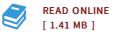




Woman's Guide to Breast Health: Practical Information and Advice on Breast Care, Breast Problems and Breast Cancer

By Jinty Blanckenhagen, Cath Cirket

Thorsons. Paperback. Condition: New. UNUSED, GOOD, NOT EX-LIBRARY, Edgewear, 208 pages. We all realize how crucially important it is to look after the health of our breasts. But because most of us have little or no medical knowledge of how our bodies work, we aren't aware that in addition to conventional medical treatments there are manyalternative or 'gentle' remedies for breast health based on diet, natural medicines and on self-healing. This book explains clearly how the breasts work and what causes disease. It looks at how diet and natural remedies can be used to strengthen the body's defenses, and at alternative treatments such as acupuncture and homeopathy, as well as at the orthodox medical treatments. It is a book for all women, whether they have tender breasts, have discovered a suspicious change and wish to make informed choices about treatment or simply want to protect themselves and to ensure their good health.



Reviews

The book is straightforward in go through easier to recognize. it was actually writtern extremely perfectly and useful. I am very happy to explain how this is actually the greatest publication i have read through within my individual life and might be he finest ebook for actually. -- Gladys Conroy

Without doubt, this is actually the best operate by any article writer. Indeed, it can be perform, nonetheless an interesting and amazing literature. Its been written in an exceedingly straightforward way in fact it is only soon after i finished reading through this book through which in fact changed me, modify the way in my opinion.

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