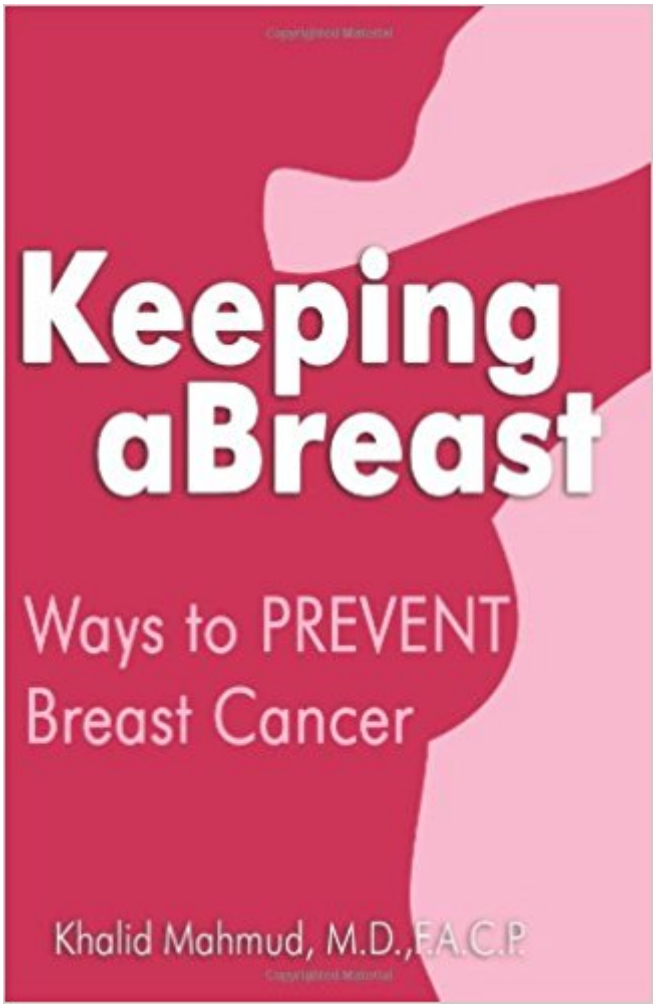
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Keeping Abreast: Ways To Prevent Breast Cancer



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Synopsis

Breast cancer will strike one out of every 8 women. It is the disease women dread the most. It can disfigure, mutilate and scar womanhood; and its therapy can impair quality of life. Yet there is no concentrated medical effort to prevent it. Physicians focus is on early detection. They simply do not counsel their patients on breast cancer prevention. This book provides clear strategies to reduce the risk of breast cancer - strategies that are not only based on the author's experience as an oncologist, but also on an extensive review of the scientific literature. These strategies consist of simple and natural measures: things to take and things to do, with little or no use of pharmaceuticals. This is a book for all women.

Book Information

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Customer Reviews

Hopkins cancer specialist focuses on the preventative side of treatment in new book Keeping aBreast! --Marc Ingber, Minnesota SunKeeping aBreast is a must read for all women. --Suzanne Somers, Actress/NY Times Bestselling AuthorI was quite impressed with the wording of this book. It deals with the basic science of breast anatomy and physiology, yet is speaks to those of us who may not quite grasp scientific principles. Obviously Mahmud's focus was getting his message out to everyday people. --Dennis Jansen, Literary HappeningsLife-Altering secrets from Dr. Khalid Mahmud...his book provides clear strategies to reduce the risk of breast cancer; strategies that are not only based on Dr. Mahmud's experience as an oncologist, but also on an extensive review of scientific literature. --American Health & Beauty Magazine --This text refers to the Hardcover edition.

disappointed. Instead get John Lee’s "What you doctor may not tell you about breast cancer" You will get a lot more out of this and infact all the books by Dr John Lee , David Zava and Virginia Hopkins - even if you dont have cancer and want to prevent it.

This book was suggested reading by my gynecologist. She also suggested my husband read it as well.It turned out to be a quick informative read with many practical and easy ways to help PREVENT breast cancer.This subject is important to me since my best friend is fighting stage 4 breast cancer now.

good book

A detailed, scientific description of what all women need to know about their own health. Prevent...is the key word! Prevention shoud be put first in our lives.

This book was recommended by a friend from the Minnesota region, the same area that Dr.Mahmud is from. Otherwise, this gem may have never come to my attention. It reviews several areas that contribute to breast cancer, and includes alternative preventions and interventions that are both available and proven. Topics include areas the average reader may not consider, such as, inflammation, diet, stress, hormones, thyroid etc., and other important factors that women AND men should be made aware of. The writer is an expert who comes across with authority and professionalism and puts this information into simple terms. I would highly recommend this to any person who is interested in prevention and who may be going through a scare from an irregular breast exam. Please read this book and then pass it on to your female friends!

I am very interested in learning about how the body works and ways to achieve health in natural ways. I definitely believe in traditional medicine and use it when needed, but I believe that I as a person, and our nation as a society, need to take responsibility for ourselves and do the right lifestyle and nutrient-related things to achieve optimal health. I highly recommend this book. I got it and loaned it to someone, who still has it, so I bought it again in case I don’t get it back. I would buy it several more times if I had to. I heard the author at a Continuing Medical Education conference and he was a very good speaker too. I like the fact that he is a hematologist-oncologist so he knows what he is talking about, but he presents the information in such an easy-to-understand manner. I

really love the book.

This is the exact same book as Mahmud's 2005 book entitled Keeping aBreast ways to STOP Breast Cancer. Only difference being that it has a different colored cover.

This book is too technical. Practical advice is given in last chapte: eat right, exercise, take vitamins and (here's a new one...) breast/nipple stimulation.

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