



Kristi Funk

# Breasts: The Owner's Manual: Every Woman's Guide to Reducing Cancer Risk, Making Treatment Choices, and Optimizing Outcomes



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Breasts The Owners Manual is Dr. Funk's selfless gift to women. With this reserve, Breasts The Owner's Manual, Dr. Kristi Funk has empowered females to lessen their breast tumor risk, decrease recurrence risk if you're a survivor, and educate you in case you are recently diagnosed or coping with the disease. From her first words in the Author's Notice, Dr. Funk speaks right to you, wrapping her arms around you, as she will in her workplace with her patients, causing you to feel safe and secure navigating through the unidentified. My mother is a breast tumor survivor for 6 years and my greatest friend was just identified as having triple neg breast cancer. Funk saved my life five years back when I was identified as having bilateral breast cancers at age 40.. She positioned her practical my heart, investigated my eyes and comforted me without saying a term. I was immediately at peace and ready to be a warrior. And big surprise . Kristi Funk's selfless gift to women; helpful information to help you live a healthier lifestyle, scientific research to teach and empower you but primarily a big huge hug from one of the best doctors in the globe. Give this book to ALL the women you understand.. I will remember as soon as before my first surgery, on her behalf operating table so extremely scared and nervous. Ever woman should own one. Funk -- who is Los Angeles' top breasts cancer surgeon and among the world's medical authorities on BC-- put her mind, core (and great humor) in this book to give a useful and easy to comprehend guide on how best to live the healthiest existence you can to lessen your likelihood of getting breast tumor.. I want them to really have the latest details but also none of the scare tactics of old.! Give yourself and the ones you love the present of health and fitness. It is researched brilliantly and well crafted with good science that even those who aren't amply trained in science will understand..This is the comprehensive breast book.in addition with Dr Funk's love of life & conversational tone despite having this very serious topic.Any question 1 might ever have about not only breast cancer & breast health but preventative great health for your entire body is certainly in this publication.Dr Funk's credentials, her extensive education and decades of practical experience in her decided on specific area are beyond reproach.... Dr. It really is well-written, easy to understand, and informative.... I met Dr.go through it now - it really is worth your time and effort on many levels. Essential read for women on how best to improve your health and lessen adjustments of getting/recurring breast cancer! You by no means know whose lifestyle you might save. Dr..! Finally Dr Funk's book is here!Sisters-- produce yourself a nice glass of GREEN TEA, sit back and READ THIS Reserve because it's information a lot of people (and actually other doctors) don't know or don't let you know but it's essential for great health. And if somebody it your life has been diagnosed with BC, please send out this book to them as essential reading to reduce her chances of recurrence. Life-saving book!. Women's wellness can possess so many layers, and this info is normally shared in a manner that is definitely not overwhelming. As soon as Dr. Funk walked in the area she slayed the doom and gloom in the air. Feeling overwhelmed and afraid she lifted me up with her cleverness, compassion, empathy and wish. Dr. Funk preserved my life along with my daughter's life, and with this book she'll save countless others on a worldwide scale. BREASTS: The Owners Manual demystifies the main topic of breast malignancy while providing user friendly prevention tips, accessible info for the newly diagnosed, as well as recommendations to reduce risk of recurrence for survivors. Her compassionate, calm and stable voice is through out this publication teaching us how exactly to care for our anatomies and our breasts. Provide this book to all or any the women you know! This book is an essential read for all women-- those fortunate not to have breast cancer and those who have had it. I enjoyed how much emphasis is positioned on diet. Every woman should read! As she says, there exists a lot that can be done to move from possible cancer by your lifestyle and eating choices and it's all clearly lay out in the

publication (backed by an amazing amount of study and published studies).! Important Reading! Dr. For the first time since my moms diagnosis Personally i think empowered that I actually have at least some control. Many thanks Dr. I purchased multiple copies, one for every of my daughters and one for me...period...no matter history or risk factors. Dr. Funk really breaks this book down in an incredibly reader friendly format. Once I began it, I could not put it down. Uplifting, factual, forward-thinking, and also funny. GRATEFUL FOR THE INFORMATION - ALL IN A SINGLE PLACE! Funk 9 years back after my medical diagnosis of invasive breast cancers. You can select the topics that matter to you most or read it cover to cover. Personally, I wanted this book for the help with diet, and the funny component is I already had a clean nutritious diet. I am an enormous enthusiast of the YUMMY smoothie recipe and even added a few of my favorites to all or any the fantastic nutrients!! maybe i quickly would still possess my own breasts. The medical info and advice can be invaluable and ACTIONABLE. With this book, you feel informed to create your own choices. Every woman should read this book! Its a manual every woman can benefit from in a single way or another! I actually wished for a publication such as this 8 and 1/2 years back when I was .NOW!. There is absolutely no other book out there like it. I wished for a reserve like this 8 and 1/2 years back when I was diagnosed. She writes, as she speaks to her patients, in layman's conditions with an optimistic tone that strips aside the fear of the topic of breast tumor. Great book! Every girl should go through this.! I gave them the check box next to first level relative with breast tumor and with Dr Funk's book they'll learn that there is nothing inevitable and there are things to do to lessen your chances of malignancy. I am giving to my mom as soon as my daughter finishes it! great book great book filled with good tips Good Got this for my aunt and she thought it had been informative Great book Great book and incredibly informative. The new go-to book for women's wellness. Remember how "What things to expect when you're expecting" helped you through your being pregnant? This is the handbook to help you through lifestyle. I want I had this publication (which knowledge) 20 years ago;! Breasts The Owner's Manual is usually Dr... the publication is entertaining as well as informative. This book was incredible! When 1 in 8 women are diagnosed with breast cancer, knowledge from this reserve is usually empowering! She, as a lady, also has the empathy and psychological support for her patients and for all females. Men must be aware that they, too, will get breast cancer. Good book! While I personally have not really experienced the condition, several of my good friends and family have. So many things have changed within the last couple of years in breast malignancy treatment also to finally possess a book that provides us proactive procedures to take and focuses not only on the disease but also on breast health is a blessing.. Required reading Give this book to each and every woman you know. Everything you need to learn about breast cancer - impeccable research. When 1 in 8 women are identified as having breast cancer, knowledge from this book is empowering! It might just be your own. ESSENTIAL Read for all Women and those who love them, October is, among other activities, Breast Cancer Recognition Month. Like it Very interesting So very much great and valuable info. There is something therefore frightening in regards to a cancer diagnosis. It strikes dread in the pit of your tummy and lodges there. You do not know what the future retains or if the near future holds anything for you.she IS the real thing. Kristi Funk has written an insightful book titled, "Breasts: The Owner's Manual". She talks in plain English about how exactly to reduce your risk of breast cancer, how to make smart treatment choices if you are diagnosed with it and how to optimize your results. Dr. Kristi is a board-certified breast cosmetic surgeon and along with her spouse founded the Pink Lotus Breasts Center in Los Angeles. In this book, she touches on all areas of our health, from regular self-examinations to the meals we eat, along with debunking the myths encircling breast

cancer. You can find this book at your neighborhood bookstore, favorite online store, or you can purchase it straight from Thomas Nelson Publishers. Funk because of this –we really needed it! Lots of good info. This is actually the month set aside to try and raise knowing of the insidiousness of breasts cancer.



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