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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

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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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