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What Your Doctor May Not Tell You About Breast Cancer . NOW IN PAPERBACK! How Hormone Balance Can Help Save Your Life by John R. Lee, M.D., David Zava, Ph.D. and Virginia Hopkins. Warner Books 2002 (410 Pages) Another pioneering book by John R. Lee, M.D. that really gets to the bottom of why women get breast cancer and how to prevent it.

What Your Doctor May Not Tell You About Breast Cancer

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What your doctor may not mention could matter to your health. By David Freeman. From the WebMD Archives. Patients often have trouble talking to their doctors. It can be hard to get the words out ...

What Your Doctor May Have Trouble Telling You

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What Your Doctor May Not Tell You About Breast Cancer

John Lee is author of the best-selling What Your Doctor May Not Tell You About Fibromyalgia.

Arguing that giving estrogen replacement therapy to women after menopause is medically the wrong thing to do, Lee suggests that natural progesterone can prevent most of the unpleasant side effects of menopause, including osteoporosis and weight gain.

Each year, over 40,000 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. Lee and 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.

This is an essential guide for parents about vaccinations. Dr. Stephanie Cave explains their pros and cons and the book provides information to help parents make a knowledgeable, responsible choice about vaccinating their children.

Depression is a serious illness that can often have detrimental effects on one's personal and professional life -but it doesn't have to. With proper treatment, one can conquer this mental monster and lead a fulfilling and productive life. What's more, expensive prescription drugs with sometimes debilitating side effects may very well not be the answer. In this breakthrough programme, Dr Michael Schachter offers his proven protocol to treat depression naturally by rebalancing and repairing out of sync and inefficient neurotransmitters in the brain. Readers are guided towards relief through potent, safe natural supplements that directly affect brain chemistry. Combining more traditional treatments with new proven remedies, Dr Schachter's programme reveals: the right amino acids that can help balance brain chemistry; how to easily and effectively control the amount of serotonin, dopamine, and glutamine in the brain - without drugs; the importance of Omega-3 intake and the role of mercury and fluoride toxicity can play in depression and much more. Dr Schachter leaves no stone unturned on the path to treating depression safely, effectively and naturally.

An astonishing 13 million people suffer from hypothyroidism and its complications. This book includes a Foreword by Mary J. Shomon, thyroid patient advocate, published educator, and author of the successful "Living Well With Hypothyroidism."

With the exception of only the common cold, Irritable Bowel Syndrome (IBS) accounts for more work and school absences than any other illness. But drugs aren't always the best option - as Dr. Ash learn from experience. He has developed a program that helps relieve symptoms without drugs - and has applied his knowledge to the treatment of IBS, helping thousands of patients. In this groundbreaking treatment plan Dr. Ash reveals his drug-free approach to relieving the symptoms of IBS, using vitamin C, bioflavonoids, and other herbs and nutrients that help the body to heal itself. He also discusses the role of food allergies; the need for adequate diagnostic tests; and environmental factors, such as stress.

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.

Fibroid tumors are the leading reason why more than 500,000 American women have hysterectomies each year.

Providing details of the pros and cons of common prescription medications, this text explains Dr. Mauskop's patient-tested, seven-step programme for migraine relief. It includes tips on avoiding migraine triggers in food, the home & the environment.

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Mention diabetes and what are the first things that leap to mind? Sugar levels, glucose monitoring, and insulin? According to leading diabetes specialist Dr. Stevan Joyal, to truly combat the diabetes epidemic--both preventing it and improving the quality of life for those who have it--we must start smaller, by focusing on the microscopic yet most critical factors that control your genes and your cells. In WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT DIABETES, Dr. Joyal tells readers how to prevent and treat type 2 diabetes and reverse prediabetes (a condition affecting half of all Americans), by positively influencing the genes and cells in the body that cause the condition--all without the use of special gadgets, or crazy fad diets. In this groundbreaking, integrative treatment plan, you will find: -the testing procedures that EVERYONE should have to discover their diabetes and prediabetes risk level -tools to prevent and significantly control minor to serious diabetic complications -important guidelines on diet, including especially effective "superfoods" -an individualized, scientifically-proven natural supplement regime -a manageable and effective exercise program -lifestyle changes, including stress reduction tips, that can really make a difference -recommendations on pharmaceuticals when necessary

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