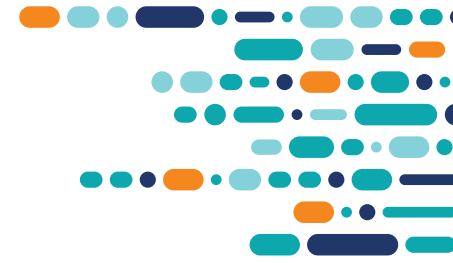




Prostate
Cancer
Research

pcr.org.uk

tackle
prostate cancer



NUTRITION AND PROSTATE CANCER

TOP TIPS Lynda and Daniela's top tips from the session

- Focus on detox foods such as cruciferous vegetables and protein
- Reduce environmental toxins
- Oxygenate through exercise, HBOT, and other therapies
- Careful use of supplements

Find out more

www.pcr.org.uk/living-well

