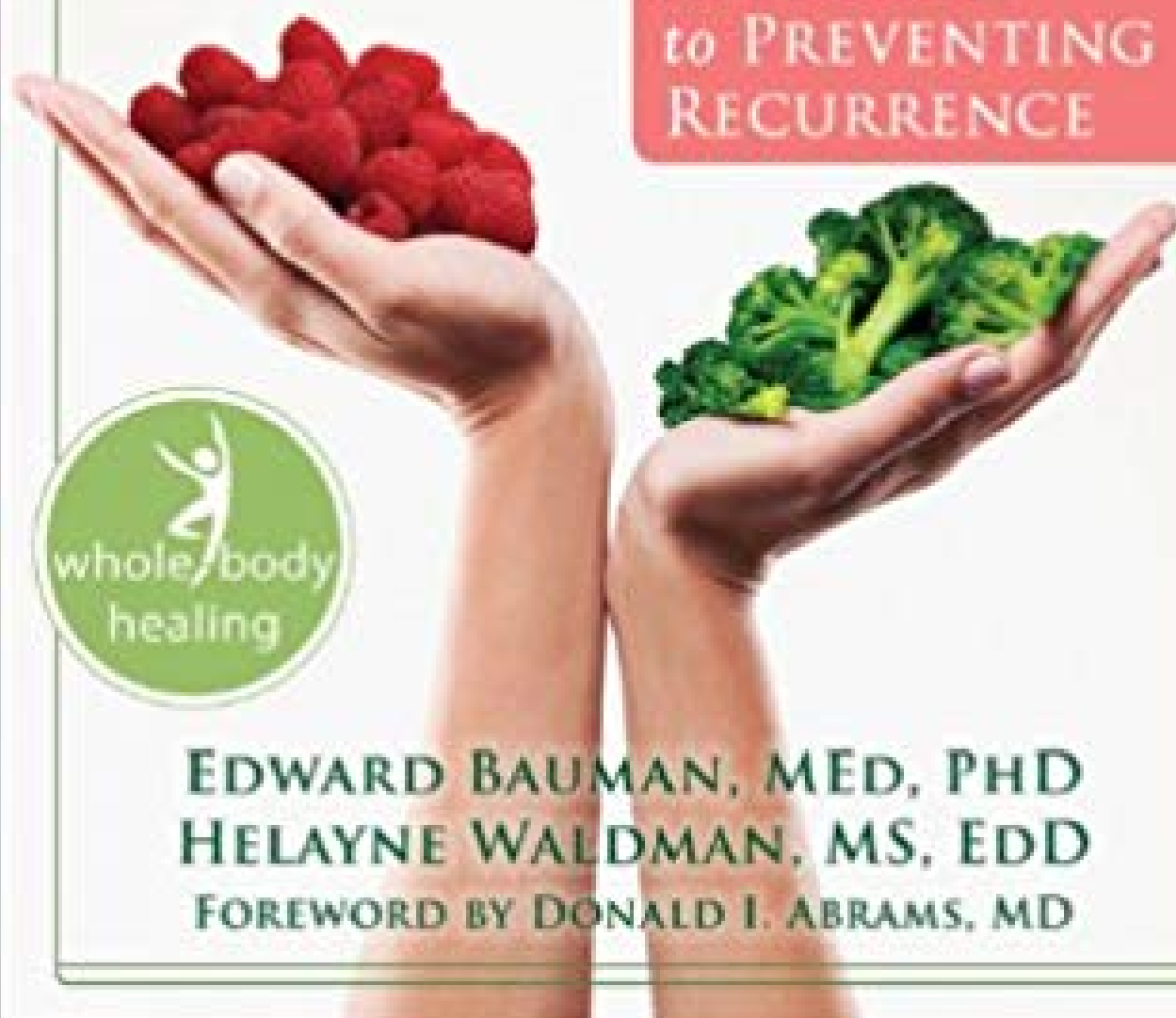


THE WHOLE-FOOD GUIDE *for* BREAST CANCER SURVIVORS

A NUTRITIONAL
APPROACH
to PREVENTING
RECURRENCE



EDWARD BAUMAN, MED, PHD
HELAYNE WALDMAN, MS, EDD
FOREWORD BY DONALD I. ABRAMS, MD

Edward Bauman MEd PhD and

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



[continue reading](#)

If you' The Whole-Food Guide for Breast Cancer Survivors is an essential guide for each woman seeking to understand the result of nutritional deficiencies and environmental factors on her overall health and wellness. Among the best preventative measures recognized to doctors and nutritionists today, a robust, cancer-fighting diet plan is vital to your personal arrange for breast cancer prevention.re a breast cancers survivor, you possess renewed your commitment to keeping your good wellness and taking care of your body. Based on Edward Bauman' and revel in a more powerful, healthier body. rebuild your disease fighting capability;s groundbreaking Eating for Health model, this highly comprehensive, practical approach can help you decrease the potential for breast cancer recurrence; Reduce the potential for breast tumor recurrence by:

- Incorporating cancer-fighting foods into your diet
- Indulging in safe, non-toxic cosmetics and body care products
- Understanding the function of essential nutrients in keeping your health
- Managing your weight and balancing your blood sugar
- Nourishing your immune, detoxification, and digestive systems



[continue reading](#)

