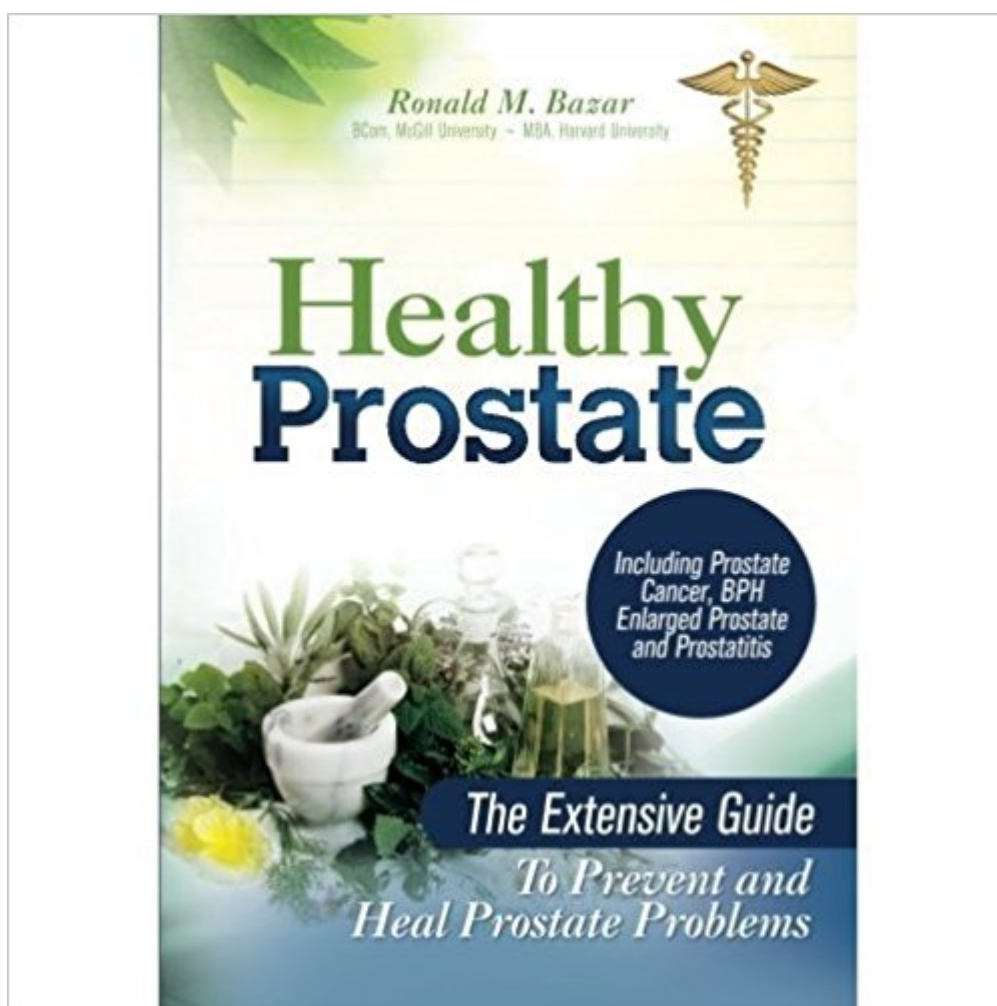


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# Healthy Prostate: The Extensive Guide To Prevent And Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate And Prostat



## Synopsis

"This book is a useful source of information to help you take responsibility for the health of your prostate. It gives details of dietary and other lifestyle measures to prevent diseases of the prostate and covers both conventional and natural treatments. I found it very comprehensive." Dr. Andrew Weil, M.D. (<http://www.drweil.com/>) Healthy Prostate explains how to cure your prostate problem naturally, without the devastating side effects of conventional medical treatments. Prostate cancer, prostatitis, and BPH enlarged prostate are names for prostate diseases. It begs the question: What causes an unhealthy prostate? The problem with conventional prostate treatments is that they attack the symptoms of the disease, downplay the side effects of treatment, and do nothing to eradicate the underlying causes. Doesn't it make more sense to treat the causes? Use your prostate condition as a wake-up call to get healthy! You can reverse a chronic prostate problem by changing your lifestyle. Conventional medicine concentrates on the symptoms and treats them aggressively, which weakens your body. You can't overpower the body without consequences. Do not believe doctors who downplay the side effects of slicing and dicing, radiating, or poisoning the body-there is another way. Your prostate problems can be healed without the dire side effects of incontinence and impotence. Better still, you can prevent prostate disease from happening in the first place! I did and I will show you how to do it for yourself. Â Ron Bazar, a Harvard MBA and serial entrepreneur, experienced a sudden complete urinary retention (a painful inability to urinate). At age 55, Ron was diagnosed with BPH, an enlarged prostate. He was scheduled twice for emergency surgery but both times declined. Ron saw top practitioners of all kinds, diligently following their advice but failed to see any results. After over seven years of extensive research and experimentation, Ron finally discovered how to heal his prostate naturally. In Healthy Prostate, Ron shares his insights and unique perspective to assist in empowering you to succeed and heal yourself-no matter what kind of prostate problem you face.

## Book Information

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## Customer Reviews

I have suffered from BPH since my 30's and now am in my 50's. Have also had intermittent episodes of Prostatitis during those years. After numerous doctor and specialist visits, the only solution has been to treat the symptoms with Uroxathral or Flomax pills to help relax the prostate gland. The only problem with these pills is that they create other side effects, but I continued to take them for over 10 years. Eventually the pills seemed to not work as well and my prostate got 20% larger just recently. I guess over time, they also caused recent episodes of ED,,,which believe me is very frustrating. The doctor recently changed my pills to 5mg daily Cialis, which works on both BPH and ED. They seemed to work well, however I was still getting up 3 to 5 times a night to urinate. I became fed up and decided to do my own research about the prostate. I order a very good book called "2010 Annual Report on Prostate Diseases" from Harvard Medical School. It was a very comprehensive book that explains every prostate disease and treatment. However, it does not provide information on how to get to the cause of enlarged prostate. Then one day I came upon Ron Bazar's book on Healthy Prostate. I ordered the book and when it arrived, I could not put it down. It did not only just talk about prostate symptoms and treatments,,,but provided more nutritional and lifestyle information than I could ever imagine. I never knew how ignorant I was about food and nutrition until this book. Also I had never heard about "Phytic Acid" in grains, seeds and nuts until reading this book. The only part of the book I didn't like was his methodology/approach for testing of foods and products for Yes or No...seemed pretty out there. However, after reading the book I decided to start eating Organic foods, which do not have pesticides, hormones and antibiotic elements in them. I also eat a lot of nuts and never knew they have phytic acid, which interferes with your body absorbing healthy nutrients. I decided to soap my almonds (which I love) to remove the phytic acid. After changing my diet to organics and soaking my almonds, and also doing Kegal exercises regularly,,,I was amazed that now I get up maybe one time a night to urinate now!! I now get more sleep and my blood pressure went down because of more sleep. Also, my urine stream is a bit stronger now. I recommend anyone with prostate problems (BPH, Prostatitis, etc) to read this book. It should be mandatory, since doctors only give you pills and suggest slicing/dicing or rotor

rooting your prostate as a solution. Thank you Ron Bazar for your 8 years of research and hard work.

The best fully thought out book on modern (personal) research there is. Most of this stuff hasn't been FDA tested as far as supplements etc, but it's not going to be funded for studies because there's no money in dietary and lifestyle changes. He doesn't mince words or push boo-foo medicine on the reader. Any Doc worth anything should be able to converse on these ideas and treatment options and individualize your care and consider this approach **ALONG WITH MEDICAL TREATMENT** appropriate to your own needs. It's like having a holistic consult if your doc will consider using this along side traditional methods of treatment. Always tell your doc what you're doing. But read this if your one of the millions of men or women who love a man with prostate symptoms!!!!

Very good book with lots of healthy lifestyle tips. There was, however, a considerable amount of repetition and it was a bit elementary for anyone who has a basic knowledge of the subject. I didn't expect a lot of science or clinical pearls since Mr. Bazar is not a practitioner, but he did feature quite a few simple tests and lifestyle measures that could prevent or reduce prostate problems, which made it a valuable read.

I recommend this book if your looking for insight into overcoming prostate issues. There are many "snake oil" remedies out there offering miracle results if you are among those who suffer symptoms of BPH, Prostatitis, or if you have cancer. You probably know how those stories ended. I offer a small bit of advice if you have BPH or other prostate issues; do your own research and don't exclude your physician, get second opinions, third if necessary. If you are referred to a urologist/specialist it is likely they will want to do what they do best, surgery or biopsy. Take a breath and contemplate that decision. Weigh your options, look closely at your diet and general overall health and wellness. I bet you will discover that this condition didn't occur overnight and the root cause has many contributing factors. The most significant may be your diet and lack of certain minerals, vitamins and or hormonal imbalances. There are of course conflicting approaches to "cure" or mitigate symptoms of bph, prostatitis and cancer. These opinions are proffered by folks who have been diagnosed with cancer, bph etc., they did their research and explored a course or courses of action until their symptoms were relieved, diminished or their cancer went into remission. We're all individuals and our plumbing is the same, at least from a medical perspective, however

outcomes will differ because we have not imposed the same conditions upon our bodies over our lifetimes. We're not lab rats on the same diet and fitness regimens as in a clinical trial. That said, what works for one may or may not work for another. In your research, may I suggest this book, Healthy Prostate by Ronald M. Bazar. I found it informative. It is fairly objective considering he cites multiple sources from other authors and doctors, some of whom have base opinions contrary to his, he provides these references nonetheless. You can form your own opinion, and draw from all the information, utilizing what works for you and discarding what does not. This book has led me to many resources and opinions which offer great hope for a healthier future. I am in the process of implementing some of what I have learned and continue to reference this book for additional information and links to resources for truly healthy supplements. This may not be the last word on the subject and you should perhaps seek other books and resources as well. Keep an open mind with regard to his testing methodology. Apparently it works for him but I have yet to experiment and cannot fairly evaluate or validate its efficacy. Bottom line, I think this is a good resource for anyone desiring a better understanding of prostate issues and health in general.

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