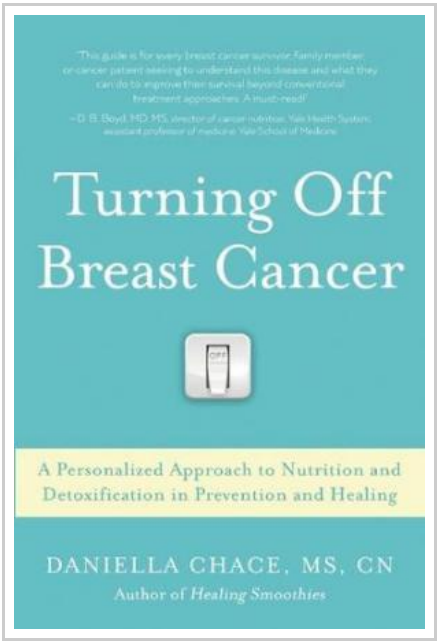


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Turning off Breast Cancer: A Personalized Approach to Nutrition and Detoxification in Prevention and Healing (Paperback)

By Daniella Chace

Skyhorse Publishing, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book. There are more than 230,000 new cases of invasive breast cancer diagnosed in the US every year and, despite better screening practices and advances in medicine, 40,000 US women die every year from breast cancer. In addition, there are 3 million breast cancer survivors in the US who need this information to avoid recurrence. Turning Off Breast Cancer: A Personalized Approach to Nutrition and Detoxification in Prevention and Healing is a comprehensive and targeted program for using nutrition and detoxification to prevent or heal from breast cancer. Rooted in the science of epigenetics--how gene expression is affected by nutrients and toxins--readers learn how to restore their own genes via diet, supplementation, and detoxification. The three steps are: * Nourish: This section recommends more than 100 foods to combat breast cancer and includes supplement recommendations for pre- and post-menopausal women. * Restore: Learn about the cutting-edge genetic tests that identify your cancer risk and how to use your test results to determine your personal nutrition and detox needs. * Detoxify: Discover how to flush out the toxins that contribute to breast cancer...

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