



## Synopsis

PROSTATE DIET is packed with all the evidence-based nutritional advice you need to help prevent or improve symptoms associated with benign prostate enlargement (BPH), inflammation (prostatitis), prostate pain (prostatodynia) or prostate cancer. Dr Sarah Brewer explains how certain foods can help such as soy, tomatoes, pomegranate, avocados, flaxseed, pumpkin seed, sweet potatoes and members of the cabbage family. She explains what garlic, lycopene, turmeric, vitamin D, magnesium, selenium and zinc can contribute towards prostate health, and the best doses to take. She also covers the potential benefits of herbal supplements such as Saw palmetto, Rye pollen and Nettle root extracts. As one of the few doctors who is also a Registered Nutritionist and a Registered Nutritional Therapist, Sarah expertly explains all the facts in a clear and concise way. She is the award-winning author of over 60 popular health books and has a Nutritional Medicine website at [www.drSarahBrewer.com](http://www.drSarahBrewer.com). This Quick Nutrition Guide will help you get the most from your diet to help maintain a healthier prostate gland. Links to the research abstracts quoted are included for your reassurance.

## Book Information

File Size: 886 KB

Print Length: 69 pages

Publisher: Medilance (April 5, 2015)

Publication Date: April 5, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00VQII4LM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #478,141 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #28

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Men's Health >

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#392 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Men's

Health > General

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