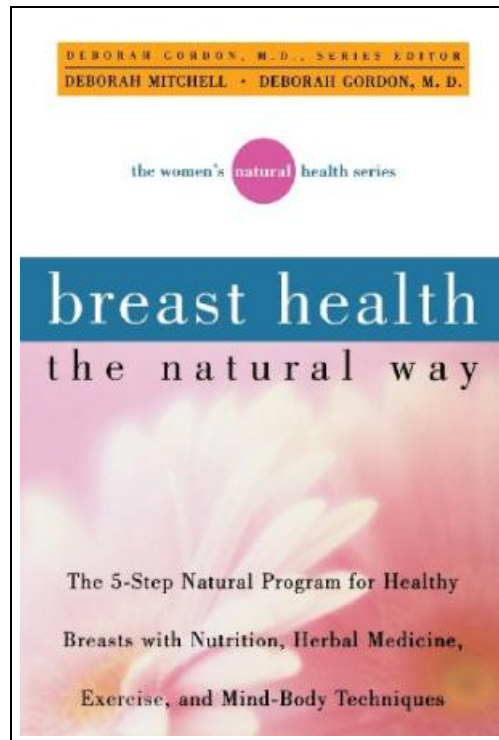


Breast Health the Natural Way The Womens Natural Health Series



Filesize: 3.65 MB

Reviews

It becomes an awesome publication that I actually have actually read. It really is written in simple terms and not difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Talia Cormier)

BREAST HEALTH THE NATURAL WAY THE WOMENS NATURAL HEALTH SERIES



Wiley. Paperback. Condition: New. 288 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. Discover the road to breast health and overall well-being. Only about 10% of breast cancer is linked to heredity and genes; the majority is associated with lifestyle and environmental factors. This means that you can take control of your breast health and work to prevent cancer and many other common breast problems. Written by two authorities in complementary medicine and women's health issues, *Breast Health the Natural Way* is a compassionate guide that combines mainstream and alternative medical advice, nutrition, exercise, and mind-body medicine into a simple, five-step program you can follow to ensure the health of your breasts. With reassuring understanding of women's concerns, Dr. Deborah Gordon explains: Healthy food choices for breast health-including powerful cancer-fighting sources; Hormone therapy and how to decide if it's right for you; Exercise and meditation/visualization techniques to cut your breast cancer risk; How to perform a breast self-examination properly; How to understand and deal with breast changes during pregnancy; Other breast conditions, including cyclic fibrocystic changes, breast pain, nipple discharge, implants, breast reconstruction, mastectomy, and more. Uniquely created from a woman's perspective, *Breast Health the Natural Way* offers you a wellspring of insight along with the information and tools you need to ensure the health of your breasts and the rest of your body. This item ships from multiple locations. Your book may arrive from Roseburg, OR, or La Vergne, TN. Paperback.



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