



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

*Edward Bauman, Helayne Waldman*

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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

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**From reader reviews:**

**Carol McElroy:**

The book with title The Whole-Food Guide for Breast Cancer Survivors: A Nutritional Approach to Preventing Recurrence (The New Harbinger Whole-Body Healing Series) possesses a lot of information that you can understand it. You can get a lot of advantage after read this book. This specific book exist new knowledge the information that exist in this guide represented the condition of the world currently. That is important to yo7u to find out how the improvement of the world. That book will bring you inside new era of the internationalization. You can read the e-book on your smart phone, so you can read this anywhere you want.

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Reading can called mind hangout, why? Because if you find yourself reading a book specially book entitled The Whole-Food Guide for Breast Cancer Survivors: A Nutritional Approach to Preventing Recurrence (The New Harbinger Whole-Body Healing Series) your thoughts will drift away trough every dimension, wandering in each aspect that maybe unfamiliar for but surely will become your mind friends. Imaging every word written in a guide then become one form conclusion and explanation that will maybe you never get ahead of. The The Whole-Food Guide for Breast Cancer Survivors: A Nutritional Approach to Preventing Recurrence (The New Harbinger Whole-Body Healing Series) giving you another experience more than blown away the mind but also giving you useful info for your better life with this era. So now let us show you the relaxing pattern at this point is your body and mind will be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary wasting spare time activity?

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Some individuals said that they feel fed up when they reading a reserve. They are directly felt the item when they get a half areas of the book. You can choose often the book The Whole-Food Guide for Breast Cancer

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