing Traditions", and have followed the recommended nutritional guidelines. This has changed my health tremendously. I have lost weight, gained energy, and have yet to become sick since implementing my diet. I would not have come upon this information if not for this book, and for that I am thankful. Another plus about this book is the immense collection of knowledge relating to prostate disorders. It is clear the author is passionate about these issues and has done years of painstaking research in order to compile it all. It is also clear that the author wrote this guide as a source of help for its users. The author is very talented in his ability to produce a readable source of information in a comforting way for a scary and embarrassing subject to those affected. One of the most disappointing aspects of this book were the glaring scientific inaccuracies on multiple subjects. As an Electrical Engineer working in electromagnetic applications, I cringed while reading passages with recommendations that illustrated a complete ignorance of electromagnetic radiation.

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