



Breast Cancer: 50 Essential Things You Can Do

Greg Anderson

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2.5 million women in the U.S. have had a breast cancer diagnosis; more than 200,000 women are diagnosed each year. While recovery and survival rates have improved, selecting a treatment plan can be confusing and overwhelming.

Breast Cancer: 50 Essential Things You Can Do offers a roadmap for women facing breast cancer. Cancer-survivor Greg Anderson, a recognized pioneer in the field of integrated cancer care, has guided tens-of-thousands of cancer patients to health and healing over the past 25 years, through his books and his Cancer Recovery Foundation. In this new book he offers critical information about the major issues patients face following a breast cancer diagnosis, and shows how to implement a comprehensive recovery plan that maximizes opportunity for healing and recovery.

This is a fully integrative approach--one that questions Western medicine's tendency to overtreat and proposes a combination of nutrition, exercise, mind/body approaches, and social support along with conventional medical care.

Breast Cancer: 50 Essential Things You Can Do shows how to get well and stay well by:

- Understanding your diagnosis
- Determining your treatment
- Managing your medical care
- Transforming your diet
- Designing a vitamin and mineral supplement program
- Minimizing toxic exposure, implementing an exercise program, and getting enough sleep
- Creating physical, emotional and spiritual health

This is a life-saving guide for anyone with breast cancer--whether it's a new diagnosis or a recurrence--to become fully engaged in her own health and healing.

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Fern Marshall:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their free time with their family, or their friends. Usually they undertaking activity like watching television, about to beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? May be reading a book could be option to fill your free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to try look for book, may be the guide untitled Breast Cancer: 50 Essential Things You Can Do can be great book to read. May be it can be best activity to you.

Charles Bock:

The book Breast Cancer: 50 Essential Things You Can Do has a lot of information on it. So when you read this book you can get a lot of profit. The book was authored by the very famous author. Mcdougal makes some research ahead of write this book. This book very easy to read you can obtain the point easily after reading this book.

Reta Zimmer:

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