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ABOUT™

# BREAST CANCER

How Hormone Balance  
Can Help Save Your Life

JOHN R. LEE, M.D.

DAVID ZAVA, Ph.D., and VIRGINIA HOPKINS

Bestselling authors of *What Your Doctor May Not Tell  
You About Menopause*

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AND SCIENCES, HARVARD UNIVERSITY

# About Breast Cancer What Your Doctor May Not Tell You

**John R. Lee, David Zava, Virginia Hopkins**

## **About Breast Cancer What Your Doctor May Not Tell You:**

**What Your Doctor May Not Tell You about Breast Cancer** John R. Lee, David Zava, Virginia Hopkins, 2002 Breast cancer is on the increase in the West and despite governments spending billions on research and new treatments your chances of survival are roughly the same today as they were 50 years ago This controversial book exposes the failings of conventional treatments of breast cancers and offers a revolutionary programme for lowering the risk of breast cancer significantly improving your chances of recovering from this disease and preventing a reoccurrence Topics include teenagers taking the pill are 600 per cent more likely to get breast cancer biopsies mammograms and chemotherapy often do more damage than good 80 per cent of breast cancers are brought on by environmental factors such as diet and exposure to toxins and pollutants natural progesterone helps prevent and treat breast cancer and explains that 30 minutes of moderate exercise a day may save your life *What Your Doctor May Not Tell You About(TM): Breast Cancer* John Lee, David Zava, 2002-01-07 Part of the bestselling What Your Doctor May Not Tell You series an informative detailed guide to breast cancer including treatment and prevention Each year over forty zero women in the U S die from breast cancer With statistics rising conventional methods of treatment are simply not working and in some cases may even be harmful Now Drs John R Lee and David Zava explain the potentially life saving facts such as likely sources for the increase in breast cancer including environment excessive estrogen progesterone imbalance diet and the dangers associated with traditional hormone replacement methods Readers will learn strategies for lowering their risk and preventing this devastating disease through a revolutionary hormone balance program John Lee has pioneered work in women s health that has greatly influenced and enhanced the way I practice medicine New York Times bestselling author Christiane Northrup M D Clear fluent and engaging This book is completely provocative healthy in its broader perspective of opinions and options Jose Russo M D author of *Memoirs of a Cancer Researcher* [What Your Doctor May Not Tell You About\(TM\): Premenopause](#) John Lee, Jesse Hanley, 2001-03-15 Restore and maintain gynecological health sex drive and energy with this safe effective hormone balance program for anyone experiencing premenopause syndrome I m too young for menopause So why do I feel like this Even if you re a decade or more away from menopause your hormones may already be out of balance usually caused by an excess of estrogen and a deficiency of progesterone More than 50 million women experience premenopause symptoms including Unexplained sudden weight gain Severe PMS fatigue irritability and mood swings Loss of libido Tender or lumpy breasts Fibroids and endometriosis Cold hands and feet Very heavy or light periods Other symptoms like infertility memory loss and migraines Now Dr John Lee author of the groundbreaking *What Your Doctor May Not Tell You About Menopause* teams up with women s health expert Jesse Hanley M D to bring you a revolutionary nonprescription Balance Program with simple safe and natural solutions for premenopause Learn how natural progesterone and changes to your diet and environment can balance your hormones eliminate premenopausal symptoms and make you feel better all without surgery antidepressants or

prescription hormones      What Your Doctor May Not Tell You About(TM) John Lee, Virginia Hopkins, 2004-01-01 From a doctor who has pioneered in women's health an alternative to HRT for managing menopause symptoms Christiane Northrup MD author of *The Wisdom of Menopause* Arguing that giving estrogen replacement therapy to women after menopause is medically the wrong thing to do Dr John Lee suggests that natural progesterone can prevent most of the unpleasant side effects of menopause including osteoporosis and weight gain      *What Your Doctor May Not Tell You About(TM): Colorectal Cancer* Mark Bennett Pochapin, 2004-03-18 Part of the bestselling *What Your Doctor May Not Tell You* series an informative detailed guide to colorectal cancer including treatment and prevention Over 50 000 men and women die from colorectal cancer each year a particularly alarming statistic since it is also one of the most preventable and treatable cancers In fact it is estimated that over one third of colorectal cancer deaths could have been avoided Now there's hope This book contains important information on beating colorectal cancer including the six biggest lifestyle threats the three nutritional supplements anyone at risk should take the optimal timeframe for screenings the pros and cons of new detection tests and how to effectively treat cancerous and pre cancerous polyps with both traditional and alternative methods      What Your Doctor May Not Tell You about Breast Cancer John R. Lee (M.D.), David Zava, Virginia Hopkins, 2014-07-01 The bestselling authors of *What Your Doctor May Not Tell You About Menopause* and an expert on hormones and breast cancer present a breakthrough program for reducing the risk of the disease      *What Your Doctor May Not Tell You About(TM) HPV and Abnormal Pap Smears* Joel Palefsky, Jody Handley, 2007-07-31 Human Papilloma Virus HPV is a sexually transmitted disease that is known as the silent killer because its symptoms are so ambiguous most people don't know they have it This book will raise awareness of this disease as well as other abnormal smear tests and provide much needed information and support

The Truth about Breast Cancer Joseph Keon, 1999 In this guide for women of all ages the author demystifies the risk factors identified by current research clarifies the areas where lifestyle changes can make a real difference and delineates essential strategies for preventing breast cancer He advocates seven practices for better health including following the revised American diet eating organic foods drinking only purified water avoiding alcohol getting regular exercise and meditating Annotation copyrighted by Book News Inc Portland OR      **The Breast Cancer Prevention Plan** Edward J. Conley, 2006 Outlines 20 steps women can take to lower breast cancer risk and shatters generally accepted myths about breast cancer and hormone replacement therapy This book provides information on supplements that can bolster breast cancer suppression genes antioxidants that can protect breasts from damage and household chemicals that increase risk

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,1925      **Consumer Drug Reference** Consumer Reports (Firm),2005 With thousands of prescription drugs available today protecting yourself and your family should be a main priority Consumers need to educate themselves on prescription and over the counter drugs and take an assertive role in managing their medications The new 2006 edition of Consumers Drug Reference CDR can assist consumers on questions they have regarding their medication Am I taking the right dosage Does it conflict with other medication Unlike other drug references the CDR relies solely on medical experts for its facts not drug manufacturers package inserts These experts have worked with the United States Pharmacopeias USP to provide Unbiased authoritative information on more than 11 000 drugs including vitamins minerals and the newest drugs Full color identification chart of pills and tablets Drug precautions and side effects you should know before using Correct dosage and information on missed dosage General information about the use of medicine plus a glossary with over 400 medical terms Free link to the USP website for new and additional drug listings

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