



The Whole Life Prostate Book: Everything That Every Man-at Every Age-Needs to Know About Maintaining Optimal Prostate Health

Dr. H. Ballentine Carter, Gerald Secor Couzens

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What Every Man Needs to Know About Prostate Health—At Any Age

More than twenty million American men are affected by a prostate health issue, and more than two hundred thousand are diagnosed with prostate cancer every year. But many of these problems are preventable.

Dr. H. Ballentine Carter is the preeminent expert in the diagnosis and management of prostate disease, and in *The Whole Life Prostate Book* he provides men of all ages the resources to respond efficiently and effectively to a prostate crisis, as well as advice on how to prevent a crisis from ever occurring. Filled with simple and nutritious recipes, easy-to-follow workout routines, and a straightforward approach to demystifying the complex medical jargon of prostate disease, *The Whole Life Prostate Book* is a comprehensive and powerful guide to maintaining optimal health throughout a man's life.

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