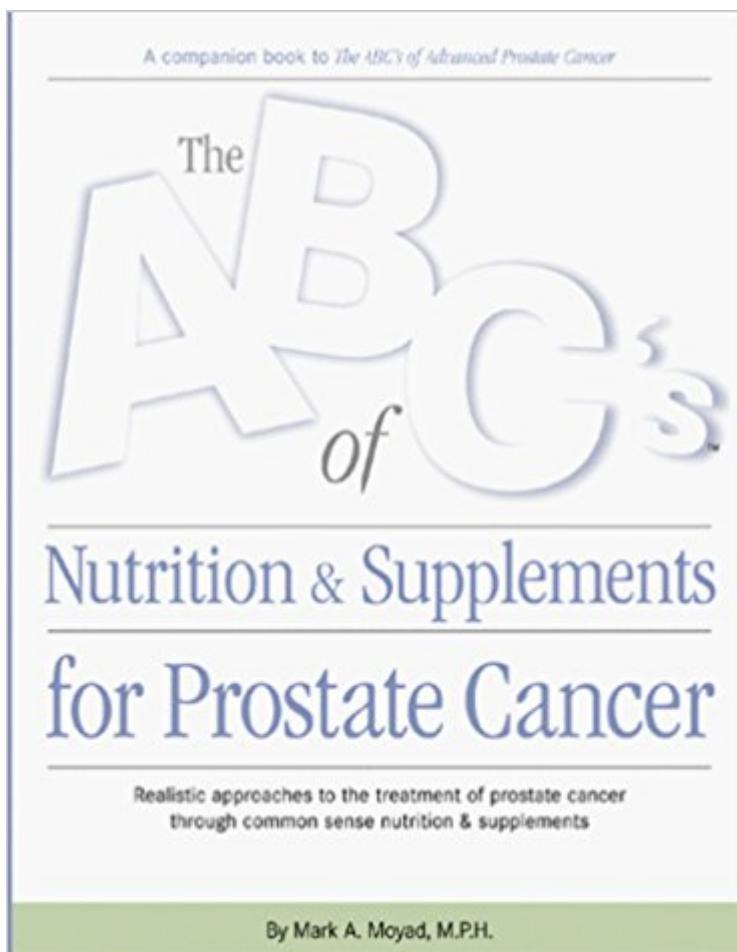


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# ABC's Of Nutrition And Supplements For Prostate Cancer



## **Synopsis**

ABC's of Nutrition and Supplements for Prostate Cancer

## **Book Information**

Paperback: 275 pages

Publisher: Sleeping Bear Press (May 2000)

Language: English

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Average Customer Review: 3.9 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,088,926 in Books (See Top 100 in Books) #86 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Prostate Disease #105 in Books > Health, Fitness & Dieting > Men's Health > Prostate Health #368 in Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements

## **Customer Reviews**

ABC's of Nutrition and Supplements for Prostate Cancer

Wife ordered to get a handle on after diagnosis. She uses.

This book can be boiled down to these few words: Eat a balanced diet daily. If you are looking for much of anything else, you will not find it here. Waste of money.

In 1996, I was diagnosed with prostate cancer at the age of 51. I had a Gleason score of 9, indeed a VERY aggressive cancer. The doctor who originally operated on me to remove my cancerous prostate was Dr. Steven Norris Gange. At the time he was a military urologist in El Paso, TX where I had my surgery in 1996. Dr. Gange is now a urologist/surgeon in Salt Lake City, UT. During and subsequent to my surgery & treatment, Dr. Steve Gange and I became good, personal friends. I'd trust Steve with my life.. In fact, I have. After my prostate removal in 1996 my PSA stayed virtually undetectable for several years. When my PSA started to rise again in 2002, I discussed the situation with Dr. Gange and other doctors. Urologists in San Antonio wanted to operate on me to look at my lymph nodes. Dr. Gange disagreed because what the local doctors wanted to do was some pretty

radical and invasive surgery. He recommend I seek a second opinion with radiation oncology, which I did. That has proven to have been a very good recommendation and decision. I subsequently received external-beam radiation for two months in late 2002 and my psa has remained rather stable since then.Dr. Gange knew I was looking for non-medicated methods to hopefully prevent another recurrence. He also recommended I take a look at some research and books by a colleague of his, Dr. Mark Moyad. "Moyad may be right up your alley", Dr. Gange told me.. I believe that Steve Gange and Mark Moyad have been responsible for me living this long. See: [...]for an excellent primer video on Moyad. I've found the books by Mark Moyad to be excellent and he has a well established research record in the field of prostate and breast cancer. Much of my initial research on supplements came from a VERY CLOSE EXAMINATION of his great book THE ABC's of Nutrition & Supplements for Prostate Cancer, ISBN: 1-8694769-4, which is sometimes difficult to find at present but frequently available at .com. He also has other excellent books on prostate cancer and healthy lifestyles. carries his newer books too.I compared Moyad's book with other, similar books and found his to be the best. Using Mark Moyad's book,The ABC's of Nutrition & Supplements for Prostate Cancer, I built an entire program around improving my health and attempting to keep my prostate cancer under control. Moyad used all the technology and tests available at the time he wrote this book. This includes many recommendations based upon double-blind studies conducted worldwide on a wide variety of foods and supplements. I improved my daily diet, but more importantly, at least to me, I refined and defined my supplement schedule to include a wide variety of antioxidants. This is a no-BS book on telling it like it is for benefiting from Moyad's research and determining what supplements are best for protecting from recurrence of prostate cancer. It also discusses what supplements have been found to possibly be detrimental to prostate cancer patients. I have followed my personal maintenance plan, based almost wholly on Moyad's advice and recommendations in this book, for about 9 years now. I intend to start reevaluating my current health plan, again using Moyad's newer books, to see if I can improve upon my already successful plan.Currently I am 15 years out of my prostate cancer surgery, have been using Moyad's recommendations from this book for about 9 years, and remain, "knock on wood", healthy with regard to my prostate cancer levels, with my PSA reading less than 1.0. By any standards that is exceptionally good for being this far out of surgery. Several doctors have since advised me that they find it hard to believe that lived 5 years past surgery, considering I started out with a virtual death sentence with a Gleason score of 9.Needless to say, I highly recommend this book and the other ABC books on prostate cancer that Moyad has previously written that I own and have researched. I will bring my library up to date with any future books Mark Moyad writes on the

topic. In my opinion, I am alive today because of Dr. Steve Gange and Mark Moyad. I do not make that evaluation lightly..

As the title suggests, the book's subject is prostate problems and nutrition. However, the book is much more. It is actually an excellent reference on the use of nutrition and alternative procedures related to men's health. The author covers numerous supplements by describing what they are, what is known about them and based on available data if and how they should be used. He anticipates questions by providing information without excessive detail. The book is easy to read because of a logical layout with great use of type and color. I would recommend it to any man who has an interest in maintaining his health.

In this wonderful and cogent summary, Moyad boils down the often confusing world of diet and supplements into the critical information needed by prostate cancer patients who want to eat the right thing. I recommend this book to all my patients with prostate cancer. - Mark S. Litwin, MD, MPH, UCLA Urologic Oncologist

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