



Do You Know the 10 Worst Foods for Your Prostate Health?

Ronald M. Bazar

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Most men don't know much about their prostate...

Yet your prostate is a gland, which—among its many functions—filters out toxins from your ejaculate! That means the worse you eat, the harder your prostate works. And the earlier your prostate shows signs of poor health.

Your prostate gland can make its presence known later in life, demanding your attention: prostate cancer, an enlarged prostate, or an infected prostate are the all too common prostate conditions affecting more and more men, and at an earlier age than decades ago.

It's a remarkable gland, and prostate health or its lack as prostate disease can have huge repercussions on a man's quality of life.

Why wait until your prostate function is compromised to learn what foods you shouldn't eat? Your prostate and your sex life will have a better chance if you learn the 10 worst foods as soon as possible. It is vital to men's natural health and human survival.

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Ronald M. Bazar, a Harvard MBA, is the author of the ground-breaking book, **Healthy Prostate: The Extensive Guide to Prevent and Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate and Prostatitis**, and other books on prostate function:

- **Prostate Health: Learn the 10 Amazing Functions of Your Prostate**
- **Prostate Cancer Prevention Diet**
- **The Prostate Health Diet**
- **The Prostate Massage Manual**
- **Secrets of Male Catheter Insertion for Prostate Problems**

He brings a unique perspective not found anywhere else, learned in the trenches of healing his extreme prostate condition. He suffered from complete urinary retention—the inability to pee—and was scheduled for emergency surgery, which he chose not to have.

He has studied diet and health for four decades, as both an enthusiast and as a businessman, starting in the

early years of the natural health industry.

His years of dedication and research to understanding wellness provide the special insights in this book. He will inspire you to a level of health to serve you for the rest of your life.

He now lives a fulfilling life as a writer and hobby artisan on a remote island off the BC coast.

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