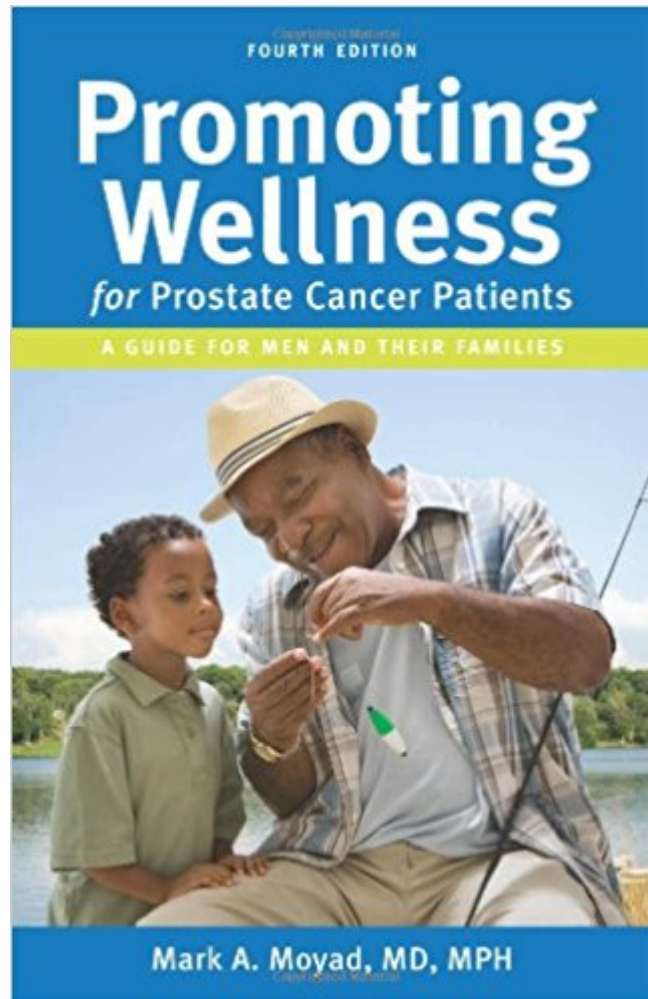


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# PROMOTING WELLNESS For Prostate Cancer Patients



## Synopsis

Promoting Wellness for Prostate Cancer Patients is a unique educational book for individuals dealing with the many aspects of prostate cancer—from prevention to treatment and managing the common (and not so common) side effects of conventional therapy. In this fully updated and redesigned Fourth Edition, Dr. Moyad covers the latest advancements in prostate cancer treatment while providing his trademark no-nonsense analysis on groundbreaking research that is currently underway. A new series of “Quick Tips” run throughout the book, where Dr. Moyad shares his secrets to improving overall health and vitality. Discover small diet and lifestyle changes that can produce big results. This title is also available in a Spanish edition, *Mayor bienestar para los pacientes con cancer prostático*.

## Book Information

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Average Customer Review: 4.3 out of 5 stars — See all reviews (15 customer reviews)

Best Sellers Rank: #109,673 in Books (See Top 100 in Books) #11 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Prostate Disease #12 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genitourinary & STDs #12 in Books > Health, Fitness & Dieting > Men's Health > Prostate Health

## Customer Reviews

Dr. Moyad has an enviable ability to condense information about prostate cancer, diagnostic techniques, treatment options and desirable lifestyle changes in a manner easily understood by the lay person. Since most men with prostate cancer will die of something else, the author stresses heart healthy habits, giving excellent suggestions on dietary guidelines and exercise techniques. He discusses criteria for active surveillance - not exactly the same as watchful waiting - an option that more men with low grade prostate cancer are choosing. Moyad is professor of preventive and alternative medicine at the U. of Michigan, but he is rather restrained in his recommendations of herbal remedies. He is not a fan of megadose medication. Indeed, he cautions against certain

agents known to have deleterious side effects. I highly recommend this book. You should also read his No BS Health Advice. The BS also stands for Bad Science. It exposes many current worthless and harmful fads and remedies. For men with advanced prostate cancer, Dr. Moyad has written Promoting Wellness beyond Hormone Therapy.

Well put together and a bit heavy on traditional cancer treatment thought. A good explanation of different treatments but lite on the role of nutrition and exercise. Overall a good read and informative.

I have heard him speak at events. This book has some really concise information to help one understand what they should do in a healthful sense.

I have only read the first section - not much new information but it is a useful little book and seems up-to-date. At the cost it is a very good buy and I would recommend it to other prostate sufferers.

If your reading this book then your life is not fun right now.. but this book makes a lot of sense and is easy to understand.

The most information since I started down this path it's been very helpful with a lot of links to other sources.

This book was recommended to me and I would recommend it to others. Well written and great information for those dealing with prostate cancer.

This book was a disappointment. It really didn't address my concerns about eating as a cancer patient.

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PROMOTING WELLNESS for prostate cancer patients The Prostate Health Diet: What to Eat to Prevent and Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate and Prostatitis Invasion of the Prostate Snatchers: An Essential Guide to Managing Prostate Cancer for Patients and their Families Eat to Beat Prostate Cancer Cookbook: Everyday Food for Men Battling Prostate Cancer, and for Their Families and Friends Androgen Deprivation Therapy: An Essential Guide for Prostate Cancer Patients and Their Loved Ones Dr. Peter Scardino's Prostate Book,

Revised Edition: The Complete Guide to Overcoming Prostate Cancer, Prostatitis, and BPH Inner Peace - Adult Coloring Books: Beautiful Images Promoting Mindfulness, Wellness, And Inner Harmony (Yoga and Hindu Inspired Drawings included) Nursing for Wellness in Older Adults (Miller, Nursing for Wellness in Older Adults) Infectious Complications in Cancer Patients (Cancer Treatment and Research) The New Testosterone Treatment: How You and Your Doctor Can Fight Breast Cancer, Prostate Cancer, and Alzheimer's The Whole Life Prostate Book: Everything That Every Man-at Every Age-Needs to Know About Maintaining Optimal Prostate Health The Natural Prostate Cure, Second Edition: A Practical Guide to Using Diet and Supplements for a Healthy Prostate The Prostate Massage Manual: What Every Man Needs To Know For Better Prostate Health and Sexual Pleasure F'k Cancer - Coping & Coloring: The Adult Coloring Book Full of Stress-Relieving Coloring Pages to Support Cancer Survivors & Cancer Awareness ... Books & Swear Word Coloring Books) (Volume 6) Cancer Survivorship Coping Tools - We'll Get you Through This: Tools for Cancer's Emotional Pain From a Melanoma and Breast Cancer Survivor 21st Century Ultimate Medical Guide to Endometrial (Uterine) Cancer - Authoritative, Practical Clinical Information for Physicians and Patients, Treatment Options (Two CD-ROM Set) 21st Century Ultimate Medical Guide to Thyroid Cancer - Authoritative, Practical Clinical Information for Physicians and Patients, Treatment Options (Two CD-ROM Set) 21st Century Ultimate Medical Guide to Bile Duct Cancer - Authoritative, Practical Clinical Information for Physicians and Patients, Treatment Options (Two CD-ROM Set) 21st Century Ultimate Medical Guide to Testicular Cancer - Authoritative, Practical Clinical Information for Physicians and Patients, Treatment Options (Two CD-ROM Set) 21st Century Ultimate Medical Guide to Nasopharyngeal Cancer- Authoritative, Practical Clinical Information for Physicians and Patients, Treatment Options (Two CD-ROM Set)

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