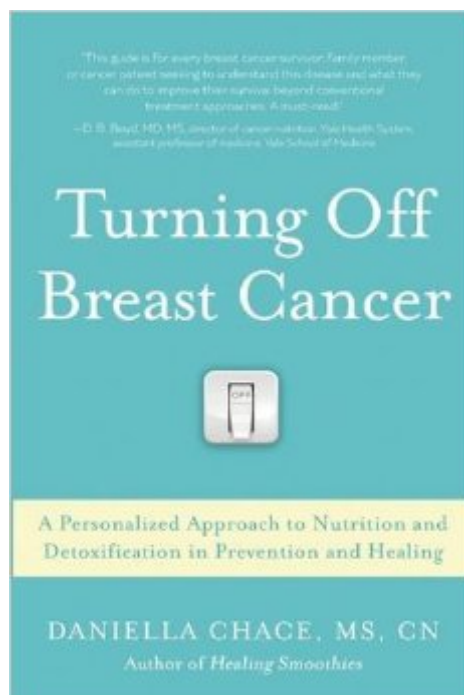


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# Turning Off Breast Cancer: A Personalized Approach To Nutrition And Detoxification In Prevention And Healing



## Synopsis

A Cutting-Edge Guide to Preventing and Healing from Breast Cancer Turning Off Breast Cancer is a comprehensive and targeted program for using nutrition and detoxification to prevent and heal from breast cancer. Rooted in the science of epigenetics--how gene expression is affected--by nutrients and toxins--Daniella Chace teaches readers to restore their own genes via diet, supplementation, and detoxification. Readers will learn how to: • Nourish their bodies with more than one hundred foods that combat breast cancer. Chace also offers supplement recommendations for pre- and postmenopausal women. • Restore their bodies by using new genetic tests to determine their personal nutrition and detox needs. • Detoxify their bodies by flushing out the toxins that contribute to breast cancer development and disturb cellular communication. Carefully researched and incredibly comprehensive, Turning Off Breast Cancer forges a clear path toward health and healing.

## Book Information

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Average Customer Review: 5.0 out of 5 stars • See all reviews (2 customer reviews)

Best Sellers Rank: #636,651 in Books (See Top 100 in Books) #40 in Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #216 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer #3018 in Books > Health, Fitness & Dieting > Women's Health

## Customer Reviews

This book is a must read for anyone wanting to reduce their risk factors to prevent breast cancer, not to mention those who have already been diagnosed and want to prevent a recurrence. The information provided in "Turning off Breast Cancer" has been by far the most helpful to me and when I say I have read at least 50 books on breast cancer and integrative therapies, I am not exaggerating. As a nurse practitioner and breast cancer survivor, I wholeheartedly recommend this book and urge you to take charge of your health to promote wellness and healing. Dorrie Murtagh, MS, ARNP

I haven't read this yet, but it came highly recommended.

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