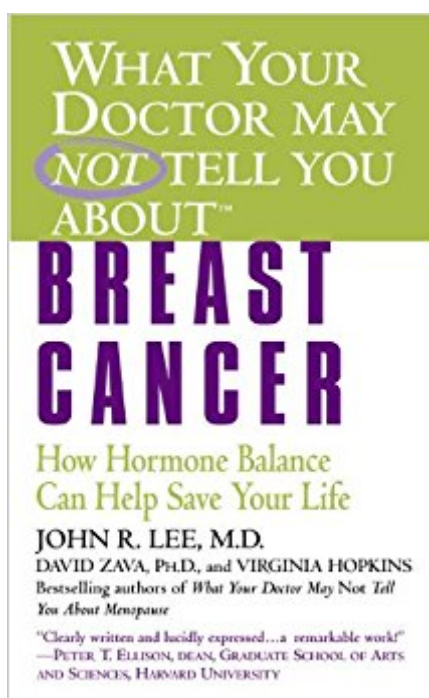


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# What Your Doctor May Not Tell You About(TM): Breast Cancer: How Hormone Balance Can Help Save Your Life (What Your Doctor May Not Tell You About...(Paperback))



## Synopsis

Breakthrough Strategies to Lower Your Risk...and Increase Your Chances of Recovery Breast cancer incidence has risen by 60 percent in the last fifty years. Conventional treatment protocols are simply not working-and they may even be harmful. In this book Dr. John Lee, an internationally renowned expert in natural hormones, teams up with breast cancer researcher Dr. David Zava to present a revolutionary hormone balance program to reduce your risk of breast cancer and help eliminate a recurrence if you already have the disease. Learn about: \* Conventional HRT and ERT-how synthetic hormones may trigger cancer \* The current breast cancer drugs that may hurt as much as they help-and why doctors use them anyway \* Risk factors for breast cancer-including the long-term dangers of birth control pills \* The unsettling truth about mammograms and radiation therapy \* The remarkably protective benefits of natural hormones \* The potential dangers in our homes, our water, and food. With its revolutionary program featuring natural progesterone, this book offers a progressive approach to hormone balance that is both eye-opening and empowering.

## Book Information

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## Customer Reviews

An informative and absorbing read for both medical practitioners and their patients, *What Your Doctor May Not Tell You About Breast Cancer* takes aim at "the breast cancer industry" with a barrage of thought-provoking ammunition. The book is equal parts criticism and suggestion. Current health treatments, including HRT, receive serious condemnation, and authors John Lee and

David Zava carefully provide plenty of medical research to back up claims that excessive estrogen is a main source of cancer-causing irregularities. While the names of all the different natural and synthetic hormones can get overwhelming for the lay reader, with perseverance your new vocabulary of terms like androstenedione, estradiol, and cortisol will enable you to communicate more effectively with your doctors. The authors credit these hormones not just with a role in cancer, but with culpability for everything from insomnia and acne to fatigue and migraines. A full chapter extols the virtues of natural progesterone cream, and urges women to order their own saliva tests for proper evaluation of their hormone levels. Diet and exercise recommendations are simple, outlining reasons to limit fats, sugars, and meats while increasing vegetables and adding a multivitamin. These recommendations extend to adolescents and urge getting off the couch and beginning a gentle exercise program to women of all ages and in each stage of life. --Jill Lightner  
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They've already told you What Your Doctor May Not Tell You About Menopause. Here's more help. Copyright 2001 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

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 be careful 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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