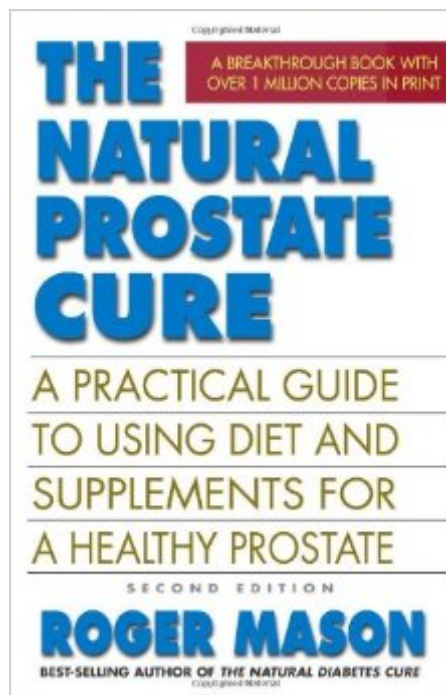


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# The Natural Prostate Cure, Second Edition: A Practical Guide To Using Diet And Supplements For A Healthy Prostate



## Synopsis

By the age of fifty, three out of four men have enlarged prostates, which can lead to serious health problems, including prostate cancer. The Natural Prostate Cure provides unique and effective alternatives to traditional treatments such as surgery and chemotherapy. The author begins with a lesson in nutrition and the best supplements to take for prostate health. He then details the causes of and natural treatments for common prostate disorders. Finally, he discusses natural hormone treatments that can prevent and combat prostate disease.

## Book Information

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## Customer Reviews

I have had prostate problems for 6 years and I have researched and read many publications on the subject. However, not until I started using the supplements and eating what is recommended by Roger Mason, in his book, The NATURAL PROSTATE CURE, did I have any improvement. I have had a biopsy and been seen by several Urology Specialists, for PSA tests and digital rectal exams over the last 6 years. I am pleased to say that since taking the Better Prostate formula suggested in this book, my PSA has dropped from 10.50 in March of 2000, to 6.3 in October 2000. Roger Mason has simplified the steps to take in regaining and maintaining a healthy prostate in this book. I am thankful he has made this information available to the public.

There is one reason all men should read this book. Roger Mason spent an entire year researching every study (over 100,000) in Chemical Abstracts. This tome contains every medical article from all

the scientific journals in the world. You can be quite sure that no urologist in the world has done this research. In fact, no one else has. Roger Mason's thoroughness and dedication impressed me. My personal experience includes trying the beta sitosterol which he recommends along with several other supplements over the last 20 years to try to control my BPH (swollen prostate) symptoms. In the last 18 months, the most success I have ever had has come from a product called PC Essentials. It is available from SwansonVitamins.com. I am 72 and have no BPH symptoms. Certainly, I have cut down on the number of calories and the amount of red meat as well. But nothing has ever worked as well as this product (I get no income from this or any other recommendation). If you are of the male persuasion, read this book. Nowhere else will you get, in plain English, so much information about prostate health.

Roger Mason's book changed my life. I was 56, diagnosed with severe BPH, was in fact completely blocked after waking up in agony, and was wearing a catheter. I went onto the urologist's emergency surgery list and was scheduled for surgery in about 3-4 weeks. During that wait, I discovered this book, followed its recommendations, removed the catheter after 2 weeks, cancelled the surgery when I was called by the booking nurse to be scheduled to come in and have been steadily improving my urinary functions ever since. I have had no surgery. I would without hesitation recommend Roger Mason's book to any male who has prostate disease or who is interested in preventing it as aging happens. The beauty of this book is that it is based on overwhelming research findings synthesized from around the world into clear results about what works and what does not. It changed my life for the better and saved me the trauma of surgery.

About a year ago my Doctor noticed a nodual on my prostate and took a PSA test, which read 6.25. Keeping a watch it kept rising, so they did a biopsy (against my better judgement) it came back negative. There was talk of castration, operation, planting seeds all kinds of nonsense. Not for me. As my PSA continued to climb, they wanted to do another biopsy and I said nothing doing!! I got my hands on Roger Mason's book "the natural Cure" (from a friend of mine) and followed his instructions, as to strict diet, and supplements. By this time my PSA was at 11.00. After taking the supplements suggested in the book and following the macrobiotic diet, he also suggested. My PSA level dropped to 3.65 and I've had no apparent problems or side effects. The Doctor didn't even believe it!! And stated "Mmmm maybe there is something to this stuff after all" Hey, beats castration any day!!!!

This book is rich in useful facts, errors, and misguided opinions. If you have the technical expertise to separate out the "chaff from the grain", then you probably don't need this book. Useful facts include: prostate cancer is preventable and better treatable without castration or prostatectomy, diet plays a major role in the health of the prostate gland, testosterone is not the enemy in prostate cancer but rather the imbalance between estrogens and testosterone in the aging male. Errors in the book include: lycopenes from tomatoes are useless for prostate health (p.17). The Mediterranean lifestyle, which incorporates abundant tomatoes, has been shown to help prevent prostate problems. Since Mr. Mason has no formal training in a health related field, he is overly confident in his opinions, like calling the Harvard study in a major peer reviewed journal showing the value of tomatoes in reducing the incidence of prostate cancer "asinine" and "paid advertisements". Another error is that flax oil is a reasonable substitute for fish oil in prostate health. In fact, flax oil is inefficiently converted to fish oil (EPA) in the human body. He says that you must cut fat in the diet to 10% of calories. Meanwhile, both Eskimos and Mediterranean people consume a diet of 60% fat and 30% fat respectively without any significant prostate disease. Mr. Mason tells us to stay away from nightshade vegetables, like potatoes, tomatoes, and peppers. Which is very disconcerting for the Inca civilization, the largest and most advanced civilization in the pre-Columbian Americas for 300 years, where potatoes are the staple of the diet. The descendents of the Incas today still live actively into their 80s off of nothing but potatoes. Mr. Mason cautions us to never take more than 250 milligrams per day of vitamin C (p.13). Which would make a fruit smoothie toxic and the thousands of doctors who inject up to 100,000 mg of vitamin C to help sick patients all wrong. While conventional therapy for prostate cancer may be hazardous to your health, this book is wrong at least half of the time. For the sheer entertainment value of how opinionated an uninformed lay person can be, this book is worth the read.

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