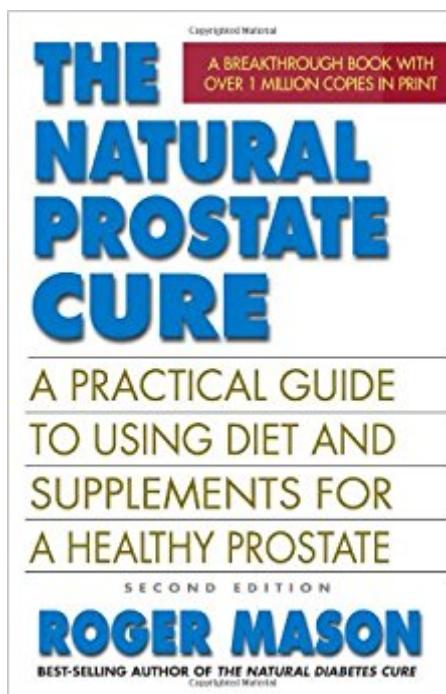


The book was found

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.

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Customer Reviews

All that one needs to know to have a happy prostate has been distilled down into this book. --Dirk Benedict, actor (cured himself of prostate cancer naturally)

Roger Mason is an internationally known research chemist who studies natural health and life extension. He develops unique natural supplements and products. Mr. Mason has written several bestselling titles including Lower Cholesterol Without Drugs and The Natural Diabetes Cure. A frequent guest speaker on radio stations across the country, he advocates natural alternatives to drug therapies. Mr. Mason lives with his wife and dog in Wilmington, North Carolina, where they produce Young Again Products, Inc. You can find out more about Mr. Mason and his books by visiting his website at www.youngagain.org.

I just bought this book for learning about prostate, the reason why persons can be hit by it, how to prevent it, and how to cure it without surgery, but to me it turned out being the wrong book which I had bought. When I started reading in the book it looked interesting, but already after a few sides I started wondering, because something didn't quite fit to what I earlier had read books like for example Walter C. Willett, M.D.: "Eat, Drink, and Be Healthy". This one I read way back in 2009, and followed it up with many parallel books, among other David Perlmutter, MD.: "Grain Brain". So I went into to find out what customers in their reviews had written about the book. And I there found that 15 % actually had given it the lowest possible character, and I then read many of the reviews. After this I returning back to the book and continuing reading in it, but now much more critically looking on what I read, and afraid of what to trust. And when I came to the side 27 in the book, I was choked, as there, concerning vitamins, I read that "taking more than 250 mg of vitamin C a day is harmful". But this is totally nonsense, and it remind me about the words from the medical firms which long time ago came into the news, as the result of Linus Pauling, in 1970, came with the famous book "C vitamin and the common colds". Because the medical firms then in the news told that we might die if we got as much as 5 grams of the vitamin C. And then how Linus first after half a year fighting for getting an explanation to this strange postulate, then was told that the person who had put that into the news no longer worked by them, so they couldn't answer back! An easy way in getting away from a wrong information. And actually we now during the past 4 decades again and again have heard, and read, about persons taking up to 100 grams/day, and some even during few days taking 200 grams. Linus himself daily took 10 grams/day, and when sensing a cold coming then one day 100 grams. So why are we in this book getting this totally wrong information about the vitamin C? And when starting thinking on only 250 mg vitamin C, how can this fit to our daily eating. Think about that if we eat 1 pound of Orange then we get 250 mg of vitamin C, and we daily also get vitamin C from other things which we eat. So according to the book we must not eat too much fruit or vegetables, for not getting to much vitamin C? And for example think on the Australian fruit Kakdu Plum which contains 100 times as much vitamin C as the Orange, up to 5,300 mg/100 grams, so by just 5 grams of the Kakdu we already have got 250 grams of vitamin C. And science research tells us that all animals need vitamin C, but for nearly all it's made in the body, and statistically it has been found that concerning weight of vitamin C opposite to body weight, an animal weighting 70 kg needs 10 gram of vitamin C, for being healthy. And as an argument for not taking more than 250 mg/day of the vitamin C, vi on the side 27 read that the vitamin is harmful as it over time will acidify our blood so that the pH level will move down from the 7.4 to under 7.0 and thereby being an acid.

During the last 12 years I from have bought and read around 300 health//doctor, and never before have I read or heard this assertion. So I went into Google for finding writings parallel to this, but in vain, as actually I only found researched, the oldest one from 1978, which have found that the vitamin C don't changes the bloods pH value. Actually I just 3 weeks ago send a review to the book by written by Linus Pauling & Ewan Cameron: *Cancer and Vitamin C*, 1990. And in this book we again and again read about 10 grams of vitamin C a day, and in cases even 42 grams a day, whereby patients hit by cancer, and who had been abandoned by doctors, then with the vitamin C, became more fresh, lived on longer than told, and some even survived. But after reading these just mentioned strange words about vitamin C in the *The Nature Prostate Cure*, I continued reading the book, but now without believing anything of what I read unless what I already knew, and continued finding other wrong, or missing information. For example, why are we on side 37, in the Table 3.1. Permanent Daily Supplements, not having the vitamin A, which besides being important for the eyes, among other also is an especially good one against cancer. Among other we in the book are told to avoid the hydrogenated fats, the oils, as they not exist in nature, and we are reading that there are good fats and bad fats. It is an illusion, so for example Olive oil intake should be limited just as any other fat intake. But actually we always have known how healthy the Olive oil is, and parallel to this we now also have stated the Coconut oil. Besides actually, parallel to these 2, we actually also have some special and seldom oils, not normally known or seen in western countries. And these oils are not made with hydrogen gas, as told in the book, so therefore they are healthy (natural). But concerning the chemical and molecule reasons for good or bad oils (and butter) we can read in the thick and excellent book by Erasmus, Udo: *Fats that Heal, Fats that Kill*. In *The Natural Prostate* we among other read that we for example shall avoid tomatoes. But by an accident the same day I in the book was reading about Olive oil and tomatoes, I in my daily health information from Mercola again met Olive oil and tomatoes. Because under the headline about the healthiest things to eat, there stated as the number one to eat, I found to eat tomatoes + Olive oil! And I will prefer to trust, Mercola, or Erasmus Udo, and many other, before I believe what Roger Mason tells me. On the side 63 we start reading about beta-sitosterol, and that it lowers cholesterol, and we are then told that cholesterol and triglyceride are the two most important diagnostic indicators of your heart and artery health. This don't fit into the writings in the more than 10 cholesterol books which I have bought and read during the last 7 years, after the same misinformation from doctors here in Chiang Mai. Because after my wife then was found to have 265 for the total cholesterol, and 114 for the HDL, then they told us that she would be hit by heart attack

if the total wasn't brought down to under 200, and the HDL under 50. But then I for example in a book found that by using the Heart attack calculator for women, from the Harvard Medical School it turned out that statistically she actually only had a chance on 1 % for during the following 10 years being hit by a heart attack. While I, with my 196 in the total and 50 for HDL, by using the calculator for men, turned out to have a chance on 15 %. But the Thai doctors didn't trust Harvard, and still told that not I, but my wife, was in a dangerous position. But luckily my wife, after few days, when getting sick by it, stopped taking the bad drug which the doctors had given her. And as one of the other books which I read, the excellent first book from Dr. Malcolm Kendrick "The Great Cholesterol Con", I discovered the famous graph, which also can be found on the Internet, where statistically it shows up that the higher the cholesterol the less heart-disease. Where we on the graph, concerning cholesterol, find the Australian Aboriginals in the bottom with their extremely low cholesterol, but that they are in the top concerning heart attacks. Opposite to this we see Switzerland with around 30 % higher in cholesterol, 6 times lower in heart diseases! And only a week ago I in my daily information from Mercola read that newest researches has shown that if the HDL, represents more than 25 % of the total cholesterol then the cholesterol has no relation to heart attacks, and if less than 25 %, only a minimal connection. Actually the cholesterol only has a chance in being bad if some of the "bad" cholesterol, the LDL, has been oxidized. And besides we more and more by statistic are seeing that persons with 240 in cholesterol have higher IQ, and lives longer, than persons with 200, and that persons with 280 again, statistically have better IQ, and longer living than those with 240. So also concerning the cholesterol information the book is misinforming. And the newest result that persons with the total cholesterol on 180 have 2 times bigger chance in cancer than persons having 280 in the total cholesterol. So after reading the book the result has turned out to be that I have to throw it away, so that nobody happens to lend it from my library, and thereby getting some wrong information. I already have found another book to buy about Prostate.

This program is summarized on page 122: balancing hormone levels, a wholegrain-based diet, proven supplements, exercise, and occasional fasting. 1- Balancing hormone levels makes sense. Prostate problems are age-related and hormone levels decline with age. Therefore, restoring hormones to youthful levels can be protective. But how to do it? Endocrinology is complicated, not for do-it-yourselfers! Hormones are powerful. Supplementing them calls for close supervision by a competent professional. Don't do this at home! 2- By "a wholegrain-based diet" is meant the American macrobiotic diet. Not vegetarian, as it allows seafoods, but

saturated animal fats are blamed as the underlying cause of prostate diseases. Some sources, such as Dr. Emmet Densmore, argue that grains are not suitable foods for human beings, but this book calls them "the staff of life." The "proven supplements" are of questionable safety, even under professional supervision, because there are so many of them. Dozens of supplements are prescribed. But supplements are highly concentrated and can create imbalances if not properly balanced with one another, which is very difficult to do, maybe even impossible. They all work together, not in isolation. Every concentrated mineral supplement you take creates an increased need for other minerals. Thus it can create deficiencies. Furthermore, supplements must be organic. That is, derived from plant or animal sources. Inorganic minerals can do no good and can do a great deal of harm. This book does not say enough about the crucial issue of bio-availability. The safest way to get minerals is in natural foods, but this book argues that it is sometimes "more practical" to get them from pills. This book assumes that everyone is nutritionally deficient. That illnesses are caused by deficiencies, not excesses. That supplements are necessary for health. All of these are debatable. Meanwhile, the author is a chemist who develops supplements, presumably for profit. This book makes some excellent points: that there is no such thing as a phytoestrogen—"plants do not make or contain hormones. That testosterone is good for men, not bad, in stark contrast to prevailing thought among orthodox oncologists. That prostate diseases are hormonal and estrogens are to blame. Some valuable information here about hormones and hormone supplementation. A mixed bag. Some interesting ideas worth considering. Others that I question. Includes discussions of prostatitis and prostate cancer.

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