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Waking The Warrior Goddess: Dr. Christine Horner's Program To Protect Against & Fight Breast Cancer



Synopsis

Breast cancer has reached epidemic proportions in the United States. Once a relatively rare disease, it now affects 2 to 3 million women, and the incidence is going up at an alarming rate. What can we do about it? Christine Horner, M.D., has the prescription: Take healthy organic foods, add a good dose of certain supplements, get the rest and exercise we need, and avoid those things that are bad for our bodies. We each have a Warrior Goddess in us, and it's time to set her free. A pioneer who pushed through federal and state legislation ensuring that breast reconstruction after a mastectomy would be paid for by insurance companies, Dr. Horner lost her own mother to breast cancer. She decided then that her mother's death would not be in vain. Something good would come from it. This legislation was her first gift to her mother's memory, and this book is another. Using the metaphor of the Warrior Goddess, this book explains something that Ayurveda describes as our "inner healing intelligence." It also explores the various foods and supplements that can enable women to successfully fight breast cancer and claim the healthy body that should be theirs. Dr. Horner tells readers what to avoid and what to embrace, what will poison the Warrior Goddess and what will feed her and what she needs to thrive.

Book Information

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Customer Reviews

Christine Horner, M.D., F.A.C.S., is a nationally recognized surgeon, author, professional speaker, and relentless champion for women's health.

fabulous book. Love it because if you don't want to read ALL of it you can easily refer to the ending pages where she tells you what to eat and what not to eat and what supplements to take to protect your health. The rest of the book is excellent also. She knows a lot. This book is really all inclusive of how to eat, etc. Simplified things a lot for me since there is so much info on the internet and in other books on health. This book has it all, and ended some confusions I had before. Highly recommend.

Don't get put off by the author's weird title or occasional mentions of New Age figures. This is solid science. I am putting a few of the things I learned about in this book into practice already. Just the information on thermography alone was worth the price.

Great book this is! She is one, very intelligent woman. Very detailed book. I had the opportunity to speak with her and she was very warm and really helped me understand a lot about what I need to do to keep healthy. It was truly a blessing for me to be able to speak with her.

This is the third copy of this book that I have purchased....still processing/absorbing my first copy, but have given one to my Oncologist and "holding" the third one for the right person who needs. EVERY woman with a diagnosis of cancer needs this book.

Much good and useful information, but her being such a strong advocate of "eastern religion" was a bit much for me.

I love this book - good for not just people dealing with breast cancer - lots of good advice for minimizing risks and general healthy living and womens health.

every woman needs to read this book

I ordered this one for my daughter who has just been diagnosed with breast cancer. I don't think she's put it down. It appears to be a big help for breast cancer patients.

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