



The Complete Natural Medicine Guide to Breast Cancer: A Practical Manual for Understanding, Prevention and Care

Dr. Sat Kaur, Carolyn Dean

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Despite the risk of developing breast cancer, many women still have a limited knowledge of its causes and prevention. **The Complete Natural Medicine Guide to Breast Cancer** uses the most recent research studies and clinical evidence to explain the causes of breast cancer and techniques for its prevention.

Some of the topics covered are:

- Comprehensive explanations for the causes of breast cancer -- hereditary, hormonal, environmental
- Identifiable environmental risks
- Self help detoxification programs, diet plans and herbal recommendations
- Natural medicine strategies which complement conventional medical treatments and promote recovery
- Psychological support

Protective factors are highlighted and valuable exercises and worksheets for breast care are included, such as The Breast Health Balance Sheet, an extensive questionnaire that helps to determine risk factors.

Written in an empathetic and accessible style, **The Complete Natural Medicine Guide to Breast Cancer** is an excellent resource for women seeking breast cancer information.

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