



The Thinking Woman's Guide to Breast Cancer: Take Charge of Your Recovery and Remission (Hardback)

By Janet Maker

Jane Thomas Press, 2017. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. When Dr. Maker was diagnosed in 2011, she, like most people, knew almost nothing about breast cancer. What she did know is that she didn't feel safe simply following her doctor's advice. The treatment is not always successful; some people die, and some who survive have disabling side effects. She needed to understand for herself all her treatment options, the statistical outcomes for each option, and all the potential side effects, so she could make informed decisions. Because of her academic background and expertise as a researcher, she discovered a great deal about the disease and its treatments that few lay people are aware of. After she went into remission, she knew that she was at high risk for recurrence and that mainstream oncology offered little in the way of preventing the cancer from returning. She worked with an integrative oncologist to alter her terrain, to make her body resistant to cancer. This involved major lifestyle changes in terms of diet, supplements, exercise, stress reduction, and avoiding environmental carcinogens. The Thinking Woman's Guide to Breast Cancer is the story of...



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