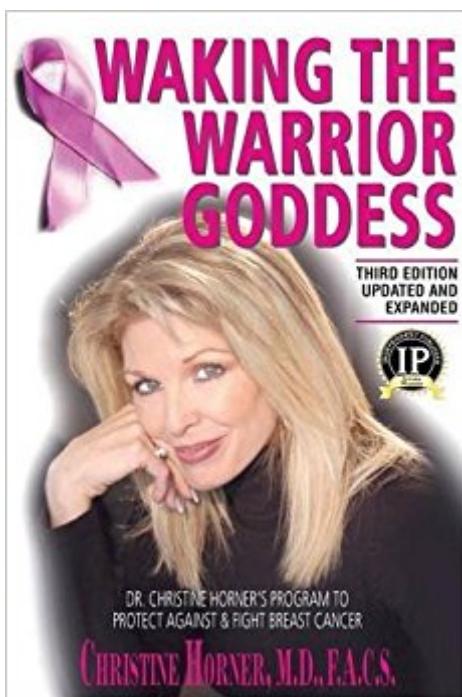


The book was found

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

Paperback: 448 pages

Publisher: Basic Health Publications, Inc.; 3 edition (October 1, 2013)

Language: English

ISBN-10: 1591203635

ISBN-13: 978-1591203636

Product Dimensions: 1 x 6 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 25 customer reviews

Best Sellers Rank: #481,639 in Books (See Top 100 in Books) #141 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer #459 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic #1473 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

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.

[Download to continue reading...](#)

Waking the Warrior Goddess: Dr. Christine Horner's Program to Protect Against & Fight Breast Cancer
Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer
(Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing

Cancer,Cancer Prevention,Cancer Cure) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Alternative Cancer Therapies (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) (Alternative Medicine Book 1) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1) Restorative Yoga For Breast Cancer Recovery: Gentle Flowing Yoga For Breast Health, Breast Cancer Related Fatigue & Lymphedema Management The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books) Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers Cancer Fight: My Wife's Faithful, Fearless Battle Against Breast Cancer Heal Breast Cancer Naturally: 7 Essential Steps to Beating Breast Cancer Breast Cancer Courageous - Prayer Journal: Biblical Affirmations for Breast Cancer Patients and Survivors The Breast Cancer Survival Manual, Fifth Edition: A Step-by-Step Guide for Women with Newly Diagnosed Breast Cancer Breast Cancer and Iodine : How to Prevent and How to Survive Breast Cancer Program 120 Female Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Ovarian Cancer, Lung Cancer, Diabetes, Dementia, Colon Cancer, Pneumonia, ... Medicine Patient Handbooks for Females) Program 120 Male Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Prostate Cancer, Colon Cancer, Lung Cancer, Diabetes, Osteoporosis, Dementia, ... Medicine Patient Handbook for Males) Cancer and CBD OIL - Understanding the Benefits of Cannabis & Medical Marijuana: The natural, effective, modern day treatment to fight breast, prostate, lung, skin, colon and brain cancer

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)