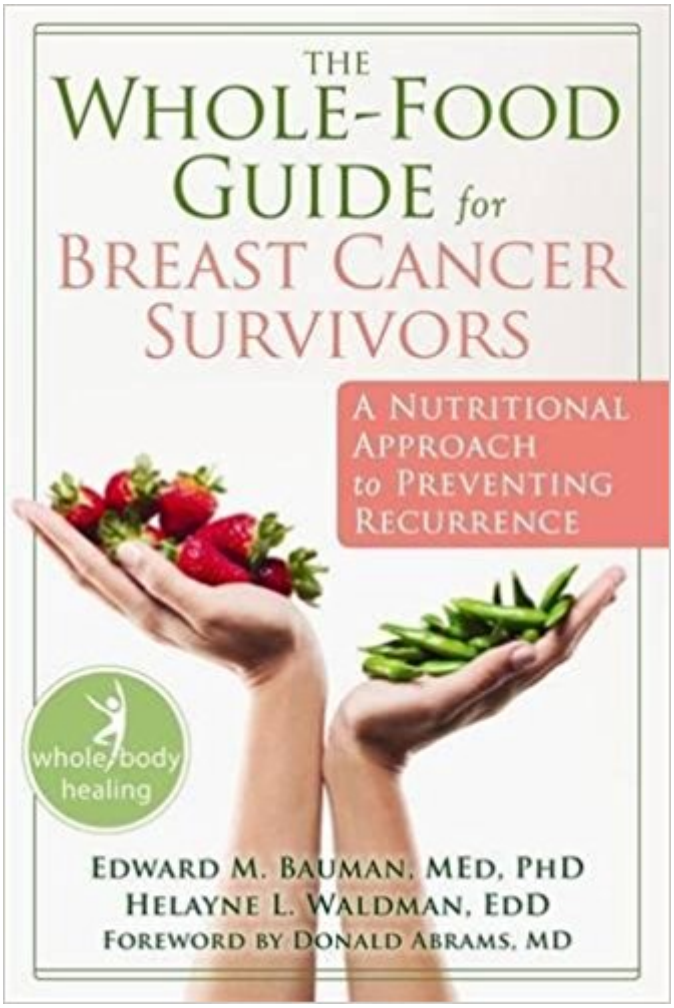
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The Whole-Food Guide For Breast Cancer Survivors: A Nutritional Approach To Preventing Recurrence (The New Harbinger Whole-Body Healing Series)




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Synopsis

If youÃ¢â ¬â„¢re a breast cancer survivor, chances are you have renewed your commitment to maintaining your good health and taking care of your body. As one of the best preventative measures known to doctors and nutritionists today, a robust, cancer-fighting diet is vital to your personal plan for breast cancer prevention.The Whole-Food Guide for Breast Cancer Survivors is an essential guide for every woman seeking to understand the effect of nutritional deficiencies and environmental factors on her overall health and wellness. Based on Edward BaumanÃ¢â ¬â„¢s groundbreaking Eating for Health model, this highly comprehensive, practical approach can help you reduce the chance of breast cancer recurrence; rebuild your immune system; and enjoy a stronger, healthier body.Reduce the chance of breast cancer recurrence by: Incorporating cancer-fighting foods into your diet Indulging in safe, nontoxic cosmetics and body care products Understanding the role of essential nutrients in maintaining your health Managing your weight and balancing your blood sugar Nourishing your immune, detoxification, and digestive systems

Book Information

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Best Sellers Rank: #155,549 in Books (See Top 100 in Books) #9 inÃ Â Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #38 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer #440 inÃ Â Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

Ã¢â ¬Å“As the general public becomes more interested in the benefits of healthy eating, these authors are shining a light on the association between nutrition and malignant disease. The book is an evidence-based treatise on the role of nutrition in wellness, treatment, and follow-up care as a vital part of dealing with cancer. It also happens to be the part that the patient has the most control

over. The book is a treasure chest of cutting-edge information. It includes a meal plan, pantry set-up, and starter recipes.Ã¢â ¬Â• Ã¢â ¬â •Anna Jedrziewski, New Age RetailerÃ¢â ¬Å“The heart and soul of The Whole-Food Guide for Breast Cancer Survivors is empowerment! The book is chock full of wonderful morsels of information and shows us that food is one of our most powerful tools for healing and nourishment.Ã¢â ¬Â• Ã¢â ¬â •Rebecca Katz, MS, author of The Cancer-Fighting KitchenÃ¢â ¬Å“With one in seven women suffering from breast cancer, The Whole-Food Guide for Breast Cancer Survivors is a much-needed book. It provides useful information for women who are looking for a holistic approach and a good road map to guide breast cancer survivors into a healthier lifestyle.Ã¢â ¬Â• Ã¢â ¬â •David Brownstein, MD, author of ten books and the Dr. BrownsteinÃ¢â ¬â„¢s Natural Way to Health monthly newsletterÃ¢â ¬Å“The Whole-Food Guide for Breast Cancer Survivors is a common-sense compendium of what you need to know to live longer and better if you have or had breast cancer, or want to prevent it. Authors Edward Bauman and Helayne Waldman wisely blend lifestyle and natural strategies that strengthen our bodiesÃ¢â ¬â„¢ defenses against cancer and promote wellness. A must-read for anyone who wants to take control of the destiny of their own health. Ã¢â ¬Å“ Ã¢â ¬â •Len Saputo, MD, founder of the Health Medicine Forum, Health Medicine Center, and author of A Return to HealingÃ¢â ¬Å“I am delighted to see this book in print. It contains lots of valuable information that will help women and men make the most informed decisions on dealing with breast cancer. The book is very readable, and is filled with instructions on what we can do now to help ourselves.Ã¢â ¬Â• Ã¢â ¬â •Ann Fonfa, founder of The Annie Appleseed Project and diagnosed with breast cancer in January 1993Ã¢â ¬Å“The Whole-Foods Guide for Breast Cancer Survivors offers readers a robust synthesis of how nutrition can dramatically reduce your risk of breast cancer or recurrence. This book provides not the watered-down and jaded suggestions offered previously, but exciting, new tips that most oncologists donÃ¢â ¬â„¢t know. Highly empowering and life-altering for women.Ã¢â ¬Â• Ã¢â ¬â •Sara Gottfried, MD, integrative physician at The Gottfried Center for Integrative Medicine in Berkeley, CA, and author of The Hormone CureÃ¢â ¬Å“Bauman and Waldman have written an easy-to-follow guide for whole-body healing filled with inspiring anecdotes and helpful chapter-by-chapter to-do lists. It is an excellent resource that may be used to equip recovering breast cancer survivors as well as their families with solid nutritional information and delicious recipes containing healing foods that will ensure health, well-being, and longevity.Ã¢â ¬Â• Ã¢â ¬â •Margo Jordan Parker, OMD, CEO of Herbal Fortress

Edward Bauman, MEd, PhD, is the president and founder of Bauman College: Holistic Nutrition and

Culinary Arts. He is a groundbreaking leader in the field of whole-food nutrition.Helayne Waldman, MS, EdD, is a holistic nutrition educator in private practice and a consultant to breast cancer clinics and doctors in the San Francisco Bay Area.Foreword writer Donald I. Abrams, MD, is professor of clinical medicine at the University of California, San Francisco, and chief of hematology/oncology at San Francisco General Hospital.

This book has been a tremendous help. I was diagnosed with stage 2 breast cancer in September of this year. I am grateful for my doctors and the treatments that modern medicine has provided for me, but I was thrilled to discover this book. It has armed me with the knowledge I needed to do something that is within my own control to reduce the risk of my cancer recurring. The information is written in easy to understand language and provides simple, practical advice on how to put the knowledge to work for me. I have recommended this book to every one I know who is battling cancer, and to everyone I know who wants to prevent cancer! It has drastically changed the way I view food. I carefully consider what I buy and what I choose to put in my mouth because I now understand the consequences - good and bad - of each decision I make. God created an amazing thing when he created the human body - and he created the earth to provide perfect food for those bodies. This book explains how feeding our bodies the food it was intended to have keeps our immune systems strong...and the bad stuff at bay!

The "Whole Food Guide For Breast Cancer Survivors" is a great easy-to-read source of essential science-based information about cancer: what could contribute to it and how you can keep it under control after treatment.In this book, authors discuss how you can avoid or minimize exposures to various risk factors and strengthen your immunity by building body’s nutrient reserves.In addition, since hormonal balance, blood sugar regulation, stress, inflammation, and toxic burden play an important role in cancer development, the authors give practical tips on how to optimize all these factors, help the body return to the state of internal harmony and maintain lasting health.You will learn which nutrients are crucial for health and how to nourish your body with delicious nutrient-dense whole-foods based meals using the easy to follow recipes. Plus, the tips on how you can make your pantry super-healthy are in the book, too.The guidelines on eating and living for recovery and health empowered my mom and grandpa to tolerate chemo and radiation treatment, recover from its effects, and continue living and feeling better.My mom has been cancer free for 12 years (although she needs regular reminders and coaching to stay on track, especially about better eating out choices and non-toxic personal care products like cosmetics, skin creams, and

perfumes). This book gives a succinct outline of good ideas - great to use as a constant reminder to stay on healthy track for cancer survivors. I wish it could be translated into different languages.Highly recommended for a general reader as well as for someone going through cancer treatments and interested in optimizing recovery!

As a cancer consultant,I have attended many cancer conferences, nationwide, and have been privileged to have heard several of Helayne Waldman’s presentations pertaining to the impactful role that food and nutrition play in breast cancer. After having heard her most recent presentation at a conference in Florida, I realized I must purchase her "excellent" book that is replete with tremendously valuable information, easily "digestible", for any woman seeking to reduce and eliminate the myriad risk factors for recurrent breast cancer. She explains, with straight-forward logic and clarity, how certain foods can influence and counter the many factors that lay the groundwork for a permissive cancer environment. She explains how food can impact and enhance the immune system, and enlightens the reader about critical issues, specific to breast cancer survivors, such as: stress, glucose-sugar, inflammation and hormonal considerations. I highly recommend this book, without hesitation, to any health-care practitioner and/or any individual impacted by breast cancer, as a major informational-reference book to help cancer survivors become cancer thrivers and keep cancer at bay by supporting the body’s internal terrain, to insure a healthy and happy life for decades to come.

I am a graduate of Bauman College. I like the way Dr. Bauman and the other authors layed out this book in talking about risk factors and what nutrients can reduce cancer risk factors and how to create or maintain a strong immune system to prevent breast cancer as well as reduce the risk of recurrence. The authors’ suggestions are not difficult to follow. Don’t wait until you get a cancer diagnosis to read this book. Statistics show 12% of women will have breast cancer in their lifetime. This is a wonderful book that talks about prevention as well as how to reduce a recurrence of cancer.

Excellent book! Good reference to keep on track to healthy eating post breast cancer or for any healthy diet.

The content is easy to read, detailed, and spot on. I interviewed Helayne Waldman, the co-author via SKYPE for a magazine article so I fact checked many of the claims in peer-reviewed literature.

All was supported by the research. Then my elderly mother who has been dealing with cancer and I met with Helayne. She was personable and compassionate as well as to the point about what was helpful and not, nutrition wise, to support healing and health. I have recommended this book to several people dealing with cancer, and I have offered Helayne's contact information as well. I appreciated this book, immensely, and have made changes in my own diet to support my well-being.

I am a breast cancer survivor and this book is the best nutritional guide book for me. It made me understand the importance of a whole food diet to prevent cancer from recurring and my over all health.

I found this book very helpful and informative. I have been reading it again to pick up as much information as possible.

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