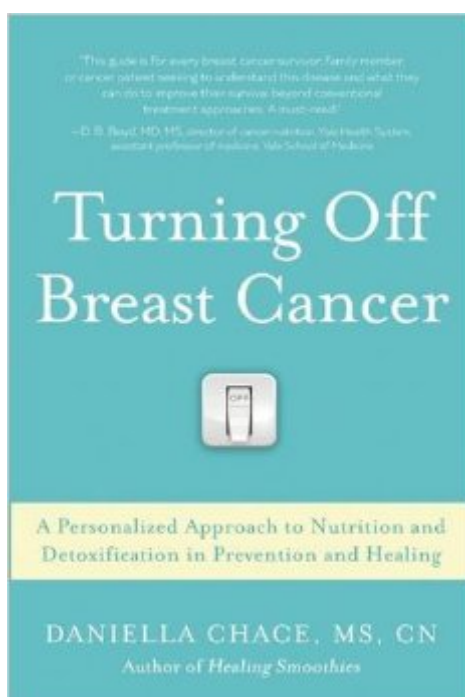


The book was found

Turning Off Breast Cancer: A Personalized Approach To Nutrition And Detoxification In Prevention And Healing



Synopsis

A Cutting-Edge Guide to Preventing and Healing from Breast Cancer Turning Off Breast Cancer is a comprehensive and targeted program for using nutrition and detoxification to prevent and heal from breast cancer. Rooted in the science of epigenetics--how gene expression is affected by nutrients and toxins--Daniella Chace teaches readers to restore their own genes via diet, supplementation, and detoxification. Readers will learn how to: Nourish their bodies with more than one hundred foods that combat breast cancer. Chace also offers supplement recommendations for pre- and postmenopausal women. Restore their bodies by using new genetic tests to determine their personal nutrition and detox needs. Detoxify their bodies by flushing out the toxins that contribute to breast cancer development and disturb cellular communication. Carefully researched and incredibly comprehensive, Turning Off Breast Cancer forges a clear path toward health and healing.

Book Information

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Average Customer Review: 5.0 out of 5 stars See all reviews (2 customer reviews)

Best Sellers Rank: #636,651 in Books (See Top 100 in Books) #40 in Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #216 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer #3018 in Books > Health, Fitness & Dieting > Women's Health

Customer Reviews

This book is a must read for anyone wanting to reduce their risk factors to prevent breast cancer, not to mention those who have already been diagnosed and want to prevent a recurrence. The information provided in "Turning off Breast Cancer" has been by far the most helpful to me and when I say I have read at least 50 books on breast cancer and integrative therapies, I am not exaggerating. As a nurse practitioner and breast cancer survivor, I wholeheartedly recommend this book and urge you to take charge of your health to promote wellness and healing. Dorrie Murtagh, MS, ARNP

I haven't read this yet, but it came highly recommended.

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