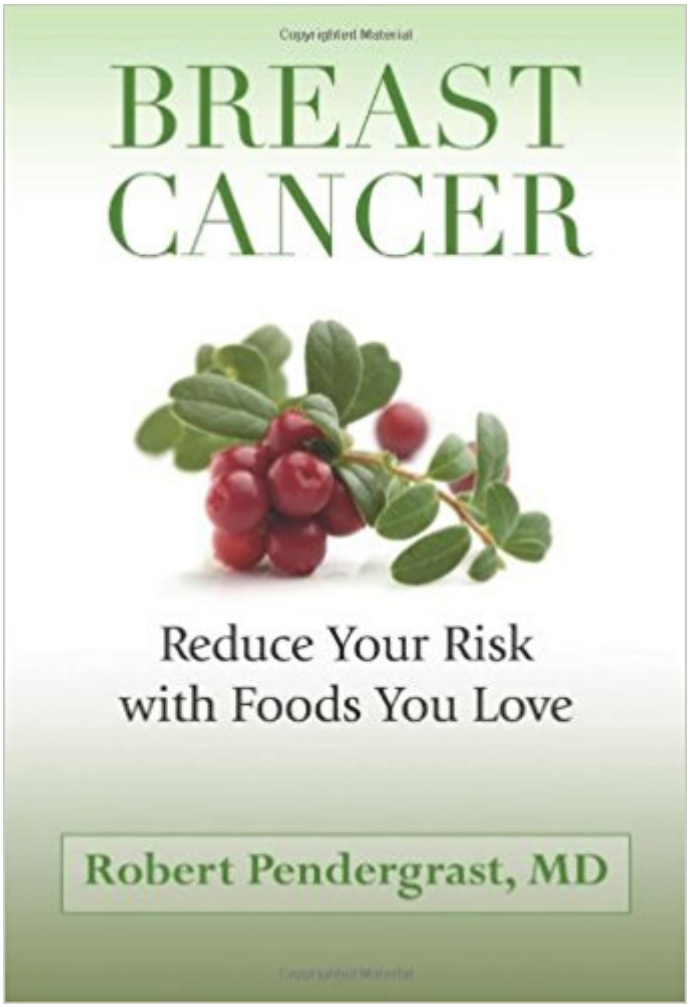
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Breast Cancer: Reduce Your Risk With Foods You Love



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Synopsis

Breast cancer prevention for women of all ages, with the unique perspective of a pediatrician specializing in adolescent health. This year, close to 190,000 new cases of breast cancer will be diagnosed in the United States alone. Would you like to learn how to take yourself out of the group most likely to get that news? You can... with choices that are easily within your grasp. Start today! Written by a pediatrician with a passion for prevention, all women, even teens, will find Breast Cancer: Reduce Your Risk with Foods You Love is clearly written and straight to the point. The guidelines recommended will have the greatest impact when started in the preteen years, but it is never too late to reduce your risk. One section is devoted to healthy eating strategies for women who are in treatment or breast cancer survivors. In this simple to follow and easy to read guide, Robert Pendergrast, MD will show you: Specific actions that are known to reduce risk, An overall diet plan, 10 specific foods which are powerhouses of prevention, A guide to avoiding toxins in foods and the environment, and An integrative approach to health and wellness. Carefully researched with scientific citations at every step, Breast Cancer: Reduce Your Risk with Foods You Love is an easy to read practical guide women of all ages can enjoy.

Book Information

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Customer Reviews

In an elegantly simple and personal style, Dr. Robert Pendergrast has wrapped a wealth of information into Breast Cancer: Reduce Your Risk with Foods You Love. His message is the same one I have been teaching for years: Nutrition is the key to disease prevention. If all women were to

follow this guide to optimum breast health, it would mark a turning point in the war on breast cancer, from treatment to primary prevention. I will recommend this book to patients, colleagues, and friends. --Andrew Weil, MD. author of Eating Well for Optimum Health, Healthy Aging, Founder/Director of the Arizona Center for Integrative MedicineCorrectly noting that unfortunately, nutritional illiteracy is still commonplace among doctors, Robert Pendergrast immediately joins the ranks of the literati with Breast Cancer: Reduce Your Risk with Foods You Love. This easily accessible gem will become an invaluable resource not only for women but for the men and children in their lives because it offers sane nutritional information that will likely reduce the risk of other malignancies as well. This book will find its place right between Foods That Fight Cancer and The Cancer-Fighting Kitchen on my office bookshelf, readily available to recommend to all the patients that I counsel. Thank you, Dr. Pendergrast, for presenting such a wealth of information in a practical guidebook so easy to digest and absorb! --Donald I. Abrams, MD. Chief, Hematology-Oncology, San Francisco General HospitalLet thy medicine be thy food and thy food be thy medicine is perhaps even truer today than when it was coined by Hippocrates more than 2000 years ago. The relationship between diet and cancer is an important one, and women in particular, want to know what they can do to reduce their risk. Taking information that is often confusing and contradictory, Dr. Robert Pendergrast has written a book that is practical, highly informative and easy to understand. Any woman who is looking to give herself an edge against cancer should read this book. --Tieraona Low Dog, M.D., editor, Integrative Women's Health.

Robert Pendergrast, MD is a graduate of Furman University, the Medical College of Georgia and the Johns Hopkins University School of Hygiene and Public Health. He is a Fellow of the American Academy of Pediatrics, certified by the American Society of Clinical Hypnosis and a graduate of the Fellowship at the University of Arizona Center for Integrative Medicine. Dr. Pendergrast was voted Educator of the Year by students and continues his passion for education as a faculty member at the Medical College College of Georgia. Since completing a Fellowship in Adolescent Medicine, he has 20 plus years in teaching its unique perspective to medical students and physicians-in-training. Additionally, he has a consulting private practice for all ages where he combines his love of nutritional medicine, clinical hypnotherapy and herbal medicine. He is a sought after speaker at medical education meetings for professionals and women's groups. With his wife Gail, he teaches workshops, providing empowerment for individuals to take charge of their own health. Dr. Pendergrast can be reached through his website, Holistic-Medicine-MD.com

As a breast medical oncologist, I have been caring for breast cancer patients for nearly 9 years in the academic setting, and this is a great book that provides a fair and balanced approach to the oft ignored subject of diet and cancer risk. Dr. Prendergast provides well-researched and well-referenced recommendations for anyone who is looking to reduce their cancer risk. Dr. Prendergast uses archived data that is based on scientific method and is from controlled clinical trials whenever possible, making these lifestyle modifications as close to medically sound as possible. These guidelines on eating foods that are healthy are also reasonably "doable" in the aim of reducing one’s risk of developing cancer or recurrent cancer. This book is an outstanding resource for breast cancer patients and their family alike. I highly recommend it and will be directing my patients to it, to help them through their treatments.

In an age when the average physician receives little if any training in nutrition, Dr. Pendergrast breaks from the pack and devotes his entire book to the nutritional foundations of good health. While most doctors reach for a prescription pad, Dr. Pendergrast reaches for his pen--not to push pharmaceuticals but to empower women. His focus is on prevention, on true health care instead of disease management as it is too often practiced today.His writing style is both informative and casual. He documents his statements with a great deal of research. His gentle humor is sprinkled throughout and his passion for true health care is evident on every page. Dr. Pendergrast has written a book that is both timely and necessary. Get this book for yourself or for the women in your life.

VERY INFORMATIVE BOOK.

I am a four year survivor and have struggled with getting solid information on prevention rather than just treatments I am not saying that the treatments have not saved many a sister survivors, but it has been so great the focus of the medical community that the prevention aspect continues to be overlooked. This book has most everything I have had to research on my own and much more. I am thankful to Dr Weils for recommending it. We need to feel empowered with this horrible Disease and this book helps us to do so. A must read for survivors and their health providers. Thank you Dr Pendergrast. With your research and applying it to my life I hope to be able to enjoy my grandchildren some day.

Love the Book. I keeping re-reading the book for scientific references to improve my diet to stay

cancer free.I’m back on eating ground flaxseeds daily and eating brochili or cabbage daily.

While it is easy to become overwhelmed by foreboding medical news, Dr. Pendergrast has provided us with hope in a mostly beautiful world. Look up! The knowledge provided in this volume reminds us that we love to eat food, that it is good, and that every day we can make simple decisions to make living just a little more tender and sweet.

useful

This book is timely and overdue in my opinion. For years, I’ve been thinking that the foods are already out there that will reduce our risk for disease. Finally, someone has captured this information in an easy to understand format. My maternal grandmother died of breast cancer at age 47. I’ve been getting mammograms since I was in my 20’s. This disease WILL NOT come to me at all. I am convinced with proper care and diet, we can prevent many things from entering our bodies. This book is very well written and has life changing information that EVERY woman should know. This book will be THE Christmas gift you should give every woman in your life if you love them!!! Enjoy!

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