

**THE PROSTATE CANCER PROTECTION  
PLAN : THE FOODS, SUPPLEMENTS, AND  
DRUGS THAT CAN COMBAT PROSTATE  
CANCER BY DR. BOB ARNOT**

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~PLAN~

The Foods, Supplements,  
and Drugs That Can  
Combat Prostate Cancer

*"This book may help save your life or the life of someone you love. Highly recommended."  
—Dean Ornish, M.D., author of Dr. Dean Ornish's Program for Reversing Heart Disease and Living & Surviving*

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## About the Author

Bob Arnot, M.D., is the New York Times bestselling author of fourteen books on nutrition and health. He has been a medical correspondent for NBC Nightly News, Dateline NBC, the Today show, CBS Evening News, 60 Minutes, and CBS This Morning, and is a health columnist for Men's Journal. He lives in Palm Beach, Florida, and Vermont.

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# **THE PROSTATE CANCER PROTECTION PLAN : THE FOODS, SUPPLEMENTS, AND DRUGS THAT CAN COMBAT PROSTATE CANCER BY DR. BOB ARNOT PDF**

Here is a common-sense and exciting new plan to protect men against prostate cancer. The foods men eat can have a profound influence on whether or not they get clinical prostate cancer. Arnot describes these foods and how we can use them as part of a sensible and delicious eating program. He bases his menus on the cuisines from other cultures where the incidence of prostate cancer is dramatically less than in the U.S. Includes: delicious recipes, advice on eating out, stress-busting techniques, fitness programs, a self-test for assessing your own risk, and other prostate cancer-fighting strategies such as promising new drugs and supplements.

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Bob Arnot, M.D., is the New York Times bestselling author of fourteen books on nutrition and health. He has been a medical correspondent for NBC Nightly News, Dateline NBC, the Today show, CBS Evening News, 60 Minutes, and CBS This Morning, and is a health columnist for Men's Journal. He lives in Palm Beach, Florida, and Vermont.

## Most helpful customer reviews

58 of 59 people found the following review helpful.

Excellent book on the subject.

By Abacus

This is an excellent book that demonstrates that prostate cancer is mainly a nutritional disease. We in the West have a far higher prostate cancer rate than our Asian counterparts. And, it is due to diet, not ethnicity, or genes. When Asians emigrate to our shores and adopt our Western diet (rich in animal saturated fat), their prostate cancer rates immediately rises up to our levels.

The author extensively details how to restructure our Western diet so as to prevent and cure prostate cancer. This entails reducing our intake of saturated fats, mainly red meat, but also reduce dairy products. It also entails eating more soy in every shape or form (milk, tofu, soy powder). The author also recommends specific supplements. Some are well known like the antioxidant vitamins (C, E). But, others are not so well known such as Selenium, Soy proteins, among many others.

The author provides a lot of information about the PSA test. He is the first to recognize that this test is not very accurate. But, he also recommends several back up tests and benchmarks which can really enhance both the accuracy and the information value of the PSA test. Some of these back up tests include: PSA density, Free PSA test, and ultrasound. If you take the PSA test, and you come up with a high value (>4), you ought to follow through with these other non invasive tests who may very well prevent the need for much more uncomfortable and invasive tests.

The author provides extensive advice on all the different options to cure prostate cancer. On this ground, this book is excellent for several reasons. First, every statement the author makes is referenced and well supported by scientific studies. So, it is not just the author's opinion you are reading about. You are getting information on current scientific knowledge. Second, the author has gotten detailed testimonials by doctors and other individuals (including Mike Milken former king of the Junk Bond set) on how they deal with their own prostate cancer. How they have modified their lifestyle, and nutrition, and what cure path are they taking. This is most fascinating because there are no clearly right or wrong answers at this stage. There are definitely multiple options on how to treat this disease, each with their own trade offs.

Ultimately, prostate cancer treatment is very much an individual decision. This book can provide you much valuable information to remove most of the anxiety associated with taking some hard decisions. In my case, it has removed a good deal of anxiety on how I can prevent this condition. Like in anything, prevention is the best defense. And, this book can help you do that.

If you are concerned about your prostate and overall health, I also strongly recommend the book "The Harvard Medical School Guide To Men's Health." It covers any ailment related to the prostate as well as many other conditions that affect the male gender.

10 of 11 people found the following review helpful.

Very Helpful

By Stephen L. Smith

I purchased this book upon being diagnosed with prostate cancer. I found it very informative regarding the dietary causes for prostate cancer, and how diet could help keep it under control. I put the recommended program to work for me, while I waited to have prostate surgery, which I have now had successfully. Upon surgery, my PSA had gone down slightly, when the norm is for it to have gone up. This helped me realize there was something I could be doing to slow down my cancer while waiting for treatment. I continue to stay close to its recommendations after surgery. The book is very readable and very informative. I highly recommend it for any man. Read it before you get prostate cancer and start the prevention dietary program. I believe it has helped me learn to eat more nutritiously.

2 of 2 people found the following review helpful.

A Must Read for Males and their Female Companions

By J. Robert Ewbank

Should start by saying that I have had prostate cancer. Surgery in 1998 and radiation in 2007.

Dr. Bob Arnott's book was helpful to me. Much of the material I had read over the years that I have been dealing with prostate cancer. The difference in this book is that it summarizes all of the reliable information available at this time and presents it for you to read and digest.

Unfortunately there are no magic or silver bullets for prostate cancer. It can come back, as it did with me. None of the choices are the best or even great but you can live through them, though you may well have the

consequences such as incontinence and erectile dysfunction.

Very helpful in presenting dietary information that I have not found presented so well in other places.

This is a book that those with prostate cancer or those who want to avoid prostate cancer should read.

J. Robert Ewbank, "John Wesley, Natural Man, and the 'Isms'"

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