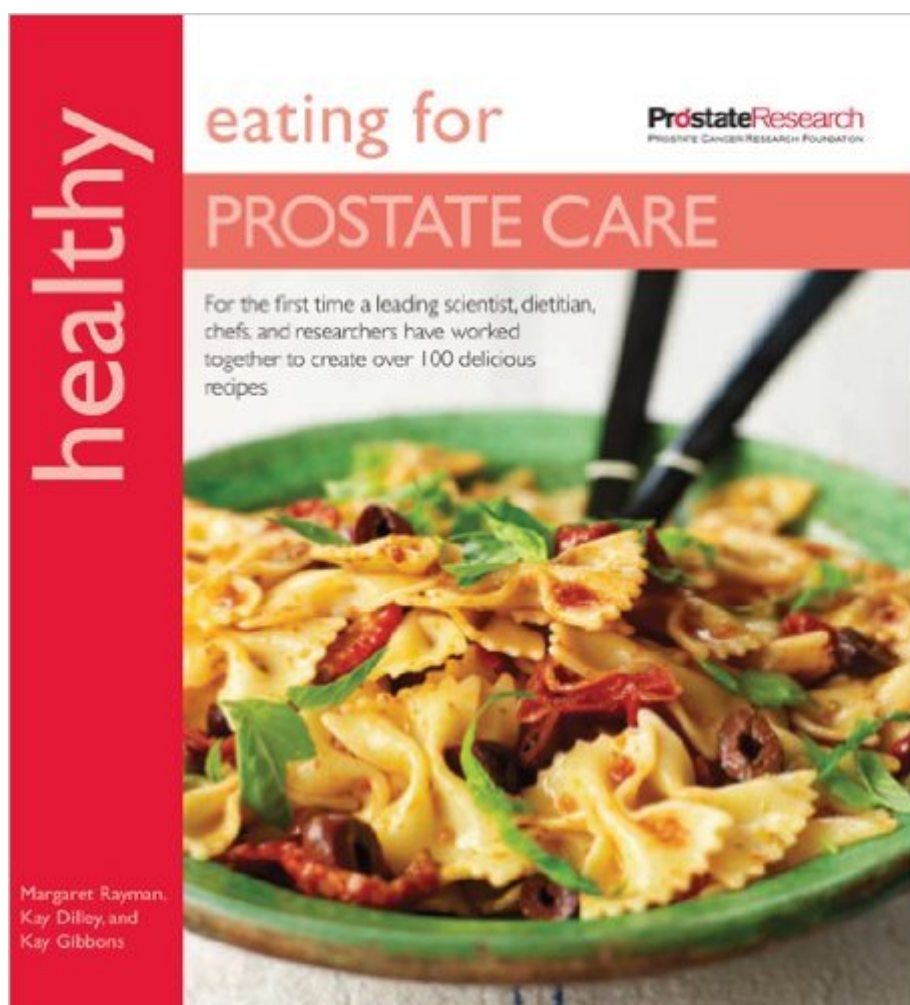


The book was found

Healthy Eating For Prostate Care



Synopsis

A much-needed cookbook designed to make the male population more aware of the dangers of Prostate cancer, the most common non-skin cancer in America. Scientists have found that there is a link between diet and the development and spreading of Prostate cancer and that eating the right foods can make all the difference - here are over 100 delicious recipes from leading chefs, endorsed by The Cancer Research Association.

Book Information

Paperback: 160 pages

Publisher: Kyle Books; Original edition (August 16, 2009)

Language: English

ISBN-10: 1906868042

ISBN-13: 978-1906868048

Product Dimensions: 8.4 x 0.5 x 8.8 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (10 customer reviews)

Best Sellers Rank: #126,348 in Books (See Top 100 in Books) #10 in Â Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #12 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Prostate Disease #14 in Â Books > Health, Fitness & Dieting > Men's Health > Prostate Health

Customer Reviews

If you have cancer of the prostate and want to slow its progress or you would like to reduce your chances of getting cancer of the prostate, this is worthwhile purchase. Although my favorite book regarding diet and cancer is Richard Beliveau's Foods to Fight Cancer, Healthy Eating for Prostate care has several items of information that Beliveau's book doesn't...and it has recipes. Actually, unless you are really strapped for cash, I would recommend purchasing both books and maybe even a couple of others because, for some reason, not all the information regarding diet and cancer gets equal treatment from one book to another. For instance, green tea is more beneficial if some lemon is added to make it slightly acidic. I found this in only one book. Likewise, tomatoes and broccoli work better together. I just received this book and have yet to try the recipes, but most of the ingredients are easy to come by and the number of ingredients in each recipe is not overly large. Actual sources for the recipes are listed. Some of the recipes have not been modified, but others have been adapted from existing recipes [to make them more healthful I suppose]. A complaint I do

have is that the analysis of the recipes is limited to three things: Calories, grams of fat and grams of saturated fat per serving. There is no mention of protein, carbohydrate, or sugar. Forty plus of the 176 pages discuss the various foods that should enhance prostate health. With each food or food group there is an explanation of how particular compounds in the foods work as anti-cancer agents. At times there have been studies with seemingly conflicting conclusions. These are mentioned rather frequently in the book rather than just using the results from one study.

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The Prostate Health Diet: What to Eat to Prevent and Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate and Prostatitis Healthy Eating for Prostate Care The Natural Prostate Cure, Second Edition: A Practical Guide to Using Diet and Supplements for a Healthy Prostate Dr. Peter Scardino's Prostate Book, Revised Edition: The Complete Guide to Overcoming Prostate Cancer, Prostatitis, and BPH Eat to Beat Prostate Cancer Cookbook: Everyday Food for Men Battling Prostate Cancer, and for Their Families and Friends Invasion of the Prostate Snatchers: An Essential Guide to Managing Prostate Cancer for Patients and their Families The Whole Life Prostate Book: Everything That Every Man-at Every Age-Needs to Know About Maintaining Optimal Prostate Health The Prostate Massage Manual: What Every Man Needs To Know For Better Prostate Health and Sexual Pleasure Cats: Cat Care- Kitten Care- How To Take Care Of And Train Your Cat Or Kitten (Cat Care, Kitten Care, Cat Training, Cats and Kittens) Dogs: Dog Care- Puppy Care- How To Take Care Of And Train Your Dog Or Puppy (Dog Care, Puppy Care, Dog Training, Puppy Training) The Healthy Instant Pot Pressure Cooker Cookbook: 120 Nourishing Recipes For Clean Eating, Paleo, AIP, Gluten Free, Vegan And Other Healthy Diets EAT, DRINK, AND BE HEALTHY: The Harvard Medical School Guide to Healthy Eating Travel Healthy: A Road Warrior's Guide to Eating Healthy Cooking Healthy with a Food Processor: A Healthy Exchanges Cookbook (Healthy Exchanges Cookbooks) Helping Your Child with Extreme Picky Eating: A Step-by-Step Guide for Overcoming Selective Eating, Food Aversion, and Feeding Disorders What's Eating You?: A Workbook for Teens with Anorexia, Bulimia, and other Eating Disorders Understanding Recovery from Eating Disorders (Teen Eating Disorder Prevention Book) Binge Eating Cure: Cure Binge Eating with Intermittent Fasting The Joy of Eating Well: A Practical Guide to- Transform Your Relationship with Food- Overcome Emotional Eating- Achieve Lasting Results The Monster Health Book: A Guide to Eating Healthy, Being Active & Feeling Great for Monsters & Kids!

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