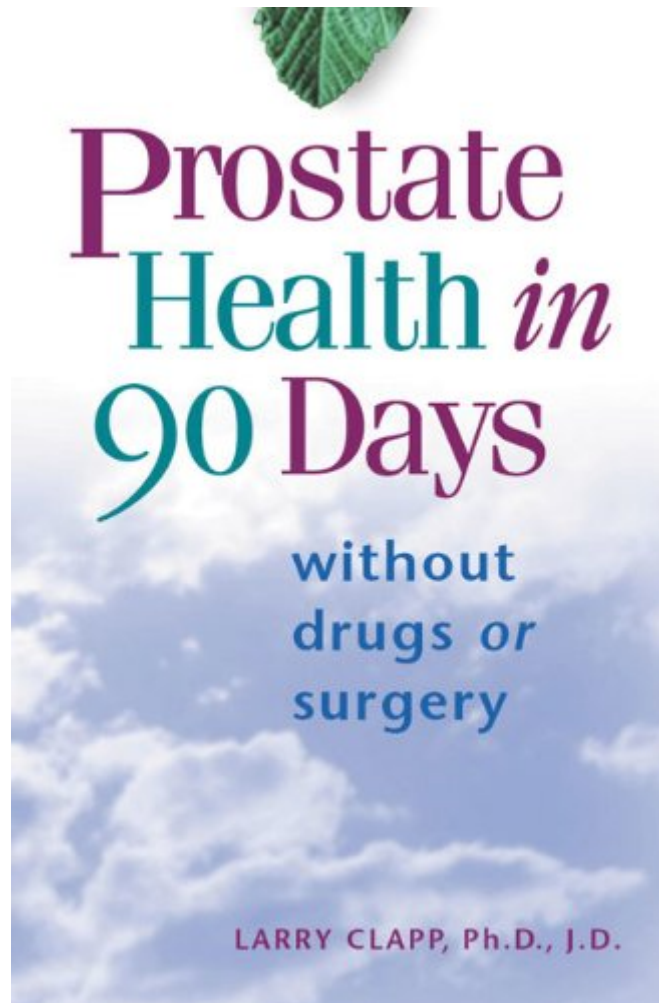




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Prostate Health In 90 Days



Synopsis

“This book is a must . . . for anyone who has cancer of the prostate or wishes to maintain optimal prostate health. Dr. Clapp is to be commended for having the courage to seek out 21st-century medicine, and to make it available to all of us.” Michael Galitzer, M.D., The American Health Institute

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Customer Reviews

I was told I had a very high PSA and they wanted to do a biopsy. I decided to get more information and found this book. It is full of helpful information laid out in an easy to understand plan of action. I am very thankful I found it. It will require some real effort on the reader's part to actually utilize the complete plan, but the road to health is often long and must be undertaken with patience and dedication. I believe this book improved my health--physical and psychological. It comes at the issue of prostate health from every angle. Really highly recommend it. Update-- It has now been 5 months since I received news of my 6.4 PSA reading. As reported above, I delayed my biopsy and

chose instead the path described in detail by this book. I did not do everything in the book, maybe half of it, actually. I did improve my diet, over what was already a good one (I am a personal trainer), I did increase my exercises, I did drop an already moderate alcohol intake, I did eat many of the foods he suggests, and limited the ones he suggests limiting, I did start with some external prostate massage per my sweetheart, I started the stretches, I did start taking some of the supplements, and I did do the parasite and colon cleanse. I could only get through day 4 of the fast. I also started visualization, mantras, and praying. My latest blood test one month ago shows my PSA at 5.01. My symptoms of aching in my prostate are 95% gone. My late night bathroom trips are 99% gone. I am closer with and thankful to my sweetheart. I believe I am healing from whatever I had. In my opinion, although I have more improvement ahead, this book has worked for me.

Though the author seems to promote a network marketed product, isn't a real doctor - and many online call him a scam artist, this book turned me on to some great ideas. Before reading this book I had no idea the problem with parasites living in our bodies and the disease they cause. Well worth a read (and take notes).

experiencing enlarged prostate..up and down all night, bladder never empty, urgency..this book has some great advice to improve the situation naturally...it works!

This book used methods that I was somewhat familiar with. Taking supplements had been a part of my nutritional practice for years. However I had never in my 57 years intentionally stopped eating. If you have never fasted before you may be a little apprehensive about trying it, but it seems to me so far to have been the exact thing I needed to do. I do not have prostate cancer but I had been to the doctor 3 times for a prostate infection and was told (after taking antibiotics which partially helped) that I would have to live with it or start drug therapy and possibly surgery. Since taking the advice in this book I have almost no symptoms and I feel great. I will admit that it was not easy and sometimes I don't stay away from foods I know are not good for my health but it took a long time developing bad habits and Rome wasn't built in a day. I would suggest reading this book if you might be concerned about your prostate health or your health in general.

Badly dated --some still useful ideas but look for a newer book if you want to go this route -- I finally went for surgery.

Solid medical advice for men and women. The tests suggested and Fast perfect for both sexes. If you have boys this is a great book so you can teach your boys about how to take care of their health as they grow. Some of the doctors are probably much older since this printing. I just wish they would update with current doctors. Either way, you can research on the the Internet the test or procedure or therapy that is recommended and see if there is a professional in your area.

If you're a man over 50, or if you have any symptoms of prostate problems - getting up too often at night to urinate, frequent urination, etc. - I advise you get this book. The author begins by explaining how he developed the protocols he espouses, which was through trial and error after he developed prostate problems. By far the most helpful - and easiest to implement - advice is in the first part of the book. Essentially, this is a body cleanse to rid the body of parasites. It consists of abstaining from solid food for eight days. In place of solid food you drink a nutritious blend of fresh lemon juice, organic maple syrup and cayenne pepper. You also add some supplements to this throughout the eight day "fast." In essence, this alkalizes the body, making it inhospitable to harmful microorganisms, which is the first step of his program. Some of his subsequent recommendations are harder to follow, but they're definitely worth trying if at all possible. I followed all of his early chapter recommendations and found my own symptoms of an enlarged prostate diminish considerably as a result. Definitely a great book for men concerned about their prostate health!

Good if followed, and I followed it religiously. The cancer disappeared, but came back twice later. I still have it.

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