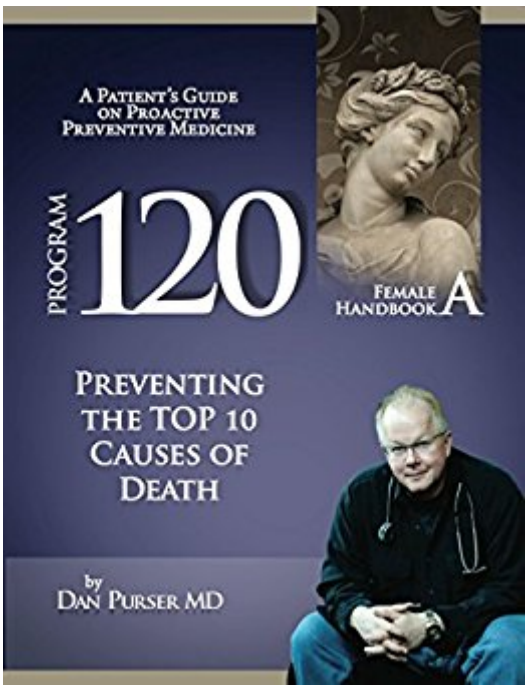
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Program 120 Female Handbook A: Guide To Prevent Heart Attack, Stroke, Cancer, Ovarian Cancer, Lung Cancer, Diabetes, Dementia, Colon Cancer, Pneumonia, ... Medicine Patient Handbooks For Females)



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Synopsis

Program120 Female A Handbook on Preventive Medicine: A condensed version of the first ten chapters of his famous Program 120 textbook on disease prevention, in this book Dr. Purser discusses the top 10 causes of death in women and also provides all the known steps at that time to prevent them. He discusses such things cardiovascular disease, strokes, preventable accidents/trauma, breast and colon cancer, diabetes, and kidney failure. Everything is highly referenced and researched. Discover all the known western medical options that are known to prevent the top causes of death and learn to improve your life!

Book Information

File Size: 582 KB

Print Length: 100 pages

Page Numbers Source ISBN: 098418774X

Publisher: Dan Purser, MD (January 6, 2014)

Publication Date: January 6, 2014

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00D0XUIB0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #981,726 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #43 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Lung Cancer #45 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Colorectal #884 inÃ Â Books > Health, Fitness & Dieting > Mental Health > Dementia

Customer Reviews

Overall, the book includes good information that provided insight (that my own doctors never gave me) into the likely cause of my perimenopause symptoms. The book appears to be well-researched, and the author provides several hundreds of references to medical literature relevant to the book's topics. But I could not give this e-book a higher rating because, as a non-medical professional, it

was sometimes unclear to me what the author was talking about when some of the acronyms he used were not clearly defined. The tables did not format correctly in this e-book, leaving me to wonder what important other information I was missing. Also, several times the author refers the reader to a later chapter that is not found in this e-book. You have to purchase another e-book to read the later chapters. If these "readability" issues are corrected in updated editions of this book, I would definitely give it a higher rating!

This book was a much easier read than expected. The information was explained and the various protocols clearly described by type and amounts. It was empowering to read. I especially liked the reminder that our food we eat should also be considered medicine. The only reason the book did not get a 5 star rating was because some of the charts did not format correctly on the e- book format. Great information. A book that can be read many times and still be a source of valuable information.

This is wonderful book, full of all the facts that a women needs about hormones and at what level they need to be at for normal function. I have read other books about hormones by other doctors and I found that they have been very confusing. This book is very straightforward without the confusion I have found in other books. This is a great resource for us women who like to take control of our own health. It is also such a fresh and wonderful approach for a doctor not to be pandering to Big Pharma and finding answers that dont always involve taking some sort of medication, but finding the more natural way.

There was a ton of information . . .and it was backed up with research not rhetoric. I am a midwifery student, so the abrupt list-style of layout, and the very dense information without a lot of additional commentary did not bother me. I can imagine if you’re expecting a magazine style book that feels more conversational, this book may be a bit disappointing. But, the information is really good. I’d say dig in -- maybe one bite at a time, will take a lot of chewing, but it will be very good info to digest.

Dr. Purser combines the best knowledge from a western medical doctor with an open mind towards natural and alternative wellness practices. His suggestions will have you on your way to better health and making sure you aren’t struck with the major illnesses sweeping across our country.Note that his writing style is detailed and somewhat scientific so if you are looking for light reading this may not be for you. If you are looking for factual information, get it!

This is a "must read" for all women. Dr. Purser explains how to help prevent the diseases that are common to women. And, the best part in my opinion, is that there is information on more natural ways to prevent disease and promote good health. Remember, "health" is not just the absence of disease. It’s a state of wellness that a majority of us can achieve with just a bit of effort. Dan Purser starts us on that path. Thank you.

Nice compilation of current research about major health issues impacting women today. It’s nice to have a "go to" resource that outlines recommendations and a very readable and informative format. I am sure I will continue to refer to this handbook in an ongoing basis.

Dr. Purser has crammed an amazing amount of information into this book. Some parts of it are decidedly technical, but those parts create a foundation of knowledge if you ever need to delve into a health issue. This is not a book you will be able to memorize but a reference to be read with the intention of remembering where to look for details on specific issues if you ever need them. Looking forward to continuing with Handbook B.

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