

Why you should change your diet

The standard American diet is a diet that is certain to damage your health, make you age sooner and leads inevitably to disease. Don't be misled by the medical establishment. They actually don't know anything at all about nutrition, because truth be told, most doctors don't even believe diet can cause disease or that it is really important for health. In fact, eating the standard American diet which is largely what doctors recommend is why you now have a prostate problem. There is plenty of scientific evidence cited in my guide which you can read. But the good news is that you can reverse most of the damage that has been done, if you are willing to make the effort.

In order to do that, you need to make some quite dramatic changes to how and what you eat. And I intend to tell you how and what you need to do.

One of the saddest things is that you can walk into any supermarket and probably 90% of what is on the shelves are products that can only damage your health. When we talk about prostate health specifically, at minimum, the foods you need to avoid are industrially produced red meat, and all cow dairy products. In my 140 page guide "All About The Prostate" I show all the research and explain exactly why those two categories of products have to be avoided altogether if you wish to make your prostate healthy again.

But perhaps you would like to go further and make yourself younger, fitter and generally healthier. If you are over the age of 50, you will have many potential health concerns. Wouldn't it be nice to not have to worry about disease and possibly early death?

Reducing your biological age is not just about living longer. It is about living better. The quality of your life is impacted by each and every disease you suffer from. And if you listen to the doctors and take all their pills, the side-effects of those poison pills will make the quality of your life even worse.

.If you have just bought my Total Health supplement for the first time, you will have a three month bonus of my VIP support. That means every Friday you will get an email specifically about the ketogenic diet and food that relates to health. At the end of the three-month bonus, you will have the option if you wish to continue to receive my VIP newsletters by subscribing.

My supplements, like Total Health, can certainly help you, but as I explained earlier, they can only do a limited job unless you stop doing all the wrong things for your health and start doing the right things. That means keeping up with a prostate-healthy diet and exercise regularly. In my next video I will explain you specifically what is a ketogenic diet and what changes exactly you need to make on your shopping list.