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The Only Step-by-Step, Day-by-Day Guide for What to Do Before, During, and After Breast Cancer Surgery, Chemotherapy, and Radiation Find out: - One easy way to prevent nausea during chemotherapy - Why you should get a

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dental appointment before you start treatment - Which single clothing purchase will permit easy post-surgery movement - What you must do now to prepare for the cancer vaccines of the future - Where to get free housecleaning, restaurant meals, & gifts - One easy way to have a (relatively) pain-free recovery from surgery - Which everyday food interferes with chemotherapy - What you should tell your child's teachers - How

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you can schedule your surgery to improve your outcome - Which simple precaution you must take on airplane flights - One way to get 12 weeks of medical leave without losing your job - Where to sign up for dozens of free spas and retreat vacations The book includes specific checklists for dealing with the procedures, treatments, preparation, and follow-up that breast cancer patients require, including lumpectomy, mastectomy,

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reconstruction, post-surgery recovery,
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infusion port insertion, prosthesis
purchase, chemotherapy, radiation,
Herceptin, Tamoxifen, Lupron, aromatase
inhibitors, triple-negative diagnoses,
lymphedema management, and clinical
trials. The book also helps you manage
your health, your family, and yourself,
including checklists for finding an
oncologist, a surgeon, and other health
professionals; organizing your health

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insurance records, obtaining various products and aids that will make you more comfortable during and after surgery and chemotherapy; checklists to help you organize your children, your family, your friends, and your job; and much more. This is the book every breast cancer patient needs.

Fortunately, new medical treatments have dramatically improved the survival rate in women suffering from breast cancer. I sincerely hope this book will

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increase your awareness of this serious disease and teach you how some simple lifestyle changes can dramatically improve your health and prevent any life-threatening conditions. In this book, you will find amazingly delicious juice recipes that are based on super-healthy ingredients which are proven to boost up the immune system and fight off different types of cancer, including breast cancer. These juices are extremely easy to make and won't

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take much of your time. When combined with a regular self-exam, these foods are the key to preventing this horrible disease. Stay happy and healthy with these great breast cancer preventing juices

What's a Body To Do? The Breast Cancer Case Manager is part personal narrative, part resource guide, part personal organizer and workbook. It's designed to help newly diagnosed women start coping with their own cancer

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treatment. Written by a writer who was diagnosed with invasive ductal carcinoma shortly after her 49th birthday, the Case Manager contains all the useful advice and information she received from the people she met on her own journey through Cancerland: doctors, nurses, cancer counselors, social workers, support group members. The Case Manager is organized chronologically, covering diagnosis, surgery, treatment, dealing with health

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Returning New Evidence Reveals Amazing Protector Foods plans, managing mental health, what it means to be a "survivor" and more. The key chapters break down into two parts: first the humorous/ironic tale of the author's own experience with highlighted "tips" along the way, and second the "personal organizer." The organizer contains: annotated resource sections containing a selection of books, groups and Internet sites that provide reliable information without being overwhelming suggested questions

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to ask doctors diary pages master
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appointment record address book place
to record pathology and test reports
chemo and radiation "symptom journals"
The organizer provides the patient a
way to keep all her "information" in
one place, in a format compact enough
to take along whenever she goes to the
doctor's office. The narrative is
filled with humor--if not exactly laugh-
out-loud-so-hard-till-you-cry funny, at
least smile-in-understanding, wince-

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with-the-irony funny. Why? Because studies show that a good laugh is therapeutic, not to mention a very practical defense mechanism that can help anyone get through the terrible and terrifying experience of breast cancer treatment. Despite the hundreds of books about breast cancer on the market, no other book is a case manager. No other single book provides the breast cancer patient a pre-packaged personal organizer to manage

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her own treatment -- so important when a woman is faced with the myriad, new and often bewildering details of being a cancer patient. The goal of What's a Body To Do? The Breast Cancer Case Manager is to make it easier for women to take back control of their lives and manage their own, unique treatment. Knowledge is power, and the Case Manager provides women the launching pad from which to acquire it. Early reviews: "Pack up your hopes, a

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knowledgeable health care team, your social supports, and your spiritual beliefs to bring along on the journey through cancer treatment-you have a wealth of inner strength available to you, which The Breast Cancer Cas "How do I deal with this fear?" You've just learned that you have cancer. Once the shock wears off, your new reality sets in. The fear is overwhelming. You're reminded over and over again that you need to have a positive

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attitude. You put on a brave face and try to think positively. But, fearing the worst, it's nearly impossible. It Begins with Belief challenges the idea that you must simply think positively and offers a more practical approach to dealing with your fear. This book will:

- * Provide a step-by-step roadmap to overcoming your fear.
- * Address difficult questions such as, "If all I can think about is dying, isn't that what will happen?" and "How can I be

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optimistic when I'm consumed by uncertainty?" * Help you get to the root of your fear by exploring your beliefs about cancer, healing, and love. * Show you how to challenge your fear-based beliefs and create new, empowering beliefs based on fact. * Prove this truth: If your body creates cancer, it can heal cancer, too! It's not about thinking positively. It's about believing positively! Sound impossible? This book will show you

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how. "With Jill's intelligence, compassion, and medical knowledge, she was the perfect survivor mentor. She has taken the stories and insights and written a factual, but uplifting book that will help cancer survivors and caregivers, alike." Kristy Zane, American Cancer Society, Reach to Recovery Coordinator A word from the Author: When you hear the words, "You have cancer," it's normal to feel afraid. Faced with a serious illness,

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fear represents your very strong instinct to survive. However, if you don't consciously address your fear, it can create feelings of deep hopelessness. Feeling hopeless is extremely painful. I know this because I have been in those shoes. Eleven years ago, I was diagnosed with an aggressive recurrence of breast cancer. More than anything else--the chemo, the side effects, and the loss of my breasts and hair--my greatest struggle

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was dealing with the fear. When you are very scared and convinced that things "don't look good," the idea of overcoming your fear may seem impossible. My mission is to show you that it absolutely can be done. Whether you follow the guidance in my book, *It Begins with Belief*, or reach out for one-on-one coaching, I am confident that I can help you. I will guide you through a practical, step-by-step process that will change what you

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believe is possible with real facts and actions. Together, we will create new experiences, beliefs, and expectations that will give you real hope. Remember, it's not about thinking positively.

It's about the power of believing positively! About the Author: Jill earned her doctorate in chiropractic from Palmer College of Chiropractic-West and her board certification in family practice from the University of California, Davis-FNP/PA Program.

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Jill's greatest passion is showing her patients how to take control and find real hope, even when faced with a life-threatening diagnosis. She has had the pleasure of helping many people through her medical practice, and as a volunteer for the American Cancer Society's Reach to Recovery program, a support program for women who are newly diagnosed with breast cancer. Jill currently devotes her time to coaching cancer survivors using the principles

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of It Begins with Belief. Please visit
Jill at <http://jillringer.com>.

A Survivor's Guide for When Treatment
Ends and the Rest of Your Life Begins
(An Honest and Humorous Step by Step
Journey of a Breast Cancer Survivor)

Sometimes You Just Have to Take Your
Wig off and Run in the Rain

The Undying

50 Essential Things You Can Do

And Science-based Method to Keep It

A...s.l.e.e.p.

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Dear Breast Cancer Fuck Off Love Me

“My mother had five daughters -- four of us have had breast cancer. But we survived. And you can too. I'll show you how. My methods may be unorthodoxed, but when you learn to walk in your power -- you'll know your power.” --Raining Deer
BCV is a thoughtful, sometimes humorous but candid account of my personal journey with breast cancer. It addresses what anyone who has been diagnosed with breast cancer initially thinks, which is one of three things: 1. “Oh my God!” 2. “Am I going to die?” 3. “How am I going to tell my loved ones?” In BCV – Rites Of Passage For Breast Cancer Victors, I give

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you a roadmap for moving from breast cancer "victim" to victor by celebrating the divine nature of healing. My self-affirming rituals will help you learn to walk in your power, thus becoming more than a survivor but a victor over breast cancer by invoking divine healing principles that are deeply rooted in traditional spiritual practices. In BCV I take you through these steps: · Finding out you have breast cancer · Exploring medical and alternative treatments · Having the treatment of your choosing · Regaining clarity and your sense of purpose through the divine healing principles of Prayer, Praise and Power. Once you walk this journey with

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me, you'll understand the purpose for this book.

--Raining Deer "Raining Deer's rituals provide rites of passage into divinity." --Wallis Tinnie, Ph.D.

My book is about being diagnosed with breast cancer and all the wonderful games I got to play. It starts out with the mammogram and further testing and continues with surgery, radiation, and chemotherapy. I was fortunate to have a less-invasive type of cancer and didn't need the kind of chemotherapy that makes your hair fall out, but I still had problems. I am a nurse, but I was unaware of most of the processes involved in the treatment of breast cancer. I did learn a lot about diagnosis,

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testing, and prognosis of different types of breast cancer. I also learned a lot about being the patient and how easy it is to get lost in the shuffle. The treatment has become routine for some of the caregivers, and it is easy to get treated like a disease and not a person. I wanted to share my experience to hopefully help others be able to fight for and demand the best treatment for themselves. Carrying on the tradition established by its founding editor, the late Dr. Martin Abeloff, the 4th Edition of this respected reference synthesizes all of the latest oncology knowledge in one practical, clinically focused, easy-to-use volume. It incorporates basic

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science, pathology, diagnosis, management, outcomes, rehabilitation, and prevention – all in one convenient resource – equipping you to overcome your toughest clinical challenges. What's more, you can access the complete contents of this Expert Consult title online, and tap into its unparalleled guidance wherever and whenever you need it most! Equips you to select the most appropriate tests and imaging studies for diagnosing and staging each type of cancer, and manage your patients most effectively using all of the latest techniques and approaches. Explores all of the latest scientific discoveries' implications for cancer diagnosis and

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management. Employs a multidisciplinary approach - with contributions from pathologists, radiation oncologists, medical oncologists, and surgical oncologists - for well-rounded perspectives on the problems you face. Offers a user-friendly layout with a consistent chapter format • summary boxes • a full-color design • and more than 1,445 illustrations (1,200 in full color), to make reference easy and efficient. Offers access to the book's complete contents online – fully searchable – from anyplace with an Internet connection. Presents discussions on cutting-edge new topics including nanotechnology, functional imaging, signal

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transduction inhibitors, hormone modulators, complications of transplantation, and much more.

Includes an expanded color art program that highlights key points, illustrates relevant science and clinical problems, and enhances your understanding of complex concepts.

Knowledge is key when it comes to being in control of your health. Here, you can get the knowledge you need to prevent breast cancer. Whether you are a young adult, mid-life, post-menopausal, post breast cancer surgery, or have a recent diagnosis of Ductal or Lobular Carcinoma in Situ (DCIS and LCIS), you can use this knowledge against breast cancer. You

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do have another option besides or in addition to the standard treatment protocol and we all have the ability to prevent breast cancer! Jacquie Hart shakes the breast cancer world with her 18 chapter discovery and call to action. She not only reveals the primary cause of breast cancer, which is already well-known by scientists and doctors, she unearths tons of research in order to back up and explain the cause. In doing so, she assigns a name to this cause so that people can easily spread this groundbreaking information. You get to be first to find out what this cause is called and start a movement to save lives! Jacquie then gives you the best tool yet

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to avoid breast cancer - a simple, never-before-seen risk chart. Nowhere will you find a more comprehensive, organized chart of known breast cancer risk percentages and how they are associated with its cause. You can locate the ones that have affected you and see how high your risks might be right now! After finding out your risks, you will most likely want to avoid them. That's great, because you will be introduced to the most comprehensive, science-based, doctor recommended approach to preventing these risks. You don't have to wait around to find out if you will get breast cancer! Together, seven doctors' risk

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reduction strategies are the tools Jacquie used for healing and are the foundations of the proven method, called the S.L.E.E.P. Method. Each proactive step includes protocols that follow only one premise - to remove from your body the one thing that causes 75% or more of breast cancer. Finally, we can have an easy to understand, reliable approach to prevent breast cancer occurrence or re-occurrence. If you want to take action, but don't want to weed through technical jargon or unproven methods, this book is for you! The cause defined, a never-before-seen risk chart and a proven, easy-to-remember method for prevention. This is what we

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have been waiting for.

What's a Body to Do?

The Breast Cancer Checklist

Treating Her Own Immune System to Fight Cancer

Help! I Have Breast Cancer

Are You Kidding Me?

7 Essential Steps to Beating Breast Cancer

Living Beyond Breast Cancer

Avoid mammograms. Switch off birth control drugs-and
progestin menopausal drugs, too. Lose your excess fat NOW!
Stop holding onto those highly stressful jobs and relationships.
Counterintuitive as these may seem, each is among Busting
Breast Cancer's Five Simple Steps, documented to effectively

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prevent breast cancer, thanks to recent developments in our metabolic understanding of cancer. Each reduces your risk of breast cancer by 30 to 80 percent! Dr. Susan Wadia-Ells' shocking new book questions the presumed wisdom of most so-called authorities: National Academy of Medicine, American Cancer Society, Susan Komen, and mainstream cancer centers. And why wouldn't we question their wisdom? At least 30 percent of women treated for early-stage breast cancer go on to develop metastatic breast cancer-practically guaranteeing their early death. Physicians must report each recurrence to state registries. But you may be surprised to learn the industry and its federal partners keep these numbers hidden. Perhaps they're just too embarrassing to share. Dr. Wadia-Ells does not pussyfoot around. A journalist with

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graduate degrees in political economy and women's studies, she aims to change US culture on women's behalf. Reviewing thousands of studies while researching this book, she discovered the 2012 landmark text, *Cancer as a Metabolic Disease*, by Boston College biologist Thomas Seyfried, PhD who lays out the complete biological explanation of how a person's first cancer cell develops. Effective prevention is now possible! Take off the pink ribbons. Stop running for the cure. Keep vitamin D3 above 60 ng/ml. Get rid of the carbs. Practice meditation. Stop suffocating your breast cells' "batteries"-your fragile mitochondria. Take charge; stop that first breast cancer cell before it's ever born. *Busting Breast Cancer* also proposes political actions: demand the FDA allow affordable \$30 hormone-free IUDs; promote breast self-exams; mandate equal

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insurance coverage for ultrasound screenings and early-prevention thermography. Against a multibillion-dollar industry with too much financial incentive to abandon its failing direction, who can change the course of breast cancer prevention and treatment? YOU can! Only women have the self-interest to do it. And now, with *Busting Breast Cancer*, you'll have the knowledge, too.

Discusses the principles and benefits of integrated care for breast cancer and details how to develop a seven-step plan that maximizes the healing and recovery processes.

Free Me 2 Be Me shares Erika Weather's ups and down from childhood into adulthood, from her journey with breast cancer to her journey to not only survive but to thrive. She delves into how she believes people get cancer, how our choices shape

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who we are, and the consequences that can come with those actions. Her journey is proof that mistakes can become miracles. Not only is this book encouragement for women battling cancer, it also offers inspiration and motivation for people trying to discover their purposes and dealing with relationships... familial, intimate, and friendships. To every young lady, continue to chase those dreams, keep making those goals and checking those accomplishments off your list, then add some more. Remember... you are enough! Believe! WE WILL BE VICTORIOUS!!

A two-time breast cancer survivor shares her funny and not-so-funny anecdotes about her experiences and life lessons with a stubborn disease.

Be a Survivor

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Breast Cancer Treatment: Guide to Today's Treatments
Take Breast Cancer Off Your Menu

Breast Cancer Husband

How to Navigate Your Diagnosis and Treatment Options-and
Remain Optimistic-in an Age of Information Overload

There's Something I Need to Get Off My Chest

This book was written with the hope that it will help others who are diagnosed with breast cancer and facing chemotherapy for the first time. It is also informative for the caregivers for cancer fighters. The book is brief and written simply because those who are sick don't have the energy to wade through massive medical articles to seek answers to their many questions. Laughter is a powerful medicine,

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and this book encourages positive thinking as well as seeking comfort through faith, friends, and family. Presents healthy eating strategies and a diet plan to help women of all ages reduce the risk of breast cancer.

From an expert in the field comes the definitive guide to managing breast cancer in the information age—a comprehensive resource for diagnosis, treatment, and peace of mind. The breast cancer cure rate is at an all-time high, and so is the information, to say nothing of the misinformation, available to patients and their families. Online searches can lead to unreliable sources, leaving even the most resilient patient feeling uneasy and

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uncertain about her diagnosis, treatment options, doctors, side effects, and recovery. Adding to a patient's anxiety is input from well-meaning friends and family, with stories, worries, and opinions to share, sometimes without knowing the details of her particular case, when in reality breast cancer treatment has gone well beyond a "one size fits all" approach. Elisa Port, MD, FACS, chief of breast surgery at The Mount Sinai Hospital and co-director of the Dubin Breast Center in Manhattan, offers an optimistic antidote to the ocean of Web data on screening, diagnosis, prognosis, and treatment. Inside you'll discover • the various scenarios when mammograms indicate the need for a biopsy • the

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**questions to ask about surgery, chemotherapy,
radiation, and breast reconstruction • the important
things to look for when deciding where to get care •
the key to deciphering complicated pathology
reports and avoiding confusion • the facts on genetic
testing and the breast cancer genes: BRCA-1 and
BRCA-2 • the best resources and advice for those
supporting someone with breast cancer From
innovations in breast cancer screening and
evaluating results to post-treatment medications and
living as a breast cancer survivor, Dr. Elisa Port
describes every possible test and every type of
doctor visit, providing a comprehensive, empathetic
guide that every newly diagnosed woman (and her**

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family) will want to have at her side. Praise for The New Generation Breast Cancer Book “One book you need . . . If you’re considering your options for treatment or know someone who is, this step-by-step guide, The New Generation Breast Cancer Book, is essential reading.”—InStyle “Elisa Port, M.D., is the doctor every patient deserves: brilliant and compassionate. Her book will be a sanity saver and, quite possibly, a life saver.”—Geraldyn Lucas, author of Why I Wore Lipstick to My Mastectomy “As up-to-date as one can get, with lots to offer people facing a cancer diagnosis or hoping to support someone with the disease.”—Library Journal (starred review) “The New Generation Breast Cancer Book helps you sort

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through all the information you've gathered, clarify the terminology, consider the options, and make the right decisions for your unique case.”—Edie Falco “A lifeline for many women in need of today’s most up-to-date choices for treatment . . . Everyone should read this book for themselves, their mothers, grandmothers, daughters, and friends.”—Kara DioGuardi, Grammy-nominated songwriter, music executive, and Arthouse Entertainment co-founder “The book is teeming with easy-to-understand medical explanations, tips, takeaways, and pro-and-con discussions of various courses of action. Port also includes two extremely useful appendices that respectively take on common myths and answer

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questions frequently asked by friends and family.

This is a vital read that will empower men and women alike.”—Publishers Weekly

Wishing You Hope Love and Cure! October is Breast Cancer Awareness Month! This Pink Ribbon Breast Cancer Journal: 6x9 Inch, 120 Pages, Blank Lined Notebook For Women To Write In This beautiful and inspirational gift idea for breast cancer patients and survivors to write down their Breast Cancer Journey and build hope by celebrating in Pink as Breast CA can be a difficult journey! By writing out your thoughts and feelings, you build a coping mechanism against the fears and unknowns about this disease. Celebrate your courage that cancer can't

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**touch your spirit and of course arm yourself with
knowledge of treatments and outcomes. Great gift
for any patient that is battling breast cancer!**

**How to Help Your Wife (and Yourself) During
Diagnosis, Treatment and Beyond**

**Pain, vulnerability, mortality, medicine, art, time,
dreams, data, exhaustion, cancer, and care**

When Life's Too Busy for Breast Cancer

Take off Your Party Dress

Breast Cancer Breakthroughs

**A Practical Guide to Overcoming Fear in the Face of
Cancer**

**39 All Natural Breast Cancer Juice Recipes: The Most
Effective Way to Treat and Prevent Breast Cancer**

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Through Organic Ingredients

A guide for men whose wives contract breast cancer offers emotional support and advice every husband needs, including guidance from breast cancer doctors and the shared experience of those who have gone through the same ordeal. Original. 30,000 first printing.

Journalist Dina Rabinovitch had just turned 40 when was diagnosed with breast cancer in September 2004. At that point didn't know a thing about the disease. By the time of her death in autumn 2007, she was an expert. Her experience of the condition and its treatment, from diagnosis through mastectomy to remission and reoccurrence is recounted in this down-to-earth memoir, covering everything from trialling the last anti-cancer drugs to what to wear that's stylish after surgery. Warm, lively, at times

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irreverent, Rabinovitch's brave story of juggling a hectic career a large, extended family while living - and dying - with cancer is essential reading.

Provides information on how breast cancer is diagnosed and staged, when a lumpectomy is the best option of treatment, how a lumpectomy is performed, how radiation therapy works, and how to cope emotionally with breast cancer.

A comprehensive guide to life during and after breast cancer shows practical advice on how to plan a life after diagnosis, covering topics ranging from intimacy and hair loss to working and managing the profound emotions that accompany the disease and its treatments.

Surviving Breast Cancer Without Losing Your Sanity or Your Style
Free Me 2 Be Me

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Five Simple Steps to Keep Breast Cancer Out of Your Body
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How to Feel Empowered and Take Control

My Turbulent Journey with Breast Cancer

Abeloff's Clinical Oncology E-Book

Let Me Get This Off My Chest

ABOUT THE BOOK For those who have dealt with, or are dealing with, breast cancer, the ramifications of the disease are well known. For those who have not dealt with it, the fear is always there: What are my chances of getting breast cancer? What happens to me if there's a history of it in my family? Chances are you know someone who has had breast cancer, or you may be a breast cancer

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survivor yourself. According to the National Cancer Institute, one out of every seven women born today will have a diagnosis of breast cancer at some point. Even with the passing of time, the pain of losing a loved one to breast cancer never fades. My husband's mother died of breast cancer during the 1990s, and to this day he still lashes out against this disease that shortened her life. Grief, anger – these are the emotions triggered by this disease. EXCERPT FROM THE BOOK According to the National Institute of Health, no one can perfectly pinpoint the exact causes or risk factors for breast

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cancer. Perhaps surprisingly, the majority of women who get breast cancer have no family history of the disease. To offset this data, however, we have another sobering statistic: approximately 20-30 percent of breast cancer patients do, in fact, have a family history of breast cancer. The NIH also points out that a breast cancer patient who has cancer in one breast is at a higher risk for getting cancer in the other breast as well. Another risk factor concerns age: a woman of over 60 is at the greatest risk for developing breast cancer. Early menstruation and late menopause pose a risk factor as well. Women who started

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their menstrual cycles before the age of 12 or who experienced menopause after the age of 55 also have a higher risk of developing breast cancer.... Buy a copy to keep reading! Discover a path to hope and healing while navigating a breast cancer diagnosis. Through relatable anecdotes, coping tricks and personal reflection, *Chemo P!ssed Me Off* offers invaluable insight, encouragement and a few laughs for anyone going through cancer or any of life's challenges. This humorous approach to navigating some dark and devastating times not only lightens the burden of the cancer journey but demonstrates

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how to turn it into an opportunity for growth. Chemo P!ssed Me Off is raw, real and funny as it takes you on the road to finding gratitude in the worst of times and cherishing every moment.

*This book is an absolute must read for not only all cancer survivors, but for their friends and family. With lots of heart and even a little humor, its a life-changing journey of twists and turns that will open your eyes*Mike Valentino, Editor.

The sense of shock at receiving a diagnosis of breast cancer is very real. Once the shock wears off, your mind seems to explode with

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questions. Am I going to need chemotherapy and radiation? Am I going to be disfigured by a surgical procedure? Who will take care of my family while I'm ill? Am I going to die? Is God punishing me? This honest account of a personal battle with breast cancer gently helps you to confront your fears, doubts, and worries, and points you toward the solid hope that is in Jesus Christ, who alone can provide peace and strength to face the future.

The Breast Cancer Case Manager

The Cause of Breast Cancer Revealed

A Nutritional Approach to Preventing

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Recurrence
Living Longer

You Can Do This!

*Natural Strategies to Manage Symptoms,
Control Weight, and Stay Healthy
BCV*

Breast Cancer Breakthroughs: Living Longer " You Have Breast Cancer": you're told. Now what?? You're scared, confused, questions overwhelm you: * Could my diagnosis, my stage be wrong? * Could it be a non-cancerous lump? * How did I get this in the first place? Why me?! * My mom had it, now me, how about my daughter? * Do I really need to sacrifice my breast? * I hate chemo, how about just radiation or a hormone pill? * Is there a cure for breast cancer? You have used up all treatments, but your doctor

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tells you the devastating news that your cancer has spread to other parts of your body. You wonder: What do I do now? Is there any hope for me? Never Give Up Hope. With this helpful book, you may have new questions to ask yourself and your doctor. We are living on the cutting edge of a very promising era of BREAST CANCER BREAKTHROUGHS. New non-chemotherapy chemicals (cancer-selective targeted chemicals) can choke off cancer's blood supply, and can block off cancer's sneaky channels of nourishment. The newest PARP (protein) inhibitors can kill the cancer by shutting off cancer's ability to heal and recover from the anti-cancer damage caused by your treatments. BREAST CANCER BREAKTHROUGHS: LIVING LONGER, prepared for non-medical women, is designed to give you and your loved ones the most up-to-date scientific information. Learn from the stories of

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breast cancer survivors about the breakthroughs in breast cancer treatments that are saving more lives. Breast Cancer patients just like you, who have fought the valiant battle, and won!

Breast cancer survivors Kelley Tuthill and Elisha Daniels are redefining what it means to be a cancer patient. More than 200,000 women will be diagnosed with breast cancer each year, but that diagnosis does not mean sitting on the sidelines while life passes you by. Both Tuthill and Daniels worked throughout their extensive cancer treatments and continued to enjoy their family, friends, and high-profile careers while fighting the fight of their lives. You Can Do This! shares with you the strategies that worked, what didn't, and what they wish they'd have known at the time of diagnosis, namely to: * Send a message to the world that you are healing, not dying. * Surround yourself with people who know how to make you

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feel better. * Try to stick to your routine when possible. Go to work. Take the kids to school. * Have a plan for what you will do at 2:00 a.m. if you cannot sleep. * Keep wearing makeup and high heels. You dont have to look and feel like a patient all the time. * Believe that you can beat this! Benefiting from the expertise of Dr. Ann Partridge, an oncologist at the renowned Dana-Farber Cancer Institute in Boston who helped both of the authors through their own cancer journeys, this triumvirate answers questions like: Can you keep working? How do you pick out a wig or pencil in an eyebrow? What role might reconstruction surgery and prosthetics play in your recovery? What steps can you take to retain a professional, healthy image despite the effects of chemotherapy? How do you broach the subject of cancer with small children? Is it possible to lose your hair and not your sense of humor or libido?

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Inside You Can Do This!, Tuthill and Daniels help the newly diagnosed patient work through the initial shock of diagnosis and move forward to face the coming challenges with courage, strength, grace, makeup, and high heels. By offering advice on looking your best, even when you no longer look or feel like yourself, Tuthill and Daniels emphasize that you can continue to lead an active life and that it's perfectly acceptable to research chemotherapy alongside the latest offerings from Chanel.

One out of eight women will be diagnosed with Breast Cancer. One out of 3 women will experience some form of cancer in their life time. I was one of those statistics even though I was living a healthy lifestyle that consisted of organic foods, regular exercise, massage, Chiropractic care and colonics. How could somebody like me develop Breast Cancer? That very question led to thousands of

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hours of research, study, soul-searching and prayer. It all came together as The 7 Essentials - 7 basic steps that are necessary for preventing and healing cancer, or any dis-ease for that matter.

Chapter 1 - Why Do I Have Breast Cancer? Scientists have come to the conclusion that cancer is a preventable dis-ease that requires major lifestyle changes. Discover how to avoid the 7 Cancer Triggers that could possibly create cancer in your body. Chapter 2 - Essential # 1 - Let Food Be Your Medicine Stop feeding the cancer by avoiding the foods that "feed" the cancer. Increasing your consumption of specific vegetables, oils and low glycemic fruits can reduce your Breast Cancer risk by 60-70%. Find out which foods lead to inflammation and dis-ease while others turn on protective, anti-cancer genes. Experiment with a sample 7 day anti-cancer meal plan. Chapter 3 - Essential # 2 - Reduce Your Toxic Exposure Is it

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possible to escape the effects of the thousands of chemicals that you may be exposed to every day? There are clearly environmental links to Breast Cancer but there are specific steps that you can take to reduce your toxic exposure. Learn how to make conscious choices about the products you keep in your home, the cosmetics you apply and the internal toxins that are affecting your body. Chapter 4 - Essential # 3 - Balance Your Energy Our body is 1 billionth physical matter and the rest is all energy. Our body runs on an energetic and electrical system that can be measured with instrumentation. There are specific healing arts and therapeutic tools that can help bring the body to balance, ultimately strengthening and boosting the Immune System. Proper hormone balance and revitalizing sleep can activate cancer-protective genes and boost the Immune System. Chapter 5 - Essential # 4 - Heal Your Emotional

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Wounds In order to truly heal your body, you must heal your emotional wounds. Do you have the "Cancer Personality"? If so, your responses to stress and how you cope with it are often learned behaviors. You can change those learned behaviors and the bio-chemistry of your body with your attitude and your thought patterns. Strengthen your "happiness muscle" with 8 specific steps. Chapter 6 - Essential # 5 - Embrace Biological Dentistry Metals in your teeth have the potential to increase estrogen signaling in the breast tissue. These metallo-estrogens have been found in Breast Cancer tissue biopsies. Toxicities from root canals have been associated with most cancers. Learn how to take steps to detox these poisonous materials that may be compromising your Immune System and Meridian System. Chapter 7 - Essential # 6 - Repair Your Body with Therapeutic Plants The United States National

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Library of Medicine has a data base of hundreds of thousands of citations and abstracts of bio-medical literature and journals giving evidence of the benefits of Natural Medicine. There are specific plant compounds that have been shown to kill cancer cells without harming healthy cells. Others boost the Immune System and support the body's ability to heal. Enjoy foods that detoxify carcinogens, inhibit tumor growth and even reduce the unpleasant side effects of chemotherapy. Chapter 8 - Essential # 7 - Adopt Very Early Detection Would you be interested in technology and blood work that could potentially discover cancer on a small cellular level before it had a chance to develop into a large tumor?

Mammography has not decreased Breast Cancer mortality rate. The Three-Step Program to Nourish, Restore, and Detoxify Your Body A cutting-edge guide to preventing and healing from breast

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cancer, with 50 recipes There are more than 230,000 new cases of invasive breast cancer diagnosed in the US every year and, despite better screening practices and advances in medicine, 40,000 US women die every year from breast cancer. In addition, there are 3 million breast cancer survivors in the US who need this information to avoid recurrence. Breast Cancer Protocol: The Three-Step Program for Healing and Prevention is a comprehensive and targeted program for using nutrition and detoxification to prevent or heal from breast cancer. Rooted in the science of epigenetics—how gene expression is affected by nutrients and toxins—readers learn how to restore their own genes via diet, supplementation, and detoxification. The three steps are: Nourish: This section recommends more than 100 foods to combat breast cancer and includes supplement recommendations for pre- and post-

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menopausal women. Restore: Learn about the cutting-edge genetic tests that identify your cancer risk and how to use your test results to determine your personal nutrition and detox needs. Detoxify: Discover how to flush out the toxins that contribute to breast cancer development and disturb cellular communication. Carefully researched and including 50 delicious recipes, Breast Cancer Protocol forges a clear path toward health and healing.

Turning Off Breast Cancer

Radical

Busting Breast Cancer

Heal Breast Cancer Naturally

A Breast Cancer Alphabet

Reduce Your Risk with Foods You Love

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Cancer and Me, I am forty- two years old when cancer became a permanent part of my own personal life. I have had lumps remove before they were not cancer. I knew what cancer can do to you, I experience that with my mothers' cancer years ago. So this was not something I was looking to see, because I thought that my other disease was going th take me out, before I get to the age that cancer would kill me. I had my first benign lump remove at the age of twenty- three. In 1989 I had a large lump that I was hospitalize for, it was in my right breast, it was taken out, it was not cancer. Then in the summer I went to the doctor, because my hormones were out of

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control, I was getting lumps everywhere on my body. The doctor sent me to a breast cancer, because she felt some lumps and I had problems in the past. The next months were spent in exams, test and being biopsy for breast cancer. In November the test showed that it was cancer in my right breast. Next the surgeons talked to me about what they were going to do to remove the tumor, they would do their best not to have to take the breast, just remove the cancer. I was also concern about the other lumps, that I had in other places on my body and because my left side and abdomen were causing me lots of pain, my stomach stayed bloated and I thought I might have been having with my ovaries too, so I ask the

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surgeons what, were they going to do about the pain in my abdomen and left side? The younger surgeon said, nothing, we are not doing anything about that. The older surgeon and the nurse walked out of the room, leaving me and the debating why not, he was right, no one as not done anything to this day. I went for a second opinion, but that fail too. I had the surgery, the doctor said the cancer had spread to my breast muscle, they said the cancer was a stage 1. They tried to put my breast back together, but two weeks later the surgeons had to do a complete mastectomy. I was given eight weeks of chemotherapy, which was not as bad as I thought it was going to be one, because I have sickle cell

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disease and my blood count stay so low. So for the next five years I made all of my six month check-ups. The problem with my left side and abdomen was the health problem that stocked me. Blotted stomach to the point that people would ask me when I was going to have my baby, when my stomach was really blotted, or when I was doing better what did I have, because I was not blotted today. I usually played off and said it was just RICE, I was never pregnant. The stinging in my abdomen became more progressive, by two thousand I was having stinging in my head, ribs and pelvis, my walking was becoming more difficult for me to stand or walk. My oncologist said it was just my SC disease, but I

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knew this pain was different. The next two years I went to about seven or eight doctors looking for help, but I only receive more tests. Then I went to the cancer society for help, the lady there told me to try going to an internal medicine doctor, so after some months I found one who would see me. She did some more tests and scans too, and I receive a call to come in, she had the results. A friend took me, I was glad to have someone with me when I heard the results, it looked like the cancer is on your skull, rib and pelvis, she asked me had I started to lose function of my body control. I told her no, not at this time. I went looking for a second opinion, before getting treatment cancer, something changed

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after my treatment back in 1995, I wanted to be sure, although I know something was wrong, from the way my body was hurting, since 2000. I had tests by a cancer doctor back then, his facial expression told me something was not good, but he said I was fine, but I could not forget that look when I went for my results for him. That look was one or two things. There was something there on the in my records or he thought I had something to be worried about and he could go against my other physicals so because of the pa
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This successful breast cancer resource has empowered thousands of women and their families all the way through diagnosis, treatment, and recovery. It contains 150 color photos and graphics to convey complex concepts along with other much-needed information. WINNER OF THE 2020 PULITZER PRIZE IN GENERAL NONFICTION "The Undying is a startling, urgent intervention in our discourses about sickness and health, art and science, language and literature, and mortality and death. In dissecting what she terms 'the ideological regime of cancer,' Anne Boyer has produced a profound

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and unforgettable document on the experience of life itself." —Sally Rooney, author of Normal People "Anne Boyer's radically unsentimental account of cancer and the 'carcinogenosphere' obliterates cliché. By demonstrating how her utterly specific experience is also irreducibly social, she opens up new spaces for thinking and feeling together. The Undying is an outraged, beautiful, and brilliant work of embodied critique." —Ben Lerner, author of The Topeka School A week after her forty-first birthday, the acclaimed poet Anne Boyer was diagnosed with highly aggressive triple-negative breast cancer. For a single mother living paycheck to paycheck who had always been the caregiver rather than the one

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needing care, the catastrophic illness was both a crisis and an initiation into new ideas about mortality and the gendered politics of illness. A twenty-first-century Illness as Metaphor, as well as a harrowing memoir of survival, The Undying explores the experience of illness as mediated by digital screens, weaving in ancient Roman dream diarists, cancer hoaxers and fetishists, cancer vloggers, corporate lies, John Donne, pro-pain "dolorists," the ecological costs of chemotherapy, and the many little murders of capitalism. It excoriates the pharmaceutical industry and the bland hypocrisies of "pink ribbon culture" while also diving into the long literary line of women writing about their own illnesses

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Returning New Evidence Reveals Amazing Protector Foods and ongoing deaths: Audre Lorde, Kathy Acker, Susan Sontag, and others. A genre-bending memoir in the tradition of *The Argonauts*, *The Undying* will break your heart, make you angry enough to spit, and show you contemporary America as a thing both desperately ill and occasionally, perversely glorious. Includes black-and-white illustrations

A Trusted Guide for You and Your Loved Ones

Pink Ribbon Dove October Breast Cancer Awareness Month - Women's Health - Cure Packets - No One Racing Alone - Detect It - Treat It - Road To Recovery I've Got to Get This off My Chest Understanding Lumpectomy

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The Complete Guide to Breast Cancer
It Begins with Belief

The Whole-Food Guide for Breast Cancer Survivors

"Providing comprehensive, current, and reliable information on breast cancer, this book, written by an experienced oncologist, a surgeon, and a breast cancer survivor, informs and inspires readers, wherever they are in the breast cancer experience.

Patient stories, essays from medical specialists, and illustrations add clarity and insight"--

You Just Got Diagnosed With Breast Cancer and You Need Answers and Guidance Now... If you're a tightrope walker, you never look down. Where your eyes go, so goes your body. If you race cars, it's the same thing. You only look where you want to

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go. If you look at the wall, that's where you will end up. In Dr. Annette Richard's book, Breast Cancer - There's Something I Need to Get Off My Chest, she shows you have to put the blinders on when first receiving a breast cancer diagnosis by looking forward at some fabulous imagined future for yourself. Instead of imagining the worst, Dr. Richards explains how you should put being done with your treatment in your imagination instead. Relaxing with family and loved ones and saying "Wow. I'm amazing. I did this. I'm empowered. I advocated. I am a survivor." In this book, Dr. Richards explains how many women, after surviving breast cancer, want to give back; they want to help other women. They feel stronger than when they were first diagnosed, and they want to help others feel the same way. That

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is where you really want to imagine yourself. Not all the little side steps along the way, but whatever that picture is for you. Come up with an imagined future where this is over and you are stronger than when you first started and keep that the focus of your journey. The author's greatest wish for you is for you to become your own self-advocate and become empowered during your breast cancer journey.

"How can I know if I'm really cured?" "Will anyone ever be attracted to me again?" "Will I ever get to enjoy sex again?" "It is safe for me to get pregnant?" "How do I live well beyond menopause without estrogen replacement therapy?" "What do I tell my boss?" "My daughter wants to know if she's going to get breast cancer too. What should I tell her?" If you are one of the

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2.6 million women in the U.S. living beyond breast cancer, these may be some of the questions troubling you. You've been through diagnosis and treatment; now you're ready to move from "I have breast cancer" back to "I am leading a normal life." Living Beyond Breast Cancer will help you understand and manage the tough issues you face as you go on beyond treatment, and well into the future. You'll learn how to become as healthy as possible for as long as possible by eating right, managing your weight, and finding an exercise program that works with your lifestyle. You'll find out what to do if you've got to stop taking hormones or want to start. You may also need advice on achieving intimacy and having a baby. You'll also find invaluable guidance on growing older and navigating troubling symptoms of menopause,

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particularly when they're brought on by chemotherapy or tamoxifen or by stopping hormone replacement therapy. A normal life includes dealing with job and health care issues and wills. So you'll find in-depth information on these subjects too. You're a survivor, and you've got a future. This empathetic book, filled with comprehensive medical information, practical advice, and the voices of survivors who have lived through everything you're going through, will help you celebrate your second chance at living beyond breast cancer.

From relieving hot flashes and mood swings to alleviating insomnia and forgetfulness to managing your weight and reducing the risk of osteoporosis, heart disease, and breast cancer, Leslie explains how to manage your symptoms by making

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smart changes to your diet, adding the right vitamins, minerals, and herbal remedies to your daily routine.

A Treatment Guide for Breast Cancer

The Complete Nutrition Guide to Menopause

The New Generation Breast Cancer Book

"Dear Girlfriend"-A Hand Held Walk Through Breast Cancer

Rites of Passage for Breast Cancer Victors

A Personalized Approach to Nutrition and Detoxification in Prevention and Healing

Your Guide to Breast Cancer Treatment

In this "powerful and unflinching page-turner" (New York Times), a healthcare journalist examines the science, history, and culture of breast cancer. As a health-care journalist, Kate

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Pickert knew the emotional highs and lows of medical treatment well -- but always from a distance, through the stories of her subjects. That is, until she was unexpectedly diagnosed with an aggressive type of breast cancer at the age of 35. As she underwent more than a year of treatment, Pickert realized that the popular understanding of breast care in America bears little resemblance to the experiences of today's patients and the rapidly changing science designed to save their lives. After using her journalistic skills to navigate her own care, Pickert embarked on a quest to understand the cultural, scientific and historical forces shaping the lives of breast-cancer patients in the modern age. Breast cancer is one of history's most prolific killers. Despite billions spent on research and treatments, it remains one of the deadliest

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diseases facing women today. From the forests of the Pacific Northwest to an operating suite in Los Angeles to the epicenter of pink-ribbon advocacy in Dallas, Pickert reports on the turning points and people responsible for the progress that has been made against breast cancer and documents the challenges of defeating a disease that strikes one in eight American women and has helped shape the country's medical culture. Drawing on interviews with doctors, economists, researchers, advocates and patients, as well as on journal entries and recordings collected over the author's treatment, Radical puts the story of breast cancer into context, and shows how modern treatments represent a long overdue shift in the way doctors approach cancer -- and disease -- itself.

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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:

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- 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

The book you can trust to support you at every stage of your treatment - and beyond Winner of best 'Popular Medicine' book, BMA Medical Book Awards 2019 Professor Trisha Greenhalgh, an academic GP, and Dr Liz O'Riordan, a Consultant Breast Cancer Surgeon, are not only outstanding doctors, but they have also experienced breast cancer first-hand. The Complete Guide to Breast Cancer brings together all the knowledge they have gathered as patients and as

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doctors to give you and your family a trusted, thorough and up-to-date source of information. Designed to empower you during your breast cancer treatment, it covers: -Simple explanations of every breast cancer treatment -Coping with the emotional burden of breast cancer -Frank advice about sex and relationships -Staying healthy during and after treatment -Dealing with the fear of recurrence -Living with secondary breast cancer Packed full of all the things the authors wished they'd known when they were diagnosed, and tips on how to cope with surgery, radiotherapy, chemotherapy and beyond, this is the only book you need to read to guide you through your breast cancer diagnosis. 'A much needed guide which is both humane and based on robust evidence.' – Macmillan Cancer Support

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Breast Cancer

The Science, Culture, and History of Breast Cancer in
America

The Breast Cancer Book

Chemo P!ssed Me Off: A Breast Cancer Roadmap:
Navigating with Faith, Gratitude, and a Little Bit of Attitude

A Breast Cancer Survivor Over-Shares

A Breast Cancer Survivor's Story