



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

Bob Arnot, Robert Burns Arnot

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*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.

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