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" The Whole-Food Guide for Breast Cancer Survivors is a common-sense compendium of what you need to know to live longer and better if you have or had breast cancer, or want to prevent it. Authors Edward Bauman and Helayne Waldman wisely blend lifestyle and natural strategies that strengthen our bodies' defenses against cancer and promote wellness. A must-read for anyone who wants to take

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Edward Bauman, MEd, PhD, is the president and founder of Bauman College: Holistic Nutrition and Culinary Arts. He is a groundbreaking leader in the field of whole-food nutrition. Helayne Waldman, MS, EdD, is a holistic nutrition educator in private practice and a consultant to breast cancer clinics and doctors in the San Francisco Bay Area. [A read more](#)

Whole Food Guide for Breast Cancer Survivors | Book Review

The Whole Food Guide for Breast Cancer Survivors is written by Dr. Helayne Waldman and Dr. Edward Bauman, seasoned and knowledgeable science and research based nutritionists bent on teaching us about the power of foods and nutrients to transform our health in ways that inhibit the growth and progression of breast cancer. That means the rest of us should read it too!! Clearly, patiently and with

Description: The whole-food guide for breast cancer ...

The whole-food guide for breast cancer survivors : a nutritional approach to preventing recurrence / Edward M. Bauman [and] Helayne Waldman. "The Whole-Food Guide for Breast Cancer Survivors presents an integrative whole-foods nutrition and lifestyle plan for enhancing immunity and preventing cancer recurrence.

The Whole-Food Guide for Breast Cancer Survivors ...

The Whole-Food Guide for Breast Cancer Survivors is an essential guide for every woman seeking to understand the effect of nutritional deficiencies and environmental factors on her overall health and wellness. Based on Edward Bauman's groundbreaking Eating for Health model, this highly comprehensive, practical approach can help you reduce the chance of breast cancer recurrence; rebuild your immune system; and enjoy a stronger, healthier body.

The Whole Food Guide for Breast Cancer Survivors - by ...

The Whole-Food Guide for Breast Cancer Survivors is an integrative, whole foods guide to rebuilding health after surviving breast cancer and reducing the chance of breast cancer reoccurrence.

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