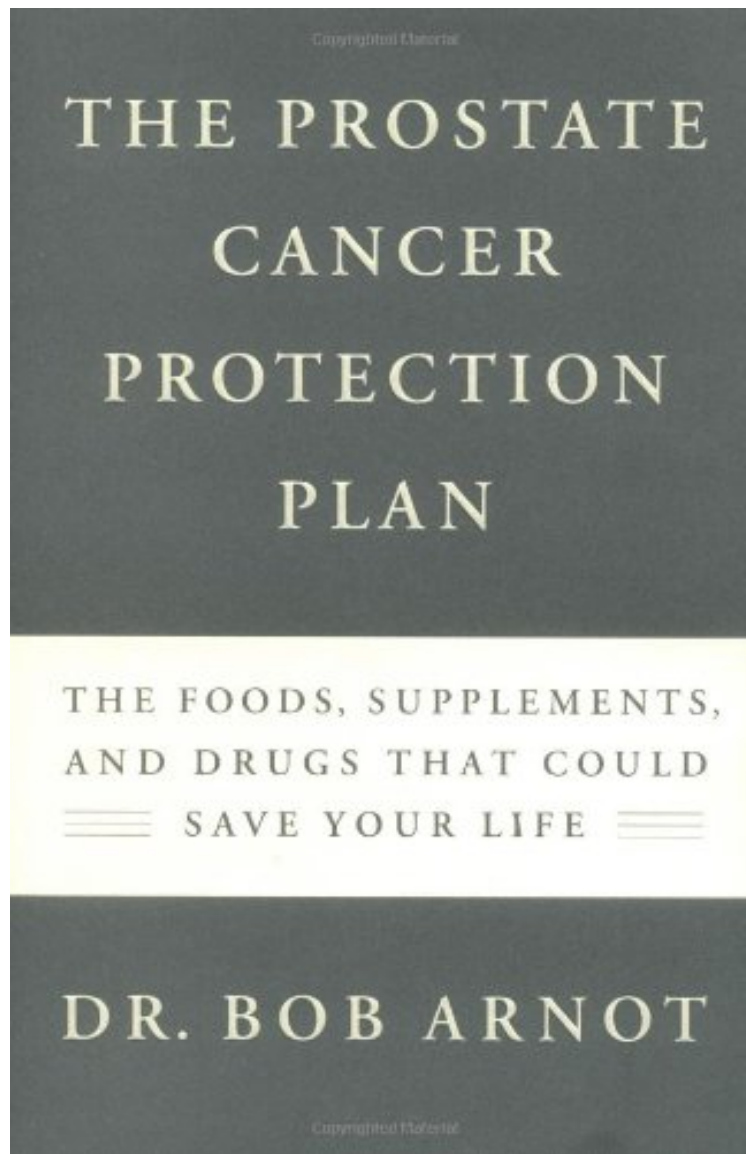


[Read download] The Prostate Cancer Protection Plan: The Foods, Supplements and Drugs That Could Save Your Life

## The Prostate Cancer Protection Plan: The Foods, Supplements and Drugs That Could Save Your Life

*Bob Arnot, Robert Burns Arnot*  
*ebooks | Download PDF | \*ePub | DOC | audiobook*



DOWNLOAD



READ ONLINE

#3589724 in Books 2000-06-01Original language:EnglishPDF # 1 1.19 x 5.70 x 8.551, #File Name: 0316051535256 pages | File size: 31.Mb

**Bob Arnot, Robert Burns Arnot : The Prostate Cancer Protection Plan: The Foods, Supplements and Drugs That Could Save Your Life** 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 Could Save Your Life:

15 of 16 people found the following review helpful. The most important book you many ever read....By SparkyThis book could very easily save your life. While it reaffirmed things I know about fiber, insulin, and exercise, it gave me a lot of new information about how to keep from getting prostate cancer (like my father had), and other important information. It also described "insulin resistance", which is something that I have and has baffled my doctor for well over a year! Dr. Bob, thanks for writing this great book.0 of 1 people found the following review helpful. PSA Rising?By REBAn excellent first book for readers who have their PSA rising. Reading is very helpful for prevention and for those with cancer recurrence.16 of 18 people found the following review helpful. TheProstate Cancer Protection Plan - Dr. Bob ArnotBy Stanley ShapiroThis is a serious step in the right direction to minimize the possibility of developing Prostate Cancer. Many volumes have been written on dealing with the disease after detection but nothing notable of taking preventive measures. This should be must reading for every man!

\*Used, like new condition! New research shows that up to 25 per cent of men in their 30s have microscopic, latent prostate cancer. By the time a man enters his 50s, the figure is even higher - 40 per cent. In some men, these cancers remain dormant, but in others they can become significant tumours, sometimes at great speed. As with breast cancer, Dr. Arnot has found that the foods men eat can have a profound influence on whether or not they get prostate cancer. In this book he explains what these foods are and how they can be used as part of an eating plan. His menus are based on the incredibly varied, time-tested and delicious cuisines from other cultures where the incidence of prostate cancer is dramatically lower than in the Western world. With recipes, advice on eating out and on the run, stress-busting techniques, fitness programmes, a self-test for assessing your own risk, and other prostate cancer-fighting strategies such as promising new drugs and supplements, this book should be a useful health reference for men.

.com Prostate cancer killed more than 37,000 men in the U.S. in 1999, and it gets ahold of men early and often. According to autopsy reports, about 25 percent of men in their 30s have latent prostate tumors, as do more than half of men in their 60s. However, says NBC News Chief Medical Correspondent Dr. Bob Arnot, research is beginning to show that this is a cancer that can be prevented or even reversed by dietary changes. The first key, he writes, is soy. America produces a lot but Americans eat very little. In countries in which soy is a dietary staple, men get prostate cancer at a fraction of the U.S. rate. (A second benefit of soy, says Arnot, is a high concentration of the amino acid tyrosine, which helps keep you alert.) Dr. Arnot lays out a dietary plan that includes lots of soy, along with antioxidant-rich fruits and vegetables. Not coincidentally, this is also a low-fat, heart-healthy diet. Dr. Arnot says that many men are simultaneously at risk for heart disease and prostate cancer; diets rich in saturated animal fats tend to trigger both conditions. Another benefit of Dr. Arnot's plan is that it prevents breast cancer, too, giving couples a powerful incentive to make the extreme dietary changes necessary to prevent these his-and-hers killers. And with or without the spousal incentive, Dr. Arnot says his experience with his own plan shows that men will lose weight, increase energy, and lower stress--a few valuable perks to take along on that longer, healthier life. --Lou SchulerFrom Library JournalArnot calls breast cancer and prostate cancer (PCa) brother-and-sister diseases. Following the success of his The Breast Cancer Prevention Diet (LJ 10/15/98), he presents his thesis that PCa is just one of a package of diseases for which we put ourselves at risk by consuming the "Western diet," characterized by high amounts of animal fats, refined flours, and sugars and little fiber and whole foods such as fruits and vegetables. In lay reader's language, Arnot explains the elements of nutritional therapy for men so that they can protect themselves against PCa. Readers are told what to eat and what not to eat, and recipes are included. In addition to diet, Arnot emphasizes healthy lifestyle habits for combating stress and discusses alternative medicine approaches to PCa. With its emphasis on staying healthy, this reference should appeal to a wide readership, especially in the light of New York City Mayor Rudy Guiliani's recent cancer diagnosis.James Swanton, Harlem Hosp. Lib., New YorkCopyright 2000 Reed Business Information, Inc. A source of useful diet information for everyone concerned about their health.(-- Mike Milken, founder and chairman of CaP CURE, the Association for the Cure of Cancer of the Prostate)REVIEW: Prostate cancer is an epidemic in this country - yet it is 90% preventable. Dr. Bob Arnot in this book provides excellent suggestions on how to lower your risk of this deadly disease. Every man in America should read this book, and every woman in America who cares about the health of any man in her life should read it too. -- --Dr. Terry Shintani, author of THE HAWAII DIET and EAT MORE, WEIGH LESS