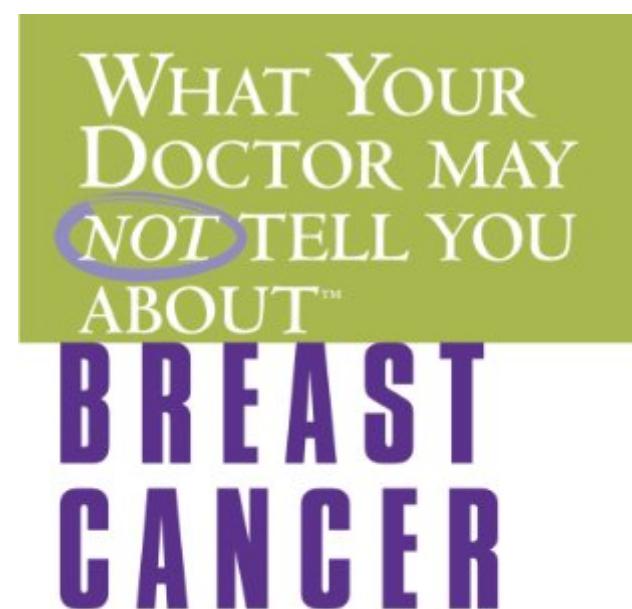


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What Your Doctor May Not Tell You About(TM): Breast Cancer: How Hormone Balance Can Help Save Your Life



How Hormone Balance
Can Help Save Your Life

JOHN R. LEE, M.D.

DAVID ZAVA, PH.D., and VIRGINIA HOPKINS

Bestselling authors of *What Your Doctor May Not Tell You About Menopause*

“Clearly written and lucidly expressed...a remarkable work!”
—PETER T. ELLISON, DEAN, GRADUATE SCHOOL OF ARTS AND SCIENCES, HARVARD UNIVERSITY



Synopsis

Each year, over 40,000 women in the U.S. die from breast cancer. With statistics rising, conventional methods of treatment are simply not working, and in some cases may even be harmful. Now, Drs. Lee and Zava explain the potentially life-saving facts, such as: likely sources for the increase in breast cancer, including environment, excessive estrogen, progesterone imbalance, diet, and the dangers associated with traditional hormone replacement methods. Readers will learn strategies for lowering their risk and preventing this devastating disease through a revolutionary hormone balance program.

Book Information

File Size: 1134 KB

Print Length: 468 pages

Page Numbers Source ISBN: 0446679801

Publisher: Grand Central Publishing (January 7, 2002)

Publication Date: January 7, 2002

Language: English

ASIN: B002UGU38Q

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #260,658 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #113
inÃ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer
#182 inÃ Kindle Store > Kindle eBooks > Medical eBooks > Internal Medicine > Oncology #289
inÃ Books > Medical Books > Medicine > Internal Medicine > Oncology

Customer Reviews

Every woman NEEDS to read this book BEFORE taking her oncologists word as "gold"! The cancer industry is all about their bank accounts. Yes, cancer is a poison...yes, we want it "outta here now!"...but why are we treating one poison with more poison?? It's insane and unreasonable. Chemotherapy can CAUSE cancer! Anti-hormone drugs can CAUSE cancer! The FDA has even slapped this black-box warning on the labels. Ask your oncologist: if he/she were diagnosed with cancer, would he/she take the standard of treatment? Would they prescribe it to their grandmother,

mom, wife or daughter? My doctor answered NO! There ARE other options available to women dealing with breast cancer...I know. I'm going that route myself and it's so much safer, less aggressive and healthier on our body than the current so-called protocol. Ask questions. Read up on ALL your options. Get second or third opinions. This is your body. Your choice.

Very insightful BUT not for the faint hearted; Upon re-searching many points I as a Nurse found it Very ~Scarey to know research like this has been around since the 70's and IS NOT presented as viable Facts; by Doctor(s) or Cancer Institutes or other sources. Our industries ignore these & we do too as a whole. After a scare that turned out to be nothing; I was told to get this by a Naturepathy. I am SO Glad I did; & struggling to implement necessary changes. Every little thing you (can do) or (add) or (avoid) can greatly increase your viable health. I highly recommend this book. It its a data base of proven specific ~verified research and though their are Newer book(s) this one is Specific baseline and Not mumbo jumbo that is not researched that one must becareful of. Excellent.

Great book! I've researched this subject so much that I thought I've read just about everything there was to know. I couldn't be more wrong! I haven't finished reading this book yet but so far what Dr. Lee writes about makes A LOT of sense. Granted some chapters get pretty technical. If you have breast cancer or want to prevent breast cancer, this is a MUST HAVE!Breast cancer affects 1 out of 8 women. Unfortunately It's becoming more and more common due to GMO, our toxic environment and obesity. I wished I had found this book much earlier.

My interest in natural hormones began with joining a company who offers balancing creams, and I was intrigued by all the positive testimonies I was hearing. Prior, I knew nothing about hormones and how they can affect our health and well-being. I began with reading Dr. Lee's book on pre-menopause, which was my segway into this book. The first book was an real eye-opener, this book was a jaw dropper. Lee explains, in easy to understand language, how your body reacts to the environment in which we live, xenoestrogens, toxins and how your body digests different types of food. The chapters on nutrition and how fat cells store estrogen, which can become cancerous, was enough for me to take my health seriously. I subsequently changed my eating habits and lost 40 lbs. to start. Estrogen dominance is explained thoroughly and how it is affecting our society. Dr. Lee states that many doctors are unaware of how hormone imbalance can affect our health, and after a recent annual check up in which my doctor was only concerned with my estrogen I concur that this is probably the norm. My doctor dismissed my saliva lab test results, which provided levels of both

my estrogen and progesterone, stating she was only concerned with estrogen at my age (pre-menopause). I gave her a copy of Dr. Lee's book on pre-menopause and hope that it will be read and transform her way of thinking, allowing her to help her patients. This book should be a must read for all oncologists, but they will have to be open minded and not be ingrained in the drug industry that seems to really have control of the U.S. health care system. For those with cancer, this book can be disheartening, especially at the beginning. However, I encourage cancer survivors and those battling to read it through, learn from it, and if you go ahead with or continue conventional treatments - be aware of what foods you eat, the products you are using on your skin and clean your home with, and how natural progesterone can help your body heal. I share with my friends they are their own best defense, and it would be prudent not to count on their health care professional to know everything there is to know outside conventional medicine and what is taught by the drug companies. This book has been life changing for me, and I feel better than I have felt in many years. I'd give it 10 stars if they were available.

A must read for all women. Easy to understand. Having had a Stage 1 cancer diagnosis this gave me much needed information to help me on my quest for health. Conventional medicine has this information but refuses to acknowledge and use it for the health of women. Wish I had this book and knowledge 20 years ago prior to my hysterectomy. All of my symptoms were there and this could have saved me much pain and suffering. If this was taught in medical schools women would be better off in their overall health. I also know I would not have had to deal with the Stage 1 diagnosis and my health could of and should have been protected.

This book is a must read for anyone with a new diagnosis of cancer. It can keep you from making stupid mistakes that put your life at risk. Sadly, I didn't see this until three years after mine and now I live with the "side effects" of the "Gold Standard Care" (cut - poison - burn) and my mangled body, not to mention having to live with the fear of secondary cancers caused by the treatments I was given. This book exposes a lot of lies told by the oncology community. I wish I'd have seen this three years ago. I sure would have done things differently.

Worked for me. I used the information in the book when the doctor found a lump. Must not have been cancer as I've had no problems. The other book about Menopause is very good too.

Very informative. I knew some of the information given in this book but some of it shocked me. This

is a must read! I know that this book pertains to women, but more and more men are getting breast cancer these days. I took a lot of information from this book and changed how we do so many things.

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