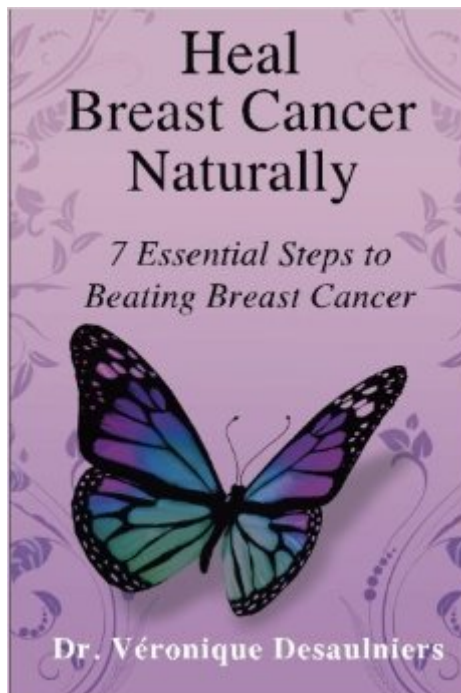


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# Heal Breast Cancer Naturally: 7 Essential Steps To Beating Breast Cancer



## Synopsis

One out of eight women will be diagnosed with Breast Cancer. One out of 3 women will experience some form of cancer in their life time. I was one of those statistics even though I was living a healthy lifestyle that consisted of organic foods, regular exercise, massage, Chiropractic care and colonics. How could somebody like me develop Breast Cancer? That very question led to thousands of hours of research, study, soul-searching and prayer. It all came together as The 7 Essentials â “ 7 basic steps that are necessary for preventing and healing cancer, or any dis-ease for that matter. Chapter 1 â “ Why Do I Have Breast Cancer? Scientists have come to the conclusion that cancer is a preventable dis-ease that requires major lifestyle changes. Discover how to avoid the 7 Cancer Triggers that could possibly create cancer in your body. Chapter 2 â “ Essential # 1 â “ Let Food Be Your Medicine Stop feeding the cancer by avoiding the foods that â œfeedâ • the cancer. Increasing your consumption of specific vegetables, oils and low glycemic fruits can reduce your Breast Cancer risk by 60-70%. Find out which foods lead to inflammation and dis-ease while others turn on protective, anti-cancer genes. Experiment with a sample 7 day anti-cancer meal plan. Chapter 3 â “ Essential # 2 â “ Reduce Your Toxic Exposure Is it possible to escape the effects of the thousands of chemicals that you may be exposed to every day? There are clearly environmental links to Breast Cancer but there are specific steps that you can take to reduce your toxic exposure. Learn how to make conscious choices about the products you keep in your home, the cosmetics you apply and the internal toxins that are affecting your body. Chapter 4 â “ Essential # 3 â “ Balance Your Energy Our body is 1 billionth physical matter and the rest is all energy. Our body runs on an energetic and electrical system that can be measured with instrumentation. There are specific healing arts and therapeutic tools that can help bring the body to balance, ultimately strengthening and boosting the Immune System. Proper hormone balance and revitalizing sleep can activate cancer-protective genes and boost the Immune System. Chapter 5 â “ Essential # 4 â “ Heal Your Emotional Wounds In order to truly heal your body, you must heal your emotional wounds. Do you have the â œCancer Personalityâ •? If so, your responses to stress and how you cope with it are often learned behaviors. You can change those learned behaviors and the bio-chemistry of your body with your attitude and your thought patterns. Strengthen your â œhappiness muscleâ • with 8 specific steps. Chapter 6 â “ Essential # 5 â “ Embrace Biological Dentistry Metals in your teeth have the potential to increase estrogen signaling in breast tissue. These metallo-estrogens have been found in Breast Cancer tissue biopsies. Toxicities from root canals have been associated with most cancers. Learn how to take steps to detox these poisonous materials that may be compromising your Immune System and Meridian System. Chapter 7 â “

Essential # 6 “ Repair Your Body with Therapeutic Plants The United States National Library of Medicine has a data base of hundreds of thousands of citations and abstracts of bio-medical literature and journals giving evidence of the benefits of Natural Medicine. There are specific plant compounds that have been shown to kill cancer cells without harming healthy cells. Enjoy foods that detoxify carcinogens, inhibit tumor growth and even reduce the unpleasant side effects of chemotherapy. Chapter 8 “ Essential # 7 “ Adopt Very Early Detection Would you be interested in technology and blood work that could potentially discover cancer on a small cellular level before it had a chance to develop into a large tumor?

## **Book Information**

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## **Customer Reviews**

When Dr. Veronique Desaulniers contacted me recently about reviewing her new book, Heal Breast Cancer Naturally - 7 Essential Steps to Beating Breast Cancer, I had just reached the 5-year anniversary of my own journey with breast cancer, so I was very interested in reading about her approach. “You have cancer” has to be one of the most dreaded and devastating statements in any language and, no matter what the outcome, it affects you for the rest of your life. So that you know where I’m coming from with this review, my own cancer was found early and was very small. I had out-patient surgery to remove the cancerous tissue, but did not need chemo, radiation, or reconstructive surgery. I did take Arimidex for the prescribed five years and had quite a few side effects from that. I just had my 63rd birthday and suspect that I would have a different feeling about some of the suggestions in Dr. V.’s book if I were younger. That said, Dr. V.’s book is very readable and interesting, but some of the seven steps are radical and difficult. Again, if I were

younger and facing a dire cancer diagnosis, I think Iâ™d be much more willing to try coffee and green tea enemas, toss out all of the chemicals in the house, have my fillings removed, etc. That said, Dr. V. has been on a breast cancer journey herself and has worked with many cancer patients. She is a Doctor of Chiropractic with more than 35 years of experience in the wellness industry. She has obviously thoroughly researched and tested the steps she is advocating, but they have not been approved by the FDA, AMA, or any Federal or State agency. Dr. V. herself admits in the book that some of the steps in her program are very difficult and suggests that readers start by using some of the suggestions that resonate with them - which is what Iâ™m doing.

Dr. VÃ©ronique Desaulniers-Chomniak has maintained successful practices in the Wellness Field since 1979. She graduated from Life Chiropractic College in Atlanta, GA, in December of 1979. The last 10 years of her practice, she focused on Women's Wellness and Breast Cancer prevention. Because of her passion for health and wellness, she studies extensively in various fields of "Energy Medicine." Specializing in Bio-Energetics, Meridian Stress Analysis, Homeopathy, Digital Thermography, and Chiropractic she brings a unique approach to Health and Wellness. After 30 years in active practice, she decided to "retire" and devote her time to sharing her personal, non-toxic healing journey with Breast Cancer. Her years of experience and research have culminated as "The 7 Essentials," a step-by-step coaching program for preventing and healing Breast Cancer Naturally. Dr. V. (as she likes to be called) began her interest in holistic medicine early on when she heard the following: 'Health is your birthright. Follow specific laws and your body can heal and recover. Put good things IN your body and your health will reflect that. Your Nerve System is the master computer of your body and a subluxated spine can impede the transmission of life-promoting energy to your organs and cells.' She went on to study Chiropractic and later in life she discovered a lump in her breast and from there she takes us through the journey she traveled, introducing us to the natural way of diagnosing, treating and surviving breast cancer.

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