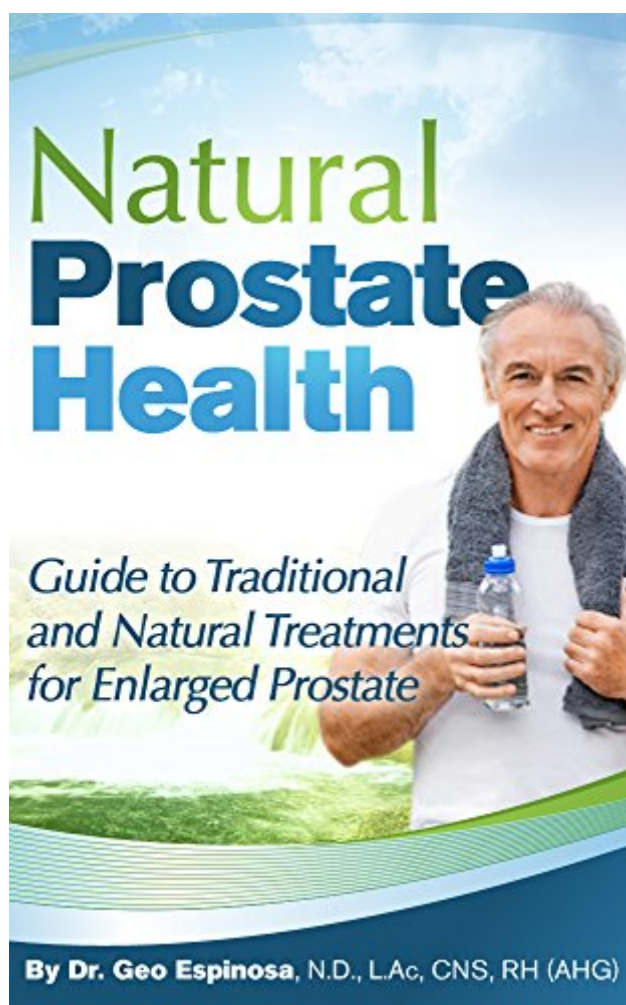


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# Dr. Geo's Guide To Natural Prostate Health: A Man's Guide To Traditional And Natural Treatments For An Enlarged Prostate



## Synopsis

Dr. Geo's Guide to Natural Prostate Health is an essential guide for men looking to restore their prostate health and regain their sexual vigor and energy. Topics covered include natural and traditional treatments for BPH/enlarged prostate and prostatitis as well as nutritional and lifestyle guidelines for maximizing your prostate health. Over 1 in 6 men will get prostate cancer in the USA and Dr. Geo's Guide to Natural Prostate Health provides a guide for better, healthier living, so as to maintain maximum prevention of prostate disease. Men who are suffering from urinary problems and symptoms of an enlarged prostate are encouraged to follow Dr. Geo's simple steps to restore their prostate health and take control of their overall health. Untreated, prostate conditions can worsen, and threaten a man's lifestyle and sexual health so it is important to make sure that the "male plumbing" is kept in maximum health. Other topics covered include "what foods can worsen your prostate health?", "side effects of drugs for enlarged prostate", "what prostate drugs can give you erectile dysfunction?" and many more topics that will help you get back to health. Essential reading for men looking to shrink their prostate, sleep better at night and get back to life. About Dr. Geo Espinosa. Dr. Geo is the Director of the Integrative Urology Center at NYU Langone Medical Center and was previously the Director of Clinical Research at the Center for Holistic Urology at Columbia University. He earned his four-year naturopathic doctoral degree and two-year acupuncture degree at the University of Bridgeport. He completed a residency and fellowship at the Center for Holistic Urology, a program of Columbia University Medical Center Department of Urology. At the Center for Holistic Urology, Dr. Geo treated patients with a broad range of urologic conditions and directed clinical research under Dr. Aaron Katz. Dr. Geo's clinical research has centered on the therapeutic value of proper nutrition and supplement intake for men's prostate health. His studies at the University of Bridgeport focused on quality control in the manufacturing of dietary supplements, and he is an authority on that topic. Dr. Geo's practice focuses on integrative, holistic approaches to urologic conditions. He has specific interests in clinical nutrition, western and eastern herbal medicine, diet modification, acupuncture, the mind/body connection, and exercise, all of which can be powerful therapies for urologic conditions. Dr. Geo is a member of the American Urological Association, the American Association of Naturopathic Physicians and the American Herbalist Guild. He was recently named one of the top social men's health Doctors by the Dr. Oz owned website "Sharecare". Diseases and Conditions Treated by Dr. Espinosa include: Benign prostatic hyperplasia (BPH) Erectile dysfunction (impotence) after prostate treatment High-grade PIN Hormone therapy side effects Incontinence after prostate treatment Interstitial cystitis Nutrition management before and after prostate surgery Prostate cancer (primary and

recurrent)ProstatitisWeight management before prostate surgery

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