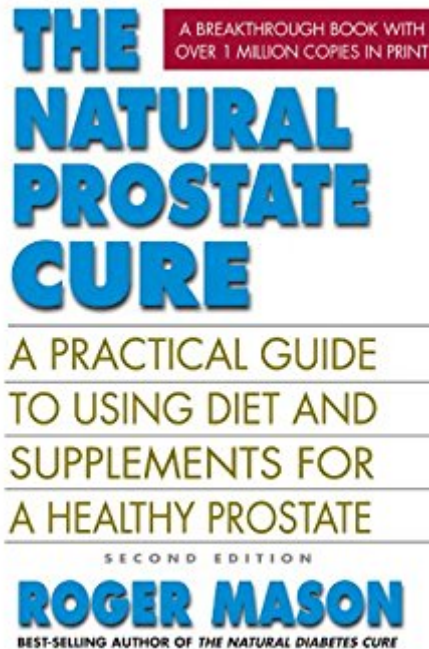


The book was found

The Natural Prostate Cure



Synopsis

The Natural Prostate Cure gives you an effective alternative to usual medical methods like surgery, radiation, and toxic drugs. Learn about how medical treatments for Benign Prostatic Hypertrophy (BPH) often leave men in diapers, unable to ever have sex again. Find out how to cure yourself of prostate problems safely, effectively, and naturally. You don't have to resort to life threatening surgery or dangerous drugs in order to have a healthy prostate.Â

Book Information

File Size: 1292 KB

Print Length: 74 pages

Publisher: Square One Publishers; 1 edition (August 20, 2000)

Publication Date: August 20, 2000

Sold by:Â Digital Services LLC

Language: English

ASIN: B00A9TFF3Y

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #563,492 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #32

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Prostate Health #47 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases &

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Customer Reviews

This book is rich in useful facts, errors, and misguided opinions. If you have the technical expertise to separate out the "chaff from the grain", then you probably don't need this book. Useful facts include: prostate cancer is preventable and better treatable without castration or prostatectomy, diet plays a major role in the health of the prostate gland, testosterone is not the enemy in prostate cancer but rather the imbalance between estrogens and testosterone in the aging male. Errors in the book include: lycopenes from tomatoes are useless for prostate health (p.17). The Mediterranean lifestyle, which incorporates abundant tomatoes, has been shown to help prevent prostate

problems. Since Mr. Mason has no formal training in a health related field, he is overly confident in his opinions, like calling the Harvard study in a major peer reviewed journal showing the value of tomatoes in reducing the incidence of prostate cancer "asinine" and "paid advertisements". Another error is that flax oil is a reasonable substitute for fish oil in prostate health. In fact, flax oil is inefficiently converted to fish oil (EPA) in the human body. He says that you must cut fat in the diet to 10% of calories. Meanwhile, both Eskimos and Mediterranean people consume a diet of 60% fat and 30% fat respectively without any significant prostate disease. Mr. Mason tells us to stay away from nightshade vegetables, like potatoes, tomatoes, and peppers. Which is very disconcerting for the Inca civilization, the largest and most advanced civilization in the pre-Columbian Americas for 300 years, where potatoes are the staple of the diet. The descendents of the Incas today still live actively into their 80s off of nothing but potatoes. Mr.

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