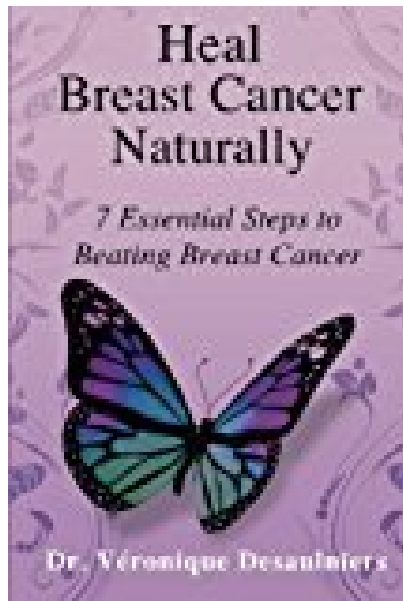


# Heal Breast Cancer Naturally 7 Essential Steps to Beating Breast Cancer

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## BOOK DETAILS

- Author : Dr. Veronique Desaulniers
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## **BOOK SYNOPSIS**

One out of eight women will be diagnosed with Breast Cancer. One out of 3 women will experience some form of cancer in their life time. I was one of those statistics even though I was living a healthy lifestyle that consisted of organic foods, regular exercise, massage, Chiropractic care and colonics. How could somebody like me develop Breast Cancer? That very question led to thousands of hours of research, study, soul-searching and prayer. It all came together as The 7 Essentials - 7 basic steps that are necessary for preventing and healing cancer, or any dis-ease for that matter. Chapter 1 - Why Do I Have Breast Cancer? Scientists have come to the conclusion that cancer is a preventable dis-ease that requires major lifestyle changes. Discover how to avoid the 7 Cancer Triggers that could possibly create cancer in your body. Chapter 2 - Essential # 1 - Let Food Be Your Medicine Stop feeding the cancer by avoiding the foods that "feed" the cancer. Increasing your consumption of specific vegetables, oils and low glycemic fruits can reduce your Breast Cancer risk by 60-70%. Find out which foods lead to inflammation and dis-ease while others turn on protective, anti-cancer genes. Experiment with a sample 7 day anti-cancer meal plan. Chapter 3 - Essential # 2 - Reduce Your Toxic Exposure Is it possible to escape the effects of the thousands of chemicals that you may be exposed to every day? There are clearly environmental links to Breast Cancer but there are specific steps that you can take to reduce your toxic exposure. Learn how to make conscious choices about the products you keep in your home, the cosmetics you apply and the internal toxins that are affecting your body. Chapter 4 - Essential # 3 - Balance Your Energy Our body is 1 billionth physical matter and the rest is all energy. Our body runs on an energetic and electrical system that can be measured with instrumentation. There are specific healing arts and therapeutic tools that can help bring the body to balance, ultimately strengthening and boosting the Immune System. Proper hormone balance and revitalizing sleep can activate cancer-protective genes and boost the Immune System. Chapter 5 - Essential # 4 - Heal Your Emotional Wounds In order to truly heal your body, you must heal your emotional wounds. Do you have the "Cancer Personality"? If so, your responses to stress and how you cope with it are often learned behaviors. You can change those learned behaviors and the bio-chemistry of your body with your attitude and your thought patterns. Strengthen your "happiness muscle" with 8 specific steps. Chapter 6 - Essential # 5 - Embrace Biological Dentistry Metals in your teeth have the potential to increase estrogen signaling in the breast tissue. These metallo-estrogens have been found in Breast Cancer tissue biopsies. Toxicities from root canals have been associated with most cancers. Learn how to take steps to detox these poisonous materials that may be compromising your Immune System and Meridian System. Chapter 7 - Essential # 6 - Repair Your Body with Therapeutic Plants The United States National Library of Medicine has a data base of hundreds of thousands of citations and abstracts of bio-medical literature and journals giving evidence of the benefits of Natural Medicine. There are specific plant compounds that have been shown to kill cancer cells without harming healthy cells. Others boost the Immune System and support the bodys ability to heal. Enjoy foods that detoxify carcinogens, inhibit tumor growth and even reduce the unpleasant side effects of chemotherapy. Chapter 8 - Essential # 7 - Adopt Very Early Detection Would you be interested in technology and blood work that could potentially discover cancer on a small cellular level before it had a chance to develop into a large tumor? Mammography has not decreased Breast Cancer mortality rate.

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