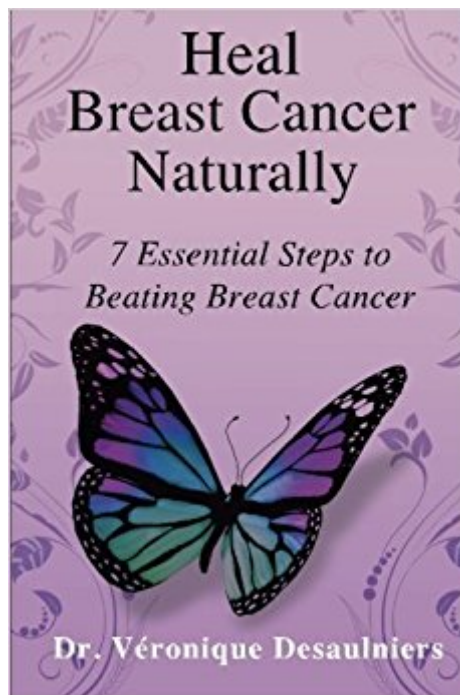




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Heal Breast Cancer Naturally: 7 Essential Steps To Beating Breast Cancer



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 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. 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?

Book Information

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Customer Reviews

Dr. Véronique Desaulniers, better known as "Dr. V", has maintained successful practices in the Wellness Field since 1979. After graduating from Life Chiropractic College in Atlanta, GA, in 1979, she practiced in middle GA for 20 years, attracting patients from all over North America and as far as Europe and Africa. The last 10 years of her practice, she focused on Women's Wellness and Breast Cancer prevention. Because of her passion for health and wellness, Dr. V undertook extensive studies in various fields of "Energy Medicine". Specializing in Bio-Energetics, Meridian Stress Analysis, Homeopathy, Digital Thermography and Chiropractic, Dr. V brings a unique approach to Health and Wellness. After 30 years in active practice, she decided to "retire" and

devote her time sharing her personal, non-toxic healing journey with Breast Cancer. Her years of experience and research culminated as "The 7 Essentials", a step by step coaching program for preventing and healing Breast Cancer Naturally. Her web site and her personal healing journey have touched the lives of thousands of women around the globe. Learn more about Dr. V at <http://breastcancerconqueror.com>

Love this book, too. One of my favorite as well. Believe there is so much you can do in your own healing without the harsh and unnecessary treatments. Love this book along with The Radical Remission!

Wonderful and trustworthy information in Dr. V's book. I have heard her speak in a conference and have personally met her. She is a very caring and concerned doctor, and very knowledgeable on the subject of natural breast cancer cures.

This book contains excellent sources and guides to naturally over coming cancer. It gives hope that there are other options than strictly harsh chemo and radiation. I would recommend it to anyone interested in preventing or recovering from cancer.

Read it to help support my wife who has beat breast cancer so far for a year.

This book has some great content but you have to be a critical thinker and know how to extract the information you need and how to apply. Very helpful. Loved it!

This is very easy to read. It has good information on preventative as well as Dr. Deasulniers describes the way to a healing journey (her description) for breast cancer. Her website also gives the opportunity to take a 7-day mini e-course. I found this to be a great book on breast cancer.

I am so happy I got this book which is very helpful teaching how to understand and how to fight cancer. I wish I had this book few years ago . I would recommend every women who dealing with breast cancer for your self or for your love ones. The best book is easy to follow and understand!

No new information. Concise, but I learned nothing new, unfortunately.

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Cancer with Nutrition: Optimal Nutrition Can Improve Outcome in Medically-Treated Cancer Patients.

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