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The Prostate Cancer Protection Plan : The Foods, Supplements, and Drugs that Can Combat Prostate Cancer

Dr. Bob Arnot

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THE PROSTATE CANCER PROTECTION ~ PLAN ~

The Foods, Supplements,
and Drugs That Can
Combat Prostate Cancer

*"This book may help save your life or the life of someone you love. Highly recommended."
—Dean Ornish, M.D., author of Dr. Dean Ornish's Program for Reversing Heart Disease and Live to Survive!*

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Dr. Bob Arnot : The Prostate Cancer Protection Plan : The Foods, Supplements, and Drugs that Can Combat Prostate Cancer before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Prostate Cancer Protection Plan : The Foods, Supplements, and Drugs that Can Combat Prostate Cancer:

58 of 59 people found the following review helpful. Excellent book on the subject. By Abacus This is an excellent book that demonstrates that prostate cancer is mainly a nutritional disease. We in the West have a far higher prostate cancer rate than our Asian counterparts. And, it is due to diet, not ethnicity, or genes. When Asians emigrate to our shores and adopt our Western diet (rich in animal saturated fat), their prostate cancer rates immediately rises up to our levels. The author extensively details how to restructure our Western diet so as to prevent and cure prostate cancer. This entails reducing our intake of saturated fats, mainly red meat, but also reduce dairy products. It also entails eating more soy in every shape or form (milk, tofu, soy powder). The author also recommends specific supplements. Some are well known like the antioxidant vitamins (C, E). But, others are not so well known such as Selenium, Soy proteins, among many others. The author provides a lot of information about the PSA test. He is the first to recognize that this test is not very accurate. But, he also recommends several back up tests and benchmarks which can really enhance both the accuracy and the information value of the PSA test. Some of these back up tests include: PSA density, Free PSA test, and ultrasound. If you take the PSA test, and you come up with a high value (4), you ought to follow through with these other non invasive tests who may very well prevent the need for much more uncomfortable and invasive tests. The author provides extensive advice on all the different options to cure prostate cancer. On this ground, this book is excellent for several reasons. First, every statement the author makes is referenced and well supported by scientific studies. So, it is not just the author's opinion you are reading about. You are getting information on current scientific knowledge. Second, the author has gotten detailed testimonials by doctors and other individuals (including Mike Milken former king of the Junk Bond set) on how they deal with their own prostate cancer. How they have modified their lifestyle, and nutrition, and what cure path are they taking. This is most fascinating because there are no clearly right or wrong answers at this stage. There are definitely multiple options on how to treat this disease, each with their own trade offs. Ultimately, prostate cancer treatment is very much an individual decision. This book can provide you much valuable information to remove most of the anxiety associated with taking some hard decisions. In my case, it has removed a good deal of anxiety on how I can prevent this condition. Like in anything, prevention is the best defense. And, this book can help you do that. If you are concerned about your prostate and overall health, I also strongly recommend the book "The Harvard Medical School Guide To Men's Health." It covers any ailment related to the prostate as well as many other conditions that affect the male gender. 10 of 11 people found the following review helpful. Very Helpful By Stephen L. Smith I purchased this book upon being diagnosed with prostate cancer. I found it very informative regarding the dietary causes for prostate cancer, and how diet could help keep it under control. I put the recommended program to work for me, while I waited to have prostate surgery, which I have now had successfully. Upon surgery, my PSA had gone down slightly, when the norm is for it to have gone up. This helped me realize there was something I could be doing to slow down my cancer while waiting for treatment. I continue to stay close to its recommendations after surgery. The book is very readable and very informative. I highly recommend it for any man. Read it before you get prostate cancer and start the prevention dietary program. I believe it has helped me learn to eat more nutritiously. 0 of 0 people found the following review helpful. Book was written in late 2000 and portions are not ... By Bill Troutman Book was written in late 2000 and portions are not the same as current thinking particular the emphasis on soy products. Too many recipes.

Here is a common-sense and exciting new plan to protect men against prostate cancer. The foods men eat can have a profound influence on whether or not they get clinical prostate cancer. Arnot describes these foods and how we can use them as part of a sensible and delicious eating program. He bases his menus on the cuisines from other cultures where the incidence of prostate cancer is dramatically less than in the U.S. Includes: delicious recipes, advice on eating out, stress-busting techniques, fitness programs, a self-test for assessing your own risk, and other prostate cancer-fighting strategies such as promising new drugs and supplements.

About the Author NBC News Chief Medical Correspondent Dr. Bob Arnot has written six other books, including the #1 national bestseller The Breast Cancer Prevention Diet, Dr. Bob Arnot's Revolutionary Weight Control Program, and Dr. Bob Arnot's Guide to Turning Back the Clock. He lives in New York City with his wife and two sons.