



**[Cooking Well: Prostate Health: Over 100 Easy and Delicious Recipes for Prostate Management]
(By: Marie-Annick Courtier) [published: June, 2011]**

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Enjoy Delicious Recipes Specially Designed to Improve Prostate Health Diet plays an important role in your body's overall health, including the prostate. "Cooking Well: Prostate Health" features over 100 recipes to reduce the risk of prostate problems and to improve prostate wellness. More than 30 million men suffer from prostate conditions that negatively affect their quality of life. While family history and aging are major factors of declining prostate health, proper nutrition also plays an essential role in prevention and management of prostate problems and improving prostate health. Foods such as tomatoes, broccoli, berries, and nuts have been shown to have a positive impact on prostate health. "Cooking Well: Prostate Health" combines these and other foods into delicious recipes to keep appetites satisfied while maintaining a balanced diet to benefit the prostate. "Cooking Well: Prostate Health" also includes: - An overview of the prostate and common ailments such as prostatitis and prostate cancer- Guidelines on foods to choose and foods to avoid for optimal prostate health- Helpful tips to make it easy to create a customized diet plan Some of the over 100 easy and delicious recipes to be found inside include Muesli with Peaches and Almonds, Lentil Soup with Ground Turkey, Tomato and Basil Salad, Shrimp Scampi Style, Salmon with Orange Sauce, Chicken Breast with Asian Glaze, Turkey Chili, Stuffed Eggplant, Carrot Cake, and Pomegranate & Strawberry Parfait.

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