



## Woman's Guide to Breast Health: Practical Information and Advice on Breast Care, Breast Problems and Breast Cancer

By Jinty Blanckenhagen, Cath Cirket

Thorsons. Paperback. Condition: New. UNUSED, GOOD, NOT EX-LIBRARY, Edgewear, 208 pages. We all realize how crucially important it is to look after the health of our breasts. But because most of us have little or no medical knowledge of how our bodies work, we aren't aware that in addition to conventional medical treatments there are many alternative or 'gentle' remedies for breast health based on diet, natural medicines and on self-healing. This book explains clearly how the breasts work and what causes disease. It looks at how diet and natural remedies can be used to strengthen the body's defenses, and at alternative treatments such as acupuncture and homeopathy, as well as at the orthodox medical treatments. It is a book for all women, whether they have tender breasts, have discovered a suspicious change and wish to make informed choices about treatment or simply want to protect themselves and to ensure their good health.



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