Prostate cancer is second most diagnosed men cancer in the world, every year more than 30,000 patient in USA die because of it. No authentic preventive guideline available which can prevent Prostate troubles like Prostatitis, Benign Prostatic hyperplasia and cancer of prostate. The treatment itself sometimes causes serious side effects like impotency and urinary incontinence and also drug resistance prostate cancer after seeing its morbidity there was a need for effective research for a breakthrough in its prevention and treatment. Most of the literature was collected from reliable sources; manuscript of ancient Indian methodology of health, Yog, Nature cure with comparative study is made with observation of Dr Hahnemann's Orgnon of Medicine. A unique new method invented “ten step prostate health program”: This holistic formula is being observed on patients of various prostate problems found to be clinically effective. This method covers safe food and health guidelines, its environment friendly, innovative and most of the health guidelines of the world are covered and patient get complete information about lifestyle, environment, diet, Hygiene, effect of various health aspect on prostate health. Although various guidelines are common with many health regulatory agencies but it has unique preventive formula which can prevent millions of men from prostate cancer and other related disorders.

Biography
Naval Kumar Verma Graduated Bachelors Degree in Homeopathy form Delhi, Masters Degree in Homeopathy M.D.(Hom) from Dr B.R. Ambedekar University Agra, and got many international qualifications and super specializations in Homeopathy. Got diploma in Naturopathy and Yoga, and Fellowship in Homeopathy from UK.. Post Graduate in Homeopathy from UK. Having a busy clinical practice in New Delhi for last 18 Years (Since 1995), India.

drnaval.kumar@gmail.com

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