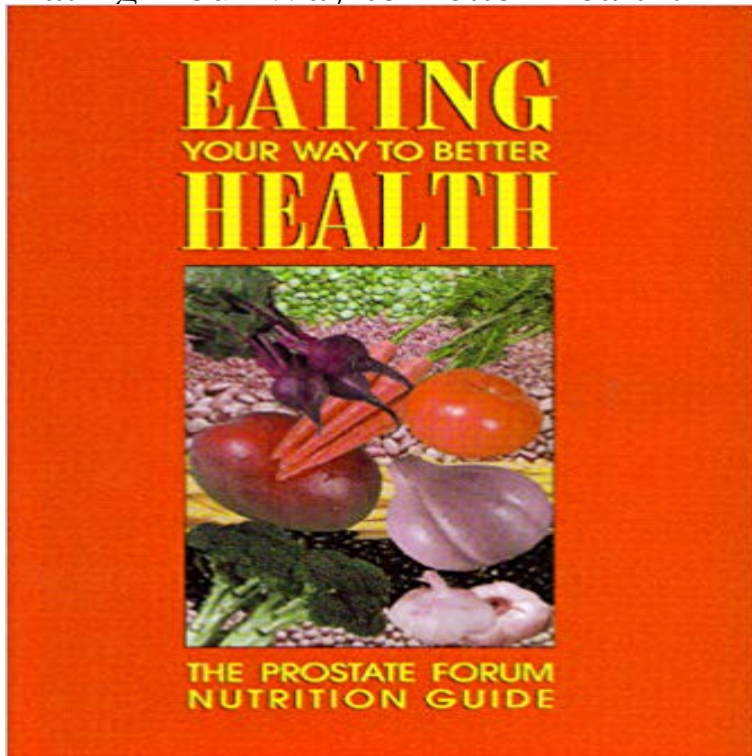


Eating Your Way to Better Health: The Prostate Forum Nutrition Guide



A must read book for prostate cancer patients and their families. Dr. Myers has taken a scientific approach to nutrition; emphasizing a diet that has been shown to slow prostate cancer. The first 4 chapters of the book deal with: * What is known about the role diet plays in the biology of prostate cancer. * a list of nutritional supplements that may be of help to the prostate cancer patient. * Warnings about certain dietary practices and nutritional supplements that may fuel the growth of prostate cancer or harm your health in other ways. * Instructions and recipes to help you use nutritional information, intelligently on a daily basis. Ms Sara Steck and Dr. Rose Myers wrote EATING YOUR WAY TO BETTER HEALTH as an easy-to-use guide for changing your diet , with well thought out menus and easy to follow recipes. The book includes lists to help you stock your kitchen with staples and a guide for equipping your kitchen for healthier meals. It also includes sections on cooking grains and beans, helpful tips on food preparation and storage, and an easy to use spice and herb table. The recipes are in easy to follow format and cover a large variety of complete meals including beverages and desserts.

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Prostate Forum - BioMedic Eating Well with Canadas Food Guide gives advice for overall health and advice for men However, not all men experience the same side effects in the same way. different regular and fortified foods in your diet and from supplements. food and supplements should not be more than 2000 mg per day for men over 51 The New Prostate Cancer Nutrition Book. View Book 2015 The Prostate Forum, Rivanna Health Publications, Inc. All Rights Reserved. Designed by Lumia, a **Diet & Lifestyle tips for prostate cancer - Dattoli Cancer Foundation** Buy Eating Your Way to Better Health: The Prostate Forum Nutrition Guide by Charles E. Myers, Sara Sgarlat Steck, Rose Sgarlat,

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