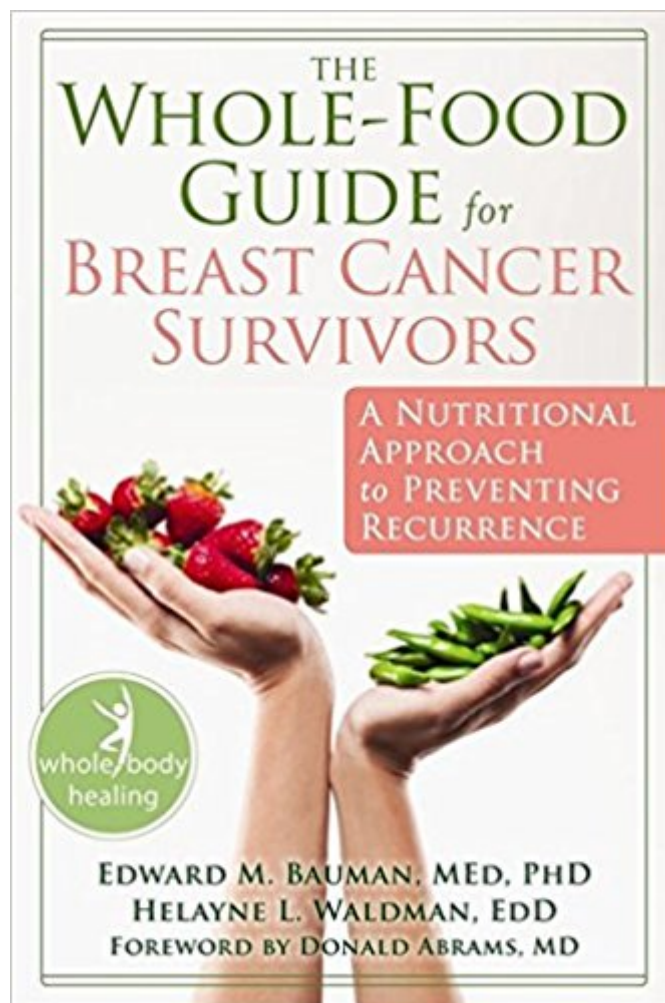


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# The Whole-Food Guide For Breast Cancer Survivors: A Nutritional Approach To Preventing Recurrence (The New Harbinger Whole-Body Healing Series)



## Synopsis

If you're a breast cancer survivor, chances are you have renewed your commitment to maintaining your good health and taking care of your body. As one of the best preventative measures known to doctors and nutritionists today, a robust, cancer-fighting diet is vital to your personal plan for breast cancer prevention. The Whole-Food Guide for Breast Cancer Survivors is an essential guide for every woman seeking to understand the effect of nutritional deficiencies and environmental factors on her overall health and wellness. Based on Edward Bauman's groundbreaking Eating for Health model, this highly comprehensive, practical approach can help you reduce the chance of breast cancer recurrence; rebuild your immune system; and enjoy a stronger, healthier body. Reduce the chance of breast cancer recurrence by: Incorporating cancer-fighting foods into your diet Indulging in safe, nontoxic cosmetics and body care products Understanding the role of essential nutrients in maintaining your health Managing your weight and balancing your blood sugar Nourishing your immune, detoxification, and digestive systems

## Book Information

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## Customer Reviews

I ordered this book along with two others... By far this is the one that I liked the least. There is some helpful information in there but the format is convoluted, the writing not clear and the connection between the science and the food I'd often muddled and not easy to follow. Recipes are so-so... And I honestly haven't gotten much at all out of this book. I expected more and better. I do LOVE the

other two books that I ordered along with this one, and they have become an integral part of my (and my family's) efforts, at home, to help me to prepare my body for chemo through diet and foods, and to help my body support itself after infusion cycles by preparing and eating certain foods that help with side effects and loss of essential minerals, dehydration, etc. etc. those books are "The Cancer Fighting Kitchen" and "One Bite At A Time" both by Rebecca Katz.

This book has been a tremendous help. I was diagnosed with stage 2 breast cancer in September of this year. I am grateful for my doctors and the treatments that modern medicine has provided for me, but I was thrilled to discover this book. It has armed me with the knowledge I needed to do something that is within my own control to reduce the risk of my cancer recurring. The information is written in easy to understand language and provides simple, practical advice on how to put the knowledge to work for me. I have recommended this book to every one I know who is battling cancer, and to everyone I know who wants to prevent cancer! It has drastically changed the way I view food. I carefully consider what I buy and what I choose to put in my mouth because I now understand the consequences - good and bad - of each decision I make. God created an amazing thing when he created the human body - and he created the earth to provide perfect food for those bodies. This book explains how feeding our bodies the food it was intended to have keeps our immune systems strong...and the bad stuff at bay!

Once I heard Helayne Waldman speak at the Annie Appleseed Conference, I had to buy this book. As a cancer coach, I am always on the lookout for books to recommend to my clients--books I call roadmaps for survival, and this one is a must-read. Did you know that a well-nourished immune system fights off invaders, including cancer, using a coordinated sequence of events? Waldman and Bauman give you not just the explanation, but the means for making this happen. Down on dairy but eat whey? You bet; whey has many anticancer and immune-friendly benefits. Discover the benefits of this and many other anticancer foods, and learn how to reduce exposure to cancer promoters. The book will empower you to take charge of your health, help you heal faster, and reduce your risk for recurrence. Elyn Jacobs, Certified Cancer Coach, Executive Director of the Emerald Heart Cancer Foundation, and Host of the Survive and Live Well Radio Show

The "Whole Food Guide For Breast Cancer Survivors" is a great easy-to-read source of essential science-based information about cancer: what could contribute to it and how you can keep it under control after treatment. In this book, authors discuss how you can avoid or minimize exposures to

various risk factors and strengthen your immunity by building body's nutrient reserves. In addition, since hormonal balance, blood sugar regulation, stress, inflammation, and toxic burden play an important role in cancer development, the authors give practical tips on how to optimize all these factors, help the body return to the state of internal harmony and maintain lasting health. You will learn which nutrients are crucial for health and how to nourish your body with delicious nutrient-dense whole-foods based meals using the easy to follow recipes. Plus, the tips on how you can make your pantry super-healthy are in the book, too. The guidelines on eating and living for recovery and health empowered my mom and grandpa to tolerate chemo and radiation treatment, recover from its effects, and continue living and feeling better. My mom has been cancer free for 12 years (although she needs regular reminders and coaching to stay on track, especially about better eating out choices and non-toxic personal care products like cosmetics, skin creams, and perfumes). This book gives a succinct outline of good ideas - great to use as a constant reminder to stay on healthy track for cancer survivors. I wish it could be translated into different languages. Highly recommended for a general reader as well as for someone going through cancer treatments and interested in optimizing recovery!

The content is easy to read, detailed, and spot on. I interviewed Helayne Waldman, the co-author via SKYPE for a magazine article so I fact checked many of the claims in peer-reviewed literature. All was supported by the research. Then my elderly mother who has been dealing with cancer and I met with Helayne. She was personable and compassionate as well as to the point about what was helpful and not, nutrition wise, to support healing and health. I have recommended this book to several people dealing with cancer, and I have offered Helayne's contact information as well. I appreciated this book, immensely, and have made changes in my own diet to support my well-being.

I am a graduate of Bauman College. I like the way Dr. Bauman and the other authors layed out this book in talking about risk factors and what nutrients can reduce cancer risk factors and how to create or maintain a strong immune system to prevent breast cancer as well as reduce the risk of recurrence. The authors' suggestions are not difficult to follow. Don't wait until you get a cancer diagnosis to read this book. Statistics show 12% of women will have breast cancer in their lifetime. This is a wonderful book that talks about prevention as well as how to reduce a recurrence of cancer.

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