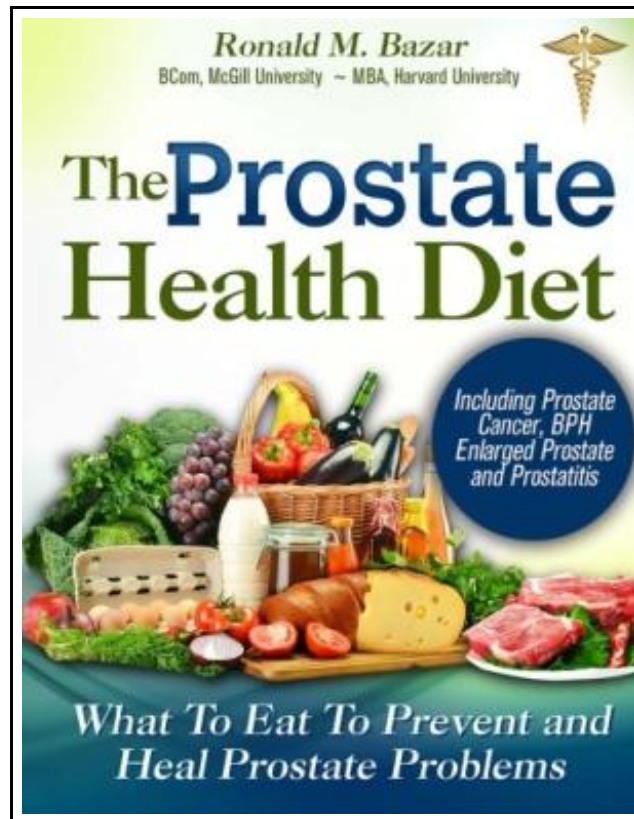


## The Prostate Health Diet: What to Eat to Prevent and Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate and Prostatitis



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*(Dayne Johns)*

## 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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Createspace, United States, 2013. Paperback. Book Condition: New. 278 x 214 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you know the best diet for your prostate gland? Do you know the best diet for preventing or curing prostate cancer? Do you know the best diet for your prostate health and to prevent prostate disease? Most men don't. The Prostate Health Diet shows you how to find the best diet for you and how to customize your diet for optimum health and your uniqueness. 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. Your prostate is a gland, which-among its many functions-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 today's Western men. It'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 you shouldn't eat and which ones you should? Your prostate and your sex life will have a better chance...



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