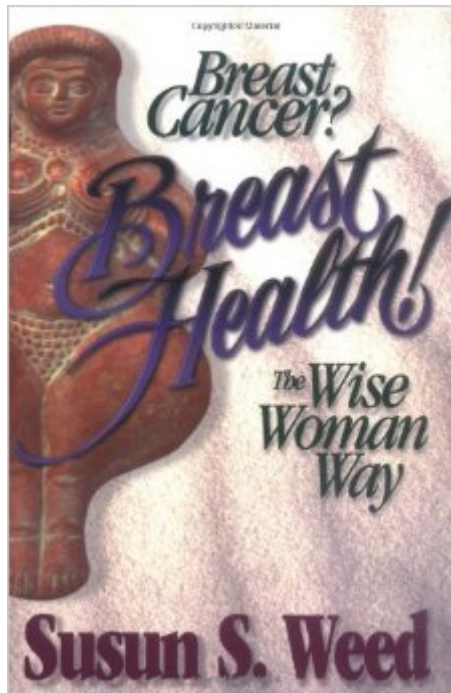


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# Breast Cancer? Breast Health!: The Wise Woman Way (Wise Woman Herbal)



## Synopsis

For women who want to maintain breast health or for women diagnosed with breast cancer. Foods, exercises, and attitudes to keep your breasts healthy. Supportive complimentary medicines to ease side-effects of surgery, radiation, chemotherapy, or tamoxifen. Foreword by Christiane Northrup, M.D. "The perfect antidote to fear." Carolyn DeMarco, M.D. More than 100,000 copies of this ground-breaking book are currently in print. It is used by breast cancer support groups and hospital-based oncologists in USA, Germany, New Zealand, and Canada. Why? because it offers the best of modern medicine plus level-headed information on the most effective alternative and complementary treatments for breast (and prostate) cancers. *Breast Cancer? Breast Health!* is for every woman interested in taking breast health into her own hands. The first third offers easy lifestyle changes, simple herbal additions, and tasty food recommendations to reduce risk and improve immune functioning. The second third helps those with possible cancer -- what to do before you call the doctor, how to explore your options -- and those diagnosed with cancer -- including "alternative treatments to avoid." Separate chapters detail complementary medicines for those using surgery, chemotherapy, radiation, or tamoxifen. The last third focuses on the 30 most important anti-cancer herbs, with specific instructions for preparation and use. Down-to-earth, compassionate, and lyrical, this information-rich book includes a risk assessment survey; directory of helpful organizations; glossary; index; and many useful illustrations. Introduction by Christiane Northrup, M.D. (American edition) and Susun Love, M.D. (German edition). "What a gift to women of all ages! Susun Weed's breast health book, *Breast Cancer? Breast Health! the Wise Woman Way*" helped me overcome my fear of what I might discover during self-examination. I am so grateful that this book came my way and I am healthier in mind, body, and spirit thanks to Ms. Weed's wise words! All of my questions and doubts were addressed in a voice that speaks for all the wise women who have chosen the path of natural and sensible personal health. If I could, I would give a copy of this book to every woman in the world!" ~ Wise Woman (Susun Weed)

## Book Information

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## Customer Reviews

Breast Cancer? Breast Health! The Wise Woman Way by Susun Weed is a significant contribution to the state of women's health. She has woven statistics, research results, myths and facts into a fabric that is warm and inviting. Her style of injecting motherly and grandmotherly wisdom while sharing facts is very effective. She certainly helped me to accept that breast health is important and more than correct brassiere fitting. I received the book from a friend a few days after I had been diagnosed with breast cancer. I curled up with the book and read for hours, absorbing the spiritual soothing of the letters from the "grandmothers". I was challenged to rethink what I had already experienced and where I should step next. For instance had I read Weed's book prior to the diagnostic tests, I would not have submitted to a mammogram, clearly less than six months after a previous one. I would have requested an ultrasound, since the fact of the lump had already been established. The book encouraged me to slow down and think about options and my direction. It made me know that I was not foolish in thinking that I could choose a way that would enhance my natural healing capacities rather than compromise them. It has been invaluable as a resource during my journey. The cancer-free lifestyle outline was formidable and empowering. The levels and types of breast cancer that Weed explained equipped me to understand pathology reports and information given in consultations with surgeons and oncologists. I realized gaps in nutritional information, since I was not aware of the many cancer-fighting foods and enzymes. The book encouraged me to reassess my eating habits and to become more serious about my diet.

Whether you or perhaps a friend or family member have had breast cancer, or you are a woman, period, this is a book you should have in your personal library. Author Susun Weed brings you every step of the way in breast health, which modern medicines and practitioners tend to either ignore or not explore. Breast Cancer? Breast Health! The Wise Woman Way is the first step to wellness and staying healthy. Author Susun Weed has certainly done her homework, with research and a natural

lifestyle. She begins with a small personal story and the awakening from it, which leads to the disclosure of her anti-cancer lifestyle, a one page insight of balance and harmony, then ends this section with a how-to on using this book, about herbs and their dangers. She begins her chapters with the statistics of breast cancer and how they make her feel, how it makes us all feel. She leaves nothing out with her research with complete scientific data and what is accepted in the medical society and what may be likely but not proven. She explores every angle in a not so easy subject. Moving on to "Can Foods Prevent Cancer?" Again she has done her homework and provided a wealth of information on anti cancer foods, she explores foods, herbs, oils, phytochemicals, vitamins and minerals. In "Taking Our Breasts into Our Own Hands, Breast Self Massage", Ms. Weed goes far beyond just the how-to that we so often get from our Doctors and clinics, thoroughly discussing the many aspects of self-breast exam, including an extensive list and uses of different oils. As you make your way to the following chapters, you begin to expect much more from her. This is exactly what she gives you! With "Building Powerful Immunity, Journey to the Wise Healer Within", " Mammograms -Who Needs Them?"

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